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## NICOLE ZARRETT

### EDUCATION

- 2001-2006** Ph.D., Developmental Psychology, July 2006, University of Michigan, Ann Arbor, MI
- 2001-2003** M.S., Developmental Psychology, 2003, University of Michigan, Ann Arbor, MI
- 1994-1998** B.A., Psychology (with Honors) and Sociology, 1998, Clark University, Worcester, MA  
(Summa cum laude with highest honors in psychology, Phi Beta Kappa inducted in 1997)

### ACADEMIC APPOINTMENTS AND AFFILIATIONS

- 2023-present** Department Chair, Department of Psychology, University of South Carolina, Columbia, SC
- 2022-2023** Interim Department Chair, Department of Psychology, University of South Carolina, Columbia, SC
- 2021-present** Professor, Department of Psychology, University of South Carolina, Columbia, SC
- 2015-2021** Associate Professor, Department of Psychology, University of South Carolina, Columbia, SC
- 2008-2015** Assistant Professor, Department of Psychology, University of South Carolina, Columbia, SC
- 2008-present** Faculty Affiliate, Research Consortium on Children and Families, University of South Carolina, Columbia, SC
- 2008-present** Faculty Affiliate, Nutrition Center, University of South Carolina, Columbia, SC
- 2012-present** Faculty Affiliate, Women's and Gender Studies, University of South Carolina, Columbia, SC
- 2015-present** Faculty Affiliate, Prevention Research Center, Arnold School of Public Health, University of South Carolina
- 2013-2017** Chair of the Education, Training, and Career Development Council, Society of Behavioral Medicine
- 2001-present** LIFE Academy Fellow, Max Planck Institute for Human Development, the Humboldt-University, the Free University of Berlin, University of Virginia, Arlington, and University of Michigan, Ann Arbor.
- 2006-2008** Post-Doctoral Fellow, Institute for Applied Research in Youth Development (Lerner, PI), Child Development Department, Tufts University, Medford, MA
- 2001-2006** Research Assistant, Gender and Achievement Research Program (Eccles, PI), University of Michigan, Ann Arbor
- 1998-2001** Senior Research Assistant, Henry A. Murray Research Center, Radcliffe Institute, Harvard University, Cambridge, MA.

### RESEARCH INTERESTS (Please see website: <https://www.theconnectlab.com>)

Primary research interests include understanding positive adolescent development in relation to the complex interactions between youth and their environments over time. This research involves adequately addressing the needs and interests of underrepresented groups, with the goal of generating sound theoretical inferences and practical applications that will be useful to researchers, policy makers, practitioners, and other youth advocates. Specific research interests include:

- Developing innovative community-based interventions for health promotion in children and adolescents.

- The role of key youth settings (e.g., schools) and change agents (e.g., teachers, parents, after-school program staff) for promoting youth healthy developmental pathways
- The promotion of healthy behaviors, attitudes, and motivation, adolescent obesity prevention/intervention
- The effects of community, school, family, peers, and personal factors, on youth choices, motivation, and adjustment
- Multilevel systems theory and the coupling of variable- and pattern-centered methodological approaches to maximize understanding of youth in context, and the conceptualization of developmental stability and change

## **RESEARCH FUNDING**

### **NIH R01 HL160618-01 (Sweeney, PI)**

06/01/2022-05/31/27

**Role:** Co-Investigator

**Title:** The Together Everyone Achieves More Physical Activity Trial

**Purpose:** The Together Everyone Achieves More Physical Activity Trial evaluates the efficacy of a community-based social affiliation intervention for increasing daily physical activity among inactive African American women.

**Total Budget:** \$3,719,268

### **NIH R01 NR017619-01**

06/01/2018-05/31/24

**Role:** Principal Investigator

**Title:** Connect through PLAY: A staff-based physical activity intervention for middle school youth.

**Purpose:** The proposed study will be a prospective, randomized controlled efficacy trial within pre-existing after school programs (ASPs) that compares a staff-based social development physical activity program to a standard ASP health curriculum control for increasing the physical activity of underserved middle school youth and program staff.

**Total Budget:** \$3,490,053

### **Robert Wood Johnson Foundation 81038 (Olivia Staples, Doctoral Student, PI)**

09/01/2023-08/31/27

**Role:** Mentor

**Title:** Health Policy Research Scholars Grant

**Purpose:** Training grant that supports graduate students to engage in a program that enhances training in the translation and implementation of health policy.

**Total Budget:** \$124,000

### **John Templeton Foundation JTF 61089**

06/15/2018-06/14/21

**Role:** Co-Principal Investigators (Simpkins, Vandell, Zarrett, and Eccles)

**Title:** Enduring Character Virtues: How After-School Organized Activities Support Character Development from Childhood through Young Adulthood

**Purpose:** The proposed project extends the study of character virtue development and organized activities by analyzing two complimentary longitudinal data sets to first, map changes in the developmental, multidimensional nature of character virtues from childhood through adolescence and their relations to indicators of happiness, usefulness, and prosperity in young adulthood and second, by assessing the extent to which youth's after school organized activities over childhood and adolescence predict continuity and change in character development across these critical developmental years.

**Total Budget:** \$801,711

### **ASPIRE-II-Multidisciplinary Research (Wilson PI)**

06/01/2021-09/30/2022

Office of the Vice President for Research, University of South Carolina

**Role:** Co-Investigator

**Title:** Positive Action for Today's Health (PATH) USA: A Multi-Site Trial to Improve Physical Activity, Blood Pressure, and Social Connectedness in Racial and Ethnic Minority Communities

**Purpose:** The primary goals of this project are to adapt a previous community-based walking program for implementation across three community sites by: 1) developing community-based steering communities; 2) conducting focus groups with each community site to develop tailored social marketing campaigns; and 3) conducting a pilot study to evaluate feasibility and acceptability.

**Total Budget:** \$100,000

**NIH F32HL13828 (Sweeney, PI)**

04/01/2018-03/31/2020

**Role:** Co-Investigator

**Title:** Developing Real Incentive and Volition for Exercise (DRIVE) Project

**Purpose:** The major goal of this project is to support for training of the applicant (post-doctoral scholar) in theory-based health promotion interventions for underserved communities and research that focuses on promoting physical activity among inactive African-American adults.

**Total Budget:** \$125,000

**Women's Sports Foundation**

5/01/2018- 04/30/2019

**Role:** Co-Principal Investigator

**Title:** Coaching through a Gender Lens: Maximizing Girls' Play and Potential.

**Purpose:** The major goal of the funding is to take a multidimensional/multi-informant approach to identify developmentally appropriate coaching strategies to nurture girls' love for sport and to counter the gendered barriers to their participation. Employing a gender lens, the current report set out to learn from young girl athletes and their parents what they think and feel about coaches and to hear from experts and exemplary sports programs about coaching and program-level practices that maximize girls' personal and sport potential.

**NIH R21 HD077357**

05/01/2014-03/31/2017

**Role:** Principal Investigator

**Title:** Connect through PLAY: Social Mechanisms for Promoting Youth Physical Activity in Afterschool Programs

**Purpose:** The major goal of the grant is to evaluate the feasibility of a motivational afterschool intervention for promoting increased physical activity in underserved adolescents through fostering improvements in youth social skills, and increased feelings of connectedness within the afterschool program setting.

**Total Budget:** 398,750

**Office of the Provost Internal Grant University of South Carolina**

06/01/2017-05/31/2018

**Role:** Principal Investigator

**Title:** A Brief, Adaptable Mindfulness Intervention for Teachers to Improve Classroom Climate in Secondary School Settings

**Purpose:** The major goal of this project is to test the feasibility of a brief school-based mindfulness intervention, implemented within pre-existing professional development teacher training sessions, for reducing teacher stress, and improving teachers' mindfulness skills and well-being, as mechanisms for improving the classroom climate within Title 1 schools.

**Total Budget:** 9,956

**SPARC Graduate Research Grant**

**Role:** Co-Principal Investigator (Zarrett [mentor]; Roberts and Taylor)

**Title:** A brief, adaptable mindfulness intervention for teachers to reduce stress/burnout, increase well-being, and improve classroom climate in secondary school settings"

**Purpose:** Funding from the SPARC grant will be used to expand the Teacher Mindfulness Intervention measurement to include an objective assessment of changes in Teachers' Stress (through analysis of Teachers' saliva samples).

Total Budget: \$5,000

**Women's Sports Foundation and  
The Laureus Sports for Good Foundation**

11/01/2016- 05/31/2017

**Role:** Co-Principal Investigator

**Title:** Teen Sport in America Report: Health, Education, Social Engagement, and Diversity

**Purpose:** The major goal of the funding is to assess the health, educational achievement, social engagement, and diversity of U.S. adolescents involved in twenty different types of sports.

**ASPIRE-I University of South Carolina**

05/01/2014-04/30/2015

**Role:** Principal Investigator

**Title:** Social and Organizational Mechanisms for Promoting Youth Physical Activity Among Youth with Developmental Disabilities

**Purpose:** The major goal of the grant is to evaluate the feasibility of a social-motivational climate-based intervention for increasing the physical activity of youth with Autism Spectrum Disorder within a residential school

setting through improving the physical and social resources (e.g., staff engagement) necessary to support youth self-determined motivations for physical activity.

**Total Budget:** \$13,905

**SSPG-2011 University of South Carolina** (Moore PI)

09/01/2012-05/01/2014

**Role:** Co-Investigator

**Title:** Feasibility, acceptability, and effectiveness of a playground intervention to decrease bullying behavior while increasing physical activity in elementary school children

**Purpose:** The major goal of the grant is to evaluate the feasibility of a playground intervention that promotes prosocial peer interactions and increased physical activity within the school setting

**Total Budget:** 14,827

**Josephine Abney Fellowship**

04/01/2013-03/31/2014

**Role:** Principal Investigator

**Title:** Off the Sidelines and into the Game: Addressing African American Girls' Social Motivations for Participating in Physical Activity within Afterschool Programs

**Purpose:** The major goal of the grant was to identify key contextual and intrapersonal mechanisms for promoting underserved African American girls' moderate-to-vigorous physical activity within afterschool programs as a first step towards developing a working theoretical model of girls' physical activity motivation and behavior.

**Total Budget:** 1,000

**NIH R01 HD045693** (Wilson PI)

07/01/2004-06/30/2010

**Role:** Co-Investigator

**Title:** Self-Determination for Increasing Physical Activity

**Purpose:** The major goal of the grant was to evaluate the efficacy of a motivational intervention after-school program (versus a typical after-school program) on increasing physical activity levels in underserved adolescents in a large-scale randomized trial.

**Total Budget:** \$3,439,145

## **HONORS AND AWARDS**

- 2020** **Finalist, Distinguished Undergraduate Research Mentor Award**, University of South Carolina, Columbia, SC
- 2017** **Outstanding Teacher of the Year Award**, Clinical Community Program, Department of Psychology, University of South Carolina, Columbia, SC
- 2017** **The C. Tracy Orleans Distinguished Service Award**. Society of Behavioral Medicine
- 2014** **NIDA-Sponsored Monitoring the Future Summer Fellow**, University of Michigan, Ann Arbor, MI
- 2014** **Outstanding Mentor of the Year Award**, Clinical Community Program, Department of Psychology, University of South Carolina, Columbia, SC
- 2014** **Exemplary Service Award**, Department of Psychology, University of South Carolina, Columbia, SC
- 2012** **Josephine Abney Fellowship** for Research in Women's and Gender Studies, University of South Carolina, Columbia, SC
- 2012** **Finalist for the Michael J. Mungo Undergraduate Teaching Award**, University of South Carolina, Columbia, SC.
- 2009** **Mortar Board Honor Society Excellence in Teaching Award**, University of South Carolina, Columbia, SC
- 2007** **NICHD/NIH Research Fellow: NICHD/NIH Summer Institute in Applied Research on Child Development**, Potomac, Maryland.
- 2005** **Rackham Outstanding Graduate Student Instructor Award**, University of Michigan, Ann Arbor, MI
- 2004-2005** **National Institute of Mental Health (NIMH) Developmental Training Grant Fellow**, University of Michigan, Ann Arbor, MI

- 2005**      **Fellow**, The Center for the Analysis of Pathways from Childhood to Adulthood (CAPCA), L. Feinstein workgroup on Discontinuity.
- 2001-2002**    **National Institute of Mental Health (NIMH) Developmental Training Grant Fellow**, University of Michigan, Ann Arbor, MI
- 2001**      **Radcliffe Exemplary Service Award**, Harvard University, Cambridge, MA
- 1994-1998**    **Academic**  
 Phi Beta Kappa: (inducted in 1997)  
 National Dean's List (1994-1998)  
 Who's Who Among Students in American Universities and Colleges (1997)  
 Collins Creativity Award in Psychology, 1997 (awarded a grant to conduct research at Clark U.)  
 Most Outstanding Undergraduate in Psychology, 1998  
 The Addams and Mills Award in Sociology, 1998  
 Senior Speaker at Commencement, 1998
- Athletic**  
 GTE Academic All-America  
 Nominated NCAA Woman of the Year  
 NEISCA 1998 Scholar Athlete of the Year  
 NEW 8 Academic All-Conference  
 Alice Higgins Scholar Athlete Award  
 All-Northeast Region, Third Team  
 Captain, Clark University Fast Pitch Softball Team

## **PUBLICATIONS**

\*denotes publications with student as first author

- Deng, A., **Zarrett, N.**, Sweeney, A., & Moon, J., (2023). The Influence of Social Support, Social Affiliation, and Intrinsic Motivation for Increasing Underserved Youth's Physical Activity: A Social Climate-Based Intervention Study. *Journal of Sports Sciences*, 41(6), 502-511. <https://doi.org/10.1080/02640414.2023.2225020>
- Deng, A., Roberts, A., Zhang, G., Taylor, S. Fairchild, A., & **Zarrett, N.** (2023). Examining the Factor Structure, Concurrent Validity, and Predictive Validity of the Social Motivational Orientations in Sport Scale (SMOSS) in an Early Adolescent Sample. *International Journal of Sport and Exercise Psychology*. <https://doi.org/10.1080/1612197X.2023.2224969>
- Stodden, D.F., Pesce, C., **Zarrett, N.**, Tomporowski, P., Ben-Soussan, T.D., Brian, A., Abrams, T.C., & Weist, M.D. (2023). Holistic functioning from a developmental perspective: A new synthesis with a focus on a multi-tiered system support structure. *Clinical Child and Family Psychology Review*. doi.org/10.1007/s10567-023-00428-5
- Sweeney, A. M., Wilson, D. K., **Zarrett, N.**, Martin, P., Hardin, J. W., Fairchild, A., Mitchell, S., & Decker, L. (2023). An overview of the together everyone achieves more physical activity (TEAM-PA) trial to increase physical activity among African American women. *Contemporary Clinical Trials*, 107207.
- Zarrett, N.**, Wilson, D.K., Sweeney, A., Bell, B., Fairchild A., Pinto, B., Miller, C.M., & Thames, T. (2022). An overview of the Connect through PLAY trial to increase physical activity in underserved adolescents. *Contemporary Clinical Trials*, 114, 106677
- Gülseven, Z., Puente, K., **Zarrett, N.**, Simpkins, S., & Vandell, D.L., (2022). Children's self-control as an antecedent of adolescent prosociality and adult civic engagement. *Applied Developmental Science*. DOI: [10.1080/10888691.2022.2158827](https://doi.org/10.1080/10888691.2022.2158827)
- Ma, T., **Zarrett, N.**, Vandell, D. & Simpkins, S. (2022). Longitudinal links between profiles of social emotional behaviors in childhood and functioning in early adolescence. *Journal of Early Adolescence*. [doi.org/10.1177/02724316221078829](https://doi.org/10.1177/02724316221078829)

- Wilson, D.K., **Zarrett, N.**, & Sweeney, A. (2022). Transactional multisystem intervention approaches for addressing the etiology of childhood obesity. In “Progress in behavioral health interventions for children and adolescents” special issue of *Pediatric Clinics of North America*, 69(4), 657-669.
- Sweeney, A., Wilson, D.K., Van Horn, M.L., **Zarrett, N.**, Resnicow, K., Brown, A., Quattlebaum, M., & Gadsen, B. (2022). Results from “Developing Real Incentives and Volition for Exercise” (DRIVE): A Pilot Randomized Controlled Trial for Promoting Physical Activity in African American Women. *Journal of Consulting and Clinical Psychology*, 90(10), 747-759.
- Brown A, Wilson DK, Sweeney AM, van Horn ML, Zarrett N, Pate RR. (2022). Buffering effects of protective factors on light and moderate -to -vigorous physical activity among african american women. *Journal of Behav Med.* 90(10):747 -759.
- Zarrett, N.**, Law, L.H., Wilson, D.K., Abraczinskas, M., Taylor, S., Roberts, A., & Cook, B. (2021). Connect through PLAY: A Randomized-Controlled Feasibility Trial in Afterschool Programs to Increase Youth Physical Activity. *Journal of Behavioral Medicine*. doi: 10.1007/s10865-021-00206-0
- Sweeney, A., Wilson, D.K., **Zarrett, N.**, Brown, A., Quattlebaum, M., Loncar, H., & Gorman, B. (2021). Evaluating experiences of stress among African American women during the COVID-19 pandemic to inform future interventions. *Health Education and Behavior*. DOI: 10.1177/10901981211039148.
- \*Taylor, S., \*Roberts, A., **Zarrett, N.** (2021). A Brief Mindfulness-Based Intervention (bMBI) to Reduce Teacher Stress and Burnout. *Teaching and Teacher Education*, 100. <https://doi.org/10.1016/j.tate.2021.103284>
- Gülseven, Z., Liu, Y., Ma, T., Yu, M., Simpkins, S., Vandell, D., & **Zarrett, N.** (2021). The development of cooperation and self-control in middle childhood; Associations with earlier maternal and paternal sensitive and stimulating parenting. *Developmental Psychology* 57(3), 397–409
- \*Loncar, H., Wilson, D.K., Sweeney, A.M., Quattlebaum, M., & **Zarrett, N.** (2021). Associations among Parenting Styles, Parental Feeding Practices and Obesity in African American Adolescents. *Journal of Behavioral Medicine*, <https://doi.org/10.1007/s10865-021-00208-y>
- \*Kipp, C.J., Wilson, D.K., Sweeney, A.M., **Zarrett, N.**, Van Horn, M.L. (2021). A longitudinal study of the moderating effects of parenting and perceived stress on African American adolescents’ weight-related outcomes. *Journal of Pediatric Psychology*. <https://doi.org/10.1093/jpepsy/jsab025>
- Gülseven, Z., Yu, M., **Zarrett, N.**, Vandell, D., & Simpkins, S. (2021). Self-control and cooperation in childhood as antecedents of less moral disengagement in adolescence. *Development and Psychopathology*, 1-11. Doi:10.1017/S0954579421000584
- Quattlebaum, M., Kipp, C., Wilson, D.K., Sweeney, A., Loncar, H., Brown, A., Levine, S., & **Zarrett N.** (2021). A qualitative study of stress and coping to inform the LEADS health promotion trial for African American adolescents with overweight and obesity. *Nutrients*, 13(7), 2247. <https://doi.org/10.3390/nu13072247>
- Quattlebaum, M., Wilson, D.K., Sweeney, A.M., & **Zarrett, N.** (2021). Moderating effects of parental feeding practices and emotional eating on dietary intake among overweight African American adolescents. *Nutrients*, 13(6),1920. <https://doi.org/10.3390/nu13061920>
- Zarrett, N.**, Abraczinskas, M., Wilson, D.K., Cook, B. (2020). A formative process evaluation of the “Connect” physical activity feasibility trial for adolescents. *Clinical Medicine Insights: Pediatrics*, 14, 1-11, [doi.org/10.1177/1179556520918902](https://doi.org/10.1177/1179556520918902)
- Zarrett, N.**, Liu, Y., Simpkins, S., & Vandell, D. (2020). The role of organized activities in supporting youth moral and civic development: A review of the literature. *Adolescent Research Review*. <https://doi.org/10.1007/s40894-020-00142-1>
- \*Abraczinskas, M., & **Zarrett, N.** (2020). Youth participatory action research for health equity: Increasing youth empowerment and decreasing physical activity access inequities in under-resourced programs and schools. *American Journal of Community Psychology*, <https://doi.org/10.1002/ajcp.12433>

- Sweeney, A. M., Wilson, D. K., **Zarrett, N.**, Van Horn, M. L., & Resnicow, K. (2020). The Feasibility and Acceptability of the Developing Real Incentives and Volition for Exercise (DRIVE) Program: A Pilot Study for Promoting Physical Activity in African American Women. *Health Promotion Practice, 22*, 6, 840–849
- Simpkins, S., Tulagan, N., Lee, G., Ma, T.L., **Zarrett, N.**, & Vandell, D. (2020). Youth's developing work habits from middle childhood to early adolescence: Cascading effects for academic outcomes in adolescence and early adulthood. *Developmental Psychology*. Advance online publication. <https://doi.org/10.1037/dev0001113>
- Ma, T., **Zarrett, N.**, Simpkins, S., Vandell, D., Jiang, S. (2019). Patterns of preadolescent prosocial behaviors predicting peer relations during early adolescence. *Journal of Adolescence, 78*, 1-8.
- \*Taylor, S., **Zarrett, N.** & Roberts, A. (2019). The relation between early adolescent physical activity and psychological adjustment: Variations in exercise motivations as a critical moderator. *Journal of Early Adolescence 40*(5), 662–688. <https://doi.org/10.1177/0272431619870612>
- \*Brazendale, K., Randel, A., Sorensen, C., Weaver, R.G., Moore, J.B., **Zarrett, N.**, Beets, M.W. (2019). Increasing physical activity in youth with autism and other developmental disabilities in physical education. *Neurological Disorders and Epilepsy, 2*(1): 122.
- Zarrett, N.**, Abraczinskas, M., Skiles-Cook, B., Wilson, D.K., Ragaban, F. (2018). Promoting physical activity within underresourced afterschool programs: A qualitative investigation of staff experiences and motivational strategies for engaging youth. *Applied Developmental Science, 1*-16.
- \*Mayfield, C.A., Child, S., Weaver, R.G., **Zarrett, N.**, Beets, M.W., Moore, J.B. (2017). Effectiveness of a playground intervention to decrease anti-social behaviors while increasing physical activity and pro-social behaviors in elementary school children. *Journal of School Health, 87*(5), 338-345. <sup>[1]</sup><sub>SEP</sub>
- Webster, C.A., **Zarrett, N.**, Cook, B.S., Egan, C., Nesbitt, D., & Weaver, R.G. (2017). Movement integration in elementary classrooms: Teacher perceptions and implications for program planning. *Evaluation and Program Planning, 61*, 134-143.
- \* Recognized as among the Top 5 most cited article in Evaluation and Program Planning since 2017**
- Bohnert, A., **Zarrett, N.**, Hall, G., Beets, M., Hall, G., Buscemi, J., Heard, A. & Pate, R., (2017). Society of Behavioral Medicine position statement: SBM supports curbing summertime weight gain among America's youth. *Translational Behavioral Medicine, 7*(4), 912-914. doi: 10.1007/s13142-017—0512-2.
- \*Abraczinskas, M., Kilmer, R., Haber, M., Cook, J., **Zarrett N.** (2016). Effects of extracurricular participation on the internalizing problems and intrapersonal strengths of youth in a system of care. *American Journal of Community Psychology, 57*, (3-4), 308-319, DOI: 10.1002/ajcp.12048
- Zarrett, N.**, Sorensen, C., Skiles-Cook, B. (2015). Physical and social-motivational contextual correlates of youth physical activity in underserved afterschool programs. *Health Education and Behavior, 1*-12.
- Veliz, P., Schulenberg, J. Patrick, M., Kloska, D., McCabe, S.E., & **Zarrett, N.** (2015). Competitive sports participation and substance use in young adulthood: Assessing differences based on level of contact. *International Review for the Sociology of Sport*, DOI: 10.1177/1012690215586998
- Zarrett, N.** & Bell, B. (2014). The effects of out-of-school time on changes in youth risk of obesity across the adolescent years. *Journal of Adolescence, 37*(1), 85-96.
- \*Sorensen, C. & **Zarrett, N.** (2014). Benefits of physical activity for adolescents with autism spectrum disorders: A systematic review. *Review Journal of Autism and Developmental Disorders, 1*(4), 344-353.
- Zarrett N.**, Sorensen, C., Skiles, B (2013). Environmental and social-motivational contextual factors related to youth physical activity: Systematic observations of summer day camps. *International Journal of Behavioral Nutrition and Physical Activity, 10*, 63-76.

- \*Metzger, I., Cooper, S.M., **Zarrett, N.**, & Flory, K. (2013). Culturally-Sensitive Risk Prevention Programs for African American Adolescents: A Systematic Analysis. *Clinical Child and Family Psychology Review*, 16(2), 187-212.
- Zarrett N**, Skiles B, Sorensen, C. (2012). The Camp Setting for promoting youth physical activity; Systematic observations of summer day camps. *Journal of Youth Development*, 7(3), 4-21
- Zarrett N**, Skiles B, Wilson DK, McClintock L. (2012). A qualitative study of staff's perspectives on implementing an after school program promoting youth physical activity. *Eval Program Plann*, 35(3), 417-426.
- \*Lawman, H., Wilson, D.K., VanHorn, M.L., & **Zarrett, N.** (2012). The Role of Motivation in Understanding Social Contextual Influences on Physical Activity in Underserved Adolescents in the ACT Trial: A Cross Sectional Study. *Childhood Obesity*, 8(6), 542-550.
- Wilson, D.K., Van Horn, M.L., Kitzman-Ulrich, H., Saunders, R., Pate, R., Lawman, H., Hutto, B., Griffin, S., **Zarrett, N.**, Addy, C., Mansard, L., Mixon, G. (2011). The results of the "Active by Choice Today" trial for increasing physical activity in underserved adolescents. *Health Psychology*. 30(4), 463-471.
- Zarrett, N.**, Fay, K., Li, Y., Carrano, J., Phelps, E., & Lerner, R.M. (2009). More than child's play: Variable- and pattern-centered approaches for examining effects of sports participation on youth development. *Developmental Psychology*, 45, 368-382.
- Peck, S.C., Roeser, R. W., **Zarrett, N.**, & Eccles, J.S. (2008). Exploring the role of extracurricular activity involvement in the educational resilience of vulnerable adolescents: Pattern- and variable-centered approaches. *Journal of Social Issues*, 64(1), 135-155.
- Dennisen, J., **Zarrett, N.**, & Eccles, J.S. (2007). I like to do it, I'm able and I know I am: Longitudinal couplings between domain-specific achievement, self-concept, and interest. *Child Development*, 78, 2, 430-447.
- Zarrett, N.**, Peltz, J., Fay, K., Li, Y., Carrano, J., Lerner, J.V., & Lerner, R.M. (2007). Sports and youth development programs: Theoretical and practical implications of early adolescent participation in multiple instances of structured out-of-school-time (OST) activity. *Journal of Youth Development*, 2, 1, 7-20.
- Zarrett, N.** (2007). The dynamic relation between out-of-school activities and adolescent development (Doctoral dissertation, University of Michigan, 2006). Dissertation Abstracts International, 67(10), 6100B.
- Zarrett, N.** & Eccles, J.S. (2006). The passage to adulthood: Challenges of late adolescence. In S.Piha and G. Hall (Vol. Eds.) *New Directions for Youth Development*. Preparing Youth for the Crossing: From Adolescence to Early Adulthood, (Issue 111, pp. 13-28). Hoboken, New Jersey: Wiley Periodicals Inc.
- Zarrett, N.** & Malanchuk, O. (2005). Who's computing?: Gender and race differences in young adults' decisions to pursue an IT career. In W. Damon (Series Ed.) & J. Jacobs and S. Simpkins (Vol. Eds.) *New Directions for Child and Adolescent Development*. Math and science courses, grades and career goals: Longitudinal perspectives on the influence of gender and beliefs. San Francisco: Jossey-Bass.
- James, J.B. & **Zarrett, N** (2005). Ego integrity in the lives of older women: A follow-up of mothers from the Sears, Maccoby, and Levin (1951) patterns of Child Rearing Study. *Journal of Adult Development*, 12(4), 155-167.

## **MANUSCRIPTS SUBMITTED OR UNDER REVISION**

- Deng, A., **Zarrett, N.**, Wilson, D.K. (under review). Promoting physical activity and social emotional learning within afterschool programs: Influences of social-motivational climate and staff-youth relations. *Health Psychology*
- Deng, A., **Zarrett, N.**, & Sweeney, A. (under review). The mediating effects of motivation on the relations between occupational stress and physical activity among underresourced after school program staff. *BMC Public Health*



Deng, A., & **Zarrett, N.** (under review). Perceived barriers to physical activity matter: The mediating role of self-efficacy.

Deng, A., **Zarrett, N.**, Moon, J., & Sweeney, A (revised/resubmitted). Changing Trajectory of Daily Physical Activity Levels Among At-Risk Adolescents: Influences of Motivational Mechanisms. *BMC Public Health*.

\*Roberts, A., **Zarrett, N.**, Taylor, S. et al (under review). Feasibility, acceptability, and fidelity of a school-based mindfulness intervention for teachers. *Journal of Occupational Health Psychology*

\*Woodlief, D., **Zarrett, N.**, Taylor, S., Fuller, M., Malone, P. (revise/resubmit). Smartphone use and mindfulness: An empirical test of a hypothesized connection. *Mindfulness*.

## **MANUSCRIPTS IN PREPARATION**

**Zarrett, N.**, Deng, A., Habib, P., Miller, C., & Waldrop, D. (in preparation). The feasibility of development and implementation of the Connect through PLAY physical activity intervention into a virtual format for at-risk youth during the COVID-19 pandemic.

Ma, T., Gülseven, Z., **Zarrett, N.**, Vandell, D. & Simpkins, S. (in preparation). Longitudinal profiles of social-emotional learning in preadolescence predicting late adolescent problem behavior.

**Zarrett, N.**, Deng, A., Wilson, D.K., Fairchild, A. (in preparation). Connect through positive leisure activities for youth: Feasibility and effectiveness of an intervention to improve social connections and physical activity within underresourced middle school afterschool programs.

**Zarrett, N.**, Tulagan, N., Liu, Y., Simpkins, S., & Vandell, D. (in preparation). After School Programming and the Development of Work Habits: Dynamic Relations from Childhood through Early Adolescence

\*Figas, K., Staples, O., & **Zarrett, N.**, (in preparation). Assessing the ‘readiness’ of afterschool programs for adoption and sustainability of a physical activity intervention.

Simpkins, S., Yu, M., **Zarrett, N.**, & Vandell, D. (in preparation). After school programming to promote the development of social emotional learning: A comprehensive review.

Deng, A., Sweeney, A., **Zarrett, N.** (in preparation). The direct and indirect effects of social support, perceived barriers, and self-determined motivation on daily physical activity among underresourced afterschool program staff.

## **BOOK CHAPTERS**

Wilson, D.K., **Zarrett, N.**, & Sweeney, A. (2023). Behavioral risk and protective factors: Models and evidence. In N. Schneiderman, T.W Smith, and N.B. Anderson (Eds) *APA Handbook of Health Psychology (vol 1): Foundations and Context*. American Psychological Association, Inc.

**Zarrett, N.** (2018). Extracurricular activities across the lifespan. Invited chapter in M. Bornstein, M.E., Arterberry, K.L. Fingerman, and J.E., Lansford (Eds). *The SAGE Encyclopedia of Lifespan Human Development* (pp.). Thousand Oaks, CA; SAGE Publications.

Bohnert, A., **Zarrett, N.**, & Heard, A. (2016). The role of summertime in child obesity: risks and opportunities. In K. Alexander, S. Pitcock, & M. Boulay (Eds.), *The Summer Slide: What We Know and Can Do About Summer Learning Loss* (pp. 161-176). New York: Teacher’s College Press.

**Zarrett, N.** & Wilson, D.K. (2012). Physical activity and obesity prevention. In A.L. Meyer & T.P. Gullotta (Eds). *Physical activity across the lifespan; Prevention and treatment for health and well-being* (pp 139-170). NY: Springer.

Hagell, A., Peck, S. C., **Zarrett, N.**, Gimenez-Nadel, J. I., & Symonds, J. (2012). Time trends in adolescent time use in the UK. In A. Hagell (Ed.), *Changing Adolescence; Social Trends and Mental Health*. Nuffield Foundation. Chicago, IL: The Policy Press.

**Zarrett, N.** & Mahoney, J. (2011). Out-of-school activities. In B.B. Brown & M. Prinstein (Eds.) *Encyclopedia of Adolescence\**, (vol 2.). Burlington, MA: Elsevier, Inc.

\* Awarded the 2011 PROSE award for the best multivolume reference in humanities or social science.

Bogat, A.G., **Zarrett, N.**, Peck, S.C., & von Eye, A. (2011). The person oriented approach and community psychology: New directions. In L. A. Jason & D. S. Glenwick (Eds.), *Innovative methodological approaches to community-based research: Theory and application*. Washington, DC: APA.

Wilson DK, **Zarrett N.**, Kitzman-Ulrich, H. (2011). Physical Activity and Health: Current Research Trends and Critical Issues. In H. Friedman (Ed.) *Oxford handbook of health psychology* (pp.667-686). New York, Oxford Univ. Press, Inc.

Wilson DK, St. George SM, & **Zarrett N.**, (2010). Developmental Influences in Understanding Children and Adolescent Health Behaviors. In J. Suls, K. Davidson, & R. Kaplan (Eds.) *Handbook of health psychology* (pp 133-146). Guildford press.

**Zarrett, N.** & Eccles, J.S. (2009). The role of the family and community in extracurricular activity. In L. Shumow (Ed.) *AERA Monograph Series: Promising practices for family and community involvement during high school* (vol 4, pp. 27-51). Charlotte, NC: Information Age Publishing Inc.

Mahoney, J.L., Vandell, D., Simpkins, S., & **Zarrett, N.** (2009). Adolescents Out-of-School-Activities. Invited chapter in Richard M. Lerner and Larry Steinberg (Eds.), *Handbook of adolescent psychology*, 3<sup>rd</sup> Edition (vol. 2, pp. 228-269). Hoboken, New Jersey: John Wiley & Sons, Inc.

**Zarrett, N.**, Lerner, R.M., Carrano, J., Fay, K., Peltz, J.S., & Li, Y. (2007). Variations in adolescent engagement in sports and its influence on positive youth development. In N.L. Holt (Ed.) *Positive youth development through sport* (pp. 9-23). Oxford: Routledge.

**Zarrett, N.R.**, Malanchuk, O., Davis-Kean, P.E., & Eccles, J.S. (2006). Examining the gender gap in IT by race: Young adults' decisions to pursue an IT career. In B. Aspray and J. McGrath Cohoon (Eds.) *Women and information technology: Research on the reasons for under-representation* (pp. 55-88). Cambridge, MA: MIT Press.

Schulenberg, J. E., & **Zarrett, N.** (2005). Mental health during emerging adulthood: Continuities and discontinuities in course, content, and meaning. In J. J. Arnett and J.L. Tanner (Eds.), *Emerging adults in America: Coming of age in the 21<sup>st</sup> century* (pp. 135-172). Washington, DC: American Psychological Association.

## **POLICY REPORTS**

**Zarrett, N.** & Veliz, P.T. (2023). The Healing Power of Sport: COVID-19 and Girls' Participation, Health, and Achievement. New York: NY: Women's Sports Foundation.

**Zarrett, N.**, & Veliz, P.T (2021). Teen Girls' Sport in America: Why Participation Matters for Girls. New York: NY: Women's Sports Foundation.

Powers, S.R., Hirsch, H., **Zarrett, N.**, & Ng, A. (2020). Communities at the forefront: Elevating girls' sports through local programs. Encompassing data from the Sports 4 Life national and regional initiatives. A Women's Sports Foundation Research Report. New York: NY: Women's Sports Foundation

**Zarrett, N.**, Veliz, P.T., & Sabo, D. (2020). Keeping Girls in the Game: Factors that Influence Sport Participation. New York, NY: Women's Sports Foundation.

**Zarrett, N.,** Cooky, C., & Veliz, P. (2019). *Coaching through a Gender Lens: Maximizing Girls' Play and Potential*. New York, NY: Women's Sports Foundation.

**Zarrett, N.** (2019). *The Power of Parents for Engaging Girls in Sports*. New York, NY: Women's Sports Foundation.

**Zarrett, N.,** Veliz, P., & Sabo, D. (2018). *Teen Sport in America: Why Participation Matters*. East Meadow, NY: Women's Sports Foundation

Bohnert, A., Buscemi, J., **Zarrett, N.,** Hall, G., Beets, M., Pate, R., & Heard, A. (2017). *Curbing Summertime Weight Gain among America's Youth*. *Society of Behavioral Medicine*

**Zarrett, N.** & Lerner, R.M. (2008, February). *Ways to promote the positive development of children and youth*. *Child Trends: Research-to-Results Brief, 2008-11*, Washington, DC: The Atlantic Philanthropies

Feinstein, L., Peck, S.C., Eccles, J.S., **Zarrett, N.,** Brown, J., & Sorhaindo, Annik (2008). *The relationship of the activity patterns of young people and their mental health in the UK, 1970-2006*. Nuffield Foundation.

### **SELECTED PRESENTATIONS (2002-present)**

Deng, A., **Zarrett, N.** (under review). *Promoting Physical Activity and Social Emotional Learning within Afterschool Programs: Influences of Social-Motivational Climate and Staff-Youth Relations*. A paper submitted to be presented at the annual meeting of the American Educational Research Association, Philadelphia, PA, April 11-4.

Deng, A., **Zarrett, N.,** & Sweeney, A (2023). *A Social Climate-Based Intervention Study to Facilitate Social Support, Social Affiliation, and Intrinsic Motivation for Increasing Underserved Youth's Physical Activity*. A paper presented as part of a symposium "Underserved and Minoritized Youth: Roles of Organized Afterschool Activities" at the biennial meeting of the Society for the Study of Human Development, Philadelphia, PA, October 13-15.

Habib, P., Deng, A., Moon, J., & **Zarrett, N** (2023). *Converting the Connect through PLAY Physical Activity Intervention for Underserved Youth from In-person to Virtual Delivery: A Feasibility Study*. A paper presented at the annual meeting of the Society for Research on Adolescence, San Diego, CA, April 13-15.

Deng, A., & **Zarrett, N** (2023). *Perceived Barriers to Physical Activity Matter: The Mediating Role of Self-Efficacy*. A poster presented at the annual meeting of the Society of Behavioral Medicine, Phoenix, AZ, April 26-29.

Deng, A., & **Zarrett, N** (2023). *The Relation between Occupational Stress and Physical Activity among Afterschool Program Staff within Under-resourced communities: The Protective Effects of Motivation*. A poster presented at the annual meeting of the Society of Behavioral Medicine, Phoenix, AZ, April 26-29.

Deng, A., **Zarrett, N.,** Moon, J., & Sweeney, A (2023). *Changing Trajectory of Daily Physical Activity Levels among At-Risk Adolescents: Influences of Motivational Mechanisms*. A paper presented at the annual meeting of the 2023 SHAPE America National Convention, Seattle, WA, March 28-April 1.

Gülseven, Z., Simpkins, S., **Zarrett, N.,** & Vandell, D., (2021, April). *Patterns of Out-of-School Activities and Relations to Prosocial Moral Behaviors*. A paper presented as part of a symposium "Diverse prosocial behavior and the correlates: Contextualized examinations from childhood to young adulthood at the virtual biennial meeting of the Society for Research on Child Development, April 7-9, 2021.

**Zarrett, N.,** Wilson, D.K., Law, L. & Cook, B. (2020, April). *A physical activity intervention for underserved adolescents that targets social mechanisms within after school program settings*. A paper presented as part of a symposium "The Role of Social Environmental Factors in Community and eHealth Interventions" at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA, April 1-4, 2020.

- Zarrett, N., & Paton, M.** (2020, March). Gender Differences in the Quality of After School Programming for Promoting Physical Activity: A Climate-Based Intervention. A paper presented as part of a symposium “Looking beyond attendance: Examining quality of organized activities/afterschool programs” at the biennial meeting of the Society for Research on Adolescents, San Diego, CA, March 20-22, 2020.
- Gülseven, Z., Vandell, D., **Zarrett, N., & Simpkins, S.** (2020, March). Staying on the Moral Path: Role of Childhood Cooperation and Self-Control in Protecting Adolescents from Moral Disengagement. A paper presented at the biennial meeting of the Society for Research on Adolescents, San Diego, CA, March 20-22, 2020.
- Ma, T., **Zarrett, N.,** Yu, M.V., et al., (2020, March). The stability and changes of patterns across youth character virtues during the transition from preadolescence to adolescence. A paper presented as part of a symposium “Changes and Stability of Adolescent Character Virtues: The Longitudinal Link to Social-Emotional and Academic Functioning” at the biennial meeting of the Society for Research on Adolescents, San Diego, CA, March 20-22, 2020.
- Gülseven, Z., Yu, M.V., Liu, Y., Vandell, D., **Zarrett, N., & Simpkins, S.** (2020, March). Trajectories of Cooperation and Self-Control in Early Adolescence: Role of Maternal and Paternal Sensitivity and Stimulation. A paper presented as part of a symposium “Applying Culture-Specific Parental Socialization Models to Understand Youth Prosocial Behaviors” at the biennial meeting of the Society for Research on Adolescents, San Diego, CA, March 20-22, 2020.
- Taylor, S., Roberts, A.M., **Zarrett, N.** (2019, March). A Brief Mindfulness-Based Intervention (bMBI) to decrease Stress and Burnout in Secondary School Teachers. A paper presented at the Society of Behavioral Medicine, Washington, DC.
- Puente, K., Tulagan, N., Simpkins, S., Vandell, D., & **Zarrett, N.** (2019, March). Developmental Trajectories of Youth Emotion Regulation and Self-Control: Insights from Mothers and Teachers. A poster presented at the Biennial Meeting of the Society for Research in Child Development (SRCD), Baltimore, MD.
- Jiang, S., Ma, T., Simpkins, S., Vandell, D., & **Zarrett, N.** (2019, March). Examining the Consistency and Disparity between Mothers’ and Teachers’ Perceptions of Prosocial Behavior. A poster presented at the Biennial Meeting of the Society for Research in Child Development (SRCD), Baltimore, MD.
- Zarrett, N.,** Tulagan, N., Liu, Y., Simpkins, S., & Vandell, D. (2018). After School Programming and the Development of Work Habits: Dynamic Relations from Childhood through Early Adolescence. A poster presented at the Society for Research in Child Development 2018 Special Topics Meeting: Promoting Character Development Among Diverse Children and Adolescents
- Zarrett, N.,** Abraczinskas, M., Law, L.H., Cook, B., Taylor, S., Wilson, D.K., Bell, B. (2018, April) An after school physical activity intervention for underserved adolescents: Moving from feasibility to the efficacy trial. Paper accepted for presentation at the Annual Meeting of The Society for Behavioral Medicine, New Orleans, LA.
- Roberts, A.M., Taylor, S., **Zarrett, N.** (2018, April). A Brief Mindfulness Intervention for Teachers to Reduce Stress, Increase Well-Being, and Improve Classroom Climate. A paper to be presented at the Southeastern School Behavioral Health Conference, Myrtle Beach, SC.
- Zarrett, N.,** Cook, B.S., & Abraczinskas, M (2017). Strategies and lessons learned for developing culturally responsive programming for underserved middle school youth within aftercare programs. Roundtable (S. Simpkins, Moderator) on ‘Addressing Inequality and Diversity in Organized After-School Activities through Cultural Responsivity’ presented at the biennial meeting of the Society for Research in Child Development, Austin, TX
- Zarrett, N.,** Abraczinskas, M., Cook, B.S., Bell, B., Wilson, D.K., Taylor, S., & Roberts, A. (2017). Feasibility of a climate-based after school physical activity intervention for middle school youth; Connect through PLAY. A poster presented at the 38th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, March 29-April 1, 2017, San Diego, CA.

- \*Roberts, A.M., & **Zarrett, N.** (2017, April). *Examining the predictive validity of the SMOSS in an early adolescent sample*. Poster presented at the Biennial Meeting of the Society for Research in Children Development (SRCD), Austin, TX.
- \*Abraczinskas, M, **Zarrett, N.**, Cook, B., Dandan, J. (2017). We're in this together: A critical dialogue around uncovering and understanding youth participatory action research processes in health interventions. Roundtable presented at the biennial meeting of the Society for Community Research and Action, Toronto, Ontario.
- \*Abraczinskas, M. & **Zarrett, N.** (2017). Youth Participatory Action Research in a pilot physical activity intervention: Preliminary engagement findings. Poster presented at the biennial meeting of the Society for Research in Child Development, Austin, TX.
- \*Taylor, S. & **Zarrett, N.** (2017, April) The relation between early adolescent physical activity and well-being: Variations in exercise motivations as a critical moderator. Poster session presented at the Society for Research in Child Development Biennial Meeting, Austin, Texas.
- Sweeney, A., Wilson, D.K., & **Zarrett, N.** (2017, March). Strategic Self-Presentation and BMI: The Impact of Social and Physical Coping Strategies in the Active by Choice Today Trial. Poster presented at the 38<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, San Diego, California.
- Zarrett, N.**, Veliz, P., Schulenberg, J.E., Patrick, M., Kloska, D. (2016). Are youth sports an early protective factor against adult obesity? Examining high school sports participation on obesity at age 35. A paper presented as part of a symposium "Health and Well-being across Adolescence and Adulthood: The Impact of Organized Sports Participation" at the biennial meeting of the Society for Research on Adolescents, Baltimore, MD, March 31-April-2, 2016.
- Bohnert, A. **Zarrett, N.**, Lee, K., & Vandell, D. (2016). Variations in the Effects of Structured Programming for Preventing Youth Summertime Weight Gain. A paper presented at the 37<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, Washington, DC, March 30-April 2, 2016
- \*Woodlief, D. T., & **Zarrett, N. R.** (2016, October). *Smartphone use and mindfulness: Empirical tests of a theoretical connection*. Poster session presented at the Society for Research in Child Development's special topic meeting Technology and Media in Children's Development, Irvine, CA.
- \*Roberts, A.M., **Zarrett, N.**, Taylor, S., Miller, M., Lewis, T., & Weist, M. (2016, September). *After-school program participation and psychological student engagement in a sample of at-risk high school students*. Poster presented at the 21st Annual Conference on Advancing School Mental Health (CSMH), San Diego, CA.
- \*Abraczinskas, M. & **Zarrett, N.**, (2016, October). Making the implicit explicit: Process evaluation to assess participatory principles and empowerment in a physical activity focused youth photo voice project. In K. S. Flores (Chair), Children and youth participation in evaluation. Symposium conducted at the annual meeting of the American Evaluation Association, Atlanta, Georgia.
- \*Abraczinskas, M., Kilmer, R., Haber, M., Cook, J., & **Zarrett, N.** (2016, April). The impact of extracurricular participation on internalizing symptoms and intrapersonal strengths of youth in a System of Care. Poster session presented at the biennial meeting of the Society of Research on Adolescence, Baltimore, Maryland, March 31-April-2, 2016.
- \*Abraczinskas, M., **Zarrett, N.**, & Fairchild, A. (2016, April). Longitudinal relations of depressed mood and increased BMI in an adolescent sample. Poster session presented at the biennial meeting of the Society of Research on Adolescence, Baltimore, Maryland, March 31-April-2, 2016.
- \*Abraczinskas, M. & **Zarrett, N.** (2016, March). Unpacking the black box: A process evaluation of an after school physical activity intervention for middle school youth. Poster session presented at the annual meeting of the Society of Behavioral Medicine, Washington, District of Columbia, March 30-April 2, 2016.

- \*Cook, B. S. & **Zarrett, N.** (2016). Assessing readiness of the afterschool program infrastructure for adopting a physical activity intervention. A poster presentation at the Society for Behavioral Medicine, Washington, D. C., March 30-April 2, 2016.
- Webster, C. A., Cook, B. S., & **Zarrett, N.** (2016, March). Self-reported low promoters of movement integration: Perceived facilitators and barriers. A presentation given at the SHAPE America National Convention, Minneapolis, MN.
- Randel, A., Brazendale, K., Sorensen, C., Weaver, R. W., Moore, J., Beets, M., & **Zarrett, N.** (2016). Increasing physical activity in youth with autism and other developmental disabilities in physical education. Active Living Research (ALR) 2016, Clearwater, FL - Poster Presentation.
- Zarrett, N (chair)**, Kloska, D., Patrick, M., Schulenberg, J. (2015). Is youth sports participation related to healthy or risky behavioral profiles? Disentangling relations by sport type. A paper presented as part of a symposium “Youth Sports –A Risky Game? Examining variations in youth health related attitudes and behaviors by sport type” at the biennial meeting of the Society for Research in Child Development, Philadelphia, PA, March 19-21, 2015.
- Zarrett, N.**, Kloska, D., Patrick, M., Schulenberg, J. (2015). Correlates of co-occurring health behaviors across adolescence: Comparing youth health profiles at the 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> grades. A poster presented at the biennial meeting of the Society for Research in Child Development, Philadelphia, PA, March 19-21, 2015.
- \*Sorensen, C. & **Zarrett, N.** (2015). Relations among psychiatric symptoms, out of school activity participation and physical activity. A poster presented at the 36<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, Houston, TX, April 23-26, 2015.
- Mayfield, C.A., Child, S., Weaver, R.G., **Zarrett, N.**, Beets, M.W., Moore, J.B. (2015). Feasibility, acceptability, and effectiveness of a playground intervention to decrease bullying behavior while increasing physical activity in elementary school children. A presentation given at the Active Living Research (ALR) 2015, San Diego, CA.
- \***Zarrett, N.**, Skiles, B., Abraczinskas, M., Peters, B. (2014). Social mechanisms for promoting youth physical activity within afterschool programs. A paper presented as part of a symposium “Exploring mechanisms for promoting youth participation and engagement in after-school programs: The importance of social connection” at the biennial meeting of the Society for Research on Adolescents, Austin, TX, March 20-22, 2014.
- \***Zarrett, N.**, Skiles, B., Abraczinskas, M., Peters, B. (2014). Measuring youth engagement in afterschool ‘healthy lifestyle’ program initiatives: A mixed-methods approach. A paper presented as part of a symposium “Improving the measurement of ‘engagement’ in extracurricular activities” at the biennial meeting of the Society for Research on Adolescents, Austin, TX, March 20-22, 2014.
- \*Sorensen, C & **Zarrett, N.** (2014). Benefits of Physical Activity for Adolescents with Autism Spectrum Disorders. A poster presented at the biennial meeting of the Society for Research on Adolescents, Austin, TX, March 20-22, 2014.
- \***Zarrett, N.** & Sorensen (2014). Getting Youth Engaged in Physical Activity Initiatives: Systematic Observations of the Social and Motivational Climate of Afterschool Programs. A poster presented at the 35<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, Philadelphia, PA, April 23-26, 2014.
- Zarrett, N.** (Chair) & Yaroch A. (2014). Funding opportunities and strategies for diet, physical activity, and obesity prevention. A Panel discussion at the 35<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, Philadelphia, PA, April 23-26, 2014.
- \***Zarrett, N.** (Chair) & Kruger, K. (2013). Systematic observational tools for assessing active contexts for youth: A review. A paper presented as part of a symposium “The utility and limitations of assessment tools for measuring the quality of youth settings” at the biennial meeting of the Society for Research on Child Development, Seattle, WA, April 18-20, 2013.

- \*Skiles-Cook, B., Sorensen, C., & **Zarrett, N.** (2013). Ensuring quality PLAY: Addressing program readiness for the promoting positive leisure activities for youth (PLAY) intervention. A paper presented as part of a symposium "The utility and limitations of assessment tools for measuring the quality of youth settings" at the biennial meeting of the Society for Research on Child Development, Seattle, WA, April 18-20, 2013.
- \*Abraczinskas, M., Skiles, B., Domanico, E., Fisher, S., Demchur, N., & Ragaban, F., **Zarrett, N.** (2013). Addressing organizational variability related to program implementation: Qualitative approaches with after school programs. A round table paper discussion presented at the Society for Community Research and Action conference, Miami, FL, June 26-29.
- \*Thompson, K.V., & **Zarrett, N.** (2013). Risk and resilience in urban New Jersey: How a psychosocial intervention promotes educational resilience among at-risk Latino youth. Poster session presented at the 94<sup>th</sup> Annual Meeting of the American Educational Research Association, San Francisco, CA, April 27-May 1.
- Eccles, J.S., Barber, B., Fredricks, J., Peck, S., **Zarrett, N.** (2013). Sports involvement and development during adolescence and early adulthood. A Keynote address for the 28<sup>th</sup> Annual conference of the Association for Applied Sport Psychology, New Orleans, October 2-5.
- \***Zarrett, N.** & Sorensen, C. (2012). The Effects of Out-of-School Time Use on Changes in Youth BMI Across the Adolescent Years. A poster presented at the biennial meeting of the Society for Research on Adolescence, Vancouver, BC, Canada, March 8-10, 2012.
- \*Sorensen, C. & **Zarrett, N.** (2012). The Influence of Sports Participation and Peer Values on Adolescent Developmental Outcomes. A poster presented at the biennial meeting of the Society for Research on Adolescence, Vancouver, BC, Canada, March 8-10, 2012.
- \*Thompson, K.V., & **Zarrett, N.** (2012). Positive youth development program facilitates developmental assets in Latino high school students. A poster presented at the 120<sup>th</sup> American Psychological Association Annual Convention, Orlando, FL, August 2-5, 2012.
- \*Sorensen, C. & **Zarrett, N.** (2011). Interactions of gender, sports participation, and peer values on adolescent alcohol consumption. A poster presented at the biennial meeting of the 2011 Association for Psychological Science Annual Convention, Washington, D.C., May 26 - 29, 2011.
- \*Skiles, B. & **Zarrett, N.** (2011). The effects of dropping out of extracurricular activities on adolescent self concept, self esteem, and academic performance. A poster presented at the biennial meeting of the 2011 Association for Psychological Science Annual Convention, Washington, D.C., May 26 - 29, 2011.
- \***Zarrett, N.**, Wilson, D.K., & Skiles, B. (2010). The role of staff and program circumstances in the success of after-school programs for increasing youth physical activity. A paper presented as part of a symposium "One program does not fit all: The importance of leaders, culture, and motivation, in promoting success of high risk youth" at the biennial meeting of the Society for Research on Adolescence, Philadelphia, PA, March 11-13, 2010
- Zarrett, N.**, Skiles, B., Peck, S.C., & Eccles, J.S. (2010). Effects of Parent Socialization on Adolescents' Out-of-School Activities: The Role of Socioeconomic Status and Community Resources. A paper presented as part of a symposium "Parenting, Out-of-School Time, and Youth Development" at the biennial meeting of the Society for Research on Adolescence, Philadelphia, PA, March 11-13, 2010
- Vest, A.E., Simpkins, S.D., & **Zarrett, N.** (2010). Changes in Intensity of Activity Participation from 7th to 12th Grade: Implications for Adolescent Adjustment. A paper presented as part of a symposium "The Importance of Changes in Youth Activity Participation for Adjustment: A Closer Look at Breadth, Intensity, and Engagement" at the biennial meeting of the Society for Research on Adolescence, Philadelphia, PA, March 11-13, 2010

- Peck, S.C., **Zarrett, N.**, Roeser, R.W., & Eccles, J.S. (2009). Extracurricular Activities, Intermediary Processes, & Educational Pathways: Integrating Variable- and Pattern-Centered Approaches. A poster presented at the biennial meeting of the Society for Research on Child Development, Denver, CO, April 2-4, 2009
- Vest, A.E., Simpkins, S.D., & **Zarrett, N.** (2009). Changes in Adolescents' Participation in Organized Activities: Implications of Race, Gender and Activity Type. A paper presented as part of a symposium "What Children do for Fun: Children's Time Use Trajectories at the biennial meeting of the Society for Research on Child Development, Denver, CO, April 2-4, 2009
- \***Zarrett, N.**, Doyle-Lynch, A., & Napolitano, C. (2008). The role of sports in promoting positive development among adjudicated youth. A poster presented at the biennial meeting of the Society for Research on Adolescence, Chicago, IL, March 6-9, 2008.
- Peck, S.C., & **Zarrett, N.** (2008). Effects of extracurricular activity quality on educational pathways: A pattern-centered approach to modeling selection factors. A poster presented at the biennial meeting of the Society for Research on Adolescence, Chicago, IL, March 6-9, 2008.
- Southwick-Brown, J., Phelps, E., **Zarrett, N.**, et al (2008). The role of ecology, context, and activity involvement on the developmental trajectories of youth. A poster presented at the biennial meeting of the Society for Research on Adolescence, Chicago, IL, March 6-9, 2008.
- Zarrett, N.**, Peck, S.C., & Eccles, J.S. (2007). What does it take to get youth involved?: A pattern-centered approach for studying youth, family, and community predictors of youth out-of-school activity participation. A paper presented as part of a symposium "Innovative approaches for assessing adolescents' experiences in organized activities" at the biennial meeting of the Society for Research on Child Development, Boston, MA, March 29-April 1.
- Peck, S.C., **Zarrett, N.**, Roeser, R.W., & Eccles, J.S. (2007). Exploring the roles of extracurricular activity quantity and quality in the educational resilience of vulnerable adolescents: Variable- and pattern-centered approaches. A poster presented at the biennial meeting of the Society for Research on Child Development, Boston, MA, March 29-April 1.
- Zarrett, N.**, Peck, S.C., & Eccles, J.S. (2006). The effects of youth activity patterns on developmental trajectories. A paper presented as part of a symposium "Symphony or cacophony?: Investigating the developmental impact of different participation and learning constellations across organized youth activities" at the biennial meeting of the Society for Research on Adolescence, San Francisco, California, March 2006.
- Zarrett, N.**, Peck, S.C., & Eccles, J.S. (2005). Activity involvement on positive youth development: A pattern-centered approach to studying youth's leisure time from middle school through the transition into adulthood. A poster presented at the biennial meeting of the Society for the Study of Human Development, Asilomar, California, October 28-30.
- Zarrett, N.** (Co-Chair), Peck, S.C., & Eccles, J.S. (2005). Getting Youth Involved and Keeping Them Involved: Predictors of Adolescents' Activity-Based Identity Structures. A paper presented as part of a symposium "Identity Development and (Dis)continuity: Clarifying the Process of Identity Development Via Complexity" at the biennial meeting of the Society for Research in Child Development, Atlanta, Georgia, April 7-10.
- Zarrett, N.** & Cortina, K.S. (2004). Predicting college enrollment and persistence: A comparison between Germany and the U.S. A poster presented at the biennial meeting of the International Society for the Study of Behavioral Development, Ghent, Belgium, July 11-15.
- Zarrett, N.** & Eccles, J.S. (2004). Who's Computing? Gender and Race Differences in Young Adults' Decisions to Pursue an IT career. A paper presented as part of a symposium "Longitudinal Perspectives on the Influence of Gender and Beliefs" at the biennial meeting of the Society for Research on Adolescence, Baltimore, Maryland, March 11-14.



**Zarrett, N.** & Simpkins, S. (2004). What Are Youth Doing in Their Leisure Time? Group Differences and Stability in Participation From Middle School Into Adulthood. A poster presented at the biennial meeting of the Society for Research on Adolescence, Baltimore, Maryland, March 11-14.

**Zarrett, N.** (2003). Understanding the gender gap in sport; How parents' stereotyped beliefs influence parents' early socialization practices. A poster presented at the biennial meeting of the Society for Research on Child Development, Tampa, April 20-23.

Cortina, K., **Zarrett, N.**, & Alfeld, C.J. (2003). Getting stuck on the beaten path: Antecedence of dropout and delays in college in Germany and the United States. A paper presented at the biennial meeting of the European Association for Research on Learning and Instruction, Padova, Italy, August 26-30.

**Zarrett, N.** (2003). Race, gender and the digital divide: Identifying factors that influence women's decisions to pursue an IT career. A poster presented at the third biennial meeting of the Society for the Study of Human Development, Cambridge, MA, November 1-2.

Schulenberg, J.E. & **Zarrett, N.** (2003). Mental health during emerging adulthood: We know less than we think we do. A paper presented at the conference on Emerging Adulthood (sponsored by APA), Cambridge, MA, November 3-4.

O'Donnell, E., Azar, S., Ferraro, M., & **Zarrett, N.** (2002). Gender, relational context, intimacy, and anger and aggression among adolescents: A test of a social cognitive model. A poster presented at the biennial meeting of the Society for Research on Adolescence, New Orleans, April 11-14.

McDonagh, E., Pappano, L., **Zarrett, N.**, & Doherty, L. (2002). Gender equality and sports: The next frontier. A paper presented as part of a symposium, "Bridging the Great Divide: Analyzing Institutions and Culture" at the Policy History Conference, May 30-June 2.

## **INVITED TALKS**

\*Roberts, A.M., Taylor, S., **Zarrett, N.** (2019, April). A Brief Mindfulness Intervention for Teachers to Reduce Stress, Increase Well-Being, and Improve Classroom Climate. A workshop delivered at the Southeastern School Behavioral Health Conference, Myrtle Beach, SC.

**Zarrett, N.** (2014). The After school hours: A context for positive development? South Carolina Psychological Association, November 8, 2014, Columbia, SC.

**Zarrett, N.** (2012). Off the sidelines and into the game: Afterschool and summer camp programs for fostering girls' love of sport. An Invited Talk as part of the opening plenary session, "Has Title IX Improved the Health and Well-Being of Women and Girls" at the SHARP Center for Women and Girls "Title IX at 40" conference, University of Michigan, May 9-12, Ann Arbor, MI.

**Zarrett, N.** (2012) Promoting physical activity during the out-of-school hours; The role of afterschool programs. An Invited Talk at the David P. Weikart Center for Youth Program Quality, May 8, Ypsilanti, MI.

**Zarrett, N.** (2009). Physical activity as obesity prevention. An invited paper presented as part of a symposium "Physical Activity as Intervention" at the DMHAS Prevention Training Collaboration, Child and Family Agency of Southeastern Connecticut and the National Institute on Drug Abuse, Rocky Hill, CT, March 8-9, 2009.

**Zarrett, N.** (2005). Invited Session Chair and Discussant for the Department of Psychology, Development, Psychopathology and Mental Health (DPMH) Mini-Conference on Positive Development, University of Michigan, Ann Arbor

**Zarrett, N.** (2002) Invited Session Chair and Discussant for the Michigan Symposium on Development and Psychopathology: Continuity and Discontinuity during the Transition to Adulthood. Center for Human Development and Mental Health, John Schulenberg and Arnold Sameroff, University of Michigan, Ann Arbor, MI.

## **TEACHING EXPERIENCE**

### ***Undergraduate Courses***

Developmental Psychology  
Psychology of Adolescence and Honors Equivalent  
Adolescence: Learning and Development  
Abnormal Child and Adolescent Development  
Social Psychology  
Introduction to Psychology  
Health Psychology

### ***Graduate Courses***

Developmental Psychology Graduate Seminar  
Foundations in Developmental Science  
Adolescent Motivation and Health Behaviors  
Lifespan Theory and Methodology  
Advanced Practicum in Clinical Health Psychology

## **PROFESSIONAL SERVICE**

Developmental Psychology  
Child Development  
Journal of Research on Adolescence  
Journal of Adolescent Research  
Applied Developmental Science  
Journal of Health and Social Behavior  
International Journal of Behavioral Development

Journal of Applied Developmental Psychology  
Health Education and Behavior  
Evaluation and Program Planning  
Health Promotion and Practice  
Health Psychology  
Sports Medicine

- 2023**      **Reviewer, NIH F16 Fellowship Study Section**, November 6-7, Review Branch: Clinical Care and Health Interventions, Division of AIDS, Behavioral, and Population Sciences.
- 2020-2023**      **Consultant**, The Society of Behavioral Medicine Consultation Program
- 2016-2023**      **Reviewer**, Review Panel: Social and Environmental Context and Health, Society of Behavioral Medicine
- 2015-2021**      **Reviewer**, Review Panel: Education, Training, and Career Development, Society of Behavioral Medicine
- 2019-2021**      **Poster Mentor**, for the annual meetings of the Society of Behavioral Medicine
- 2018-2019**      **Consultant**, James Bell Associates, Inc and the Assistant Secretary for Planning and Evaluation of the U.S. Department of Health and Human Services. *Improving Programs, Policies, and Services to Promote Healthy Development in Middle Childhood in Afterschool Settings.*
- 2018-2019**      **Consultant**, Rand Corporation. *Who Play, Who Pays? Access to and Funding for Youth Sports.*
- 2018**      **Reviewer**, Distinguished Dissertation Award, Society of Behavioral Medicine
- 2013-2017**      **Chair** of the Education, Training, and Career Development Council, Society of Behavioral Medicine
- 2017**      **Chair** of the Meet the SBM Board of Directors: The 2017 Meeting's Annual 'Meet the Professors' session. Midday Meeting at the 38th Annual Meeting of the Society of Behavioral Medicine, San Diego, CA, March 29-April 1, 2017
- 2015-2017**      **Reviewer**, Distinguished Mentor Award, Society of Behavioral Medicine
- 2015**      **Chair** of the ETCD afternoon roundtable session: "Meet the Presidents" social networking event at the 37<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, Washington, DC, March 30-April 2, 2016.
- 2015**      **Reviewer**, Review Panel #12: Neighborhoods, Community and Out-of-School Time (chair: Joseph Mahoney), for the Society of Research on Adolescence
- 2014**      **Chair** of the ETCD breakfast roundtable session: Preparing an Effective Elevator Speech: An ETCD Breakfast Roundtable and Follow-up Coffee Break Event at the 35<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, Philadelphia, PA, April 23-26, 2014.
- 2014**      **Expert Reviewer**, John Templeton Foundation. Character Virtue Development Grant
- 2013**      **Reviewer**, Excellence in Research Student Award, Society of Behavioral Medicine
- 2013**      **Consultant**, Gregory, S. (2013, July). Final four for the 4-foot set. *TIME magazine*, 182 (4), 48-53.

- 2008-2011** **Editorial Board** of *Applied Developmental Science*: Volumes 13-15.
- 2011** **Reviewer**, Review Panel # Panel 15: Education: School Context, Extra-Curricular, Enrichment, Physical Education, Remediation, Success, Educational Media (chair: Joseph Mahoney).
- 2009** **Reviewer**, Second Biennial NICHD Summer Research Institute.
- 2009** **Reviewer**, Berk, L.E. *Infants, Children, and Adolescents*, 6th Edition. (Chapters 3, 11, and 14).
- 2009** **DMHAS Practitioner Training Workshop**. Lead a workshop for practitioners as part of a Department of Mental Health and Addiction Services prevention training collaborative sponsored by the National Institute on Drug Abuse (NIDA) and the Child and Family Agency of Southeastern Connecticut, Rocky Hill, CT, March 8-9, 2009.
- 2008** **Consultant** for *Team Up for Youth*. Contributed to the compilation of the book and related policy reports: *Exploring the Ways in Which Sports-Based Youth Development Supports Development*.
- 2008** **Consultant** for the Nuffield Foundation. Developed a policy report for the United Kingdom to contribute to improvements in youth out-of-school activity resources for tackling the declining rates of mental health among the UK's youth

### **DEPARTMENT AND UNIVERSITY-LEVEL SERVICE**

- 2023-present** **Department Chair**, Department of Psychology, University of South Carolina
- 2022-2023** **Interim Chair**, Department of Psychology, University of South Carolina
- 2022** **Associate Chair**, Department of Psychology, University of South Carolina
- 2022** **Executive Committee**, Department of Psychology
- 2021-2022** **Faculty Search Committee Member**, Quantitative Psychology Position, Department of Psychology
- 2021-2022** **Clinical-Community Psychology Admissions Committee (Chair)**, Department of Psychology, University of South Carolina
- 2021** **Self Study Task Force**, Department of Psychology, University of South Carolina
- 2020-2021** **Executive Committee**, elected to member-at-large, Department of Psychology
- 2020-2021** **Research Director Task Force**, Department of Psychology
- 2019-2020** **Performance Metric Task Force**, Department of Psychology
- 2018** **Affirmative Action Advocate and Search Committee Member**, Community Psychology Position, University of South Carolina
- 2018** **Affirmative Action Advocate and Search Committee Member**, Multicultural Psychology Position, University of South Carolina
- 2013-2019** **Department of Psychology Graduate Program Curriculum Committee**, Faculty Representative for Clinical Community Program
- 2014-2017** **Executive Committee**, elected to member-at-large, Department of Psychology
- 2013-2017** **Faculty Senate**, Senator for the Department of Psychology
- 2013-2017** **Developmental Curriculum Committee**, Clinical Community Program, Department of Psychology
- 2009- 2012** **Provost's Advisory Committee on Women's Issues**. Member of the subcommittee that focuses on establishing supports for minority women for both hiring and tenure and promotion
- 2009-2013** **Department of Psychology Undergraduate Curriculum Committee**.

### **GRADUATE STUDENT RESEARCH COMMITTEES**

#### **Dissertation**

- Kip Thompson (Chair, 2013)
- Hannah Lawman (2014)
- Sara St. George (2015)
- John Terry (2016)
- Michelle Abraczinskas (Chair, 2017)
- Darren Woodlief (Chair, 2017)
- Emily Mancil (Co-Chair, 2018)
- Lauren Huffman Law (2018)
- Abby Albright Bode (2018)

Lauren Datillo (2018)  
Andrew Schramm (2018)  
Brittany Skiles (Chair, 2019)  
Alex Roberts (Chair, 2019)  
Laura Reinman (2019)  
Stephen Taylor (Chair, 2020)  
Ariel Domlyn (Chair, 2021)  
Haylee Loncar (2022-2023)  
Colby Kipp (2022-2023)  
Asia Brown (2022-2023)  
Mary Quattlebaum (2023-)

### **Masters**

Hannah Lawman (2010)  
Sara St. George (2011)  
Carl Sorensen (Chair, 2012)  
Michelle Abraczinskas (Chair, 2014)  
Brittany Skiles Cook (Chair, 2015)  
Laura Reinman (2015)  
Alex Golden (2016)  
Alex Roberts, (Chair, 2017)  
Stephen Taylor (Chair, 2018)  
Haylee Loncar (2018)  
Jessica Danden (Chair, 2019)  
Colby Kipp (2019)  
Asia Brown (2020)  
Julia Johnston (2020)  
Mary Quattlebaum (2020)  
Mariajose Paton (Chair, 2021)  
Morgan Fuller (Chair, 2022)  
Peter Habib (Chair, 2023)  
Olivia Staples (Chair, 2023)

### **UNDERGRADUATE RESEARCH**

Khushi Dave (Chair) Honor's Thesis and Honors College Research Grant Award (2024)  
Peter Sutton (Chair) Honor's Thesis (2024)  
Katelyn Refsnider (Chair) Honor's Thesis (2023)  
Haley Nazario Ramos (Chair) Honor's Thesis and Honors College Research Grant (2023)  
Caeley Murray (Chair) Honor's Thesis (2023)  
Mackenzie Bewley (Chair) Honor's Thesis and Magellan Scholar Award (2022)  
Madison Petersen (Chair) Honor's Thesis (2022)  
Greyson (Chair) Honor's Thesis (2022)  
Kaitlyn Cox (Chair) Independent Research Project (2021)  
Bailey Wojciak (Chair) Independent Research Project (2021)  
Jenna Petersen (Chair) Independent Research Project (2021)  
Ingram Dressler (Chair) Independent Research Project (2021)  
Braden Schar (Chair) Independent Research Project (2021)  
Amber Sullivan (Chair) Independent Research Project (2021)  
Gwen Asbury (Chair) Honor's Thesis (2020)  
Aisha Noor (Chair) Honor's Thesis, Magellan, and McNair Scholar (2020)  
Mia Margolis (Chair) Honor's Thesis (2019)  
Jennifer Hill (Chair) Honor's Thesis (2018)  
Supriya Juneja (Chair) Honor's Thesis (2018)  
Maya Evans (Chair) Honor's Thesis (2017)  
Ross Geiger (Chair) Honor's Thesis (2015)  
Kirstie Hewson (Chair) Honor's Thesis (2013)  
Jessica Wilder (Chair) Honor's Thesis (2011)

## **PROFESSIONAL AFFILIATIONS**

Society for Research in Child Development (SRCD)

Society for Behavioral Medicine (SBM)

Society for the Study of Human Development (SSHD)

Society for Research on Adolescence (SRA)

American Psychological Association (APA)