

**Kayla M. Osman**  
*Curriculum Vitae*

Human Development and Family Science  
Norton School of Human Ecology  
University of Arizona, Tucson, AZ  
[kaylaosman@arizona.edu](mailto:kaylaosman@arizona.edu)

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**Education**

**PhD, Human Development and Family Science** *Expected May 2025*  
***Mexican American Studies Minor***

Dissertation: *Shades of Identity: Unveiling Manifestations of Racism and Colorism among Latinx Youth*

Major Advisor: Katharine H. Zeiders, PhD

Minor Advisor: Michelle Téllez, PhD

University of Arizona

**MS, Family and Consumer Sciences** 2020 - 2022  
***Family Studies and Human Development Emphasis***

Thesis: *Understanding the Co-Occurrence of Colorism and Ethnic-Racial Identity among Latinx Adolescents*

Advisor: Katharine H. Zeiders, PhD

University of Arizona

**BA, Psychological Science** 2015 - 2020  
***Women's Studies Minor***

*Summa Cum Laude*

California State University San Marcos

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**Publications**

**Peer-Reviewed Journal Articles**

**Osman, K. M.,** Berkley, S., Zeiders, K. H., & Landor, A. M. (2024). Ethnic-racial discrimination and socialization: Short-term longitudinal effects on Black and Latinx young adults' ethnic-racial identity. *Journal of Research on Adolescence, 00*, 1-14, <https://doi.org/10.1111/jora.13028>.

Matina, N. M., Block Ngaybe, M. G., Zeiders, K. M., **Osman, K. M.,** Wilkinson-Lee, A. M., Landor, A. M., & Hoyt, L. T. (2024). Latinx youth's and parents' covid-19 beliefs, vaccine hesitancy and vaccination rates: Longitudinal associations in a community sample. *PLOS ONE*.

Wang, J. Yan, J., **Osman, K. M.,** Zeiders, K. H., Shen, Y., Victory, M., & Kim, S. Y. (2021). The phenotypic, psychological, and social interplays of skin color and developmental outcomes among Mexican-origin adolescents. *Journal of Research on Adolescence, 00*, 1-14, <https://doi.org/10.1111/jora.12709>

**Osman, K. M.,** Lara-Cinisomo, S., & D'Anna Hernandez, K. L. (2021). Associations between religiosity and perinatal anxiety symptoms among women of Mexican descent. *Journal of Affective Disorders*, <https://doi.org/10.1016/j.jad.2021.06.066>

## Revise & Resubmit

**Osman, K. M.,** Martinez-Fuentes, S., Zeiders, K. H., Landor, A. M., Wilkinson-Lee, A. M., & Hoyt, L. T. (*revise & resubmit*). Understanding the co-occurrence of colorism and ethnic-racial identity among Latinx adolescents. *Submitted for review in Child Development*.

Wilkinson-Lee, A. M., Martinez-Fuentes, S., Zeiders, K. H., Landor, A. M., **Osman, K. M.,** Carbajal, S., Sarsar, E. D., & Hoyt, L. T. (*revise & resubmit*). FSM in the Context of the COVID-19 Pandemic: Family Cohesion-Source of Resilience among Latinx Families. *Submitted for review in Journal of Family Psychology*.

## Under Review

Landor, A. M., Zeiders, K. H., Brown, A., **Osman, K. M.,** Sarsar, E., & Godwin, J. (2024). How colorism gets “under the skin”: The role of ethnic-racial discrimination and diurnal cortisol in the physical health of African American and Latino young adults. *Submitted for review in Psychoneuroendocrinology (PNEC)*.

## In Preparation

**Osman, K. M.,** Zeiders, K. H., Landor, A. M., Wilkinson-Lee, A. M., Hoyt, L. T. (*in preparation*). Racial Discrimination and Skin Tone Self-Concept on the Skin Tone Satisfaction of Latinx Youth.

**Osman, K. M.,** Yazdani, N., Forbes, N., Romero, E., Rosario, V., Uribe, J., Hoyt, L.T., Wilkinson-Lee, A.M., Landor, A.M., & Zeiders, K.H. (*in preparation*). Black Lives Matter movement attitudes and experiences among Latinx families: A mixed method approach.

Berkeley, S., **Osman, K. M.,** Zeiders, K. H., & Hoyt, L. T. (*in preparation*). Ethnic-racial socialization and civic engagement among emerging adults of color.

Zeiders, K. H., Pace, T. W. W., Cook, S., Sarsar, E. D., Hoyt, L. T., Ramella, K., **Osman, K. M.** (*in preparation*). COVID-19 work Stress and work-family conflict: Two studies of firefighters on the frontlines of a public health emergency.

## Presentations

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### Refereed Conference Presentations

**Osman, K. M.,** Zeiders, K. H., Landor, A. M., Wilkinson-Lee, A. M., Martinez-Fuentes, S., & Hoyt, L. T. (2025, May). The Interplays of Racism, Colorism, and Gender on the Ethnic-Racial Identity of Latinx Youth. In M. Muñoz (Chair), *Exploring Latine and Indigenous Latine Identity: How Environmental Factors Influence Racial-Ethnic Identity* [Paper

Symposium]. To be presented at the Biennial Meeting for the Society for Research in Child Development, Minneapolis, MN.

**Osman, K. M.**, Zeiders, K. H., Landor, A. M., Wilkinson-Lee, A. M., Hoyt, L. T., Martinez-Fuentes, S., & Rueda, V. (2024, April). Racial Discrimination and Skin Tone Self-Concept on the Skin Tone Satisfaction of Latinx Youth [Poster Blitz]. Society for Research on Adolescence (SRA) 2024 Annual Meeting, Chicago, IL.

Berkeley, S., **Osman, K. M.**, Zeiders, K. H., & Hoyt, L. T. (2023, June). Ethnic-racial socialization and civic engagement among emerging adults of color [Paper Symposium]. Society for the Study of Emerging Adulthood (SSEA) 2023, San Diego, CA.

**Osman, K. M.**, Zeiders, K. H., Wilkinson-Lee, A. M., Landor, A. M., & Hoyt, L. T. (2023, April). Understanding the co-occurrence of colorism and ethnic-racial identity among Latinx adolescents. In “Connecting Young People’s Identity Content and Process in the Context of Systemic Inequality” [Paper Symposium]. Society for Research on Adolescence (SRA) 2023 Annual Meeting, San Diego, CA.

**Osman, K. M.**, Yazdani, N., Forbes, N., Romero, E., Rosario, V., Uribe, J., Hoyt, L. T., Wilkinson-Lee, A. M., Landor, A. M., & Zeiders, K. H. (2022, May). Black Lives Matter movement attitudes and experiences among Latinx families: A mixed method approach [Poster]. Society for Research in Childhood Development (SRCD) 2022 Special Topic Meeting, Rio Grande, Puerto Rico.

**Osman, K. M.**, Berkeley, S., Zeiders, K. H., & Landor, A. M. (2021, November). Racial discrimination, ethnic-racial socialization, and ethnic-racial identity among Black and Latinx emerging adults [Poster]. Society for the Study of Emerging Adulthood (SSEA) 10<sup>th</sup> Conference on Emerging Adulthood, virtual.

Idowu, E., **Osman, K. M.**, Zeiders, K. H., Hoyt, L. T., & Shane, J. (2021, November). Examining the relationship between community engagement and mental health in white college students and students of color [Poster]. Society for the Study of Emerging Adulthood (SSEA) 10<sup>th</sup> Conference on Emerging Adulthood, virtual.

**Osman, K. M.**, Zeiders, K. H., Landor, A. M., & Sarsar, E. (2021, April). Racial microaggressions and alcohol consumption among African American and Latinx emerging adults [Poster]. Society for Research in Childhood Development (SRCD) 2021 Biennial Meeting, virtual.

Sarsar, E., Zeiders, K. H., Landor, A. M., & **Osman, K. M.** (2021, April). Within-person associations between racial microaggressions and mental health among emerging adults [Poster]. Society for Research in Childhood Development (SRCD) 2021 Biennial Meeting, virtual.

**Osman, K. M.** and D’Anna Hernandez, K. L. (2019, October). The role of perceived discrimination, acculturative stress, and acculturation on somatic symptoms of depression among pregnant Mexican American women [Poster]. Marcé of North America (MONA) Perinatal Mental Health Conference, Chapel Hill, NC.

**Osman, K. M.** and D'Anna Hernandez, K. L. (2019, April). The role of ethnic identity and discrimination on the mental health and pregnancy experience of Mexican American women [Poster]. Western Psychological Association (WPA) Conference, Pasadena, CA.

**Osman, K. M.** and D'Anna Hernandez, K. L. (2019, March). The role of biculturalism on the mental health and pregnancy experience Mexican American women [Poster]. Anxiety and Depression Association of America (ADAA) Conference, Chicago, IL.

**Osman, K. M.** and D'Anna Hernandez, K. L. (2018, October). Acculturation, Social Support, and the Pregnancy Experience of Women of Mexican Descent [Poster]. Society for the Advancement of Chicano and Native American Scientists (SACNAS) National Conference, San Antonio, TX.

### **Community Presentations**

Carbajal, S., Castorena, D. C., Forbes, N., Idow, E., Levario, B., **Osman, K. M.**, Perez, R., Rosario, V., Sarsar, E., Wilkinson-Lee, A. M., & Zeiders, K. H. (2021, January). The COVID-19 Hijos Project: Community Advisory Board Meeting. Tucson, AZ. \*\*the first 9 authors are in alphabetical order and contributed equally to the presentation.

### **Non-Refereed Presentations**

**Osman, K. M.**, Zeiders, K. H., Landor, A. M., Wilkinson-Lee, A. M., Hoyt, L. T., Martinez-Fuentes, S., & Rueda, V. (2024, April). Racial Discrimination and Skin Tone Self-Concept on the Skin Tone Satisfaction of Latinx Youth [Poster]. Frances McClelland Institute (FMI) Spring 2021 Student Poster Showcase, Tucson, Arizona.

Rueda, V., **Osman, K. M.**, Zeiders, K. H., Landor, A. M., & Martinez-Fuentes, S. (2024, April). Microaggressions, Romantic Relationships, and Ethnic-Racial Identity among Black and Latine Young Adults [Poster]. Frances McClelland Institute (FMI) Spring 2021 Student Poster Showcase, Tucson, Arizona.

Perez, R., Toomey, R. B., Anhalt, K., **Osman, K. M.**, & Zeiders, K. H. (2021, April). The roles of preparation for bias and network support on internalized homonegativity among Latinx sexual minority youth [Poster]. Frances McClelland Institute (FMI) Spring 2021 Student Poster Showcase, virtual.

**Osman, K. M.**, Armenta, B., Stevens, B., Watts, A. L., and Sher, K. J. Acculturative stress: Deriving a short form and predicting alcohol consumption among Latino college students [Poster].

- Southern California Conferences for Undergraduate Research (SCCUR), San Marcos, CA. (2019, November).
- University of Missouri Summer Forum, Columbia, MO. (2019, July).

**Osman, K. M.** and D'Anna Hernandez, K. L. (2019, May). Biculturalism, Discrimination, and the Mental Health of Mexican American Women [Oral Presentation]. CSU Statewide Student Research Competition, Fullerton, CA.

**Osman, K. M.** and D'Anna Hernandez, K. L. (2019, March). Biculturalism, Discrimination, and the Mental Health of Mexican American Women [Oral Presentation]. California State

University, San Marcos Symposium on Student Research, Creative Activities, and Innovation.

**Osman, K. M.** and D'Anna Hernandez, K. L. (2018, November). Acculturation, Social Support, and the Pregnancy Experience of Women of Mexican Descent [Poster]. CSUSM Student Poster Showcase, San Marcos, CA.

**Osman, K. M.** and D'Anna Hernandez, K. L. (2018, July). Acculturation, Social Support, and the Pregnancy Experience of Women of Mexican Descent [Oral Presentation]. American Psychological Association (APA) Summer Psychology Research Symposium at California State University, San Marcos, San Marcos, CA.

## **Teaching Experience**

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### **Co-Instructor**

HDFS 117: Lifespan Human Development  
(Asynchronous Online) Summer 2024  
Human Development and Family Science  
University of Arizona

HECL 202: Research Methods Summer 2023  
(Asynchronous Online)  
Human Ecology  
University of Arizona

HECL 301: Applying Critical Thinking Summer 2023  
(Asynchronous Online)  
Human Ecology  
University of Arizona

### **Teaching Assistantships**

FCSC 301: Applying Critical Thinking Spring 2023  
(In Person)  
Family and Consumer Sciences  
University of Arizona  
Graduate Teaching Assistant for Dr. Lance Erickson

FSHD 447A: Sociocultural Context of Development Spring 2021  
(Live Online)  
Family Studies and Human Development  
University of Arizona  
Graduate Teaching Assistant for Dr. Linda Pallock

FSHD 377: Adolescence Fall 2020  
(Live Online)  
Family Studies and Human Development  
University of Arizona

Graduate Teaching Assistant for Dr. Timothy Ottusch

FCSC 202: Research Methods  
(Live Online)  
Family and Consumer Sciences  
University of Arizona  
Graduate Teaching Assistant for Dr. Timothy Ottusch

Fall 2020

FSHD 427C: Mental Health & the Family: Childhood & Adolescence  
(Live Online)  
Family Studies and Human Development  
University of Arizona  
Graduate Teaching Assistant for Dr. Darin Knapp

Fall 2020

RCSC 150B: Money, Consumers, and the Family  
(Live Online)  
Retailing and Consumer Sciences  
University of Arizona  
Graduate Teaching Assistant for Dr. Victoria Ligon

Fall 2020

### **Invited and Guest Lectures**

FSHD 447A: Sociocultural Contexts of Development  
Upper-level undergraduate course  
Family Studies and Human Development  
University of Arizona  
*Topic: Contexts of Ethnic-Racial Identity Development*

Spring 2022

FSHD 447A: Sociocultural Contexts of Development  
Upper-level undergraduate course  
Family Studies and Human Development  
University of Arizona  
*Topic: Colorism, Racism, and Ethnic-Racial Identity*

Fall 2021

COMM 117: Culture and Communication  
Lower-level undergraduate course  
Department of Communication  
University of Arizona  
*Topic: Racial discrimination, Cultural Socialization, and Ethnic-Racial Identity among Black and Latinx College Students*

Spring 2021

FSHD 447A: Sociocultural Contexts of Development  
Upper-level undergraduate course  
Family Studies and Human Development  
University of Arizona  
*Topic: Development of Ethnic-Racial Identity in Contexts of Racial Discrimination*

Spring 2021

### **Undergraduate Teaching**

Psych 360: Biopsychology  
Supplemental Instructor  
Psychological Science  
California University San Marcos

Spring 2020

### **Relevant Training and Experience**

TLS 537: Equity, Schools, and Society  
Teaching, Learning, and Sociocultural Studies  
University of Arizona  
*A 3-unit course on pedagogy and equity in teaching*

Spring 2024

FSHD 696Z: Teaching in Family Studies and Human Development  
Family Studies and Human Development  
University of Arizona  
*A 1-unit course on postsecondary teaching across course modalities*

Spring 2023

### **Honors and Awards**

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#### **Regional and National**

Chancellor's Doctoral Incentive Program (CDIP) Spring 2025 Travel Grant 2024  
Chancellor's Doctoral Incentive Program (CDIP) Fellow 2022 – Present  
Honorable Mention, Ford Foundation Predoctoral Fellowship 2022  
Strategic Plan Poster Award, Society for Research in Child Development (SRCD) 2021  
Summer Research Fellow, University of Missouri 2019  
American Psychological Association (APA) Summer Research Fellow 2018

#### **University of Arizona**

Frances McClelland Institute (FMI) Osburn Dissertation Fellowship 2024  
Frances McClelland Institute (FMI) Lang Summer Fellowship 2024  
Graduate and Professional Student Council (GPSC) Research and Project Grant 2023  
Graduate and Professional Student Council (GPSC) Travel Grant 2022  
Ruth Reed Cowden Scholarship 2021 – 2023  
Bartley P. Cardon Scholarship 2021 – 2025

#### **California State University San Marcos**

Finalist, CSU Student Research Competition 2019  
Dean's List, California State University San Marcos 2015 – 2020

### **Research Experience**

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**The Shades of Identity Study**, GPSC Reap Grant-Funded Project 2023 - Present  
**Principal Investigator**  
University of Arizona  
*Co-PI: Dr. Katharine H. Zeiders*

**The Hijos Project, NSF Grant-Funded Project** 2020 - Present  
**Graduate Research Assistant**  
University of Arizona  
*Co-PI: Dr. Katharine H. Zeiders, University of Arizona*  
*Co-PI: Dr. Lindsay T. Hoyt, Fordham University*  
*Co-PI: Dr. Ada M. Wilkinson-Lee, University of Arizona*  
*Co-PI: Dr. Antoinette M. Landor, University of Missouri, Columbia*

**COVID-19 Impacts Project, CIHR and MITACS funded project** 2021 - 2022  
**Volunteer Research Assistant**  
University of Arizona  
*Advisor: Dr. Michelle Téllez*

**Alcohol Research Training Summer School** Summer 2019  
**Summer Research Scholar**  
Department of Psychology  
University of Missouri  
*Faculty Mentor: Dr. Kenneth Sher*  
Project title: Acculturative stress: Deriving a short form and predicting alcohol consumption among Latino college students.

**Cultural Perinatal Mental Health Laboratory** 2019 - 2020  
**Undergraduate Research Assistant**  
*PI: Dr. Kimberly D'Anna-Hernandez*  
Department of Psychological Science  
California State University San Marcos

**American Psychological Association (APA) Research Program** Summer 2018  
**Summer Research Scholar**  
Department of Psychological Science  
California State University San Marcos  
*Faculty Mentor: Dr. Kimberly D'Anna-Hernandez*  
Project title: Acculturation, Social Support, and the Pregnancy Experience of Women of Mexican Descent.

### **Select Professional Development and Coursework**

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HDFS 617C: Multilevel Modeling Fall 2023  
Norma Perez-Brena, PhD, University of Arizona

FSDH 607: Latinx Youth and Families Fall 2022  
Melissa Y. Delgado, PhD, University of Arizona

FSDH 606: Mixed Methods Research Spring 2022  
Melissa Y. Delgado, PhD, University of Arizona

HED 605: Qualitative Methods in Higher Education Fall 2021  
Gary Rhoades, PhD, University of Arizona



Latent Class and Profile Analysis Workshop Katharine H. Zeiders, PhD, University of Arizona	Fall 2021
Summer Fellowship Application Development Program (SFADP) Graduate College Office of Fellowships and Community Engagement, Honors College Office of Nationally Competitive Scholarships	Summer 2021
MAS 566: Chicana Decolonial Theory Michelle Téllez, PhD, University of Arizona	Spring 2021
Advancing Culturally Responsive Research and Researchers Advanced Methods Institute (AMI) Ohio State University	Spring 2021

## **Service**

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### **Professional Service**

Ad Hoc Reviewer Journal of Social and Personal Relationships	2022
Ad Hoc Reviewer Journal of Research on Adolescence	2021

### **Departmental and University Service**

Social Liaison, Family Studies Student Round Table (FSSRT) Human Development and Family Science University of Arizona	2023 – 2024
Graduate Student Panelist HDFS 384: Professional Development Human Development and Family Science University of Arizona	Fall 2023
Family Studies and Human Development Representative Graduate Student Council College of Agricultural and Life Sciences (CALs) University of Arizona	2021 – 2022
Treasurer, Family Studies Student Round Table (FSSRT) Human Development and Family Science University of Arizona	2021 – 2023
Graduate Student Panelist FSDH 384: Professional Development Family Studies and Human Development University of Arizona	Spring 2021

## Community Outreach

Water Drop LA Volunteer  
Mutual Aid Organization  
Los Angeles, California  
*Assisted in mutual aid by distributing water and other resources to unhoused neighbors in downtown Los Angeles*

Summer 2023

Bio4Community project panelist  
Rutgers Graduate School of Education  
*Discussed topics of stress and resilience among youth in an interview to be used for designing Biology curriculum for New Brunswick youth and as a free resource for students and teachers*

Fall 2021

Panelist, Psi Chi Club  
Department of Psychology  
California State University San Marcos

Fall 2019

Super STEM Saturday Volunteer  
SACNAS Chapter Booth  
California State University San Marcos

Spring 2019

Panelist, Latin@ Center  
Research Recruitment Event  
California State University San Marcos

Fall 2018

## Professional Memberships

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Society for Research on Adolescence (SRA)	2023 –
Society Research in Childhood Development (SRCD)	2021 –
Society for the Study of Emerging Adulthood (SSEA)	2021 – 2022
American Psychology Association, Division 50	2020 – 2021
Psi Chi International Honor Society in Psychology	2018 – 2020
Western Psychological Association (WPA)	2018 – 2019
Anxiety and Depression Association of America (ADAA)	2018 – 2019
Society for Advancement of Chicanos/Hispanics and Native Americans in Science (SACNAS)	2018 – 2019

## Relevant Skills

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**Software:** Qualtrics XM, SPSS Statistics 28, Mplus 8.2, SAS