

# Kelly W. Ngigi, MS

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## Education

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2026 (expected)	<b>PhD, Human Development and Family Studies</b> <i>The Pennsylvania State University</i> Advisor: Gregory M. Fosco, PhD
2022	<b>MS, Human Development and Family Studies</b> <i>The Pennsylvania State University</i> Thesis: The role of parental empathy in parent-adolescent relationship quality Advisor: Sunny Bai, PhD & Gregory M. Fosco, PhD
2020	<b>BS, <i>cum laude</i>, Psychology with a minor in Human Development and Family Studies</b> <i>Washington State University</i> Ronald E. McNair Scholar Thesis: Impact of help-seeking attitudes and perceived social support on college psychological service utilization Advisor: Michael J. Cleveland, PhD

## Research Interests

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- Adolescent Development
- Daily Affect
- Parent-Adolescent Dyadic Relationship
- Psychosocial outcomes
- Intensive longitudinal data and methods
- Prevention and Intervention

## Awards & Honors

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Spring 2024	<b>Douglas Research Endowment</b> Funded attendance at the SRA and SPR 2024 conferences to support professional and research development.
Spring 2023	<b>Edward R. and Helen Skade Hintz Graduate Educational Enhancement Fellowship</b> Supported professional and research opportunities by funding attendance at the SRCD and SPR conferences.
Spring 2023	<b>SRCD's Student and Early Career Council Graduate Student Travel Award</b> Provided financial support for transportation and lodging to attend the SRCD Biennial Meeting.
Spring 2022	<b>Edward R. and Helen Skade Hintz Graduate Educational Enhancement Fellowship</b>

- Funded attendance at the SRA and SPR conferences to support professional and research development.
- Fall 2020 **Edward R. and Helen Skade Hintz Graduate Educational Enhancement Fellowship**  
Provided funding to support the professional and research opportunities of a first-year graduate student.
- Spring 2020 **Ronald E. McNair Scholar**  
Offered faculty-mentored research experiences, graduate education preparation, and academic and career counseling.
- Spring 2020 **Department of Psychology Outstanding Senior Award**  
Awarded by: College of Arts and Sciences, Department of Psychology, Washington State University
- Spring 2020 **Transfer Clearinghouse Ambassador Award**  
Awarded by: Division of Academic Engagement and Student Achievement, Washington State University  
Acknowledged contributions to supporting transfer students through mentorship, workshops, and educational programming.

## Publications

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### *In Prep*

- Ngigi, K. W.**, Fosco, G. M. (TBD) Predicting Parent-Adolescent Relationship Quality: Testing Closeness Liability and Parent Empathy.
- Ngigi, K. W.**, Santos, A. R. (TBD) Parental aggravation, daily demands, and emotional support associated with worse mental health among mothers in the United States. Manuscript in preparation for publication.

### *Under Review*

- Bai, S., Froidevaux, N.M., Chen, M., High, A.C., Ewing, K.M., DeFelice, J.P., Weaver, J., **Ngigi, K.W.**, Riccio, M.R., Chiang, S-C., Bai, L., Lunkenheimer, E.S., Brick, T.R. (Revise and Resubmit) Families Being Supportive Together: A Multi-Method and Multi-Informant Intensive Longitudinal Study of Family Protective Mechanisms for Adolescent Depression.

### *Publications*

- Jones, A.A., Strong-Jones, S., Bishop, R., Brant, K., Owczarzak, J., **Ngigi, K. W.**, Latkin, C. (2023) The impact of family systems and social networks on substance use initiation and recovery among women with substance use disorders.

## Conference Presentations

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- Ngigi, K. W.**, Fosco, G. M. (April 2024) Predicting Parent-Adolescent Relationship Quality: Testing Connectedness Liability and Parent Empathy. Paper symposium presentation at the Society for Research on Adolescence, Chicago, Illinois.
- Ngigi, K. W.**, Bai, S., Santos, A. R. (April 2023) Parental aggravation, daily demands, and emotional support associated with worse mental health among mothers in the United States. Flash talk presentation at the Society for Research in Child Development, Salt Lake City, Utah.

- Ngigi, K. W.**, Bai, S., Fosco, G. M. (March 2022) The role of parental empathy in parent-adolescent relationship quality. Poster presentation at the Society for Research on Adolescence in New Orleans, Louisiana.
- Ngigi, K. W.**, Cleveland, M. (April 2020) Impact of help-seeking attitudes and perceived social support on college psychological service utilization. Poster presentation at Showcase for Undergraduate Research and Creative Activities at Washington State University in Pullman, Washington.
- Ngigi, K. W.** (August 2019) Culturally relevant communication strategies to shift health beliefs, behaviors, and attitudes. Poster presentation at Undergraduate Public Health Scholars Program at the Center for Disease Control and Prevention in Atlanta, GA.

## Research Experience

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**Lead Graduate Research Assistance**, B-Well Fam: Black youths' well-being through everyday life and learning from families. The Pennsylvania State University. *Advisor: Gregory M. Fosco, PhD. November 2023 – Present*

- Co-led a research team to develop and execute the project goals.
- Developed study protocols, surveys, and qualitative methodologies for data collection.
- Applied statistical and qualitative analysis techniques to interpret research findings.
- Collaborated with Black families and communities to ensure culturally relevant research methods and findings.
- Supervised and trained undergraduate research assistants.

**Graduate Research Assistant**, Morbidity, Mortality and Demography Lab, The Pennsylvania State University *Advisor: Alexis R. Santos, PhD. Summer 2023*

Conducting research

- Data entry, collection, and/or analysis.
- Preparing and creating data reports.
- Survey data management.
- Manuscript preparation.

**Graduate Research Assistant**, SAFE Lab: Strengthening Adolescents and Families Every day, The Pennsylvania State University *Advisor: Sunhye Bai, PhD*

*Fall 2020 – Spring 2023*

- Survey & Observational Methodology, Ecological Momentary Assessment, & Ambulatory Assessments
- Led data collection efforts and assisted with data management.
- Collaborated with lab members in disseminating research findings.
- Supervise undergraduate research assistants and prioritize and assign tasks.

Specializations: adolescent psychological risk, parent-adolescent relationships, family relationships and processes

**Interim Project Coordinator**, Fam Best: Families Being Supportive Together (R21; PA-21-235) *Principal Investigators: Sunhye Bai, PhD & Timothy Brick, PhD*

*Spring 2021 – Summer 2021; Spring 2022 - Fall 2022*

- Created project protocol and training manual.

- Modified IRB documents and protocols.
- Coordinated multi-site marketing and participant recruitment efforts.
- Monitored survey and observational data for quality assurance.
- Coordinated weekly agenda and team meetings.
- Trained undergraduate research assistants.
- Supervised and managed undergraduate research assistants on various project parts.
- Tracked participant data completion and compliance .
- Monitored survey and observational data for quality assurance.

**Public Health Scholar and Research Intern**, CDC John R. Lewis Undergraduate Public Health Scholars (CUPS) Program, Washington D.C. & Atlanta, GA. *Summer 2019*

Advisor: Alexandria Glaize & David J. Johns, PhD

- Completed educational training public health & health disparities, epidemiology, biostatistics, and scientific writing.
- Completed research project ‘Culturally Relevant Communication Strategies to Shift Health Beliefs, Behaviors and Attitudes’.
- Created evidence informed community health toolkit ‘Words Matter: Mental Health Toolkit’ for the National Black Justice Coalition.

**McNair Undergraduate Research Scholar**, Washington State University Ronald E. McNair Scholars Program. *2018-2020*

Advisor: Michael J. Cleveland, PhD

- Participated in graduate education preparation activities.
- Engaged in faculty-mentored research experience.
- Completed coursework focused on the craft of research and the culture of graduate education, and academic and career counseling.
- Conducting undergraduate research project titled ‘Impact of College Students Help Seeking Attitudes and Perceived Social Support on College Psychological Service Utilization’.

## **Translational Science and Community Engaged Research**

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**Mental Health Webinar Series** (2024)

A psychoeducational presentation and facilitated discussion on mental health for AfriThrive Inc. and the African Diaspora in the USA. Co-presenters: J. Robina Onwongo PhD & Juliet Nyanamba PhD

Series Topics

- Mental Health for Young Professionals (June 2024)
- My Culture, My Mental Health: The Cross Cultural Experience (Aug. 2024)
- Community Conversations on Mental Health (September 2024)

**@getwellby.kellz: Translational Science and Social Media Content** (2021-current)

- Professional Instagram profile showcasing scientific knowledge and personal brand as a scientist and intellectual contributor.
- Translating psychological science information for lay audience.
- Content creation for psychoeducation.

- Generating and sharing mental health resources.
- Targeting minority health disparities and engaging individuals in the Black Diaspora.

#### **Family Feedback Snapshot (2022-2023)**

- Designed and piloted a supplemental project as an extension to the Fam Best: Families Being Supportive Together (R21; PA-21-235)
- 30-minute non-clinical feedback assessment delivery of parent-adolescent interactions and family strengths (*N=13 families*)
- Observational coding to classify verbal and nonverbal behavior of parents and teens based on recorded in car video footage.
- Trained and supervised 5 undergraduate research assistants.
- Reported summary statistics of the amount and proportion of recordings received from the families when focal participants interacted.

#### **A Community Conversation on Mental Health (2023)**

- A psychoeducational presentation and facilitated discussion on mental health in Kenyan-immigrant community in the US for the Kenyan Diaspora Association of Florida.

#### **Words Matter: Mental Health Toolkit (2019)**

- Created evidence informed community health toolkit created and designed for the National Black Justice Coalition.

## **Teaching Experience**

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### **Graduate Teaching Assistant**

The Pennsylvania State University

- Course: *Empirical Inquiry in Human Development*, Spring 2024
  - Led the laboratory section. Taught and applied curriculum content to advance student learning and application. Conducted weekly office hours to meet with students to answer questions, review course concepts, and facilitate student's comprehension and retention. Reviewed, graded, and provided feedback to students on assignments, written papers, and exams.

### **Lab instructor**

The Pennsylvania State University

- Course: *Empirical Inquiry in Human Development*, Fall 2023
  - Led the laboratory section. Taught and applied curriculum content to advance student learning and application. Conducted weekly office hours to meet with students to answer questions, review course concepts, and facilitate student's comprehension and retention. Reviewed, graded, and provided feedback to students on assignments, written papers, and exams.

### **Graduate Teaching Assistant**

The Pennsylvania State University

- Course: *Introduction to Human Development and Family Studies*, Fall 2020
  - Assisted faculty professor by aiding student in learning and applying course concepts. Assisted in management of course Canvas site. Conducted weekly office hours to meet with students to answer questions, review course concepts,

and facilitate student's comprehension and retention. Reviewed and graded assignments, written papers, and exams.

### **Invited Guest Lecturer**

- Course: *Adolescent Development*, February 2022  
The Pennsylvania State University
  - Led a lecture on family relationships during adolescence. Introduced theories around family and covered subtopics such as family diversity, change, family emotional climate, family conflict, parenting practices, risk and protective factors etc. The lecture was given to two separate sections, each section was 1.5 hours.
- Course: *Ronald E. McNair Scholars Seminar: Preparation for Graduate School*, September 2021  
Washington State University
  - Led a lecture on research identity development, graduate school culture, and surviving and thriving in graduate school. Integrated concepts from Mindset by Carol S. Dweck, PhD. Facilitated discussion about key concepts and shared personal experiences as a former McNair Scholar and current doctoral student.

## **Skills and Expertise**

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### ***Statistical Methods:***

- Multilevel / Hierarchical Linear Modeling
- Multiple Linear Regression
- Logistics Regression

### ***Analytical Software:***

- Proficient in R, SPSS
- Competent in SAS, Stata

### ***Research:***

- Applied research methods.
- Analyze and synthesize research findings.

- Creation and modification of research project protocols and materials.
- Assistance in codebook development.
- Data compliance and quality assurance.
- Data management and organization
- Experience with Institutional Review Board procedures and modification process.
- Multi-site marketing and recruitment for research participants.
- Outreach, engagement, and collaboration with key stakeholders and general public.
- Effective facilitator of group discussions

## **Specialized Trainings**

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### **Statistics and Methodology:**

- *Structural Equation Modeling*
  - Introduction to Structural Equation Modeling, December 2023, CenterStat by Curran-Bauer Analytics, Asynchronous Workshop
    - Instructors: Daniel Bauer, PhD & Patrick Curran, PhD
- *Intensive Longitudinal Data*
  - Dynamic Structural Equation Modeling Perspective, October 11, 2022, American Psychological Association Science Training Workshop
    - Instructors: Daniel Bauer, PhD & Patrick Curran, PhD
  - Multilevel Modeling Perspective, October 6, 2022, American Psychological Association Science Training Workshop
    - Instructors: Daniel Bauer, PhD & Patrick Curran, PhD

- Methodological Challenges and Opportunities, October 4, 2022, American Psychological Association Science Training Workshop
  - Instructors: Daniel Bauer, PhD & Patrick Curran, PhD
- Introduction to Intensive Longitudinal Methods, September 15, 2022, American Psychological Association Science Training Workshop
  - Instructor: Jean-Philippe Laurenceau, PhD
- *Ambulatory Assessments in Psychological Sciences*
  - Training for the Collection of Real-World Biobehavioral Data Using Wearable Devices, August 31, 2022, American Psychological Association
    - Instructor: Benjamin Nelson, PhD

### **Prevention and Intervention:**

- Annual Bennett Lecture in Prevention Science: *Enhancing Family and Youth Personal Protection: Navigating Toxic Waters through Intervention Effects of SAAF and PAAS Family-Centered Preventative Intervention Programs*, October, 2022, State College, PA
  - Presenter: Velma McBride Murry, PhD
- *Mental Health First Aid and Suicide Prevention Training and Certification*, November 8, 2022, National Council for Mental Wellbeing, State College, PA
- Annual Bennett Lecture in Prevention Science: *Navigating Prevention in a New Era of Telehealth and Online Service Delivery*, October 2022, State College, PA
  - Presenter: Beth Stormshak, PhD

### **Diversity, Equity, and Inclusion, and Anti-Bias Topics:**

- Science for Society: *Helping Underrepresented Populations Through Community-Oriented Research*, webinar training, October 18, 2023
- Penn State Annual Family Symposium: *Environmental Impacts on Families: Change, Challenge, and Adaptation*, October 25-26, 2021, State College, PA
- Penn State Annual Family Symposium: *Causes and Consequences of Parent-Child Separation: Pathways to Resilience*, October 26-27, 2020, State College, PA

## **Professional Affiliations**

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- Society for Research on Adolescents
- Society for Research in Child Development

## **University Service**

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Penn State College of Health and Human Development

- Equity Ambassador, 2023 – 24

Penn State College of Health and Human Development Undergraduate Education Outreach

- Panelist and representative for Human Development and Family Studies PhD program, November 2023

Penn State University IMPACT program

- Panelist and representative for Human Development and Family Studies PhD program, July 2023

Penn State HDFS Graduate Student Steering Committee

- Community Service Chair, 2021 – 22