

Kristen L. Rudd, PhD

Department of Psychology
University of Colorado, Colorado Springs
Krudd@uccs.edu | ORCID:0000-0001-9994-3794

Academic Positions

2022 – Present Assistant Professor
Department of Psychology
Lyda Hill Institute for Human Resilience Affiliate
University of Colorado, Colorado Springs

2019 – 2022 Postdoctoral Fellow
Center for Health and Community
Department of Psychiatry and Behavioral Sciences
University of California, San Francisco

Education

PhD 2019 University of California, Riverside
Developmental Psychology
Minor Concentration in Quantitative Methods

MA 2016 University of California, Riverside
Developmental Psychology

BA 2013 Arizona State University
Psychology
Magna Cum Laude

Research Interests

Biological Embedding of Early Stress	Risk and Resilience
Developmental Psychopathology	Biological Stress Response Systems
Social Determinants of Health	Quantitative Methods

Publications (N = 15)

Linde-Krieger, L., **Rudd, K.L.**, *Aringer A., & Yates, T.M. (2024). Attachment Security and Post-Traumatic Stress Symptoms during COVID-19: A Physiological Differential Susceptibility Model. *Psychological Medicine*. <https://doi.org/10.1017/S003329172400059X>

Rudd, K.L., Zhao, Q., Lisha, N., Graff, J.C., Noroña-Zhou, A., Roubinov, D.S., Barrett, E.S., Juarez, P.D., Carroll, K.N., Karr, C.J., Sathyanarayana, S., Mason, W.A., LeWinn, K.Z., & Bush, N.R. (2023). The Role of Prenatal Violence Exposure in the Development of Disparities in Children’s Adiposity from Birth to Middle Childhood. *Obesity*. <https://doi.org/10.1002/oby.23794>

Bush, N.R., Noroña-Zhou, A., Coccia, M., **Rudd, K.L.**, Ahmad, S.I., Barrett, E., Karr, C.J., Loftus, C., Mason, A., Nguyen, R.N.H., Sathyanarayana, S., Swan, S., Tylavsky, F., & LeWinn, K.Z. (2023). Maternal Childhood and Prenatal Stress Associations with Offspring Neurodevelopmental Outcomes in 3-cohorts. *Social Psychiatry and Psychiatric Epidemiology*. <https://doi.org/10.1007/s00127-022-02401-z>

- Rudd, K.L.,** *Cheng, S., *Cordeiro, A., Coccia, M., Karr, C.J., LeWinn, K.Z., Mason, A., Trasande, L., Nguyen, R.N.H., Sathyanarayana, S., Swan, S., Barrett, E.S., & Bush, N.R. (2022). Associations Between Maternal Stressful Life Events and Perceived Distress during Pregnancy and Child Mental Health at Age 4. *Research on Child and Adolescent Psychopathology*. <https://doi.org/10.1007/s10802-022-00911-7>
- Rudd, K.L.,** Caron, Z., Jones-Mason, K., Coccia, M., Conradt, E., Alkon, A., & Bush, N.R. (2022). The Prism of Reactivity: Concordance Between Biobehavioral Domains of Infant Stress Reactivity. *Infant Behavior and Development*. <https://doi.org/10.1016/j.infbeh.2022.101704>
- Rudd, K.L.,** Roubinov, D.S., Jones-Mason, K., Alkon, A., & Bush, N.R. (2021). Developmental consequences of early life stress on risk for psychopathology: Longitudinal associations with children's multisystem physiological regulation and executive functioning. *Development and Psychopathology*, 1-15. <https://doi.org/10.1017/S0954579421000730>
- Ahmad, S.I., **Rudd, K.L.,** LeWinn, K.Z., Mason, W.A., Murphy, L., Juarez, P.D., Karr, C.J., Sathyanarayana, S., Tylavsky, F.A., & Bush, N.R. (2021). Maternal Childhood Trauma and Prenatal Stressors are Associated with Child Behavioral Health. *Journal of Developmental Origins of Health and Disease*, 1–11. <https://doi.org/10.1017/S2040174421000581>
- Rudd, K.L.,** Bush, N.R., Alkon, A., & Roubinov, D.S. (2021). Identifying Profiles of Multisystem Physiological Activity across Early Childhood: Examining Developmental Shifts and Associations with Stress and Internalizing Problems. *Psychoneuroendocrinology*, 128:105196. <https://doi.org/10.1016/j.psyneuen.2021.105196>
- Rudd, K.L.,** Alkon, A., Abrams, B., & Bush, N.R. (2020). Infant Weight-for-Length Gain Associated with Autonomic Nervous System Reactivity. *Pediatric Research*. <https://doi.org/10.1038/s41390-020-01246-z>
- Rudd, K.L.,** & Yates, T.M. (2020). A Latent Change Score Approach to Understanding Dynamic Autonomic Coordination. *Psychophysiology*, 57(11): e13648. <https://doi.org/10.1111/psyp.13648>
- Rudd, K.L.,** & Yates, T.M. (2020). The Health Implications of Resilience. In K. Sweeny, M.L. Robbins, & L.M. Cohen (Eds.), *The Wiley Encyclopedia of Health Psychology: The Social Bases of Health*, (Vol. 2, pp. 269-277). <https://doi.org/10.1002/9781119057840.ch76>
- Rudd, K.L.,** Doan S.N., & Yates T.M. (2019). The Physical Health Costs of Positive Adaptation to Childhood Adversity. *Journal of Health Psychology*, 26(9): 1324-1338. <https://doi.org/10.1177/1359105319873961>
- Coulombe, B.R., **Rudd, K.L.,** & Yates, T.M. (2019). Children's Physiological Reactivity in Emotion Contexts and Prosocial Behavior. *Brain and Behavior*, 9(10). <https://doi.org/10.1002/brb3.1380>
- Rudd, K.L.,** & Yates, T.M. (2018). The Implications of Sympathetic and Parasympathetic Regulatory Coordination for Understanding Child Adjustment. *Developmental Psychobiology*, 60(8): 1023-1036. <https://doi.org/10.1002/dev.21784>

Rudd, K.L., Alkon, A., & Yates, T.M. (2017). Prospective Relations between Intrusive Parenting and Child Behavior Problems: Differential Moderation by Parasympathetic Nervous System Regulation and Child Sex. *Physiology and Behavior*, 180, 120-130.
<https://doi.org/10.1016/j.physbeh.2017.08.014>

*Denotes student author/mentee

Manuscripts Under Review

Ahmad, S.I., **Rudd, K.L.,** LeWinn, K.Z., Mason, A., Graff, J.C., Roubinov, D.S., & Bush, N.R. (invited revision). A Longitudinal Path Model Examining the Transactional Nature of Parenting and Child Behavior Problems. *Development and Psychopathology*.

Manuscripts in Preparation

[only those with finalized analyses included]

Rudd, K.L., *McLane, E., Coccia, M., & Bush, N.R. (in preparation) Intergenerational Trauma is Associated with Children’s Executive Functioning Development: The Moderating Effect of Resting Respiratory Sinus Arrhythmia. *Child Development*.

Rudd, K.L., Ji, N., Zhao, Q., Barrett, E., O’Connor, T., Loftus, C.T., Ferguson, K., McNeal, R., Bastain, T., Breton, C., Peterson, A.K., Avalos, L.A., Ferrara, A., & Bush, N.R., (in preparation). The Role of Maternal Exposure to Adverse Childhood Experiences and Psychosocial Stress During Pregnancy in Relation to Postnatal Child Growth Trajectories.

*Herzog, A., **Rudd, K.L.,** *McLane, E., & Yates, T.M. (in preparation). Is Social Support Enough? Examining Associations between Poverty, Women’s Social Support, and their Change in Depressive Symptoms during the COVID-19 Pandemic. *Journal of Consulting and Clinical Psychology*.

Fellowships & Awards

UCSF Psychiatry and Behavioral Sciences Trainee Research Award	2021 – 2022
Weill Institute Women in Neurosciences Award, UCSF (\$1,000)	May 2021
Berkelhammer Postdoctoral Award, UCSF (\$250)	Spring 2020
Graduate Research Mentorship Program Fellowship, UCR (\$5,400)	Fall 2018
Society for Psychophysiological Research Travel Award (\$1,000)	Summer 2017
Graduate Research Mentorship Program Fellowship, UCR (\$5,100)	Winter 2017
Chancellor’s Distinguished Fellowship, UCR (\$25,000)	2014 – 2015
Regent High Honors Endorsement, ASU (\$27,996)	2009 – 2013

Grants

PI *Dynamic physiological synchrony between parent-child dyads: Evaluating the impact of adversity and parenting on developmental patterns.*
 National Institute of Health, R03
 Dates: Under Review. Amount of Award \$100,000
 PI: Kristen Rudd, PhD

Co-PI *Independent and combined effects of exercise and psychological stress on functional hypothalamic amenorrhea.*

UCCS Committee on Research and Creative Works SEED grant
Dates: May 2023-August 2024. Amount of Award \$15,000
Co-PIs: Marissa Baranauskas, PhD & Kristen Rudd, PhD

Co-PI

Independent and synergistic effects of physical and psychosocial stress on functional hypothalamic amenorrhea in exercising women.
American College of Sports Medicine
Unfunded. Amount of Award \$10,000
Co-PIs: Marissa Baranauskas, PhD & Kristen Rudd, PhD

Conference Symposia and Flash Talks (N = 12)

- *Leftwich, T.J., Jones-Mason, K., Coccia, M., ⁺Bush, N.R., & **Rudd, K.L.** (under review). *Intergenerational Transmission of Trauma on Offspring Multisystem Physiological Regulation.* International Society for Developmental Psychobiology. Chicago, IL.
- Rudd, K.L.** (May, 2024). *Comparing Linear and Non-linear Modeling Approaches for Understanding Dyadic Physiological Synchrony.* Association for Psychological Science, San Francisco, CA.
- Linde-Krieger, L., **Rudd, K.L.**, Aringer, A., Yates, T.M. (March, 2023). *Youth Post-traumatic Stress during COVID-19: Evidence for High Respiratory Sinus Arrhythmia as a Susceptibility Factor.* Biennial Meeting of the Society for Research in Child Development, Salt Lake City, UT
- Ahmad, S.I., **Rudd, K.L.**, Roubinov, D.S., LeWinn, K.Z., Mason, A., Graff, J.C., & Bush, N.R. (March, 2023). *Externalizing Behavior Problems in Early Childhood: The Role of Parenting Behaviors and Temperament.* Biennial Meeting of the Society for Research in Child Development, Salt Lake City, UT.
- Bush, N.R., Noroña-Zhou, A., Coccia, M., **Rudd, K.L.**, Ahmad, S.I., Barrett, E., Karr, C.J., Loftus, C., Mason, A., Nguyen, R.N.H., Sathyanarayana, S., Swan, S., Tylavsky, F., & LeWinn, K.Z. (August, 2022). *Intergenerational Transmission of Stress: Multi-domain Stressors from Maternal Childhood and Pregnancy Predict Children's Mental Health in a Racially and Socioeconomically Diverse Multi Cohort.* International Society for Developmental Origin of Health and Disease, Vancouver, Canada.
- Rudd, K.L.**, Lisha, N., Roubinov, D.S., Noroña-Zhou, A., Zhao, Q., Barrett, E., LeWinn, K.Z., Karr, C.J., Mason, A., Sathyanarayana, S., Juarez, P.D., Graff, C., Cole, K.N., & Bush, N.R. (June, 2022). *Prenatal Programming of Disparities in Young Children's Adiposity: The Protective Effects of Parenting Relationships.* Society for Prevention Research, Seattle, WA.
- Rudd, K.L.**, Bush, N.R., Alkon, A., & Roubinov, D.S. (April, 2021). *A Multisystem Approach for Understanding the Development of Physiological Regulation.* Biennial Meeting of the Society for Research in Child Development, Virtual Meeting.

*Denotes student author/mentee ⁺Denotes co-last author

Ahmad, S.I., **Rudd, K.L.**, Quesnel-Vallee, A., Tylavsky, F., LeWinn, K.Z., Murphy, L., Bush, N.R. (April, 2021). *Maternal Prenatal Stress across Multiple Levels and Domains Predicts Offspring Socioemotional Wellbeing at Age One*. Biennial Meeting of the Society for Research in Child Development, Virtual Meeting.

Rudd, K.L., Alkon, A., & Yates, T.M. (September, 2019). *Assessing Competing Approaches for Understanding Parasympathetic and Sympathetic Regulatory Coordination*. Society for Psychophysiological Research, Washington D.C.

Rudd, K.L., Doan, S.N., & Yates, T.M. (August, 2018). *The Contextual Consequences of Competence: Physical Abuse, Ego Resilience, and Child Illness in Racially Diverse Children*. Annual Meeting of the American Psychological Association, San Francisco, California.

Coulombe, B.R., **Rudd, K.L.**, & Yates, T.M. (August, 2018). *The Role of Physiological Regulation in Prosocial Development*. Annual Meeting of the American Psychological Association, San Francisco, California.

Rudd, K.L., Alkon, A., & Yates, T.M. (April, 2017). *Understanding Parenting Effects in the Context of Children's Autonomic Reactivity and Recovery Processes*. Biennial Meeting of the Society for Research in Child Development, Austin, Texas.

Conference Poster Presentations (N = 18)

*Cruz, B., & **Rudd, K.L.** (May, 2024). *Children's Adverse Experiences Predicts Their Autonomic Nervous System Regulation*. Colorado Springs Undergraduate Research Forum, Colorado Springs, CO.

*McLane, E., Coccia, M., Bush, N. R., & **Rudd, K. L.** (May, 2024). *The Impact of Intergenerational Trauma on Children's Executive Functioning Development*. Association for Psychological Sciences, San Francisco, CA.

*Leftwich, T.J., *Wheeler, O., & **Rudd, K.L.** (April, 2024). *Investigating the Relations Between Nonlinear Respiratory Sinus Arrhythmia Reactivity and Internalizing and Externalizing Behaviors in Children*. Rocky Mountain Psychological Association, Denver, CO.

*Herzog, A., *McLane, E., & **Rudd, K.L.** (April, 2024). *Is Social Support Enough? Examining Associations between Poverty, Women's Social Support, and their Change in Depressive Symptoms during the COVID-19 Pandemic*. Rocky Mountain Psychological Association, Denver, CO.

*Spanier, E., & **Rudd, K.L.** (April, 2024). *Harsh Parenting and Young Children's Internalizing: Risk Factors Associated with Gender and Competence*. Rocky Mountain Psychological Association, Denver, CO.

*Sisneros, A., Cohen-Shikora, E., **Rudd, K.L.**, & Selmeczy, D. (April, 2024). *An Investigation of Help-Seeking Behaviors in College-Aged Adults*. Rocky Mountain Psychological Association, Denver, CO.

- *Cruz, B., *Spanier, E., & **Rudd, K.L.** (December, 2023). *Associations between Environmental Adversity, Intrusive Parenting, and Child Academic Achievement*. Mountain Lion Research Day, Colorado Springs, CO.
- *Dayes, C., & **Rudd, K.L.** (December, 2023). *Adverse Childhood Experiences and Risk for Internalizing Over the COVID-19 Pandemic*. Mountain Lion Research Day, Colorado Springs, CO.
- *Herzog, A., *McLane, E., & **Rudd, K.L.** (December, 2023). *Evaluating the Impact of Different Types of Social Support on Women's Depressive Symptoms Over the COVID-19 Pandemic*. Mountain Lion Research Day, Colorado Springs, CO.
- *Tabilin, D., **Rudd, K.L.**, & Yates, T.M. (March, 2023). *Respiratory Sinus Arrhythmia Moderates Relations Between Childhood Relational Trauma and Emotion Knowledge*. Biennial Meeting of the Society for Research in Child Development, Salt Lake City, UT.
- *Aringer A., Linde-Krieger, L., **Rudd, K.L.**, & Yates, T.M. (April, 2021). *Attachment Security and Post-Traumatic Stress Symptoms during COVID-19: The Moderating Effect of High Resting RSA*. Biennial Meeting of the Society for Research in Child Development, Virtual Meeting.
- Rudd, K.L.**, Alkon, A., Epel, E., & Bush, N.R. (March, 2020). *Increased Infant Weight for Length Gain in the First 6-months and Early Life Stress predict differences in Infant Autonomic Nervous System Reactivity*. American Psychosomatic Society, Long Beach, California.
- *Rosales, S., **Rudd, K.L.**, Trang, D., Marcelo, A.K., & Yates, T.M. (March, 2019). *Family Ethnic Socialization Explains Relations between Mother's Ethnic Identity and Children's Perceptions of their Social Acceptance*. Society for Research in Child Development, Baltimore, Maryland.
- *Patel, K., **Rudd, K.L.**, & Yates, T.M. (October, 2018). *The Effects of Parental Instructional Quality and Physiological Recovery on Children's Academic Achievement*. International Society for Developmental Psychobiology, San Diego, California.
 ^Rated as one of the highest peer reviewed submissions and selected for an invited presentation
- Rudd, K.L.**, *Contreras, K., & Yates, T.M. (October, 2017). *The Coherence of Autonomic Reactivity and Recovery for Understanding Child Adjustment*. Society for Psychophysiological Research, Vienna, Austria.
- Rudd, K.L.**, Berzenski, S., & Yates, T.M. (March, 2015). *Respiratory-Sinus-Arrhythmia Moderates the Association Between Child Reported Neglect and Adjustment*. Society for Research in Child Development, Philadelphia, Pennsylvania.
- *Angleman, M., **Rudd, K.L.**, Sladek M., & Doane, L.D. (May, 2014). *Negative Affect and Salivary Alpha Amylase: The Role of Social Support Over the Transition to College*. Association for Psychological Science, San Francisco, California.
- Rudd, K.L.**, & Doane, L.D. (March, 2014). *Associations Among Subjective and Objective Indicators of Sleep and Depressive Symptomatology Over the Transition to College*. Society for Research on Adolescents, Austin, Texas.

*Denotes student mentee

Conference Organizing

(N = 5)

- *Leftwich, T. & **Rudd, K.L.** (under review). Taking a Multilevel Approach to Understanding Child Development: Adversity, Parent-Child Relationships, and Physiology. *Symposium Co-Chair, International Society for Developmental Psychobiology*, Chicago, IL.
- Rudd, K.L.**, & Bush, N.R. (April, 2021). A Multisystem Perspective for Understanding the Role of Physiological Regulation in Child Development. *Symposium Chair, Society for Research in Child Development*, Virtual Meeting.
- Rudd, K.L.** (September, 2019). Methodological and Statistical Considerations for Assessing and Interpreting Children's Stress Physiology. *Symposium Chair, Society for Psychophysiological Research*, Washington, D.C.
- Rudd, K.L.**, & Doan, S.N. (August, 2018). Conceptualizing Trauma across Contexts: Intergenerational Transmission, Resilience, and Allostatic Load. *Symposium Chair, American Psychological Association*, San Francisco, California.
- Rudd, K.L.**, & Yates, T.M. (April, 2017). Beyond Rest and Reaction: Examining the Significance of Physiological Recovery and Congruence in Development. *Symposium Chair, Society for Research in Child Development*, Austin, Texas.

Invited Talks

(N = 9)

- Rudd, K.L.** (October, 2023). Applying an RDoC Perspective to Evaluate the Impact of Early Life Stress on Risk for Psychopathology. *Louisiana State University Psychiatry Grand Rounds*, Baton Rouge, LA.
- Rudd, K.L.** (December, 2022). Maternal Stress Exposures and Child Mental Health Outcomes. *The Infant Development and Environment Study Webinar Series*, Seattle, Washington.
- Rudd, K.L.** (April, 2022). Applying an RDoC Perspective to the Developmental Consequences of Early Life Stress on Risk for Psychopathology. *Department of Psychiatry Grand Rounds Presentation*, San Francisco, California.
- Rudd, K.L.**, & Yates, T.M. (May, 2019). Assessing regulatory coordination: Existing metrics and a latent change score approach. *University of California, Riverside, Quantitative Colloquium Series*, Riverside, California.
- Rudd, K.L.** (November, 2018). Adverse Childhood Experiences and Promoting Resilience. *Voices for Children Inc.* Palm Desert, California.
- Rudd, K.L.**, & Yates, T.M. (May, 2018). Conceptual and Statistical Approaches for Understanding Parasympathetic and Sympathetic Regulatory Coherence. *University of California, Riverside, Quantitative Colloquium Series*, Riverside, California.
- Rudd, K.L.** (March, 2017). Promoting Resilience in Foster Youth. *Voices for Children Inc.* Riverside, California.
- Rudd, K.L.** (January, 2016). The Impacts of Trauma in Child Development. *Voices for Children Inc.* Riverside, California.
- Rudd, K.L.**, & Yates T. M. (March, 2016). Intrusive Parenting and later Child Behavior Problems: Differential Moderation by Cardiac Reactivity versus Recovery. *University of California, Riverside Developmental Colloquium Series*, Riverside, California.

Departmental Service

UCCS Departmental Committees	
Undergraduate Education Committee	2023 – Present
Psychological Science Committee	2022 – Present
UCCS Faculty Search Committee Member	
Social Psychology Faculty Search	Winter 2023
Instructional Faculty Search	Spring 2023
UCSF Department of Psychiatry and Behavioral Sciences Diversity Committee <i>Recruitment and Retention Subcommittee</i>	2020 – 2022

University Service

UCCS Undergraduate Research Academy, Reviewer	April 2024
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Professional Service

Ad Hoc Reviewer

Psychosomatic Medicine
Health Psychology
Developmental Psychology
Development and Psychopathology
Psychoneuroendocrinology
Child Development
Psychophysiology
Developmental Science
Comprehensive Psychoneuroendocrinology
Emotion
European Child and Adolescent Psychiatry
Journal of Sports and Health Sciences
Journal of the American Heart Association
International Journal of Environmental Research and Public Health
International Journal of Qualitative Studies in Health & Well-being.

Grant Reviewer

National Science Foundation 2024

Conference Reviewer

International Society for Traumatic Stress Studies (ISTSS) Summer 2022

Program Deputy

ISTSS; Biological and Medical Track 2023 – 2024

Teaching Experience

<i>Faculty, University of Colorado, Colorado Springs</i> Introduction to Psychological Research Methods	Fall 2022 - current
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Professional Development

Quantitative Workshops

Latent Variable Modeling in R	December 2022
Latent State-Trait Modeling with MPLUS	November 2022
Intensive Longitudinal Data: A Dynamic SEM Perspective	October 2022
Curran and Bauer Structural Equation Modeling in R	May 2020
Introduction to Programming in R	August 2020

Teaching Workshops

Teaching Strategies for Today's First-Year Students	March 2024
Hypothesis.is	September 2022
Curricular Materials for DEI	May 2021
Art of Effective Feedback	May 2021
Equitable Assessment	February 2021
Microaggressions in the Learning Environment	August 2020
Teaching for Diversity, Equity, and Inclusion (DEI)	January 2020

Community Partnerships and Service

Voices for Children, Inc., Riverside, California 2015 – 2019

Continuing Education Instructor

Court Appointed Special Advocate Volunteer

- Advocated for children in the welfare system to foster positive development.
- Conduct training for service providers and volunteers regarding the impact of adversity on development, and avenues to promote resilience.

Professional Affiliations

American Psychological Association Div 5	2021 - Present
American Psychological Association Div 7	2021 - Present
Society for Psychophysiological Research	2014 - Present
Society for Research in Child Development	2012 - Present
American Psychological Association	2012 – Present
Association of Psychological Science	2012 – Present
American Psychosomatic Society	2019 - 2022
International Society of Developmental Psychobiology	2018 - 2020
Society for Research on Adolescence	2012 - 2018

References

Nicole R. Bush, PhD
Associate Professor
University of California, San Francisco
Departments of Psychiatry and Behavioral Sciences
Departments of Pediatrics
Nicole.Bush@ucsf.edu
(415) 476-7655

Tuppett M. Yates, PhD
Professor
University of California, Riverside
Department of Psychology
Tuppett@ucr.edu
(951) 827-4991

Danielle S. Roubinov, PhD
Assistant Professor
University of North Carolina, Chapel Hill
Department of Psychiatry and Behavioral Sciences
Danielle.Roubinov@ucsf.edu
(415) 476-2259

Abbey Alkon, RN, PhD, FAAN
Professor
University of California, San Francisco
School of Nursing
Abbey.Alkon@ucsf.edu
(415) 476-4695