

# Avery Chahl

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## Education

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### **The Pennsylvania State University**

*Ph. D. Student*

Human Development and Family Studies

Supervisors: Jennifer L. Maggs, Ph.D., & Kelly L. Rulison, Ph.D.

### **The Pennsylvania State University**

2022

*Master of Science*

Human Development and Family Studies

Certificate in Translational Science

### **The University of Texas at Austin**

2020

*Bachelor of Arts*

Psychology with Special Honors

Minor in Health Communications

## Visiting Appointments & Fellowships

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*Predoctoral Fellow*, The Prevention and Methodology NIDA T32

2023 - 2025

Training Program, Edna Bennett Pierce Prevention Research Center

The Pennsylvania State University, USA

*Predoctoral Fellow*, Bennet Pierce Prevention Research Fellowship in

2022 - 2023

Caring and Compassion, Edna Bennett Pierce Prevention Research Center

The Pennsylvania State University, USA

## Research Interests

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Adolescent and child development, peer relationships, peer influence, prevention and intervention science, longitudinal methods

## Funding and Awards

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### Funding

Edward R. and Helen Skade Hintz Graduate Educational Enhancement Fellowship 2023  
College of Health and Human Development, The Pennsylvania State University

Bunton-Waller Graduate Assistantship 2020 - 2021  
Council of College Multicultural Leadership, The Pennsylvania State University  
*Awarded to students who exhibit commitment to diversity, equity, inclusion, and justice*

### Awards

Knoll Endowment Research & Professional Development Funds 2020 -2026  
Rapid Research Competition, College of Health and Human Development, 2nd place 2022

## Publications

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**Chahl, A.,** Bai, S., Rulison, K. L., & Fosco, G. M. (2024). Examining the association between school connectedness and use of self-regulation strategies in middle childhood. *Applied Developmental Science, 29*(2), 161–170.  
<https://doi.org/10.1080/10888691.2024.2305343>

Rulison, K. L., **Chahl, A.,** & Hoeben, E. M. (2023). The role of parenting in shaping the friendship context of adolescent substance use. In M. E. Feinberg & D. W. Osgood (Eds.), *Teen friendship networks, development, and risky behavior* (pp. 190–210). Oxford University Press.

## Preprints

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**Chahl, A.** (2023, March 19). A Shiny app for teachers to track daily student wellbeing. PsyArXiv, <https://doi.org/10.31234/osf.io/9r6cb>.

## Working Papers

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### Under Review

Figueroa, C.I., **Chahl, A.** Multi-informant childhood internalizing and externalizing symptoms and adolescent substance use.

**Chahl, A.,** Pojman, E. M., Santos-Lozada, A. Evidence of place-based heterogeneity in self-reported health trends among Asians in the United States.

### In Progress

**Chahl, A.** Perceived peer norms and adolescent religious attitudes: Insights from the Kingdom of Bahrain. [dissertation in progress]

**Chahl, A.,** Chen, L., Ngigi, K., Rist, J., Wang, D., Linden-Carmichael, A. Exploring adolescent strengths: Lasso regression and latent class analysis for healthy youth development.

Petrie, D. J., **Chahl, A.,** Santos-Lozada, A. Using R to explore interaction effects: a tutorial.

**Chahl, A.** With a little help from my friends (and family): Underage e-cigarette sourcing.

Maiya, S., Maggs, J., **Chahl, A.** Parent permission to drink at home during COVID-19 and adolescent alcohol use: Longitudinal links and moderating roles of intent, expectancies, and birth order.

## **Presentations**

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**Chahl, A.\*** (August, 2026). With a little help from my friends (and family): Underage e-cigarette sourcing. European Association for Research in Adolescence. [Submitted Paper Presentation] Utrecht, NL.

Figueroa, C. I. **Chahl, A.\*** (August, 2026). Multi-informant childhood internalizing & externalizing and later adolescent substance use. European Association for Research in Adolescence. [Submitted Paper Presentation] Utrecht, NL.

**Chahl, A.\*** & Figueroa, C. I. (May, 2026). Early internalizing/externalizing and later substance use: The role of time with friends. In J Bigelow (Chair). Paper Symposium. *Peers, Places, and Pathways: Psychosocial Development in Friendship and School Contexts*. Association for Psychological Science [Submitted Symposium Presentation] Barcelona, Spain.

**Chahl, A.\*** (2024, July). Peer relationships: My present and past work [Invited Talk to Wouter van den Bos' Lab, at the University of Amsterdam]. Amsterdam, Netherlands.

**Chahl, A.\*** (2024, July). Peers' parents versus our own: Parental monitoring and differences in longitudinal drinking behaviors beginning in adolescence [Invited talk at the Netherlands Institute for the Study of Crime and Law Enforcement]. Amsterdam, Netherlands.

**Chahl, A.,** Chen, L., Ngigi, K., Rist, J., Wang, D., Linden-Carmichael, A. (2024, May). Exploring adolescent strengths: lasso regression and latent class analysis for healthy youth development [Presentation in the SPR Cup Competition]. Society for Prevention Research, Washington, D.C.

**Chahl, A.\*,** Bai, S., Rulison, K.L., Fosco, G.M. (2023, April). Coping with academic stress: Considering the complex and interdependent influences of relationships with peers, parents, and teachers [Paper Symposium]. Society for Research on Adolescence, San Diego, CA.

**Chahl, A.\*** Introduction to piloting: A dashboard to track daily student wellbeing (2022, November) [Presentation to elementary school staff during dashboard pilot]

\*presenting author

## **Grant Writing Experience**

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**Chahl, A., Bai, S., & Fosco, G. M.** Student wellness dashboard to support social emotional learning in elementary school classrooms (not awarded)  
Spencer Foundation

## **Research Experience**

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2020 – 2024 **Project Coordinator & Graduate Research Assistant**

The Pennsylvania State University

Student Wellness Study

PIs: Gregory M. Fosco, Ph.D., Sunhye Bai, Ph.D.

- Coordinated and lead baseline and daily diary data collection efforts
- Primary liaison for school-research partnership as a researcher-to-elementary school liaison
- Developed translational products (i.e., self-coded data feedback dashboard for teachers)
- Managed project data and cleaning, developing codebook

2020 – 2024 **Graduate Research Assistant**

The Pennsylvania State University

Families Being Supportive Together Study

PI: Sunhye Bai, PhD.

- Ran undergraduate research assistant meetings
- Facilitated undergraduate research assistants' professional development
- Coordinated undergraduate research assistant tasks (i.e., data input, transcriptions)
- Conducted participant baseline interviews

2019 –2020 **Undergraduate Research Assistant**

The University of Texas at Austin

Biopsychosocial Pathways Linking Discrimination and Adolescent Health

PI: Aprile D. Benner, Ph.D.

2018 **Undergraduate Research Assistant**

The University of Texas at Austin

Estimating and Understanding Effects of Teaching Teens That People Can Change

PI: David S. Yeager, Ph.D.

## Teaching and Mentoring Experience

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### Graduate Teaching Assistant

HDFS Advanced Child Development	Sp 2026
HDFS Sexual Identity Over the Life Span	Sp 2026
HDFS Internship Preparation	Fa 2025
HDFS Infant and Child Development	Sp 2023
HDFS Introduction to Human Development and Family Studies	Fa 2022

### Guest Lectures

<i>Technical Writing</i>	Sp 2025
HDFS Quantitative Skills for Human Services	
<i>Overview of Research Design</i>	Fa 2024
HDFS Empirical Inquiry in Human Development	
<i>Correlational Methods and Regression</i>	Fa 2023
HDFS Empirical Inquiry in Human Development	
<i>Inferential Statistics</i>	Fa 2023
HDFS Lab for Empirical Inquiry in Human Development	
<i>Friendships in Childhood: Social Network Applications</i>	Sp 2023
HDFS Infant and Child Development	
<i>Peers, Cliques, and Crowds- Applications of Social Network Analysis</i>	Fa 2022
HDFS Adolescent Development	

### Honors Student Mentorship

Caroline Horn	Fa 2022- Sp 2023
Undergraduate Honors Thesis	
<i>The Home-to-School Connection: Family Cohesion and How it Impacts Connection to School</i>	

## Skills and Expertise

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### Software

Proficient in R, R Studio, Qualtrics  
Competent in SAS, SPSS, Mplus, Excel Power Query  
Familiar with Python

### Methods

Social network analysis  
Psychological network analysis (Graphical VAR)  
Multilevel modeling (Hierarchical linear modeling)  
Bayesian OLS  
Other models for intensive longitudinal data analysis

### Languages

English (native), Hindi (limited working), German (currently enrolled in A1)

## Professional Affiliations

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### Developmental Science

- European Association for Research on Adolescence
- Society for Research on Adolescence
- Society for Research in Child Development
  - Society for Research in Child Development Asian Caucus

### Prevention Science

- European Society for Prevention Research
- Society for Prevention Research
  - The Early Career Preventionist Network
  - Awards Committee, Webpage Committee

### Quantitative Methodology

- International Network for Social Network Analysis

## Service

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### University Service

College of Health and Human Development Graduate Equity Ambassador	2023 - 2025
Departmental Graduate Steering Committee	2024 -
Faculty Meeting Representative	2024 - 2025
Admissions Committee Representative	2023 - 2024
Co-Chair	2022 - 2023
BIPOC Affinity Group Coordinator and Founder	2021 - 2022
Program, Planning, Development, and Evaluation Graduate Representative	2021 - 2022
Newsletter Subcommittee Representative	2021 - 2022

### Additional Service

#### The Pennsylvania State University

<i>Undergraduate Research Exhibition Judge</i>	April 2025
<i>Graduate Research Exhibition Judge</i>	March 2024
<i>Presentation Panel Member</i>	June 2023
Academia Won't Break My Soul: Exploring Refusal and Resistance as We Prepare to Navigate Graduate School	
IMPACT Program Professional Development Program	
<i>Presentation Panel Member</i>	March 2023
Internships and Graduate School	
Hosted by HDFS Undergraduate Student Organization	
<b>Center for the Performing Arts at The Pennsylvania State University</b>	
<i>Community Presentation Panel Member</i>	Feb 2022
The Frederick Douglass Project	