

**Bharathi J. Zvara, M.S., Ph.D.**

Department of Maternal & Child Health, Gillings School of Global Public Health

University of North Carolina at Chapel Hill

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**EDUCATION**

**Doctor of Philosophy**, Developmental Psychology  
Quantitative Psychology Concentration  
University of North Carolina at Chapel Hill, Chapel Hill, NC

**Master of Science**, Human Development and Family Science  
The Ohio State University, Columbus, OH

**Bachelor of Science**, Biochemistry  
The Ohio State University, Columbus, OH

**PROFESSIONAL EXPERIENCE**

**Academic Appointments**

2015 – Present Associate Professor, Department of Maternal and Child Health,  
Gillings School of Global Public Health, UNC-CH  
2021 – Present Faculty Fellow, Department of Integrated Medicine, UNC School of Medicine  
2019 – Present Faculty Fellow, Frank Porter Graham Child Development Institute  
2019 – 2020 Postdoctoral Researcher, CDS Observational Core, Center for Developmental Science, UNC-CH

**Panels and Boards**

2023-Present UNC Faculty Governance: Fixed Term Wellness  
2023-Present Editorial Board: Developmental Psychology for Frontiers in Psychology  
2022 William R. Kenan, Jr. Charitable Trust: Innovations for Public Good.  
2021-Present Editorial Board: Family Relations: An Interdisciplinary Journal of Applied Family  
Science  
2016-2018 Co-Chair, Research Committee on Men in Families, National Council on Family  
Relations  
2016-2017 Panelist: U.S. Centers for Disease Control and Prevention's National Health Interview Survey  
(NHIS) Expert Panel  
2023-Present UNC Faculty Governance: Fixed Term Faculty Wellness  
2024-Present NIH The Psychosocial Development, Risk, and Prevention (PDRP) Study Section

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**Awards**

- 2019 Sigma Xi: The Scientific Research Honor Society, Full Member
- 2018 Recipient, National Institutes of Health Research Career Development Award (K01), Eunice Kennedy Shriver National Institute of Child Health & Human Development.
- 2018 Psychology and Neuroscience Undergraduate Teaching Commendation
  
- 2014 National Council on Family Relations: Men in Families Focus Group 2013 finalist for “Best Research Article by a New Professional” award for research advancing scholarship on men in families.
- 2012-2014 Individual Predoctoral Training Award (NRSA): NIH Ruth L. Kirschstein National Research Service Award Predoctoral Fellow (NIAAA)

**MEMBERSHIPS**

- 2014- Present: International Society for Traumatic Stress Studies
- 2009- Present: National Council on Family Relations
- 2008- Present: Society for the Research on Child Development
- 2008- Present: American Psychological Association

**PEER-REVIEWED BOOK AND CHAPTER PUBLICATIONS**

(\* Denotes supervised student publication)

1. Shanahan, M., **Zvara, B.J.** The toddler and preschool years: Children 1 to 4. In Verbiest, S., & Kirby, R. (Eds.), *Maternal And Child Health: Programs, Problems, And Policy In Public Health*, Fourth Edition. 2021. p. 227-246.
2. Mills-Koonce WR, Propper CB, **Zvara BJ.** Genetic influences on early maternal caregiving. In S. Calkins (Editor). *Handbook of Infant Development: A Biopsychosocial Perspective*. New York: Guildford Press; 2015. p. 259-282.

**PEER REVIEWED MANUSCRIPTS**

**Published and In Press:**

(\* Denotes supervised student co-author)

1. Krupsky, K., **Zvara, B.J.**, Khalsa, AM., Andridge, R., Keim, S., Anderson, S. Household chaos, child temperament, and structure-related feeding practices in toddlerhood: a moderation analysis. (2024) *Eating Behaviors*. 101838.
2. **Zvara, B. J.**, Keim, S. A., Andridge, R., & Anderson, S. E. (2023). Self-Compassion and Depressive Symptoms as Determinants of Sensitive Parenting: Associations with Sociodemographic Characteristics in a Sample of Mothers and Toddlers. *Children*, 10(8), 1284. Doi: 10.3390/children10081284

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3. MacNeill, L., **Zvara, BJ.**, Anderson, S. Factors Contributing to Continuity and Discontinuity in Parent- Child Relationship Quality across Three Generations. (2023). *Family Relations*, 73(2), 645-660. Doi: 10.1111/fare.12910
4. **Zvara, B. J.**, Keim, S. A., Andridge, R., & Anderson, S. E. (2023). Variability in parenting behaviors during play and during mealtimes with toddlers. *Infant and Child Development*, 32(5), e2447.
5. Altenburger, L., **Zvara, BJ.**, Donithen, R., Schoppe-Sullivan, S. (2023) Household Chaos as a Moderator of the Link Between Parents' Inhibitory Control and Observed Parenting Quality. *Journal of Family Psychology*, 37(5), 614-623.
6. \*Girod,S, Leerkes, EM., **Zvara, BJ.** Childhood Maltreatment Predicts Maternal Sensitivity to Distress: The Role of Negative Attributions During the Transition to Parenthood. (2023). *Journal of Family Psychology*. Pgs 709-719. Doi: 10.1037/fam0001088
7. Frazier, J., Li, Xiuhong., Kong, Xiangrong., Hooper, S., Joseph, R., Cochran, D.....**Zvara, BJ.**, .... O'Shea, M. Perinatal Factors and Emotional, Cognitive and Behavioral Dysregulation in Childhood and Adolescence. *Journal of the American Academy of Child & Adolescent Psychiatry*, 62(12), 1351-1362.
8. Kravets, M., Sullivan, J., Parrott, A., **Zvara, BJ.**, Andridge, R., Keim, S., Anderson, S. (2022). Caregiver eating competence and child adiposity at 24 months. *Journal of Nutrition Education and Behavior*, 54(8), 745-752. Doi:10.1016/j.jneb.2022.02.020
9. \*Hopper, L., Hopper L, Shanahan M, Vines A, Daniels J, **Zvara B**, Hussey J. Fathers and child health behaviors: assessing father engagement, early childhood diet, and screen time in a national sample of US children. *HPHR*. 2021;36. DOI:10.54111/0001/JJ5
10. Khalsa, AM., Weber, Z., **Zvara, BJ.**, Keim, S., Andridge, R., Anderson, S. (2021). Factors Associated with Parenting Stress in Parents of 18month old Children. *Child: Care, Health & Development*. 1-10. doi: 10.1111/cch.12954 PMID: PMC9203946
11. \*Krupsky, K., Parrott, A., Andridge, R., **Zvara, BJ.**, Keim, S., Anderson, S. (2021). A Mixed Methods Analysis of Environmental and Household Chaos: Implications for Childhood Obesity Prevention Through Toddlerhood. *BMC Public Health* 21, 1867. doi: 10.1136/bmjopen-2021-055490. PMID 34996797.
12. \*Sullivan, J., **Zvara, BJ.**, Keim, S., Andridge, R., Anderson, S. (2021). Associations between caregiver knowledge of infant development and aspects of caregiver well-being in a sample of toddlers born premature and full- term. *The Journal of Developmental & Behavioral Pediatrics*. 42(6), 442-449. doi: 10.1097/DBP.0000000000000918
13. Macfie, J., Towers, C., Fortner, K., Stuart, G., **Zvara, BJ.**, Kurdziel-Adams, G., Kors, S., Noose, S., Gorrondona, A., & Cohen, C. (2021). Childhood Sexual Abuse and Maternal Age are Associated with Successful Detoxification from Opioids in Pregnancy. *Addictive Behaviors*. 102, 106134.doi: 10.1016/j.addbeh.2019.106134.
14. \*Lathren, C., Bluth, K., **Zvara, BJ.** Parent Self-Compassion and Supportive Responses to Child Unpleasant Emotion: An Intergenerational Theoretical Model Rooted in Attachment. (2020). *Journal of Family Theory & Review*. 12(3), 368-381.

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15. Parrott AM, **Zvara BJ**, Keim SA, Andridge R, Anderson SE. Design of the Play & Grow cohort: A prospective study of parent-child mealtime interactions. medRxiv 2020.06.11.128637 [Preprint]. June 12, 2020. Available from: <https://doi.org/10.1101/2020.06.11.20128637>.
16. **Zvara, B.J.**, Lathren, C., Mills-Koonce, R., Maternal and Paternal Attachment Style and Chaos as Risk Factors for Parenting Behavior. *Family Relations*. 2020; 69, 233-246. doi:10.1111/fare.12423
17. **Zvara BJ**, Mills-Koonce WR. Intimate Partner Violence, Parenting, and Children's Representation of Mothers and Fathers. *Journal of Interpersonal Violence*. 2020; 1-24 doi:10.1177/0886260519888527
18. \*Rehder P, Wagner NJ, **Zvara BJ**, Willoughby MT, Mills-Koonce WR. Family Life Project Key Investigators. Differences in attachment classifications among youth high on conduct problems and callous-unemotional traits. *Attachment and Human Development*. 2020; 1-18. doi: 10.1080/14616734.2020.1714676
19. Macfie, J., **Zvara, BJ.**, Stuart, G., Kurdziel-Adams, G., Kors, S., Fortner, K., Towers, C., Gorrondona, A., Noose, S. Pregnant Women's History of Childhood Maltreatment and Current Opioid Use Severity: The Mediating Role of Reflective Functioning. *Addictive Behaviors*. 2020; 102:106134. doi:10.1016/j.addbeh.2019.106134
20. \*Wouk K, Tucker C, Pence BW, Meltzer-Brody S, **Zvara BJ**, Grewen K, Stuebe AM. Positive emotions during infant feeding and breastfeeding outcomes. *Journal of Human Lactation*. 2020; 36:157-167. doi: 10.1177/0890334419845646.
21. **Zvara BJ**, Lang S, Schoppe-Sullivan SS. The role of co-parenting in the associations between maternal personality and harsh intrusive parenting. *Journal of Family Psychology*. 2019; 33:945-953. doi: 10.1037/fam0000555. PMID: 31328943
22. **Zvara, BJ.**, M. Burchinal & the Family Life Project Key Contributors. Maternal history of childhood maltreatment and children's cognitive and social development, *Early Child Development and Care*. 2019; 1-12. doi: 10.1080/03004430.2019.1621861
23. **Zvara BJ**, Kiem S, McNamara K, Anderson S. Executive function in children born very preterm: The moderating role of parenting. *Early Childhood Research Quarterly*. 2019; 48:317-324. doi: 10.1016/j.ecresq.2019.01.012
24. \*Wouk K, Gottfredson NC, Tucker C, Pence BW, Meltzer-Brody S, **Zvara BJ**, Grewen K, Stuebe AM. Positive emotions during infant feeding and postpartum mental health. *Journal of Women's Health*. 2019; 28:194-202. doi: 10.1089/jwh.2017.6889
25. **Zvara, BJ.**, Macfie, J., Cox, M., & Mills-Koonce, R. Family Life Project Key Investigators. Mother-Child Role Confusion, Child Adjustment Problems, and the Moderating Role of Child Temperament and Sex. *Developmental Psychology*. 2018; 54 (10):1891-1903. doi: 10.1037/dev0000556. PMID: 30148372
26. **Zvara BJ.**, Sheppard, KW., & Cox, M. (2018). Bidirectional effects between parenting sensitivity and child behavior: A cross-lagged analysis across middle childhood and adolescence. *Journal of Family Psychology*, 2018; 32(4):484-495. doi:10.1037/fam0000372

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27. \*Austin A, Shanahan ME, **Zvara BJ**. (2018). Association of childhood abuse and prescription opioid use in early adulthood. *Addictive Behaviors*. 2018; 76:265-269. doi: 10.1016/j.addbeh.2017.08.033.
  28. **Zvara BJ**, Mills-Koonce WR, Appleyard Carmody K, Cox M, Family Life Project Key Contributors. Maternal childhood sexual trauma and child conduct problems. *Journal of Family Violence*. 2017; 32(2): 231-242. doi:10.1007/s10896-016-9876-1.
  29. **Zvara BJ**, Mills-Koonce WR, Cox M. Maternal childhood sexual trauma, child directed aggression, parenting behavior, and the moderating role of child sex. *Journal of Family Violence*, 2017; 32(2): 219-229. doi: 10.1007/s10896-016-9839-6. PMID 28450762.
  30. **Zvara, BJ.**, Roger Mills-Koonce, W., Cox, M., & Family Life Project Key Contributors. Intimate partner violence, maternal gatekeeping, and child conduct problems. *Family relations*, 65(5), 647-660. doi: 10.1111/fare.12221. PMID 28943690.
  31. **Zvara BJ**, Meltzer-Brody S, Mills-Koonce WR, Cox M, Family Life Project Key Contributors. Maternal childhood sexual trauma and early parenting: Prenatal and postnatal associations. *Infant and Child Development*. 2016; 26(3): 21 pages. doi: 10.1002/icd.1991.
  32. **Zvara BJ**, Mills-Koonce WR, Heilbron N, Clincy A, Cox M, Family Life Project Key Contributors. The interdependence of adult relationship quality and parenting behaviors among African American and European couples in rural, low-income communities. *Infant and Child Development*. 2015; 24(3): 343-363. doi: 10.1002/icd.1919. PMID: 26430390.
  33. \*Wagner N, Mills-Koonce WR, Willoughby MT, **Zvara BJ**, Cox M, Family Life Project Key Investigators. Parenting and children's representations of family predict disruptive and callous-unemotional behaviors. *Developmental Psychology*. 2015; 51(7): 935- 948. doi: 10.1037/a0039353. PMID: PMC4478094.
  34. **Zvara BJ**, Mills-Koonce WR, Appleyard Carmody K, Cox M, Family Life Project Key Contributors. Childhood sexual trauma and subsequent parenting beliefs and behaviors. *Child Abuse and Neglect*. 2015 44: 87-97. doi:10.1016/j.chiabu.2015.01.012. PMID: 25680655.
  35. Mills-Koonce WR, Willoughby MT, **Zvara BJ**, Barnett M, Gustafsson H, Cox MJ, Family Life Project Key Investigators. Mothers' and fathers' sensitivity and children's cognitive development in low-income, rural families. *Journal of Applied Developmental Psychology*. 2015; 38:1-10. doi:10.1016/j.appdev.2015.01.001. PMID: 25954057. PMID: MPC4418032.
  36. **Zvara BJ**, Mills-Koonce WR, Garrett-Peters P, Wagner NJ, Vernon-Feagans L, Cox M, Family Life Project Key Contributors. The mediating role of parenting in the associations between household chaos and children's representations of family dysfunction. *Attachment and Human Development*. 2014; 16(6): 633-655. doi:10.1080/14616734.2014.966124. PMID: 25329862.
  37. **Zvara B**, Schoppe-Sullivan S, Kamp Dush C. Fathers' involvement in child health care: Associations with prenatal involvement, parents' beliefs, and maternal gatekeeping. *Family Relations*, 2013;62(4): 649-661. doi: 10.1111/fare.12023. PMID: 26405366.
  38. **Zvara BJ**, Schoppe-Sullivan S. Does fathers' education level moderate relations between low birth weight and child cognitive outcomes? *Family Science*. 2010; 1(3-4): 212-221. doi:10.1080/19424620.2010.569370.
  39. Malarkey W, **Zvara B**. Interleukin-1 beta and other cytokines stimulate adrenocorticotropin release from cultured pituitary cells of patients with Cushing's disease. *Journal of Clinical Endocrinology & Metabolism*. 1989; 69(1):196-199. doi: 10.1210/jcem-69-1-196. PMID: 2543691.

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40. Malarkey W, **Zvara B**, DeGross V. Angiotensin II promotes prolactin release from normal human anterior pituitary cell cultures in a calcium-dependent manner. *Journal of Clinical Endocrinology & Metabolism*, 1987;64(4): 713-717. doi:10.1210/jcem-64-4-713. PMID: 3818900.
41. Camisa C, Kraut E, **Zvara B**. Psoriatic sera decreases response of stimulated granulocyte from normal and psoriatic subjects. *Journal of Investigative Dermatology*. 1984; 82(4): 318-321. doi:10.1111/1523-1747.ep12260613.

**Currently Under Review/Revision:**

(\*Denotes supervised student co-author)

1. \*Ingol, T., Anderson, S., Rausch, J., Andridge, R., **Zvara, B.J.**, Keim, S. Maternal Weight Trajectories from Pre-Pregnancy through Postpartum and Childhood Obesity Risk: A Group-Based Trajectory Analysis. *Under Review*
2. Khalsa, K., Andridge, R., Keim, S., **Zvara, B.J.**, Anderson, S. Screen Time, Outdoor Play, and Sleep Routines in Early Childhood: Longitudinal Associations with Parenting Stress during Toddler Years. *Under Review*
3. **Zvara, B.J.**, Andersen, E.H., Morgan, A., Girdler, S. Maternal Childhood Maltreatment, Inflammatory Cytokines and Infant Negative Reactivity. *Under Review*
4. \*Brinson, A. Andridge, R., Keim, S., Anderson, S., **Zvara, B.J.**, Identifying mechanisms linking bedtime routines, child temperament, and child sleep duration. Estimated 25 pages. *Under Review*

**SCHOLARLY PRESENTATIONS**

**Invited Talks:**

1. **Zvara, B.J.** Unleashing the Power of Self-Regulation: The Role of Parent-Child Relationships. Guest Speaker at The Annual Meeting of The Academy of Anesthesiology. April 17, 2024.
2. **Zvara B.J.** Early Brain Development and Health. Philanthropic Educational Organization (P.E.O). Women helping women reach for the stars. Women in Science Series. February 08, 2023.
3. **Zvara B.J.** Grand Rounds Presentation. Department of Medicine, University of North Carolina at Chapel Hill. Web-based Tools to Address Complex Mental Health Problems. June 13, 2019
4. **Zvara, B.J.** Visiting Professor. University of Richmond, Richmond, Va. Enduring effects of childhood trauma: Implications for Two Generations. April 6, 2019, Richmond, Va.
5. **Zvara, B.J.** Preconference Presentation on Parenting and Family Dynamics at the Society for Personality and Social Psychology, February 7, 2019, Portland, OR.
6. **Zvara B.J.** Grand Rounds Presentation. Department of Pediatrics, University of North Carolina at Chapel Hill. The Development of Self-Regulation: The Role of Parenting and Implications for Pediatric Practice. February 8, 2018.
7. **Zvara B.J.** (2018, 2019). Robert Wood Johnson Foundation. Conducted Webinar with Clinical Scholars

Revised 8/21/20206

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Fellows on the use of technology to reach vulnerable populations.

8. **Zvara BJ.** Developmental Psychology Brown Bag. (2018). Age of Abuse and Parenting Outcomes: Is there a dose effect?
9. **Zvara BJ.** (2016). Symposium on Infant Growth and Development. National Institute of Nutrition, Hyderabad, India. Parenting and early emotion regulation as risk factors for obesity.
10. Beeber L, Martinez M, **Zvara BJ** (co-presenters). (2015). Developmental Science Symposium. Promoting healthy mother-child interactions in the context of depressive symptoms, economic hardship and severe life stressors: Outcomes of the HILDA and Proyecto ALAS (WINGS) studies. Center for Developmental Science, UNC-Chapel Hill, NC. October 5, 2015.
11. **Zvara BJ.** Using observational assessments of parenting behavior to understand children's behavioral outcomes. Invited presentation given at Nationwide Children's Hospital, Columbus, OH. 2014.

**Symposia Chaired:**

1. **Zvara BJ** (Chair). Fathers' and Mothers' Coparenting and Parenting in Family Systems. Symposium presented at the Annual Conference on Family Relations (NCFR), Orlando, FL. Nov. 15-17, 2017.
2. **Zvara BJ**, Noll J (Co-Chairs). Long-term physical and mental health consequences of childhood maltreatment. Symposium presented at the biennial meeting of The Society for Research in Child Development (SRCD), Austin, TX. April 6-8, 2017.
3. **Zvara BJ** (Chair). Fathering in context: Determinants and impacts of fathering across multiple levels of analysis. Symposium presented at the biennial meeting of The Society for Research in Child Development (SRCD), Austin, TX. April 6-8, 2017.
4. **Zvara BJ**, Schoppe-Sullivan S (Co-Chair). Contextualizing harsh intrusive caregiving and its effects on early child development within the family system. Symposium co-chaired at the XX Biennial International Conference on Infant Studies (ICIS), New Orleans, LA. May 26 - 28, 2016.
5. **Zvara BJ**, Mills-Koonce RW (Co-Chair). Coparenting in clinically and culturally diverse family systems. Symposium co-chaired at the biennial meeting of The Society for Research in Child Development (SRCD), Philadelphia, PA. 2015.

**Paper Presentations:**

1. **Zvara, BJ.,** Altenburger, L, Andridge, R., Keim, S., Anderson, S. Family Meals as a Context for Learning Positive Behavior: Examining the Contributions of Feeding Strategies and Mealtime Emotional Climate. Paper presentation accepted for the biennial meeting of The International Congress of Infant Studies (ICIS), July 9-11, 2024.
2. **Zvara, BJ.,** PhD. Mills-Koonce, R., Grewen, K., Propper, C., Meltzer-Brody, S., Stuebe, A. Infant 6-month psychophysiology during interaction with mother is differentiated by 12-month attachment quality. Paper presentation accepted for the biennial meeting of The International Congress of Infant Studies (ICIS), July 9-11, 2024.
3. **Zvara, BJ.,** Keim, S., Andridge, R., Anderson, S. (2021). Associations Between Maternal Anxiety, Parenting Behavior, and Negative Emotionality in Toddler in the Prediction of Child Behavior at 36-months. Paper presented at the (virtual) biennial meeting of The Society for Research in Child Development (SRCD), April 7-9, 2021.
4. Nulty, A., **Zvara, BJ.,** Andridge, R., Keim, S., Anderson, S. (2021). Toddler Sleep Duration and Nighttime Awakenings Associated with Regular Bedtime and Sleep Time Routines. Paper presented at the (virtual) biennial meeting of The Society for Research in Child Development (SRCD), April 7-9, 2021.

Revised 8/21/20207

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5. Krupsky, K., Keim, S., Andridge, R., Zvara, B.J., Anderson, S. How are infant birthweight and gestational age related to parent feeding practices when children are toddlers? Paper accepted for presentation at the annual meeting of Society for Epidemiological Research, June 18-19, 2020, Baltimore, Md.
6. Khalsa, A., Anderson, S., Weber, Z., **Zvara, B.J.**, Keim. Factors Associated with Perceived Stress in Parents of Young Toddlers. Paper accepted for presentation at Pediatric Academic Societies Meeting, Philadelphia, PA, April 29-May 6, 2020.
7. Wouk K, **Zvara B.J.**, Tucker CM, Meltzer-Brody S, Pence BW, Stuebe AM. “The role of positive emotions in infant feeding and perinatal mental health.” Paper presented at Nutrition and Nurture in Infancy and Childhood: Bio-cultural Perspectives, Cumbria, England. June 2017.
8. **Zvara B.J.**, Macfie J, Mills-Koonce WR, Cox M. Father-child role confusion and child adjustment. Paper presented at the biennial meeting of The Society for Research in Child Development (SRCD), Austin, TX. April 6-8, 2017.
9. **Zvara B.J.**, Mills-Koonce WR. Intimate partner violence, parenting, and children’s representations of relationship quality with caregivers. Paper presented at the biennial meeting of The Society for Research in Child Development (SRCD), Austin, TX. April 6-8, 2017.
10. Shanahan M, Austin A, **Zvara B.J.** Association between physical, sexual, and emotional abuse during childhood and current prescription opioid use and misuse in a nationally representative sample of young adults. Paper presented at The Society for Research in Child Development (SRCD), Austin, TX. April 6-8, 2017.
11. **Zvara B.J.**, Macfie J, Mills-Koonce WR, Cox M. Mother-child role confusion and child adjustment. Paper presented at the Annual Council of the National Council on Family Relations (NCFR), Minneapolis, MN. November 2-5, 2016.
12. **Zvara B.J.**, Lang S, Schoppe-Sullivan S, Kamp Dush C. The role of coparenting in the associations between maternal personality and harsh intrusive parenting. Presented at the XX Biennial meeting of the International Conference on Infant Studies (ICIS), New Orleans, LA. May 26 -28, 2016.
13. Stuebe A, **Zvara B.**, Meltzer-Brody S, Pearson B, Grewen K. Childhood trauma history and oxytocin during infant feeding. Paper presentation at the Seventy First Annual Meeting of the Society for Biological Psychiatry, Atlanta, Georgia. May 12-14, 2016.
14. **Zvara B.J.**, Appleyard Carmody K, Mills-Koonce WR, Cox M. Maternal childhood sexual trauma and conduct problems in offspring: Multiple pathways of influence. Paper presented at the biennial meeting of The Society for Research in Child Development (SRCD), Philadelphia, PA. March 20, 2015.
15. **Zvara B.J.**, Mills-Koonce R, Garrett-Peters P, Wagner N, Cox MJ. Children’s disrupted family representations. Paper presentation at the National Council on Family Relations Conference, San Antonio, TX. November 2013.
16. **Zvara B.J.**, Schoppe-Sullivan S, Kamp-Dush C. Maternal gatekeeping and father involvement with child health. Paper presentation at the biennial meeting of the Conference on Human Development, New York, NY. 2010.
17. Gustafsson HC, Kuhn LJ, **Zvara B.J.**, Cox MJ. The interrelationship between inter-parental conflict, depressive symptoms, and parenting behaviors. Paper presentation at the biennial meeting of the Conference on Human Development, New York, NY. 2010.

**Posters:**

Revised 8/21/20208



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1. Khalsa, A., Andridge, R., Keim, S., **Zvara, B.J.**, Anderson, S. (2022). Longitudinal Relationships between Parenting Stress and Childhood Sedentary Behaviors in Toddlerhood. Abstract presented at the annual The Pediatric Academic Societies Meeting, April 21-25, Denver, CO.
2. **Zvara, B.J.**, Morgan, A., Girdler, S. (2021). Maternal Childhood Maltreatment, Inflammatory Cytokines and Infant Negative Reactivity. Abstract presented at the 54th Annual Meeting of the International Society for Developmental Psychobiology. November 10-12, 2021, Chicago, Illinois.
3. Altenburger, L., **Zvara, B.J.**, Donithen, R., Schoppe-Sullivan S. Parental Inhibitory Control Predicts Observed Parenting Quality: The Role of Household Chaos. Poster presented at the (virtual) biennial meeting of The Society for Research in Child Development (SRCD), April 7-9, 2021.
4. Kravets, M., **Zvara, B.J.**, Keim, S., Andridge, R., Anderson, S. (2021). Associations Between Maternal Anxiety, Parenting Behavior, and Negative Emotionality in Toddlers. Poster presented at the (virtual) biennial meeting of The Society for Research in Child Development (SRCD), April 7-9, 2021.
5. Keim, S., Andridge, R., **Zvara, B.J.**, Anderson, S. (2020). From the Breast to the Table: Breastfeeding Duration and Mealtime Routines, Feeding Strategies and Parent Expectations for Mealtime at 18 and 24 Months in a Sample Born Preterm and at Term. Poster presentation accepted for the International Congress on Infant Studies (ICIS), July 6-9, 2020. Edinburgh, Scotland.
6. Anderson, R., **Zvara, B.J.**, Andridge, R., Keim, S. (2020). Dynamics of sleep and mealtime routines during the toddler years. Poster presentation accepted for the International Congress on Infant Studies (ICIS), July 6-9, 2020. Edinburgh, Scotland.
7. **Zvara, B.J.**, Keim, S., Andridge, R., Anderson, S. (2020). Associations between parenting stress, sensitive parenting, and talking with children at mealtimes. Poster presentation accepted for the International Congress on Infant Studies (ICIS), July 6-9, 2020. Edinburgh, Scotland.
8. Keim Lathren, CL., Jinyoung, P., Bluth, K., Gaylord, S., **Zvara, B.J.**, (2019). Self-Compassion and Parent-Pre-Adolescent Relationships. Poster presentation accepted for presentation at the annual meeting of the Society for the Study of Human Development (SSHD), Portland, OR. October 11-13, 2019.
9. **Zvara, B.J.**, Krupsky, K., Anderson, S. (2019). Interparental conflict in early childhood: prospective associations with obesity risk and parenting behaviors. Poster presentation accepted for the biennial meeting of The Society for Research in Child Development (SRCD), Baltimore, MD, March 21-23, 2019.
10. **Zvara, B.J.**, Burchinal, M. (2019). Maternal Childhood Sexual Trauma and Offspring Adjustment. Poster presentation accepted for the biennial meeting of The Society for Research in Child Development (SRCD), Baltimore, MD, March 21-23, 2019.
11. **Zvara, B.J.**, Mills-Koonce, WR. (2018). Longitudinal Examination of Men Partnered with Women Sexually Abused in Childhood Including, Depression, Relationship Satisfaction, and Parenting Behaviors. Accepted for presentation at the 34th Annual Meeting of the International Society for Traumatic Stress Studies, Washington D.C., November 8-10, 2018.
12. **Zvara, B.J.**, Mills-Koonce, WR. (2018). Patchwork Portrait of Men partnered with Women reporting a History of Childhood Maltreatment. Accepted for presentation at the SRCD Special Topic Meeting: Use of Secondary and Open-Source Data in Developmental Science, Phoenix, AZ., October 4 - 6, 2018.
13. **Zvara, B.J.**, Mills-Koonce, WR. Maternal and paternal attachment style and chaos as risk factors for parenting behavior. Presented at the Annual Meeting for the National Council on Family Relations, Orlando, FL. November 15-17, 2017.
14. Stuebe A, **Zvara BJ**, Meltzer-Brody S, Pearson B. Grewen, K. Childhood trauma history, breastfeeding and postpartum depression. Poster presented at the 22<sup>nd</sup> Annual International Academy of Breastfeeding

Revised 8/21/20209

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Medicine meeting, Atlanta, GA. 2017.

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15. **Zvara BJ**, Kiem S, McNamara K, Anderson S. Executive function in children born very preterm: The moderating role of parenting. Poster presented at the biennial meeting of The Society for Research in Child Development (SRCD), Austin, TX. April 6-8, 2017.
16. Pettygrove D, **Zvara BJ**, Mills-Koonce WR, Cox M. Sibling conflict in context of family violence as it relates to prosocial development. Poster presented at the biennial meeting of The Society for Research in Child Development (SRCD), Austin, TX. April 6-8, 2017.
17. Stuebe A, **Zvara BJ**, Meltzer-Brody S, Beiler P, Grewen K. Childhood trauma history moderates associations between breastfeeding intensity and postpartum weight retention. Presented at the 37<sup>th</sup> annual meeting for the Society for Maternal-Fetal Medicine, Las Vegas, NV. January 23-28, 2017.
18. **Zvara BJ**, Mills-Koonce WR. Intimate partner violence, parenting, and children's representations of relationship quality with caregivers. Poster presented at the annual meeting of the National Council on Family Relations (NCFR), Minneapolis, MN. November 2-5, 2016.
19. Stuebe A, **Zvara BJ**, Meltzer-Brody S, Pearson B, Grewen, K. Childhood trauma history and oxytocin during infant feeding. Presented at the 71st Annual Scientific Meeting of the Society of Biological Psychiatry (SOBP), Atlanta, GA. 2016.
20. Cao H, Mills-Koonce WR, **Zvara BJ**, Cox M. Factors predicting the transition from residential to non-residential fatherhood among poor, rural American families. Poster presented at the biennial meeting of The Society for Research in Child Development (SRCD), Philadelphia, PA. 2015.
21. Wagner N, Mills-Koonce WR, Willoughby M, Waschbusch D, **Zvara BJ**, Cox M. Parenting and children's representations of family predictor disruptive behaviors and callous-unemotional traits. Poster presented at the biennial meeting of The Society for Research in Child Development (SRCD), Philadelphia, PA. 2015.
22. Pettygrove D, **Zvara BJ**, Mills-Koonce WR, Cox M. The associations between children's inhibitory control, sibling conflict, and prosocial skills in middle childhood. Poster presented at the biennial meeting of The Society for Research in Child Development (SRCD), Philadelphia, PA. 2015.
23. Rehder P, Mills-Koonce WR, Wagner N, **Zvara BJ**, Willoughby M. Attachment quality assessed from children's family drawings predicts child conduct problems and callous-unemotional behaviors. Poster presented at the biennial meeting of The Society for Research in Child Development (SRCD), Philadelphia, PA. 2015.
24. **Zvara BJ**, Solis J, Hussong A. Family structure and psychiatric symptoms among children of parents in treatment for substance use disorders. Poster presentation at the 6th Annual Scientific Meeting for the Research Society on Alcoholism (RSA), Orlando, FL. June 22-26, 2013.
25. **Zvara BJ**, Sheppard KW, Cox MJ. The longitudinal association among child behavior, mothers and fathers parenting, and adolescent depression. Poster presented at the biennial meeting of The Society for Research in Child Development (SRCD), Seattle, WA. April 18-20, 2013.
26. **Zvara BJ**, Cox MJ. Childhood sexual trauma: An exploration of long-term outcomes for women and their children. Poster presented at the biennial meeting of The Society for Research in Child Development (SRCD), Seattle, WA. April 18 - 20, 2013.

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27. **Zvara BJ**, Cox MJ. Marital conflict and children's behavior problems: Early exposure and later maladjustment. Poster presentation at the XVIII Biennial International Conference on Infant Studies, Minneapolis, MN. 2012.
  28. **Zvara BJ**, Brown GL, Cox, MJ. Fathers and mothers parenting, children's temperament, and socio-emotional adjustment in the transition to kindergarten. Poster presentation at the biennial meeting of The Society for Research in Child Development (SRCD), Montreal, Canada. 2011.
  29. **Zvara BJ**, Schoppe-Sullivan S. Can fathers' education level moderate relations between low birth weight and child cognitive outcomes? Poster presentation at the biennial meeting of The International Conference on Infant Studies, Baltimore, MD. 2010.

**TEACHING ACTIVITIES**

**Classroom Instruction**

**Courses Taught at The University of North Carolina at Chapel Hill:**

<b>Course #</b>	<b>Title</b>	<b>Role</b>	<b>Semester/ Year</b>	<b># Of Credits</b>	<b>Total # students</b>
MHCH 859	Theoretical Foundations of Maternal and Child Health	Lead Instructor	Fa2023	3	5
MHCH 702	Foundations of Maternal, Child, and Family Health	Lead Instructor	Sp2023	2	40
PSYC 781	Carolina Consortium on Human Development	Lead Instructor	Au2022	3	12
MHCH 702	Foundations of Maternal, Child, and Family Health	Lead Instructor	Sp2022	2	41
MHCH 702	Foundations of Maternal, Child, and Family Health	Lead Instructor	Sp2021	2	25
MHCH 740	Problems in Maternal and Child Health: Independent Study for Graduate Students	Lead Instructor	Su2020	3	1
MHCH 702	Foundations of Maternal, Child, and Family Health	Lead Instructor	Sp2020	2	34
MHCH 992	Masters' non-thesis	Instructor	Sp. 2105- present	2	2-4
PSYC 395	Undergraduate Research	Lead Instructor	Sp2020	3	2
PSYC 250	Introduction to Child Development	Lead Instructor	Au2017	3	75

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**MENTORSHIP ACTIVITIES**

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**Doctoral Dissertations**

<b>Student Name</b>	<b>Role</b>	<b>Project Title</b>	<b>Completion Data</b>
Lis Barnhardt	Committee Member	Exploring a Risk Phenotype for Maternal Distress Characterized by Regulatory Focus	TBD
Amanda Gomez	Committee Member	The relationship between family structure and children's access to primary care before and during the coronavirus pandemic of 2019 (COVID-19)	2024
Dana McCarty	Committee Member	Maternal Presence in the Neonatal Intensive Care Unit: Understanding Unique Challenges and Assets at the Intersections of Race, Socioeconomic Status, and Rurality	2024
Lorenzo Hopper	Committee Member	Estimating the impacts of father engagement on early childhood obesity in a national sample of US children	2020
Kathryn Gwinn Wouk	Committee Member	The role of positive emotions during infant feeding in maternal mental health and breastfeeding.	2018

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**Masters Students (MPH)**

<b>Student</b>	<b>Primary Advisor</b>	<b>Project Title</b>	<b>Completion Year</b>
Annika Kruse	TBD		2025
Caiyah Stephens	TBD		2025
Anaji Rao	TBD		2024
Ev Vickery	TBD		2024
Amma Agyemang-Duah	TBD		2024
Sabrina Malagon		An Implementation Analysis and Plan for Adolescent (12-17) Depression Screenings in Primary Care Settings across Alamance, Durham, Granville, Orange, and Vance Counties using the North Carolina Integrated Care for Kids Alternate Payment Model.	2023
Rebekah Lim		Exploring the Use of Equity-Centered Implementation	2023

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	Science and Quality Improvement to Address Maternal Health Disparities in the US Health Care System: A Scoping Review.	
Megan Faber	Measuring the Association Between Adverse Childhood Experience Exposure and Emotional, Developmental, Behavioral, and Mental Health Outcomes Prior to Adulthood.	2023
Meredith Glass	An Implementation Analysis and Plan of Home Visiting Program Nurse Family Partnership into the Yadkin County, NC Human Services Agency.	2023
Natalie Holdstock	Demand-Side Financing and Maternal Healthcare Utilization in Sub-Saharan Africa: A Systematic Review	2021
Summer Debnam	Preparation of secondary health and physical education teachers and implementation of healthful living essential standards in North Carolina classrooms	2020
Christine Lancaster	Determinants and diffusion of LGBTQ nondiscrimination policy in child welfare	
Nicole Cornelia Fortune	Perinatal Incarceration: next steps for North Carolina	2018
Mallory Michalak	Post abortion Contraception: A systematic literature review on a critical intervention for maternal and reproductive health	2018
Kristen Bergman	Variations in cause of deaths by source of data for sudden unexpected infant deaths	
Hannabeth Franchino-Olsen	Young mothers Curriculum: Steppingstone International	2017

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**Secondary Advisor**

<b>Student</b>	<b>Project Title</b>	<b>Completion Year</b>
Munguntsetseg Khuyag-Ochir	Breastfeeding and childhood maltreatment	2020
Kaitlyn Squanda	What Are the Characteristics of People Who Report Childhood Sexual Abuse in an Online Survey?	2020

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**Undergraduate Honors Projects**

<b>Student</b>	<b>Role</b>	<b>Project Title</b>	<b>Dates</b>
Christopher Lung	Secondary Advisor	Parental Stress and Special Olympics Participation during the COVID-19 Pandemic	2022
Allie Day	Chair	Caregiver's Knowledge, Beliefs, and Socialization Behavior Regarding Children's Emotional Development	2020
Julia Wilson	Chair	Emotional socialization and its role in internalization and externalization behaviors	2019
Abby Fogarty	Secondary Advisor	The Impact of Inequality on Perceived Need	2019

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**Grant Mentorship and Supervision**

(\*Undergraduate student; \*\* Graduate Student; \*\*\*Postdoctoral Fellow)

<b>Name</b>	<b>Date</b>	<b>Funder and Project Title</b>
Elizabeth Barnhardt**	Awarded 2021	NIH National Research Service Award (NRSA) <i>Parent-child relationships among distress dyads.</i>
Allie Day*	Completed 2020	UNC Psychology Honors Prize: <i>Parental Knowledge of Infant Development and Use of Emotion-Directed Language.</i>
Christine Lathren, M.D.***	Completed 2020	NC TraCS Award (#2KR1051802) <i>Self-Compassion and Parent-Child Relationships in Pre-Adolescents.</i>

**GRANTS AND CONTRACTS**

<b>Date</b>	<b>Title, Grant Number, Role</b>
Pending	<b>R21HD110824-01A1 (Zvara, PI)</b> Exploring Mechanisms Linking Maternal Childhood Adversity to Adolescent Psychopathology: The Role of Early Childhood Deprivation and Threat.
07/01/18 - 06/30/23	<b>R01 HD093901 NICHD (Zvara, Co-I)</b> Mood, Mother and Child: The Psychobiology of Dyadic Resilience. Stuebe, Mills-Koonce (PIs). Total 4-year budget: \$2,484,926
01/01/18 - 12/31/23	<b>1R01HD091148 NICHD (Zvara, Co-I)</b> A Mechanistic Study of the Association between Poverty and Executive Functions in Early Childhood: Contributions of Early Brain Development and the Early Caregiving Environment. Propper, Short (PIs). Total 4-year budget: \$2,556,973
01/2021-01/2023	<b>William R. Kenan, Jr. Charitable Trust: Innovations for Public Good.</b> Study: Linking Parent Priorities, Baseline Data and Partnerships for Action: Supporting Child Mental Health in the Robeson Lumbee Community. Zvara (Co-PI). Total 1 year budget: \$45,000
09/10/2018-08/31/2022	<b>K01HD095535-01 NICHD (Zvara, PI)</b> This study examines the biopsychosocial mechanisms of stress vulnerability (physiologic and mood symptoms) that predict negative parenting behaviors in new mothers with a history of Childhood Maltreatment. Total 4-year budget: \$462,228
01/23/2017- 01/22/21	<b>R01DK108969 NIDDK (Zvara, PI, Subcontract)</b> Characterizing trajectories of parent-child mealtime interactions across the toddler to preschool period to identify parent-child relationship qualities that increase risk for obesity and identify aspects self-regulation that predict healthy weight in preschool aged children. Total 4-year budget: \$669,810

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8/01/2018-07/31/2020

**R03 NICHD (Zvara, PI)**

This secondary data analysis addresses specific questions regarding the pathways by which childhood sexual trauma experienced by the mother may place her and her children on life course trajectories for maladaptive developmental outcomes.

Total 2-year Budget: \$77,750

05/16/2012-5/15/2014

**F31 NIAAA, (Zvara, PI)**

Parenting Under the Influence: Fathers, Maternal Gatekeeping and Child Outcomes. The goals of this project were to examine the moderating role of mothers' gatekeeping behavior in the prediction of conduct problems in young children in the context of intimate partner violence.

Total 2-year budget: \$63,424

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**PROFESSIONAL ACTIVITIES AND SERVICE**

**Service to the Department of Maternal and Child Health**

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2023-2024	Maternal, Child and Family Health Chair Search Committee
2023-2024	Maternal, Child and Family Health Inclusive Excellence Committee
2020-Present	Maternal, Child and Family Health Masters Admissions Committee
2020-Present	Maternal and Child Health Masters /MCFH Concentration Committee
2016-2020	Maternal and Child Health Adjunct Professor Appointment Committee
2015-2021	Maternal and Child Health Masters Oral Comprehensive Examiner

**Service within the University of North Carolina**

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2023-Present	Faculty Welfare/Faculty Governance Committee
2019-Present	Faculty Fellow, Frank Porter Graham Child Development Institute
2021-Present	Faculty Fellow, Department of Integrated Medicine, UNC School of Medicine
2016-5/2018	Summer Research Fellowships Selection
2015-2022	CDS Observes through Frank Porter Graham Child Institute

**Community Service outside the University of North Carolina**

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2023-present	Meals on Wheels of Orange County, NC
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**National Professional Service**

2018-Present	Development and launched an online health community for adult survivors of childhood sexual abuse and trauma
2016-2018	Co-chair, Men in Families Research Committee, National Council on Family Relations
2016	National Health Interview Survey (NHIS) Expert Panel: Centers for Disease Control and Prevention
Ad-Hoc Reviewer	
2014-present	Family Relations
2014-present	Journal of Marriage and Family
2014-present	Journal of Family Psychology
2015-present	Child Development
2015-present	Infant and Child Development
2015-present	Parenting: Science and Practice
2016-present	Infant Mental Health Journal
2017-present	American Journal of Public Health
2019-present	Child Maltreatment
2019-present	Child Psychiatry and Human Development
2018-present	Social Science and Medicine