

EVELYN SARSAR
Department of Human Development and Family Science
Norton School of Human Ecology
The University of Arizona
evelynsarsar@arizona.edu | (951) 816-9205

EDUCATION

- 2024 **Ph.D., Family and Consumer Sciences**
 Human Development and Family Science Emphasis
 Health Psychology and Behavioral Medicine Minor
Dissertation: *Racial Discrimination, Racial Ethnic Identity, and Coping Among Latinx Adolescents: A Longitudinal and Within-Person Analysis*
Major Advisor: Katharine H. Zeiders, PhD
Minor Advisor: Mary-Frances O'Connor, PhD
University of Arizona
- 2021 **M.S., Family and Consumer Sciences**
 Human Development and Family Science Emphasis
Master's Thesis: *The Role of Racial Microaggressions and Ethnic Racial Identity Affirmation on Academic Belonging among Black and Latinx College Students*
Major Advisor: Katharine H. Zeiders, PhD
University of Arizona
- 2019 **B.A., Psychological Science**
 California State University San Marcos

RESEARCH PROGRAM

My research program investigates the **impacts of systemic racism on individual-level psychological and physiological processes among adolescents and young adults** from marginalized backgrounds. My work utilizes daily diary, longitudinal, and salivary sampling methods to explore the ways that stress “gets under the skin” to impact youths’ development and health-related trajectories.

HONORS AND AWARDS

- 2022 Ruth Reed Cowden Scholarship
 University of Arizona
- 2022 Lionel D. Drake Scholarship
 University of Arizona
- 2022 Mildred R. Jenson Hardin Memorial Scholarship
 University of Arizona
- 2021 Tommy Lee Hart Memorial Scholarship
 University of Arizona

- 2021 Strategic Plan Poster Award
Society for Research in Child Development (SRCD)
- 2020 Masters Level Meritorious Graduate Teaching Award
College of Agriculture & Life Sciences
- 2020 Chancellor's Doctoral Incentives Program (CDIP) Fellow
Office of the Chancellor, California State University
- 2020 Honorable Mention
Ford Foundation
- 2019 Ruth Reed Cowden Scholarship
University of Arizona
- 2019 Naomi Reich Commemorative Graduate Fellowship
University of Arizona
- 2019 Vivian Bancroft Swift Memorial Scholarship
University of Arizona
- 2019 Graduate Access Fellowship
University of Arizona
- 2018 – 2019 Ronald E. McNair Post-Baccalaureate Achievement Program Scholar
California State University San Marcos
- 2018 Finalist at the CSU Student Research Competition
California State University San Marcos
- 2017 American Psychological Association (APA) Summer Research Program Scholar
California State University San Marcos
- 2017 Travel Award
Society for Advancement of Chicanos/Hispanics and Native Americans in Science (SACNAS)
- 2015 – 2019 Dean's List
California State University San Marcos

PUBLICATIONS

- Sarsar, E.D.**, Zeiders, K.H., & Landor, A.M. (2023). The role of racial microaggressions and ethnic racial identity affirmation on academic belonging among Black and Latinx college students. *Emerging Adulthood*.
- Davenport, M., Berkley, S., Zeiders, K. H., Landor, A. M., **Sarsar, E.D.**, (2023) Does ethnic-racial socialization matter? A within-person analysis of racial discrimination and sleep health among Black and Latinx emerging adults. *Sleep Health*.

- Chaku, N., Curtis, C.A., Hoyt, L. T., Zeiders, K. H., Niu, L., **Sarsar, E.D.**, & Nair, R. (2022). Civic engagement, discrimination, and sleep health among Black, indigenous, and youth of color. *The Journal of American College Health*.
- Brown, A., Zeiders, K. H., **Sarsar, E.D.**, Hoyt, L. T., & Nair, R. (2022). “When the political becomes personal”: Evaluation of an elected president, election distress, and college students’ psychological well-being. *The Journal of American College Health*.
- Brown, A., Landor, A. M., Zeiders, K. H., & **Sarsar, E.D.** (2022). Exploring the associations between discrimination, coping, skin tone, and the psychosocial health of young adults of color *Proceedings of the National Academy of Sciences*.
- Pace, T. W. W., Zeiders, K. H., Cook, S., **Sarsar, E.D.**, Hoyt, L. T., Mirin, N., Wood, E. P., Tater, R. & Davidson, R. (2022). Feasibility, acceptability, and preliminary efficacy of an app-based meditation intervention to Decrease Firefighter Psychological Distress and Burnout: A One-Group Pilot Study. *JMIR Form Res*. <https://preprints.jmir.org/preprint/34951>
- Davenport, M., Landor, A. M., Zeiders, K. H., **Sarsar, E.D.**, & Flores, M. (2020). Within-person associations between racial microaggressions and sleep among African American and Latinx young adults, *Journal of Sleep Research*, e13226.

Under Review

- Zeiders, K. H., Pace, T. W. W., Cook, S., **Sarsar, E.D.**, Hoyt, L. T., Osman, K. (*Under Review*) Work stress and work-family conflict: An examination of firefighters during the covid-19 pandemic. *Journal of Occupational Health Psychology*.

In-Preparation

- Sarsar, E.D.**, Zeiders, K.H., Wilkinson-Lee, A., & Hoyt, L. T., Landor, A. M. (*In-preparation*). Online racial discrimination and mental health among Latinx adolescents: The moderating role of ethnic-racial identity and self-compassion.
- Sarsar, E.D.**, Zeiders, K.H., Hoyt, L. T., Wilkinson-Lee, A., & Landor, A. M. (*In-preparation*). Experiences of police discrimination among Latinx youth: moderating role of social support and gender.
- Landor, A. M., Zeiders, K.H., Osman, K., & **Sarsar, E.D.** (*In-preparation*) How colorism gets “under the skin”: The role of ethnic-racial discrimination and diurnal cortisol in the physical health of African American and Latinx young adults.

REFEREED PRESENTATIONS

- Sarsar, E.D.**, Zeiders, K.H., Hoyt, L. T., Wilkinson-Lee, A., & Landor, A. M. (2023, August). Racial discrimination, coping, and diurnal cortisol: A daily diary study among Latinx adolescents in the U.S. Accepted to present at the International Society of Psychoneuroendocrinology (ISPNE), London, Eng.

- Sarsar, E.D.**, Zeiders, K.H., Hoyt, L. T., Wilkinson-Lee, A., & Landor, A. M. (2023, April). Experiences of police discrimination among Latinx youth: moderating role of social support and gender. Accepted to present at the Society for Research on Adolescence, San Diego, CA.
- Pathak, A., **Sarsar, E.D.**, Hoyt, L. T., & Zeiders, K.H. (2023, April). Sociocultural Correlates of Sleep Health among Latinx Youth. Accepted to present at the Society for Research on Adolescence, San Diego, CA.
- Sarsar, E.**, Zeiders, K.H., Wilkinson-Lee, A., Hoyt, L. T., & Landor, A. M. (2022, May). Online racial discrimination and mental health among Latinx adolescents: The moderating role of ethnic-racial identity and self-compassion. Accepted to present at the Special Topics Meeting: Society for Research in Child Development Conference, Rio Grande, Puerto Rico.
- Sarsar, E.**, Zeiders, K.H., Wilkinson-Lee, A., Hoyt, L. T., & Landor, A. M. (2022, April). Online racial discrimination and mental health among Latinx adolescents: The moderating role of ethnic-racial identity and self-compassion. Francis McClelland Institute Spring 2022 Student Poster Showcase, Tucson, AZ.
- Patel, N., Zeiders, K. H., **Sarsar, E.**, & Hoyt, L.T. (2022, April). Young adults' negative life events and mental health: Examining self-compassion and social support as protective factors. Submitted to 2022 ResilienceCon, *virtual meeting*.
- Sarsar, E.** & Toro, R. (2021, November). Perpetual Foreigner Objectification and Well-Being Among Latinx Young Adults: The Moderating Role of Ethnic Racial Identity. Submitted to the 2021 Society for the Study of Emerging Adults conference, *virtual meeting*.
- Sarsar, E.**, Zeiders, K. H., Pace, T.W.W., Cook, S.H., & Hoyt, L.T. (2021, September). Pilot Testing an App-Based Meditation Intervention Among Firefighters During the COVID-19 Pandemic. Submitted to the 2021 International Society of Psychoneuroendocrinology conference, *virtual meeting*.
- Sarsar, E.**, Zeiders, K. H., Landor, A., & Osman, K. (2021, April). Within-person associations between racial microaggressions and mental health among emerging adults. Submitted to the 2020 Society for Research in Child Development Biennial Conference, *virtual meeting*.
- Osman, K., Zeiders, K. H., Landor, A., & **Sarsar, E.** (2021, April). Racial Microaggressions and Alcohol Consumption Among African American and Latinx Emerging Adults. Submitted to the 2020 Society for Research in Child Development Biennial Conference, *virtual meeting*.
- Sarsar, E.**, Pace, T.W., Zeiders, K.H., Cook, S., Hoyt, L.T. (2020, November). Pilot Testing an App-Based Meditation Intervention Among Firefighters During the COVID-19 Pandemic. The University of Arizona Health Sciences Center COVID-19 Symposium, Tucson, AZ.
- Castorena, D.C., **Sarsar, E.**, Carbajal, S., Zeiders, K.H., & Landor, A.M. (2020, May). The role of friendship quality and romantic relationship satisfaction on mental health and academic aspirations. Francis McClelland Institute Spring 2020 Student Poster Showcase, Tucson, AZ.

- Kubela, A., **Sarsar, E.**, Carbajal, S., Zeiders, K.H., & Landor, A.M. (2020, May). Traumatic life events and quality of romantic relationships. Francis McClelland Institute Spring 2020 Student Poster Showcase, Tucson, AZ.
- Molina, K.A., **Sarsar, E.**, Carbajal, S., Zeiders, K.H., & Landor, A.M. (2020, May). Traditional gender role attitudes and mental health among Latinx and African American young adults. Francis McClelland Institute Spring 2020 Student Poster Showcase, Tucson, AZ.
- Sarsar, E.**, Zeiders, K. H., & Landor, A. (2020, January). The role of racial microaggressions on academic belonging among African American and Latino/a college students. University of Arizona, Graduate Association 28th Annual Student Showcase, Tucson, AZ.
- Sarsar, E.** & D'Anna Hernandez, K. (2018, September). The association between childbirth delivery method and maternal emotional wellbeing within the Mexican population. Future Faces of STEM, Society for the Advancement of Chicano and Native American Scientists (SACNAS) Regional Conference, San Diego, CA.
- Sarsar, E.** and D'Anna Hernandez, K. (2018, November). The association between childbirth delivery method and maternal emotional wellbeing within the Mexican population. California State University San Marcos Student Poster Showcase.
- Sarsar, E.** (2018, June). The association between household income and water quality. Ronald E. McNair Symposium, California State University, San Marcos, San Marcos, CA.
- Sarsar, E.** & D'Anna Hernandez, K. (2018, May). The Association Between Cultural Adaptation Factors and Infant Birth Outcomes in Mother/Child Dyads of Mexican Descent. CSU Statewide Student Research Competition, Sacramento, CA.
- Sarsar, E.** and D'Anna Hernandez, K. (2018, April). The role of acculturative stress on gestational age and birth weight in infants of Mexican American women. Western Psychological Association Conference, Portland, OR.
- Sarsar, E.** & D'Anna Hernandez, K. (2018, March). The Association Between Cultural Adaptation Factors and Infant Birth Outcomes in Mother/Child Dyads of Mexican Descent. California State University, San Marcos Symposium on Student Research, Creative Activities, and Innovation.
- Sarsar, E.** & D'Anna Hernandez, K. (2017, November). Psychosocial and cultural factors that may influence central nervous system functioning of infants of Mexican descent. Student Poster Showcase, San Marcos, CA.
- Sarsar, E.** & D'Anna Hernandez, K. (2017, October). Psychosocial and cultural factors that may influence central nervous system functioning of infants of Mexican descent. Society for the Advancement of Chicano and Native American Scientists (SACNAS) National Conference, Salt Lake City, UT.

Sarsar, E. & D'Anna Hernandez, K. (2017, August). The potential role of fetal exposure to maternal acculturative stress and caffeine intake on early infant brain development. Summer Scholars Research Showcase, San Marcos, CA.

Sarsar, E. & D'Anna Hernandez, K. (2017, August). The potential role of fetal exposure to maternal acculturative stress and caffeine intake on early infant brain development. American Psychological Association (APA) Summer Psychology Research Symposium at California State University, San Marcos, San Marcos, CA.

INVITED PRESENTATIONS

Sarsar, E., Osman, K., Zeiders, K. H (2021, November) Stress and Resilience among youth: Designing Biology Curriculum for New Brunswick Youth. Rutgers Graduate School of Education Bio4Community Project.

Sarsar, E., Pace, T.W., Zeiders, K.H., Cook, S., Hoyt, L.T. (2021, March) Pilot Testing an App-Based Meditation Intervention Among Firefighters During the COVID-19 Pandemic. Frances McClelland Institute Turbeville Speaker Series, Tucson, AZ.

Sarsar, E., Pace, T.W., Zeiders, K.H., Cook, S., Hoyt, L.T. (2020, November). Pilot Testing an App-Based Meditation Intervention Among Firefighters During the COVID-19 Pandemic. UArizona's COVID-19 Research Coordination Group (RCG) Meeting, Tucson, AZ.

COMMUNITY PRESENTATIONS AND OUTREACH

Sarsar, E., Carbajal, S., Castorena, D.C., Forbes, N., Idow, E., Levario, B., Osman, K., Perez, R., Rosario, V., Wilkinson-Lee, A., & Zeiders., K. H. (2021, January). The COVID-19 Hijos Project: Community Advisory Board Meeting. Tucson, AZ.

RESEARCH EXPERIENCE

University of Arizona

January 2022 – present

The Hijos Daily Diary Study

NSF Grant-Funded Project: *Collaborative Research: Puberty and Sociocultural Experiences in Mexican-Origin Boys*

Co-Principal Investigators: Evelyn D. Sarsar, University of Arizona; Dr. Katharine H. Zeiders, University of Arizona; Dr. Ada Wilkinson-Lee, University of Arizona; Dr. Lindsay Hoyt, Fordham University

January 2022 – present

Salimetrics Cortisol Enzyme Immunoassay Training

Under the direction of Dr. Thaddeus Pace and Hwu D.R. Chen

August 2019 – present

The Tucson Sons Project (El Proyecto Hijos de Tucson)

NSF Grant-Funded Project: *Collaborative Research: Puberty and Sociocultural Experiences in Mexican-Origin Boys*

Co-Principal Investigators: Dr. Katharine H. Zeiders, University of Arizona; Dr. Ada Wilkinson-Lee, University of Arizona; Dr. Lindsay Hoyt, Fordham University

May 2020 – August 2020 **The Firefighter Mindfulness Project (FFmind)**
Co-Principle Investigators: Dr. Katharine H. Zeiders, University of Arizona; Dr. Thaddeus Pace, University of Arizona; Dr. Lindsay Hoyt, Fordham University; Dr. Stephanie Cook, New York University

California State University San Marcos

June 2017 – June 2019 **Research Assistant, Cultural Perinatal Mental Health Laboratory**
Principal Investigator: Kimberly D’Anna Hernandez, PhD
Research focus: To investigate the relationship between cultural adaptation stressors such as acculturative stress and discrimination on mental health of pregnant women and their offspring.

June – August 2017 **American Psychological Association (APA) Summer Research Program Scholar**
Faculty Mentor: Kimberly D’Anna Hernandez, PhD.
Project title: The Potential Role of Fetal Exposure to Maternal Acculturative Stress and Caffeine Intake on Early Infant Brain Development.

TEACHING EXPERIENCE

Instructor

July – August 2023 Lifespan Human Development, HDFS 117
Asynchronous, 40 students

June – July 2023 Infancy & Child Development, HDFS 323
Asynchronous, 27 students

Teaching Assistant

January – May 2022 Leadership, Ethics, and Management Practices, RCSC 384 – Felicia Frontain
In-person, 40 students

August – December 2021 Research Methods, FCSC 202 – Dr. Joel Muraco
Hybrid, 40 students

August – December 2020 Adolescence, FSHD 377 – Dr. Timothy Ottusch
Live-Online, 104 students

- August – December 2020 Men, Fatherhood, & Families, FSHD 150 – Dr. Melissa Barnett
Live-Online, 100 students
- January – May 2020 Infancy and Child Development, FSHD 323 – Dr. Melissa Delgado
In-person, 72 students
- August – December 2019 Infancy and Child Development, FSHD 323 – Dr. Shannon M. Warren
In-person, 74 students

Guest Lectures

- Fall 2021 *Research Methods, FCSC 202*
Family Studies and Human Development, The University of Arizona
Overall effectiveness as rated by one section of students: 3.9/5.0

ACADEMIC SERVICE

Departmental

- 2022 Graduate Student Panelist
Family Studies and Human Development 696Z
- 2022 Diversity, Equity, Inclusion (DE&I) Committee Graduate Representative
Family Studies and Human Development, University of Arizona
- 2021 Graduate Admissions and Recruitment Representative, Family Studies Student
Round Table (FSSRT)
Family Studies and Human Development, University of Arizona
- 2021 Family Studies and Human Development Graduate Student Council Representative
College of Agriculture & Life Sciences, University of Arizona
- 2020 Graduate Student Panelist
Family Studies and Human Development Department

Professional

- 2021 Ad Hoc Reviewer
Journal of Research on Adolescence

PROFESSIONAL AFFILIATIONS

- 2021 – present International Society of Psychoneuroendocrinology (ISPNE)
- 2020 – present Society for Research in Child Development (SRCD)
- 2017 – 2019 Western Psychological Association (WPA) Scholar
- 2017 – 2020 Society for Advancement of Chicanos/Hispanics and Native Americans in Science (SACNAS)

STATISTICAL METHODS TRAINING

2021 Advancing Culturally Responsive Research and Researchers
Ohio State University, Advanced Methods Institute (AMI)

2021 Latent Profile Analysis Workshop
The University of Arizona, Katharine Zeiders

RELEVANT SKILLS

Languages: Fluent in English and Spanish

Software: Microsoft Excel, SPSS Statistics, SAS, Ripple Science software, Qualtrics XM