

Amanda Noel Leggett, Ph.D., FGSA

Assistant Professor
Institute of Gerontology
Department of Psychology
Wayne State University

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Education & Training

- 08/2004-05/2008 Queens University of Charlotte, B.A., Valedictorian, Psychology
Senior Thesis: *Creativity and imagination throughout development*
Honors Thesis: *Talkin' bout my generation: A documentary*
- 08/2008-05/2010 The Pennsylvania State University, M.S., Human Development and
Family Studies
Thesis: *Caregiver stress, burden, and associated difficulties as a result of Lewy
Body dementia*
- 05/2010-08/2013 The Pennsylvania State University, Ph.D., Human Development and
Family Studies, (Concentrations: Individual Development: Adult
Development and Aging, Family Studies)
Dissertation: *Late life depression: In context*
- 08/2013-07/2016 University of Michigan Health System, NIMH T32 Postdoctoral Research
Fellowship (T32 MH073553, PI: Stephen Bartels), Department of
Psychiatry
- 08/2016- 07/2017 Research Fellowship, Program for Positive Aging, Department of
Psychiatry, University of Michigan

Additional Training

- 08/2006-05/2008* National Science Foundation (NSF) Research Experience for
Undergraduates (REU) program, Research Internship in Cognitive
Science, The University of North Carolina Charlotte (Award #SES-
0552160; PI: Paula Goolkasian & Nakia Gordon)
- 07/2014* Mental Health Training Network (R25 MH019946, PI: Martha Bruce),
Summer Research Institute in Geriatric Mental Health Trainee
- 07/2016* Butler-Williams Scholars Program, National Institute of Aging

06/2019*	Michigan Center for Contextual Factors of Alzheimer's Disease (MCCFAD) Data Immersion Program, University of Michigan
01/2020-10/2020*	Institute for Healthcare Policy & Innovation R01 Bootcamp
01/2020-01/2022*	Mental Health and Aging Research Network (R25 MH119050, PI: Martha Bruce), Advanced Research Institute (ARI) in Aging and Mental Health
01/2022*	NIA Impact Collaboratory's 2 nd annual Training Workshop "Building skills to conduct embedded pragmatic clinical trials (ePCTs) for people living with dementia"

**denotes competitive selection*

Work Experience

Academic Appointments

08/2017- 08/2022	Research Assistant Professor, Program for Positive Aging, Department of Psychiatry, University of Michigan
04/2020-Present	Faculty Associate, Research Center for Group Dynamics, Institute for Social Research, University of Michigan; <i>Adjunct Faculty Associate as of 08/2022</i>
08/2022-Present	Assistant Professor, Institute of Gerontology and Department of Psychology, Wayne State University

Non-Academic Appointments

05/2010-07/2010	The Pennsylvania State University, Academic Consultant, Division of Undergraduate Studies First-Year Testing, Consulting, and Advising Program
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Research Interests

1. The impact of family care management styles on caregivers of individuals with dementia and individuals with dementia
2. Family caregiving networks
3. Racial/ethnic disparities in family caregiver health and well-being
4. Prevention/intervention and service use for mental health issues in older adults and family caregivers
5. Biopsychosocial perspective on late-life mental health, sleep and cognition

Grants

Present and Active

NIA R01 AG

“Characterizing Dementia Caregiving Networks and Associations with Persons Living with Dementia’s Well-Being and Potentially Inappropriate Healthcare Utilization”

9/1/2022-8/31/2026

Role: Principal Investigator

NIH/NIA/IMPACT Collaboratory Pilot Grant Program

“Deprescribing CNS-active polypharmacy in older adults with dementia”

Principal Investigator: Donovan Maust

9/1/2022-8/31/2023

Role: Co-Investigator

NIH/PennAITech

“Conversational Care Technologies”

Principal Investigator: Robin Brewer

08/2022-07/2023

Role: Co-Investigator

Alzheimer’s Association & LINC-AD

Advancing Research on Care and Outcome Measurement (ARCOM) Program

ARCOM-22-876659

“Measuring dementia caregiving styles to improve intervention tailoring”

10/01/2021-9/30/2023

Role: Principal Investigator

\$242,056 total funding award amount

*Selected for sponsorship by the Alzheimer’s Association’s Dementia Care Provider Roundtable

NIA P30 AG

“Michigan Alzheimer’s Disease Research Center”

Principal Investigator: Hank Paulson

4/1/2022-3/31/26

Role: Clinical Core and Leadership Initiative

Pending

NIA R01 AG

“The Effects of COVID-19 on Long Term Care for High-Need Older Adults with and without Alzheimer’s Disease and Related Dementias”

Principal Investigator: Yulya Truskinovsky

11/1/2022-10/31/2027

Role: Co-Investigator

Previous Grants

NIA Administrative Supplement on Social, Behavioral, and Economic Health Impacts of COVID-19
3K01AG056557-04S1

“COVID-19: Style and Substance: Characterizing Dementia Caregiving Styles and Associated Biopsychosocial and Health Services Utilization Outcomes: Admin Supplement”

Principal Investigator: Amanda Leggett

9/4/2020-8/31/2021

\$21,315 total funding award amount

NIA K01 K01AG056557

“Style and Substance: Characterizing Dementia Caregiving Styles and Associated Biopsychosocial and Health Services Utilization Outcomes”

Principal Investigator: Amanda Leggett

8/1/2017-8/31/2022

\$642,600 total funding award amount

University of Michigan, MCubed 3.0

“Towards Conversational Interfaces to Support Social Well-Being of Older Adults”

Principal Investigator: Robin Brewer

Role: Co-Investigator

04/01/20-5/31/21

\$15,000 total funding award amount

University of Michigan Office of Research (UMOR) 29815

“Health Enhanced by Adjusting and Recovering Together (HEART)- Pilot”

Principal Investigator: Theodore J. Iwashyna

Role: Co-Investigator

01/31/20-01/30/21

\$15,000 total funding award amount

Stress Measurement Network Award

“Early Trauma and Later-Life Health: Examining the Mediation Pathways of Social Contacts, Unsupportive Relationships and Loneliness in Adulthood”

Principal Investigator: Yin Liu

Role: Co-Investigator

4/01/20-06/24/20

University of Michigan, MCubed

“Michigan LEAN thinking for Dementia care (M-LEAD)”

Principal Investigator: Helen Kales

06/2016-11/2017

Role: Project Manager

\$60,000 total funding award amount

University of Michigan Health System, Depression Center, Phil Jenkins Award for Innovation in Depression Treatment
“Prevention of Depression in Older Adults with Sleep Disturbance: Activating the Circadian Rhythm with Light”
Principal Investigator: Amanda Leggett
08/2014-08/2016
\$10,000 total funding award amount

Honors and Awards

2006 Psi Chi, Psychology Honor Society (Chapter Secretary and Historian)
2007 Order of Omega, National Fraternity/Sorority Leadership Honor Society
2007 Mortar Board, Senior Honor Society (Chapter President)
2008 Senior Award for Outstanding Core Ethics Student, Queens University of Charlotte
2008 Senior Award for Outstanding Achievement in Psychology, Queens University of Charlotte
2008 Directors Award for Best Honor’s Thesis, Queens University of Charlotte
2008 Valedictorian, Queens University of Charlotte
2009 Travel Award, International Conference on Alzheimer’s disease
2012 Grace M. Henderson Graduate Scholarship, The Pennsylvania State University, College of Health and Human Development
2012 Beth Meyer-Arnold Dissertation Fellowship, The National Adult Day Services Association (NADSA)
2016 1st Place Postdoctoral Fellow Poster Award at the 27th annual Albert J. Silverman Research Conference; Department of Psychiatry, University of Michigan Health System
2016 Outstanding Postdoctoral Fellow Award, University of Michigan
2018 Invited Junior Faculty Attendee, Lancet Expert Panel on Dementia Care, University College London October 29th-30th, 2018
2022 Fellow of the Gerontological Society of America

Memberships in Professional Societies

2007-Present Gerontological Society of America (GSA)
2012-2016 The American Psychological Association (APA)
2012-Present APA Division 20: Adult Development and Aging
2012-2013 The National Adult Day Services Association (NADSA)
2018- 2019 The American Association for Geriatric Psychiatry (AAGP)
2021-Present The Alzheimer’s Association International Society to Advance Alzheimer’s Research and Treatment (ISTAART)

Peer-Review Service

NIH Review Committee

2021 NIA Aging Studies Research Infrastructure Development (R21/R33) review committee

Alzheimer’s Association Grant Reviewer

Amanda Leggett, PhD, 5/21/22

2022 Alzheimer's Association Research Grant Program (AARG and AARG-D)

Michigan Alzheimer's Disease Research Center

2022 Developmental Project Grant Reviewer

Data and Safety Monitoring Boards

2022-2026 Cares- SAMM RCT; PI Stephen F. Smagula, University of Pittsburgh

Editorial Boards

2021-present Innovation in Aging, Editorial Board Member

2022-present Research on Aging, Editorial Board Member

Ad-hoc Journal Reviewer

2011-present Aging and Mental Health

2013-present Clinical Interventions in Aging

2014-present Current Psychology

2014-present Psychology and Aging

2015-present International Journal of Geriatric Psychiatry

2015-present American Journal of Geriatric Psychiatry

2015-present Psychoneuroendocrinology

2015-present Progress in Neuro-Psychopharmacology & Biological Psychiatry

2016-present Applied Gerontology

2016-present Journals of Gerontology: Psychological Sciences

2016-present Journals of Gerontology: Social Sciences

2017-present Innovation in Aging

2017-present International Psychogeriatrics

2017-present Journal of Aging and Health

2017-present Psychological Medicine

2017-present Drugs & Aging

2018-present The Gerontologist

2018-present Epidemiology and Psychiatric Sciences

2018-present Alzheimer's Disease & Associated Disorders

2019-present Journals of Gerontology: Medical Sciences

2019-present Disability and Rehabilitation

2019-present PLOS ONE

2019-present Journal of Clinical Psychology

2020-present BMJ Open

2020-present BMC Geriatrics

2020-present Research on Aging

2020-present Health Psychology

2021-present Sleep Health

2021-present Journal of the American Medical Directors Association (JAMDA)

2021-present Prevention Science

2022-present Journal of the American Geriatrics Society (JAGS)

Ad-hoc Abstract Reviewer

2014-Present Abstract review for the Gerontological Society of America's annual meeting
2016 Abstract review for IAGG World Congress of Gerontology and Geriatrics
2018-Present Abstract review for the American Association for Geriatric Psychiatry

Dissertation Review

2015 International Dissertation Review for Celia Nogales, Universidad Autónoma de Madrid, Department of Biological Health and Psychology
Dissertation Title: Behavioral and psychological symptoms of dementia. Effects on caregiver's distress and proposal of an intervention

Teaching

Honors

2012 Recipient of The Pennsylvania State University Graduate School Teaching Certificate
2022 UROP Outstanding Mentor Award Nominee

Mentoring (list of research students receiving academic credit)

2014-2022 Undergraduate Research Opportunity Program (UROP) Mentor, University of Michigan; Advised undergraduate students who worked as research assistants on my grants for 6-8 hours a week and mentored them in developing an abstract and poster presentation based on this work

Students: Sarah Kurfess, 2014-2015
Makenzie Thelen, 2014-2015 *Blue Ribbon Poster Awardee, UROP Symposium
Breanna Webster, 2018-2019 *Blue Ribbon Poster Awardee, UROP Symposium
Sarah Wallace, 2021-present
Anna Webber, 2021-present
Tyson Fang, 2022-present

Undergraduate Research Assistants

2015 Kristina Bortfeld
2020-2022 Hannah Lee
2020-2022 Elaina Baker

2018-2021 American Psychological Association Division 20 Mentorship Program

Melissa Krook, University of Washington
Mandana Mostofi, Palo Alto University
Adetola Grillo, Nipissing University

Courses Taught

- 2010 HDFS 129: Introduction to Human Development and Family Studies, The Pennsylvania State University, (co-taught once)
- 2011 HDFS 312W: Empirical Inquiry, The Pennsylvania State University, (co-taught once)
- 2012-2013 HDFS 249: Adult Development and Aging, The Pennsylvania State University, (taught twice)

Course and Teaching Materials Development

- 2011 Developed empirical enquiry review guide for departmental use, Department of Human Development and Family Studies, The Pennsylvania State University
- 2012 Penn State World Campus course development reviewer, HDFS 249: Adult Development and Aging, The Pennsylvania State University

Teaching Assistantships

- 2008 HDFS 432: Developmental Problems in Childhood and Adolescence, Teaching Assistant, The Pennsylvania State University
- 2009 HDFS 495A&B: Internship Program, Teaching Assistant (twice), The Pennsylvania State University
- 2009, 2011 HDFS 312W: Empirical Enquiry, Teaching Assistant and Lab Instructor (twice), The Pennsylvania State University
- 2010 HDFS 249: Adult Development and Aging, Teaching Assistant, The Pennsylvania State University
- 2010 HDFS 129: Introduction to Human Development and Family Studies, Teaching Assistant, The Pennsylvania State University
- 2012 HDFS 301: Values and Ethics in Health and Human Development Professions, Teaching Assistant, The Pennsylvania State University

Invited Lectures and Other Teaching Activities

- 2008-2013 Attended 10 teaching development workshops at the Schreyer Institute for Teaching Excellence, The Pennsylvania State University
- 2010-2013 Guest Lecturer in HDFS 129 on Successful Aging (6 times)
- 2012 Guest Lecturer in HDFS 129 on Death and Dying
- 2012 Guest Lecturer in HDFS 312W on Qualitative Methods

- 2012 Guest Panelist in Rehabilitation and Human Services 300 on Human Services Careers
- 2013 Attended the Symposium for Teaching and Learning with Technology, The Pennsylvania State University
- 2014 Attended teaching development workshop at the Center for Research on Learning and Teaching, The University of Michigan
- 2014-2015 Guest Lecturer in the Undergraduate Research Opportunity Program Seminar on Research Ethics and Integrity in the Health Science/Biomedical Field
- 2015 Health Sciences/Biomedical Field Career Panelist, the Undergraduate Research Opportunity Program Seminar
- 2015 Alumni Career Panelist, Department of HDFS, The Pennsylvania State University
- 2015-Present Guest Lecturer for PGY-III Core Lecture Series on Positive Aging
- 2016 Guest Lecturer for Geriatric Psychiatry Fellowship Core on Prevention of Mental Disorders in Older Adults and Mindfulness Interventions in Late-Life
- 2016-Present Facilitator for M3 Geriatric Psychiatry lecture
- 2017 Guest Lecturer for Geriatric Psychiatry Fellowship Core on Caregiving for Individuals with Dementia: Services and Interventions
- 2017 Guest Lecturer for Psych 211 on Caregiving for Individuals with Dementia: Services and Interventions
- 2017-Present Guest Lecturer for Geriatric Psychiatry Fellowship Core on Health Disparities and Racial/Ethnic Differences in Late-Life Mental Health Care
- 2018 Guest Panelist in the Undergraduate Research Opportunity Program Seminar on Interdisciplinary Research, The University of Michigan
- 2018-2020 Guest Panelist in the IHPI Lunch and Learn Seminar
- 2019 Guest Lecturer for UROP Brown Bag on Multidisciplinary Research
- 2019 Graduate student seminar on working in an Academic Medical Center, The Pennsylvania State University Department of Human Development and Family Studies
- 2019 Facilitated the Choosing Healthcare All Together lecture for the IHPI Understanding and Improving the U.S. Healthcare System MOOC
- 2020 Guest Lecturer for UM School of Social Work on Caring for a Relative with Dementia: The Risks and Rewards
- 2020 Guest Speaker for the UM Psychiatry Department Psychology Fellows on Writing a K Award: Essentials and Lessons Learned
- 2020 Guest Lecturer for the Pennsylvania State University's HDFS 129 on Successful Aging
- 2021 Guest Speaker for the Michigan Research and Discovery Scholars program on health services research
- 2021 Guest Lecturer for the IHPI Clinician Scholars Program on "What's your style? Characterizing dementia caregiving styles to improve outcomes and intervention tailoring"
- 2021 Guest Lecturer for the Health Illness and Society service-learning course, Department of Psychology, on Positive Aging
- 2022 Guest Lecturer for Geriatric Psychiatry Fellowship Core on Developmental Theories of Aging

Committee, Organizational, and Volunteer Service

Institutional

2009-2010 Community Outreach Chair of HDFS Graduate Steering Committee
 2010-2011 Co-Chair of HDFS Graduate Steering Committee
 2011-2012 Graduate student representative to the HDFS Graduate Admissions Committee
 2011-2012 Graduate student Pattee-Paterno Library Advisory Committee
 2012 Judge for the 27th Annual Penn State Graduate Exhibition
 2015, 2019 Judge for the University of Michigan UROP Poster Exhibition
 2018-2021 Co-Chair of the Psychiatry Department Early Career Faculty Development Group
 2019 Interviewer for Psychiatry DEI Research Subcommittee Graduate School Interviewing Event
 2020-present Co-Facilitator of the IHPI PhD Peer Mentorship Group
 2021-present Inaugural Member of the Research Faculty Advisory Council, U-M Medical School
 2021-present Elected Member of the Department of Psychiatry Research Council
 2021 & 2022 Michigan Center for the Contextual Factors of Alzheimer's Disease (MCCFAD) Summer Data Immersion Program Workgroup Co-Facilitator

State

2022-present Michigan Dementia Coalition, Steering Committee Member

National

2013-2014 Gerontological Society of America's (GSA) Emerging Scholar and Professional Organization (ESPO) Newsletter Taskforce
 2018-Present American Association for Geriatric Psychiatry Research Committee

Volunteer Service

2009 Volunteer, Elmcroft Assisted Living, State College, PA
 2009-2013 Co-founder and Volunteer, Older Adult Ministry at Calvary Baptist Church, State College, PA
 2014-Present Hospice Volunteer, Arbor Hospice, Ann Arbor, MI
 2018-Present Alumni Board, Queens University of Charlotte; Selected for a 6-year term; Professional Development and Enrollment Committee

Invited Presentations

Conference Presentations

11/2012 *Depressive symptoms and daily cortisol for caregivers on high and low stress days.* Symposium presentation at the Gerontological Society of America annual conference, San Diego, CA.
 09/2013 *Effects of Adult Day Services (ADS), stressors and cortisol on daily mood.* Symposium presentation at the National Adult Day Services Association (NADSA) annual conference, Louisville, KY.

- 11/2014 *The impact of sleep disturbance on the association between stressful life events and chronic illness with depressive symptoms.* Symposium presentation at the Gerontological Society of America annual conference, Washington D.C..
- 11/2015 *Recent improvements in cognitive functioning among US adults: How much do demographics, education, and health explain?* Symposium presentation at the Gerontological Society of America annual conference, Orlando, FL.
- 11/2015 *Sleep moderates the association between baseline chronic medical illness and future depressive symptoms: A 25 year follow-up.* Symposium presentation at the Gerontological Society of America annual conference, Orlando, FL. **Symposium Chair.**
- 11/2016 *Using sleep and activity monitoring devices with older adults.* Symposium presentation at the Gerontological Society of America annual conference, New Orleans, LA.
- 07/2017 *"What hath night to do with sleep?": Dementia caregivers' emotional distress and sleep disturbance.* Symposium presentation at the IAGG World Congress on Gerontology and Geriatrics in San Francisco, CA.
- 11/2018 *Ties that bind: Sources of informal and formal support and positive outcomes in caregivers of persons with dementia.* Symposium presentation at the Gerontological Society of America annual conference in Boston, MA. **Symposium Co-Chair.**
- 11/2019 *Style and substance: A qualitative characterization of dementia caregiving management styles.* Symposium presentation at the Gerontological Society of America annual conference in Austin, TX. **Symposium Chair.** Leggett, A.N., Bugajski, B., Webster, B., Broderick, B., Watkins, D., Gitlin, L., & Kales, H.C. (2019). *Innovation in Aging*, 3(Suppl 1), S594-S595. doi: 10.1093/geroni/igz038.2207
- 05/2021 *The Changing Tides of Caregiving During the COVID-19 Pandemic: How Reducing and Increasing Care Provision Relates to Caregiver Well-Being.* Invited talk at the NHATS 10th Anniversary Virtual Conference.
- 11/2021 *Cognitive-behavioral styles of dementia care management: Targeting and tailoring to style.* Symposium presentation at the Gerontological Society of America annual conference (virtual due to COVID-19). *Innovation in Aging*, Volume 5, Supplement 1.
- 11/2021 *Challenges Experienced by Family Caregivers During the COVID-19 Pandemic.* Symposium presentation at the Gerontological Society of America annual conference (virtual due to COVID-19). *Innovation in Aging*, Volume 5, Supplement 1.
- 11/2021 *Caregiving challenges during the COVID-19 pandemic: Findings from the National Poll on Healthy Aging.* Symposium presentation at the Gerontological Society of America annual conference (virtual due to COVID-19). *Innovation in Aging*, Volume 5, Supplement 1. *Innovation in Aging*, Volume 5, Supplement 1.

- 11/2021 Liu, Y., Chopik, W. J., Kong, J., **Leggett, A. N.**, Steptoe, A., Gan, Q., and Polenick, C. A. *Early adversity and later health – the pathway of social relationships in adulthood in HRS and ELSA*. Symposium presentation at the Gerontological Society of America annual conference (virtual due to COVID-19). *Innovation in Aging*, Volume 5, Supplement 1.
- 11/2021 Liu, Y., Chopik, W. J., Kong, J., Polenick, C. A., Gan, Q., and **Leggett, A. N.** *Early trauma and later health – Examining the mediation of social relationships in adulthood in HRS*. Symposium presentation at the Gerontological Society of America annual conference (virtual due to COVID-19). *Innovation in Aging*, Volume 5, Supplement 1.
- 05/2022 **Leggett, A.N.**, Koo, H.J., Strominger, J., & Maust, D. *Gatekeepers: The impact of caregiving networks on emergency department utilization by persons living with dementia*. NHATS/NSOC Dementia Care Conference, Ann Arbor, MI.
- 11/2022 **Leggett, A.N.**, Koo, H.J., Connell, C., Gitlin, L.N., & Kales, H.C. *Pandemic-specific supports and challenges: Associations with dementia caregiver well-being*. Symposium presentation at the Gerontological Society of America annual conference, Indianapolis, IN. **Symposium chair.**
- 11/2022 **Leggett, A.N.**, Koo, H.J., Lee, H., & Baker, E. *When families disagree: Correlates and stress process outcomes of family caregiver disagreement*. Accepted for symposium presentation at the Gerontological Society of America’s annual meeting in Indianapolis, IN.

Intramural Invited Presentations

- 06/2019 “What face should I have on?”: *Characterizing dementia caregiving styles*. Grand Rounds, Department of Psychiatry
- 12/2020 *Celebrating the holidays in the time of COVID: How will this year be different?* Schwartz Rounds, Michigan Medicine
- 02/2021 *Does caregiver stress get under the skin? Associations with care recipient inflammation*. Michigan Center on the Demography of Aging’s (MiCDA) NHATS/NSOC Data Users Group
- 06/2021 *What’s your style? How your caregiving style impacts the care you provide and your own well-being*. Michigan Alzheimer’s Disease Research Center’s Dementia Speaker Series.
- 09/2021 *Newly navigated territory: The risks, isolation, and rewards of family caregiving in the time of COVID-19*. Research Faculty Seminar Series, Inaugural presentation. The Office of Faculty Affairs & Faculty Development and the Medical School Office of Research.
- 10/2021 *Caregiving challenges during COVID-19*. 2021 Research Lightning Talks. Department of Psychiatry, University of Michigan. *Caregiving, Substance Use, and Behavioral Interventions Session Moderator*

- 03/2022 *Newly navigated territory: The risks, isolation, and rewards of family caregiving in the time of COVID-19.* Working Families Resource Group, University of Michigan.
- 05/2022 *The best of times, the worst of times: The costs and gains of family caregiving for a person living with dementia during COVID-19.* Michigan Alzheimer's Disease Research Center's 6th annual Beyond Amyloid Research Symposium, University of Michigan.

Extramural Invited Presentations

- 01/2013 *Dissertation research and the graduate school experience.* Queens University of Charlotte, Charlotte, NC
- 02/2017 *Using sleep and activity monitoring devices with older adults.* The Michigan Psychological Association.
- 08/2019 *Prevention and health promotion for late-life mental health disorders.* Webinar co-hosted by the National Council on Aging and the National Coalition on Mental Health and Aging (480 attendees).
- 10/2019 *Style and substance: Profiling the care management styles of dementia caregivers.* The Pennsylvania State University Center for Healthy Aging.
- 06/2020 *Early cognitive decline and its impact on spouse's loneliness.* Society for the Study of Human Development Webinar on Modeling Cognitive Aging in Context
- 04/2021 *Understanding dementia caregiver's cognitive-behavioral care styles to improve the tailoring of interventions and services.* The University of Pittsburgh Alzheimer's Disease Research Center & University of Pittsburgh School of Medicine Continuing Education in the Health Sciences.
- 05/2021 *What's your style? Characterizing Dementia Caregiving Styles to Improve Outcomes and Intervention Tailoring.* ARI Grand Rounds in Mental Health and Aging Research, Mental Health and Aging Research Network
- 06/2021 *What's your style? Characterizing Dementia Caregiving Styles to Improve Outcomes and Intervention Tailoring.* The University of Rochester Roybal Center for Social Ties & Aging Research (Roc STAR Center).
- 08/2021 *Caregiving reimagined: Targeting and tailoring our approach to improve models of care.* Department of Psychiatry and Behavioral Sciences Grand Rounds, University of California Davis
- 11/2021 *Caregiving on the frontline: Caregiving for an individual living with dementia during the COVID-19 pandemic.* COVID Information Commons, The Big Data Innovation Hubs. doi: 10.7916/qnk9-fb87

- 12/2021 *Caregiver styles: Tailoring approaches to enhance resilience in dementia care.* The VA Ann Arbor Healthcare System and Geriatric Research, Education, and Clinical Care Center's Topics in Aging, Cognition and Diversity Caregiving Speaker Series.
- 03/2022 *Caregiving reimagined: Targeting and tailoring our approach to improve models of care.* Human Development and Family Studies Research Colloquium, Utah State University.
- 04/2022 *Caregiving reimagined: Targeting and tailoring our approach to improve models of care.* Issues in Aging 2022 hosted by the Institute of Gerontology, Wayne State University and the Michigan Chapter of the Alzheimer's Association

International Invited Presentations

- 10/2018 *"Which face should I have on?": Managing care for a person living with dementia and associated biopsychosocial outcomes.* University College London, Department of Psychiatry

Community Speaking Engagements

- 07/2015 *Sleep and health as we age.* Carpenter Place Apartments (low cost, independent housing for seniors), Ypsilanti, MI
- 10/2016 *Sleep and health as we age.* University Commons (senior condominium community), Ann Arbor, MI
- 05/2017 *Caring for an individual with dementia: The risks and rewards.* Turner Senior Wellness Program, Turner Senior Resource Center
- 2018-20 *"With mirth and laughter let old wrinkles come: How to age well by playing the cards you've been dealt".*
- 09/12/18 Turner Senior Resource Center 20th anniversary celebration
 - 09/20/18 Jewish Community Center
 - 01/16/20 Washtenaw County Foster Grandparents Program
- 2021 Caregiving during COVID-19 panel for Ann Arbor District Library, 7/14/21
- 2022 *Newly navigated territory: The risks, isolation, and rewards of family caregiving in the time of COVID-19.* The Dementia & Alzheimer's Resource Committee of St. Clair County, St. Clair County Community Mental Health, & Michigan Alzheimer's Disease Center.

Podcasts

- 2022 *Caregiving for individuals living with dementia.* Minding Memory Podcast, Center to Accelerate Population Research in Alzheimer's, Michigan Medicine

Bibliography

Peer-Reviewed Publications

1. **Leggett, A.** (2008). Crime stereotyping and perceived seriousness of ethnic criminals and terrorists. *Undergraduate Journal of Psychology, 21*, 30-34.
2. **Leggett, A., Zarit, S., Taylor, A., & Galvin, J.E.** (2011). Stress and burden among caregivers of patients with Lewy Body dementia. *The Gerontologist, 51*(1). 76-85. doi: 10.1093/geront/gnq055 PMID: 20667944
3. **Leggett, A., Zarit, S., Nguyen, N.H., Hoang, C.N., & Nguyen, H.T.** (2012). The influence of social factors and health on depressive symptoms and worry: A study of older Vietnamese adults. *Aging and Mental Health, 16*(6), 780-786. doi: 10.1080/13607863.2012.667780 PMID: PMC4233407
4. **Leggett, A., Zarit, S., Hoang, C.N., & Nguyen, H.T.** (2013). Correlates of cognitive impairment in older Vietnamese. *Aging and Mental Health, 17*(8), 915-923. doi: 10.1080/13607863.2013.799116 PMID: PMC4233409
5. **Leggett, A., Zarit, S.H., Kim, K., Almeida, D.M., Klein, L.C.** (2014) Depressive mood, anger, and daily cortisol of caregivers on high and low stress days. *The Journals of Gerontology, Series B: Psychological Sciences, 70*, 820-829. doi: 10.1093/geronb/gbu070 PMID: PMC4612339
6. **Leggett, A. & Zarit, S.H.** (2014) Prevention of mental disorder in older adults: Recent innovation and future directions. *Generations, 38*, 45-52. PMID: PMC4539154 [Review](#)
7. **Leggett, A., Kavanagh, J., Zivin, K., Chiang, C., Kim, H.M., & Kales, H.C.** (2015) The association between benzodiazepine use and depression outcomes in older veterans. *Journal of Geriatric Psychiatry and Neurology, 28*, 281-287. doi: 10.1177/0891988715598227 PMID: PMC4927262
8. **Leggett, A., Burgard, S., & Zivin, K.** (2016) The impact of sleep disturbance on the association between stressful life events and depressive symptoms. *The Journals of Gerontology, Series B: Social Sciences, 71*, 118-128. doi: 10.1093/geronb/gbv072 PMID: PMC4861642
9. **Leggett, A., Liu, Y., Klein, L.C., & Zarit, S.H.** (2016) Sleep duration and the cortisol awakening response in dementia caregivers. *Health Psychology, 35*, 465-473. doi: 10.1037/hea0000276 PMID: PMC4781675
10. **Leggett, A., Ganoczy, D., Zivin, K., & Valenstein, M.** (2016). Predictors of pharmacy-based measurement and self-report of antidepressant adherence: Are individuals overestimating

adherence? *Psychiatric Services*, 67(7), 803-806. doi:10.1176/appi.ps.201400568 PMID: PMC5796766

11. **Leggett, A.**, Pepin, R., Sonnega, A., & Assari, S. (2016). Predictors of new onset sleep medication and treatment utilization among older adults in the United States. *Journal of Gerontology: Medical Sciences*, 71, 954-960. doi:10.1093/gerona/glv227 PMID: PMC4906325
12. Assari, S., Sonnega, A., Pepin, R., & **Leggett, A.** (2016) Residual effect of restless sleep over depressive symptoms on chronic medical conditions over 25 Years: Race by gender differences. *Journal of Racial and Ethnic Health Disparities*, 4, 59-69. doi: 10.1007/s40615-015-0202-z PMID: PMC4965357
13. **Leggett, A.**, Clarke, P., Zivin, K., McCammon, R., Elliot, M., & Langa, K. (2017). Recent improvements in cognitive functioning among older U.S. adults: How much does increasing educational attainment explain? *Journal of Gerontology: Social Sciences* doi: 10.1093/geronb/gbw210 PMID: PMC6377030 ***Editor's choice article both online and in print*
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42. **Leggett, A.N.**, Koo, H.J., Park, B., & Choi, H. (2022). The Changing Tides of Caregiving During the COVID-19 Pandemic: How Decreasing and Increasing Care Provision Relates to Caregiver Well-Being. *Journal of Gerontology: Social Sciences*. doi: 10.1093/geronb/gbac002
43. Meyer, O.L., Koo, H.J., Strominger, J., Tran, D., Bach, A., & **Leggett, A.N.** (2022). Neighborhood Characteristics and Caregiver Mental Health in the National Study of Caregiving (NSOC). *Journal of Aging and Health*. doi: 10.1177/08982643221085106
44. Dunkle, R.E., Cavagnini, K., Cho, J., Sutherland, L., Kales, H.C., Connell, C., & **Leggett, A.N.** (2022). Exploring dementia care in acute care settings: Perspectives of nurses and social workers caring for patients with behavioral and psychological symptoms. *The Journal of Social Work in Health Care*. doi: 10.1080/00981389.2022.2076764

Articles Under Review

Turner, S., Epps, F., Li, M.S., **Leggett, A.N.**, & Hu, M. (under review). Validation of a measure of role overload and gains for end-of-life dementia caregivers.

Lee, H., Koo, H.J., Gerlach, L., & **Leggett, A.N.** (under review). Associations of caregiver involvement at end-of-life with emotional difficulty and gains.

Leggett, A.N., Koo, H.J., Strominger, H.J., & Maust, D.T. (under review). Gatekeepers: The impact of caregiving networks on emergency department use by persons living with dementia.

Baker, E., Koo, H.J., Kobayashi, L.C., Finlay, J., & **Leggett, A.N.** (under review). Older adults' worry about COVID-19: Associations with experiences of COVID-19 among social connections.

Robinson-Lane, S.G., **Leggett, A.N.**, Johnson, F.U., Leonard, N., Carmichael, A.G. Oxford, G., Miah, T., Wright, J., Blok, A.C., Iwashyna, T.J., & Gonzalez, R. (under review). Caregiving in the COVID-19 pandemic: Family adaptations following an intensive care unit hospitalization.

Non-Peer Reviewed

1. **Leggett, A.N.** & Kales, H.C. (2019). Applying rigor: Intervention studies for behavioral and psychological symptoms of dementia. *American Journal of Geriatric Psychiatry*, 27(6), 590-592. Invited commentary. doi: 10.1016/j.jagp.2019.02.004 PMID: 7155383
2. BioSocial Methods Collaborative and HEART Research Project Team. COVID-19 Patient & Caregiver Collaborative Care Workbook. Ann Arbor: Michigan Medicine; 2020. doi:10.3998/2027.42/163715 (Project Team Member)

International Posters

Leggett, A., Zarit, S. H., Duda, J. E., Galvin, J. E., Kaufer, D.I., Lippa, C.F., & Taylor, A. (2009) *Burden among caregivers in Lewy Body dementia*. Poster presentation at the Alzheimer's Association International Conference, Vienna, Austria.

Leggett, A.N., Hodgson, N., Connell, C., Gitlin, L.N., & Kales, H.C. (2020) *"I understand a fury in your words, but not the words": The association of dementia caregiving styles and salivary cortisol*. Poster presentation at the Alzheimer's Association International Conference, virtual due to COVID-19.

Leggett, A.N., Connell, C., Gitlin, L.N., & Kales, H.C. (2020) *"I just glove up and do what has to be done": A mixed-methods exploration of dementia care challenges and care management strategies*. Poster presentation at the Alzheimer's Association International Conference, virtual due to COVID-19.

Leggett, A. N., Connell, C. M, Gitlin, L., N., & Kales, H. C. (2021) Caregiving management styles and utilization of formal care services among dementia caregivers. Poster presentation at the Alzheimer's Association International Conference, July 2021, virtual. *Alzheimer's & Dementia*, 17(S7): e052417. doi: 10.1002/alz.052417.

National Posters & Published Abstracts

Leggett, A., Foos, P., & Clark, C. *Kid's these days: Older persons' attitudes toward middle aged and young adults*. (2007) Poster presentation at the Gerontological Society of America's national conference, San Francisco, CA.

Leggett, A. *Crime stereotyping and perceived seriousness of ethnic criminals and terrorists*. (2008) Poster presentation at the Southeastern Psychological Associations' national conference, Charlotte, NC.

Zarit, S.H., Chuong, H.N., Ngoc, N.H., **Leggett, A.,** Nguyen, H. (2009) *Cognitive performance and emotional well-being of older people in Vietnam*. Poster presentation at the Gerontological Society of America's annual conference, Atlanta, GA.

Leggett, A., Zarit, S. H., Duda, J. E., Galvin, J. E., Kaufer, D.I., Lippa, C.F., & Taylor, A. (2009) *Role strain, personal strain, and worry about performance among caregivers of people with Lewy Body dementia*. Poster presentation at the Gerontological Society of America's annual conference, Atlanta, GA.

Leggett, A., Zarit, S.H., Nguyen, N.H., Hoang, C.N., & Nguyen, H. (2010) *Predictors of cognitive impairment in older Vietnamese adults*. Poster presentation at the Gerontological Society of America's annual conference, New Orleans, LA.

Newcomer, Z., **Leggett, A.,** Zarit, S.H., Hoang, C.N., & Nguyen, H. (2011) *The role of pain in functional and mental health in older Vietnamese*. Poster presentation at the Gerontological Society of America annual conference, Boston, MA.

Leggett, A., Zarit, S.H., Nguyen, N.H., Hoang, C.N., & Nguyen, H. (2011) *Pain as a mediator of health behaviors and ADL functioning: A study on older Vietnamese adults*. Poster presentation at the Gerontological Society of America annual conference, Boston, MA.

- Leggett, A.** & Zarit, S.H. (2013) *Anger and daily cortisol for caregivers on high and low stress days*. Poster presentation at the Gerontological Society of America annual conference, New Orleans, LA.
- Leggett, A.,** Kavanagh, J., Chiang, C., Kim, H., & Kales, H. (2014) *The impact of benzodiazepine use on depression outcomes among older adults beginning a new antidepressant treatment*. Poster presentation at the American Association for Geriatric Psychiatry annual conference, Orlando, FL. *American Journal of Geriatric Psychiatry, 22(3), Supplement*, doi: 10.1016/j.jagp.2013.12.088
- Leggett, A.,** Klein, L.C., & Zarit, S.H. (2014) *Sleep duration and daily cortisol for caregivers on high and low stress days*. Poster presentation at the Gerontological Society of America annual conference, Washington D.C.
- Nafiu, I., **Leggett, A.,** Maust, D., Chiang, C., Blow, F., & Kales, H. (2015) *Is comorbid substance use or anxiety a risk factor for antidepressant non-adherence among older veterans with depression?* Poster presentation at the American Association for Geriatric Psychiatry annual conference, New Orleans, LA. *American Journal of Geriatric Psychiatry, 23(3), Supplement*, doi: 10.1016/j.jagp.2014.12.117
- Leggett, A.,** Conroy, D., Blow, F., & Kales, H. (2015) *Exploring the acceptability of sleep monitoring and bright light technologies for intervention use in older adults*. Poster presentation at the American Association for Geriatric Psychiatry annual conference, New Orleans, LA. *American Journal of Geriatric Psychiatry, 23(3), Supplement*, doi: 10.1016/j.jagp.2014.12.119
- Leggett, A.** (2015) *Inflammation and the pathway to mental disorder in older adults: Associations with depressive and anxiety symptoms*. Poster presentation at the National Network of Depression Centers conference, Ann Arbor, MI.
- Leggett, A.,** Conroy, D., Blow, F.C., & Kales, H.C. (2016) *Sleep to activate mood promotion (STAMP) in older adults: Initial results from a prevention pilot study*. Poster presentation at the American Association for Geriatric Psychiatry annual conference, Washington D.C. *American Journal of Geriatric Psychiatry, 24(3), Supplement*, doi: 10.1016/j.jagp.2016.01.118
- Pepin, R., **Leggett, A.,** & Bartels, S.J. (2016) *The association of socioeconomic and health factors with technology use among older adults in the United States*. Poster presentation at the American Association for Geriatric Psychiatry annual conference, Washington, D.C. *American Journal of Geriatric Psychiatry, 24(3), Supplement*, doi: 10.1016/j.jagp.2016.01.069
- Leggett, A.,** Maust, D., & Kales, H.C. (2017) *Predictors of care-related emotional distress among caregivers for individuals with Dementia*. Poster presentation at the IAGG World Congress on Gerontology and Geriatrics in San Francisco, CA.
- Leggett, A.,** Lohman, M., & Sonnega, A. (2018). *Till death do us part: The impact of caring for a spouse with dementia on caregiver mortality*. Poster presentation at the American Association for Geriatric Psychiatry in Honolulu, Hawaii. *American Journal of Geriatric Psychiatry, 26(3), Supplement*, doi: 10.1016/j.jagp.2018.01.097

Leggett, A., Kales, H.C., & Gitlin, L.N. (2018). *Finding fault: Criticism as a care management strategy and its impact on outcomes for dementia caregivers*. Poster presentation at the American Association for Geriatric Psychiatry in Honolulu, Hawaii. *American Journal of Geriatric Psychiatry*, 26(3), Supplement, doi: 10.1016/j.jagp.2018.01.096

Lohman, M., **Leggett, A.** Sonnega, A. (2018) *Comparing population-based measures of fall-related mortality incidence: Evidence from the Health and Retirement Study and CDC WISQARS*. Poster presentation at the American Public Health Association in San Diego, CA.

Lohman, M., Sonnega, A., & **Leggett, A.** (2018) *Determinants and incidence of fall-related mortality in the U.S.: Evidence from the Health and Retirement Study*. Poster presentation at the Gerontological Society of America's annual meeting in Boston, MA.

Lohman, M., Sonnega, A., Resciniti, N., & **Leggetta, A.** (2020). *Differences in cause-specific mortality between frail men and women in the US*. Poster presentation at the Gerontological Society of America's annual meeting, Virtual due to COVID-19.

Leggett, A., Connell, C.M., Gitlin, L.N., & Kales, H.C. (2020). *The influence of dementia caregiving styles on caregiver distress and person with dementia quality of life*. Poster presentation at the Gerontological Society of America's annual meeting, Virtual due to COVID-19.

Leggett, A., Carmichael, A.G., Leonard, N., Robinson-Lane, S.G., Li, S., Oxford, G., Wisniewski, M., & Gonzalez, R. (2020). *Family caregivers on the frontline: Challenges of providing care to post-ICU COVID-19 patients*. Poster presentation at the Gerontological Society of America's annual meeting, Virtual due to COVID-19.

Leonard, N. Carmichael, A.G., Jackson, J., Huang, L., Doshi, A., **Leggett, A.,** Robinson-Lane, S.G., & Gonzalez, R. (2020). *An action research method for generating human-centered COVID-19 caregiving interventions*. Poster presentation at the Gerontological Society of America's annual meeting, Virtual due to COVID-19.

Dunkle, R.E., Cavagnini, K., Cho, J., Sutherland, L., Kales, H.C., Connell, C., & **Leggett, A.** (2020). *Barriers in caring for patients with dementia in acute care settings: Navigating the role of social workers*. Poster presentation at the Gerontological Society of America's annual meeting, Virtual due to COVID-19.

Leggett, A.N., Hodgson, N., Connell, C., Gitlin, L.N., & Kales, H.C. (2021) *"I understand a fury in your words, but not the words": The association of dementia caregiving styles and salivary cortisol*. Poster presentation at the University of Michigan Flint Center on Aging Symposium.

Leggett, A., N., Koo, H. J., Connell, C. M, Gitlin, L. N., & Kales, H. C. (2021) *Cognitive-behavioral dementia caregiving styles: Associations with care stress and well-being*. Poster presentation at the Gerontological Society of America's annual meeting, Virtual due to COVID-19.

Dunkle, R. E., Cavagnini, J., Cho, L., Sutherland, H., Kales, H., Connell, C. M, & **Leggett, A.N.** (2021) *Exploring dementia care in an acute care setting: Perspectives of social workers and nurses*. Poster

presentation at the Gerontological Society of America's annual meeting, Virtual due to COVID-19. *Innovation in Aging*, Volume 5, Supplement 1.

Liu, Y., **Leggett, A.N.**, Kim, K., Polenick, C.A., McCurry, S., & Zarit, S. (2021). *Daily sleep, well-being, and adult day services use among dementia care dyads*. Poster presentation at the Gerontological Society of America's annual meeting, Virtual due to COVID-19.

Lee, H., Koo, H.J., Baker, E., & **Leggett, A.N.** (2021). *Caregivers' medical care provision at patient end-of-life: Associations with emotional difficulty and gains*. Poster presentation at the Gerontological Society of America's annual meeting, Virtual due to COVID-19. *Innovation in Aging*, Volume 5, Supplement 1, doi: 10.1093/geroni/igab046.2977

Koo, H.J. & **Leggett, A.N.** (2021). *Different statistical approaches to develop a guideline for improvement of caregiver's mental health*. Poster presentation at the Gerontological Society of America's annual meeting, Virtual due to COVID-19. *Innovation in Aging*, Volume 5, Supplement 1.

Baker, E., Koo, H.J., Kobayashi, L. Finlay, J., Lee, H., & **Leggett, A.N.** (2021). *Older adults' worry about COVID-19: Associations with experiences of COVID-19 among social connections*. Poster presentation at the Gerontological Society of America's annual meeting, Virtual due to COVID-19. *Innovation in Aging*, Volume 5, Supplement 1.

Liu, Y., **Leggett, A. N.**, Kim, K., Polenick, C. A., McCurry, S. M., and Zarit, S. H. (2021). *Daily sleep, well-being, and Adult Day Services use among dementia care dyads*. Poster presentation at the Gerontological Society of America's annual meeting, Virtual due to COVID-19. *Innovation in Aging*, Volume 5, Supplement 1.

Leggett, A.N., Baker, E., Lee, H., Webber, A., Wallace, S., Fang, T., & Johnson, F. (2022). *Dementia Family Caregivers Experiences Using Community-based and Health Care Services During COVID-19*. Accepted for poster presentation at the Gerontological Society of America's annual meeting in Indianapolis, IN.

Media Coverage

1. Grad student receives grant to explore stress relief for caregivers. Penn State News. 10/8/2012
2. Benzodiazepines may improve depressive symptoms in older adults taking antidepressants: Presented at AAGP. FirstWord Pharma. 3/19/2014
3. Light therapy effective for older adults with nonseasonal depression. Psychiatry Advisor. *Depressive Disorders Advisor*. 8/15/2018
4. New evidence on sleep's role in aging and chronic disease. Web article based on Scommegna, P. Sleep, health, and aging. Today's Research on Aging: Program and Policy Implications. (Issue 38). Population Reference Bureau (PRB) 10/16/2018

5. Caring for someone with COVID-19: Live discussion. Livestream and YouTube through Michigan Medicine social media pages. 10/28/2020
6. How to have a safe holiday season during the COVID-19 pandemic. Michigan Health. 11/03/2020

Continuing Education

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| 2015 | Coursera Open Course, University of Michigan:
Sleep: Neurobiology, Medicine and Society, Received Statement of Accomplishment with Distinction |
| 2015 | Graduate Summer Session in Epidemiology, University of Michigan School of Public Health:
717- Design and Conduct of Clinical Trials
718- Analysis of Clinical Trials
784- Survival Analysis Applied to Epidemiological and Medical Data |
| 2016 | Lean Healthcare Course, University of Michigan Quality System |
| 2017 | Institute for Health Policy and Innovation Massive Open Online Course, University of Michigan
Understanding and Improving US Healthcare |
| 2017 | Meta-Analysis in Psychiatry, University of Michigan |
| 2018 | Certificate in Mixed Methods Research, University of Michigan School of Social Work |
| 2019 | Certificate in Advanced Clinical Dementia Practice, University of Michigan School of Social work |