

## Hio Wa (Grace) Mak

University of California, San Francisco | Department of Psychiatry and Behavioral Sciences

Email: [hiowa.mak@ucsf.edu](mailto:hiowa.mak@ucsf.edu) | Website: <https://hiowamak.weebly.com>

Google Scholar: [https://scholar.google.com/citations?user=a2\\_aMgYAAAAJ](https://scholar.google.com/citations?user=a2_aMgYAAAAJ)

### CURRENT POSITION

---

2021–Present    **Postdoctoral Fellow**  
 Department of Psychiatry and Behavioral Sciences  
 University of California, San Francisco, San Francisco, CA  
 Advisor: Wendy Berry Mendes, Ph.D.

### EDUCATION

---

2019–2021    **Postdoctoral Scholar**, Dornsife Center for Self-Report Science  
 Dornsife Center for Economic and Social Research  
 University of Southern California, Los Angeles, CA  
 Advisors: Arthur A. Stone, Ph.D. and Stefan Schneider, Ph.D.

2014–2019    **Ph.D., Human Development and Family Studies**  
 The Pennsylvania State University, University Park, PA  
 Concentration: Family & Methods  
 Advisor: Gregory M. Fosco, Ph.D.

2010–2012    **Master of Social Science, Clinical Psychology**  
 University of Macau, Macau

2006–2010    **Bachelor of Social Science, Psychology**  
 University of Macau, Macau

### RESEARCH SUPPORT

---

#### *Current research support:*

2020–Present    **Postdoctoral Fellow** (NIH/NIMH T32 MH01939; PI: Wendy Mendes)  
*Psychology and Medicine Training Program*

#### *Completed research support:*

2019–2020    **Postdoctoral Scholar** (NIH/NIAMS R01 AR066200; MPIs: Arthur Stone, Stefan Schneider)  
*Innovative Pain Outcomes Derived from Patients' Real-Time Pain Reports*

2017–2019    **Predoctoral Fellow** (NIH/NIDA T32 DA017629; PI: Linda Collins)  
*Prevention and Methodology Training*  
 (NIH/NIDA P50 DA039838; PI: Linda Collins)

*Center for Complex Data to Knowledge in Drug Abuse and HIV Behavioral Science*

## PAST GRANT SUBMISSIONS

---

2020      **Principal Investigator** (NIH/NIA R03) — *Not funded*  
*Identifying Key Intraindividual Day-to-Day Emotion Dynamics that Predict Cognitive Decline in Adulthood*

## RESEARCH INTERESTS

---

- Examine biopsychosocial processes that influence mental and physical health at multiple timescales (e.g., *short-term dynamics* across moments or days and *long-term development* across years or decades) over the lifespan
- Develop and apply innovative indices to quantify biopsychosocial dynamics (e.g., emotion variability, emotion inertia, emotion network density, closeness lability, pain-affect coupling, blood pressure reactivity to stress) based on intensive longitudinal assessments (e.g., daily diary and ecological momentary assessments)
- Examine *age-varying associations* between social processes and adjustment across development
- Apply innovative methods to better understand dynamic and developmental processes
  - Multilevel modeling (MLM) of intensive longitudinal data
  - Dynamic structural equation modeling (DSEM)
  - Time-varying effect modeling (TVEM)
  - Growth modeling and structural equation modeling (SEM)
- Improve measurements of biopsychosocial processes to better capture individuals' experience in daily life.

## SKILLS IN STATISTICS

---

Software      R, Mplus, SAS, SPSS

Statistics      Multilevel modeling, structural equation modeling, dynamic structural equation modeling, longitudinal modeling, time-varying effect modeling, machine learning, mixture modeling, Bayesian analysis, meta-analysis

## HONORS/AWARDS

---

2019–Present    **Psychology and Medicine Training Postdoctoral Fellowship** (T32 MH019391, PI: Wendy Berry Mendes), University of California, San Francisco

2017–2019      **Prevention and Methodology Training Predoctoral Fellowship** (T32 DA017629, P50 DA039838; PI: Linda Collins), The Pennsylvania State University

2018            **Honorable Mention**, Society for Prevention Research Poster Contest

- 2018 **Early Career Preventionists Network Travel Award**, Society for Prevention Research
- 2017 **The College of Health and Human Development Professional Development Endowment**, The Pennsylvania State University
- 2017 **Travel Award**, Society for Research in Child Development
- 2010–2012 **Postgraduate Studentship**, University of Macau
- 2008–2011 **Scholarship for Higher Education**, The Education and Youth Affairs Bureau, Macau
- 2006–2010 **Dean's Honor List**, University of Macau
- 2010 **First Place Undergraduate Thesis Award in Psychology**, University of Macau
- 2010 **Gold Award for Wynn Macau Whole Person Development**, University of Macau
- 2010 **Wynn Macau Whole Person Development Scholarship**, University of Macau
- 2009 **ICBC Macau Scholarship**, University of Macau
- 2008 **Venetian Cotai Limited Fellowship**, University of Macau
- 2008 **BNU Affinity Card Scholarship**, University of Macau
- 2007 **Venetian Macau Limited Scholarship**, University of Macau

## PUBLICATIONS

---

- Mak, H. W.** & Schneider, S. (in press). High- and low-arousal daily affect dynamics vary across the adult lifespan. *The Journals of Gerontology, Series B: Psychological Sciences*.
- Junghaenel, D.U., Broderick, J.E., Schneider, S., Wen, C.K.F., **Mak, H.W.**, Goldstein, S., Mendez, M., & Stone, A.A. (in press). Explaining age differences in the memory-experience gap. *Psychology and Aging*.
- Mak, H. W.**, Fosco, G. M., & Lanza, S. T. (2021). Dynamic associations of parent-adolescent closeness and friend support with adolescent depressive symptoms across ages 12–19. *Journal of Research on Adolescence*, 31, 299-316. <http://dx.doi.org/10.1111/jora.12597>
- Mak, H. W.**, & Schneider, S. (2020). Individual differences in momentary pain-affect coupling and their associations with mental health in patients with chronic pain. *Journal of Psychosomatic Research*, 138, 110227. <http://dx.doi.org/10.1016/j.jpsychores.2020.110227>
- Schneider, S., Junghaenel, D.U., Gutsche, T., **Mak, H.W.**, Stone, A.A. (2020). Comparability of emotion dynamics derived from Ecological Momentary Assessments, daily diaries, and the Day Reconstruction Method: observational study. *Journal of Medical Internet Research*, 22, e19201. <http://dx.doi.org/10.2196/19201>
- Mak, H. W.**, Russell, M. A., Lanza, S. T., Feinberg, M. E., & Fosco, G. M. (2020). Age-varying associations of parental knowledge and antisocial peer behavior with adolescent substance use. *Developmental Psychology*, 56, 298-311. <http://dx.doi.org/10.1037/dev0000866>

- Weymouth, B. B., Fosco, G. M., **Mak, H. W.**, Mayfield, K., LoBraico, E. J., & Feinberg, M. E. (2019). Implications of interparental conflict for adolescents' peer relationships: A longitudinal pathway through threat appraisals and social anxiety symptoms. *Developmental Psychology*, 55, 1509-1522. <https://doi.org/10.1037/dev0000731>
- Fosco, G. M., **Mak, H. W.**, Ramos, A., LoBraico, E. J., & Lippold, M. (2019). Exploring the promise of assessing dynamic characteristics of the family for predicting adolescent risk outcomes. *Journal of Child Psychology and Psychiatry*, 60, 848-856. <https://doi.org/10.1111/jcpp.13052>
- Lai, M. H. C., Richardson, G. B., & **Mak, H. W.** (2019). Quantifying the impact of partial measurement invariance in diagnostic research: An application to addiction research. *Addictive Behaviors*, 94, 50-56. <http://dx.doi.org/10.1016/j.addbeh.2018.11.029>
- Lydon-Staley, D. M., Xia, M., **Mak, H. W.**, & Fosco, G. M. (2019). Adolescent emotion network dynamics in daily life and implications for depression. *Journal of Abnormal Child Psychology*, 47, 717-729. <http://dx.doi.org/10.1007/s10802-018-0474-y>
- Mak, H. W.**, Fosco, G. M., & Feinberg, M. E. (2018). The role of family for youth friendships: Examining a social anxiety mechanism. *Journal of Youth and Adolescence*, 47, 306-320. <http://dx.doi.org/10.1007/s10964-017-0738-9>
- Mak, H. W.**, & Davis, J. M. (2014). The application of the theory of planned behavior to help-seeking intention in a Chinese society. *Social Psychiatry and Psychiatric Epidemiology*, 49, 1501-1515. <http://dx.doi.org/10.1007/s00127-013-0792-x>

#### **Manuscripts under review:**

- Mak, H. W.**, Wang, D., & Stone, A. A. (under revision). Momentary social interactions and affect were impacted by the COVID-19 Pandemic. *PLOS ONE*.
- Mak, H. W.**, Lydon-Staley, D. M., Lunkenheimer, E., Lai, M. H. C., & Fosco, G. M. (under review). The role of parents and friends in adolescent daily emotion dynamics. *Social Development*.

#### **Manuscripts in preparation:**

- Mak, H. W.** & Mendes, W. B. (in preparation). Within- and between-person associations of momentary acute and chronic stress with blood pressure and heart rate.

#### **CONFERENCE PRESENTATIONS**

- Mak, H. W.**, Schneider, S., & Stone, A. A. (2021). *Daily affect dynamics vary across the adult lifespan*. Paper presented at the Society for Ambulatory Assessment Conference 2021. Virtual meeting.
- Mak, H. W.**, Schneider, S., & Stone, A. A. (2020, March). *Individual differences in affect reactivity to momentary pain and their associations with mental health in chronic pain patients*. Poster accepted for presentation at the 2020 American Psychosomatic Society Annual Meeting, Long Beach, California. (Conference cancelled due to COVID-19).

- Mak, H. W.**, Fosco, G. M., & Lanza, S. T. (2019, March). *Age-varying associations of parent and friend Support with depressive symptoms from adolescence through early adulthood*. In R. van Dijk (Chair), the interparental relationship, parenting, and child adjustment: New insights from state-of-the-art methods. Symposium presented at the Biennial Meeting of the Society for Research in Child Development, Baltimore, MD.
- Mak, H. W.**, Russell, M. A., Lanza, S. T., Feinberg, M. E., & Fosco, G. M. (2018, May). *The age-varying associations among parental monitoring, affiliation with deviant peers, and adolescent substance use*. Poster presented at the Annual Meeting of Society for Prevention Research, Washington, D.C.
- Mak, H. W.**, & Fosco, G. M. (2018, April). *The role of parents and peers in adolescent emotion socialization: Understanding emotion levels and emotion lability*. In **H. W. Mak** (Chair), Parent and peer emotion socialization in adolescence: Implications for emotional development and mental health. Symposium presented at the Biennial Meeting of the Society for Research on Adolescence, Minneapolis, MN.
- Mak, H. W.**, & Fosco, G. M. (2018, April). *Daily fluctuations in parent-adolescent closeness, peer interactions, and adolescents' daily mood*. Poster presented at the Biennial Meeting of the Society for Research on Adolescence, Minneapolis, MN.
- Fosco, G. M., **Mak, H. W.**, & Lippold, M. (2017, November). Does level or stability of family functioning matter most? Adolescent adjustment to levels and instability in family functioning. In E. Lunkenheimer (Chair), *Chaos and cohesion in the family system*. Symposium presented at the Annual Conference of National Council on Family Relations, Orlando, FL.
- Mak, H. W.**, Lydon-Staley, D. M., Fosco, G. M. (2017, April). *The influence of parental emotion socialization on adolescents' emotion network density*. Paper presented at the Biennial Meeting of the Society for Research in Child Development, Austin, TX.
- Mak, H. W.**, Fosco, G. M., & Grych, J. H. (2017, April). *The influence of parent-adolescent relationship quality on adolescents' romantic attachment: The mediating role of self-esteem*. Poster presented at the Biennial Meeting of the Society for Research in Child Development, Austin, TX.
- Mayfield, K., LoBraico, E. J., **Mak, H. W.**, Feinberg, M., & Fosco, G. M., (2016, April). *Examining the social consequences of interparental conflict: pathways through threat appraisals and social anxiety*. Poster presented at the Biennial Meeting of the Society for Research on Adolescence, Baltimore, MD.
- Mak, H. W.**, Fosco, G. M., & Feinberg, M. (2016, April). *Family influences on successful adolescent peer relationships: examining a social anxiety mechanism*. Poster presented at the Biennial Meeting of the Society for Research on Adolescence, Baltimore, MD.
- Mak, H. W.**, Fosco, G. M., Xia, M. & Grych, J. H. (2015, March). *Children's patterns of emotion regulation during interparental conflicts: Implications for children's adjustment*. Poster presented at the Biennial Meeting of the Society for Research in Child Development, Philadelphia, PA, United States.

**Mak, H. W., & Cheung, S. F.** (2011, July). *The effect of initial coping on subsequent coping and the role of neuroticism*. Paper and poster presented at the 2011 Asia Pacific Rim International Counseling Conference, Hong Kong.

## INVITED TALKS

---

- 01/22/2020     **Embracing change: Application of time-varying effect modeling in studying human development.** Department of Psychology, USC
- 08/15/2019     **Introduction to time-varying effect modeling.** Dornsife Center for Economic and Social Research, USC
- 08/13/2019     **A journey through the dimension of time: Introduction to time-varying effect modeling.** Dornsife Center for Self-Report Science, USC

## RESEARCH AND TRAINING EXPERIENCE

---

- 2019–Present     **Psychology and Medicine Training Postdoctoral Fellow** (T32 MH019391, PI: Wendy Berry Mendes)  
University of California, San Francisco  
Advisor: Wendy Berry Mendes
- 2017–2019     **Prevention and Methodology Training Predoctoral Fellow**  
(T32 DA017629, PI: Linda Collins; P50 DA039838, PI: Linda Collins)  
The Pennsylvania State University  
Advisors: Gregory M. Fosco, Stephanie T. Lanza, and Michael A. Russell
- 2014–2019     **The Family Process and Well-Being Enrichment Research Lab**  
Project: The Family Life Optimizing Well-being (FLOW) Study  
Project Manager (2015 – 2016)  
Graduate Research Assistant (2014 – 2019)  
The Pennsylvania State University  
PI: Gregory M. Fosco
- 2017–2019     **Addiction and Innovative Methods Lab**  
Graduate Research Assistant  
The Pennsylvania State University  
PI: Stephanie T. Lanza
- 2017–2019     **Russell's Research Lab**  
Graduate Research Assistant  
The Pennsylvania State University  
PI: Michael A. Russell
- 2017     **The Nurse Family Partnership Study**  
Graduate Research Assistant  
The Pennsylvania State University  
Advisor: Diana Fishbein
- 2010–2012     **Cross-Cultural Comparison of Coping Strategies**

Graduate Research Assistant  
 University of Macau  
 PI: J. Mark Davis  
 2010–2012 **Cross-Cultural Comparison of Attention**  
 Graduate Research Assistant  
 University of Macau  
 PI: J. Mark Davis

## TEACHING EXPERIENCE AND TRAINING

---

**Instructor**, The Pennsylvania State University  
 Summer 2018 HDFS 239 – Adolescent Development

**Teaching Assistant**, The Pennsylvania State University  
 Fall 2016 HDFS 239 – Adolescent Development; HDFS 418 – Family Relationships  
 Summer 2016 HDFS 312w – Empirical Inquiry in Human Development (Online)  
 Spring 2015 HDFS 414 – Resolving Human Development and Family Problems  
 Fall 2014 HDFS 229 – Infant and Child Development

**Training**, The Pennsylvania State University  
 Fall 2017 Teaching course: HDFS515 – Teaching HDFS  
 Fall 2016 Graduate Student Online Teaching Certificate

## PROFESSIONAL EXPERIENCE

---

2012– 2014 **Clinical Psychologist**, Yee Lok Centre, Fuhong Society of Macau, Macau  
 (A rehabilitation center for adolescents and adults with severe mental disorders)  
*Duties:* Conducted psychotherapy and assessments for clients. Provided professional training to staff as well as psychoeducation to the general public

2014–2019 **Teaching/research assistant**, The Pennsylvania State University

## SERVICE

---

2016–2017 **Diversity Chair**, HDFS Steering Committee  
 The Pennsylvania State University

Reviewer *Addictive behaviors*  
*Developmental Psychology*  
*Journal of Adolescence*  
*Journal of Affective Disorders*  
*Journal of Family Psychology*

*Journal of Health Communication*  
*Journal of Medical Internet Research – Formative Research*  
*Journal of Psychosomatic Research*

---

**PRESS/MEDIA COVERAGE OF RESEARCH**

---

12/2017      Media coverage: “Father’s rejection may increase child’s social anxiety, loneliness”. Penn State News (also covered in Science Daily, Psychology Today, and Fatherly).