

## **Erik L. Knight, Ph.D.**

Assistant Professor  
Department of Psychology and Neuroscience  
University of Colorado Boulder  
erik.knight@colorado.edu  
(303) 735-8039

### **ACADEMIC POSITIONS**

- 2020 – *present*      Assistant Professor  
Department of Psychology and Neuroscience  
University of Colorado Boulder
- 2019 – 2020          Assistant Research Professor  
Center for Healthy Aging  
Pennsylvania State University
- 2017 – 2019          Post-Doctoral Research Fellow, Pathways NIA T32 Training Program  
Center for Healthy Aging  
Pennsylvania State University

### **EDUCATION**

- 2017                  Doctor of Philosophy, Psychology  
University of Oregon  
Area: Social Psychology  
Thesis: *Psychosocial and endocrine antecedents of responses to social-evaluative stress*  
Advisor: Dr. Pranjali H. Mehta
- 2013                  Master of Science, Psychology  
University of Oregon
- 2008                  Bachelor of Science, with Research Distinction in Psychology  
Bachelor of Arts, Chemistry  
Honors in the Arts and Sciences, *Magna Cum Laude*  
Ohio State University  
Advisor: Dr. Julian F. Thayer

### **RESEARCH OVERVIEW & INTERESTS**

My research broadly focuses on sex hormones, stress, and health outcomes within social hierarchies. I also examine biological determinants of status-seeking social behavior with a particular focus on causal mechanisms linking biology to behavior. This research aims to uncover psychosocial and biological determinants of resilience to social disparities in stress and health.

## FUNDED GRANTS

**NIH P01 AG003949** (PIs: Buxton, Derby; *awarded March 2022*) *\$19,999,900 direct costs*  
*Einstein Aging Study, renewal proposal for a currently funded P01.*  
Project: Depression, inflammation, biological age, and cognitive function *\$2,465,529 direct costs*  
Role: **co-Investigator**

Description: This longitudinal study (5 annual data waves) will examine how depression, inflammation, and biological aging (telomere length, DNA methylation) interact to predict cognitive decline, mild cognitive impairment, and dementia (e.g., Alzheimer's disease) in 767 participants 60+ years of age in the Bronx, NY.

**NIH R21 AG066140-01** (*awarded Sept. 2019*) *\$440,000 total cost*  
Sex hormones, inflammation, and cognitive decline in older men and women  
Role: **Principal Investigator**

Description: Sex hormones and inflammation have been implicated as risk factors for Alzheimer's Disease (AD) but have not been investigated as part of an integrative model of the development of AD and its precursor conditions. This grant examines estrogen, estrone, and testosterone's associations with inflammation and explores factors related to social status as risk factors for the development of AD. The grant supplements ongoing research across three annual waves in a large sample (600+) of older adults.

## SUBMITTED GRANTS

National Science Foundation (*submitted Jan 2025*) *\$441,783 total cost*  
Status-Avoidant Behavior in Human Hierarchies: New Social Psychoneuroimmunological Theory  
Role: **Principal Investigator**

Description: Extensive research has focused on status-seeking behavior, but little work has examined the biological determinants of status-avoidant motivations and behaviors. Status avoidance is as critical to functional hierarchies as status seeking: Submitting, deferring, appeasing, or signaling these intentions reduces conflict within groups, ensures effective hierarchical order, and can protect individuals. The proposed research develops a social psychoneuroimmunological theory of status hierarchies that specifically investigates cytokines as determinants of status-avoidant behavior.

National Institute of Mental Health (*submitted Oct 2024*) *\$458,477 total cost*  
Progesterone and inflammation: Associations with premenstrual dysphoric disorder  
Role: **Co-Principal Investigator**

Description: Premenstrual dysphoria disorder (PMDD) is a debilitating, underdiagnosed, and understudied condition that affects women worldwide. The proposed research aims to provide new knowledge on this condition by comprehensively assessing the combined association of ovarian hormone and immune activity on PMDD symptoms in the premenstrual window. The proposed research tests an innovative new model that will help identify transdiagnostic therapeutic targets for the treatment of PMDD and related conditions.

## PUBLICATIONS

*†Denotes graduate advisee; ‡Denotes undergraduate advisee*

*‡*McDonnell, S. C., Graham-Engeland, J. E., Sliwinski, M. J., Engeland, C. G., & Knight, E. L. (2024).  
Cognotoxemia: endotoxemia and gender predict changes in working memory performance in healthy adults. *Frontiers in Neuroscience*, 18, 1453325. <https://doi.org/10.3389/fnins.2024.1453325>

Finley, A. J., Angus, D. J., Knight, E., van Reekum, C. M., Lachman, M. E., Davidson, R. J., & Schaefer, S. M. (2024). Resting EEG periodic and aperiodic components predict cognitive decline over 10 years.

Knight, E. L.

*Journal of Neuroscience*. <https://doi.org/10.1523/JNEUROSCI.1332-23.2024>

Pre-print available at <https://doi.org/10.1101/2023.07.17.549371>

Nelson, B. W., Harvie, H. M., Jain, B., Knight, E. L., Roos, L. E., & Giuliano, R. J. (2023). Smartphone photoplethysmography pulse rate covaries with stress and anxiety during a digital acute social stressor. *Psychosomatic Medicine*, 85(7), 577-584.

Pre-print available at <https://doi.org/10.31219/osf.io/5d8kc>

Knight, E. L., Majd, M., Graham-Engeland, J. E., Sliwinski, M. J., & Engeland, C. G. (2023). Greater ecologically-assessed positive experiences predict heightened sex hormone concentrations across two-weeks in older adults. *Journal of Gerontology, Series B: Psychological Sciences*, 78(6), 1007-1017. <https://doi.org/10.1093/geronb/gbad015>

Knight, E. L., Engeland, C. G., Yocum, A. K., Abu-Mohammad, A., Bertram, H., Vest, E., ... & Saunders, E. F. (2023). Heightened inflammation in bipolar disorder occurs independent of symptom severity and is explained by body mass index. *Brain, Behavior, & Immunity-Health*, 29, 100613. <https://doi.org/10.1016/j.bbih.2023.100613>

Kramer, E. B., Knight, E. L., & Bryan, A. D. (2023). Cooking Interventions for Improving Diet Quality Eating Among Black Americans: A Randomized Controlled Trial. *Annals of Behavioral Medicine*, 57(4), 323-333. <https://doi.org/10.1093/abm/kaac058>

Knight, E.L. (2022). Two routes to status, one route to health: Dominance and prestige differentially associate with self-reported stress and health in two US university populations. *Adaptive Behavior and Human Physiology*, 8, 461-488. <https://doi.org/10.1007/s40750-022-00199-3>

Knight, E. L., Morales, P. J., Christian, C. B., Harbaugh, W. T., Mehta, P. H., & Mayr, U. (2022) The causal effect of testosterone on men's competitive behavior is moderated by basal cortisol and cues to an opponent's status: Evidence for a context-dependent dual hormone hypothesis. *Journal of Personality and Social Psychology*. <https://psycnet.apa.org/doi/10.1037/pspa0000305>  
Pre-print available at <https://psyarxiv.com/y4hfu/>

Knight, E. L., Majd, M., Graham-Engeland, J. E., Smyth, J. M., Sliwinski, M. J., & Engeland, C. G. (2022). Depressive symptoms and other negative psychological states relate to ex vivo inflammatory responses differently for men and women: Cross-sectional and longitudinal evidence. *Physiology & behavior*, 113656. <https://doi.org/10.1016/j.physbeh.2021.113656>

Van Bogart, K., Engeland, C. G., Sliwinski, M. J., Harrington, K. D., Knight, E. L., Zhaoyang, R., Scott, S., & Graham-Engeland, J. E. (2021). The association between loneliness and inflammation: Findings from an older adult sample. *Frontiers in Behavioral Neuroscience*, 15. <https://doi.org/10.3389/fnbeh.2021.801746>

Prasad\*, S., Knight\*, E. L., Sarkar, A., Welker, K. M., Lassetter, B., & Mehta, P. H. (2021). Testosterone fluctuations in response to a democratic election predict partisan attitudes toward the elected leader. *Psychoneuroendocrinology*, 133, 105396\*\*. <https://doi.org/10.1016/j.psyneuen.2021.105396>

\*Shared first authorship

\*\*Chosen for Editor's Spotlight

Harvie, H., Jain, B., Nelson, B., Knight, E., Roos, L. E., & Giuliano, R. J. (2021). Induction of acute stress through an internet-delivered Trier Social Stress Test as assessed by photoplethysmography on a smartphone. *Stress*. <https://doi.org/10.1080/10253890.2021.1995714>

- Knight, E. L., Jiang, Y., Rodriguez-Stanley, J., Almeida, D. M., Engeland, C. G., & Zilioli, S. (2021). Perceived stress is linked to heightened biomarkers of inflammation via diurnal cortisol in a national sample of adults. *Brain, Behavior, and Immunity*, 93, 206-213\*\*. <https://doi.org/10.1016/j.bbi.2021.01.015>  
\*\*Published commentary on this manuscript: <https://doi.org/10.1016/j.bbi.2021.03.027>
- Sundin, Z. W., Chopik, W. J., Welker, K. M., Ascigil, E., Brandes, C. M., Chin, K. A., Ketay, S., Knight, E. L., Kordsmeyer, T. L., McLarney-Vesotski, A. R., Prasad, S., Reese, Z. A., Roy, A. R. K., Sim, L., Stern, J., Carré, J. M., Edelstein, R. S., Mehta, P. H., Penke, L., Slatcher, R. B., & Tackett, J. L. (2021). Estimating the association between Big Five personality traits, testosterone, and cortisol. *Adaptive Human Behavior and Physiology* 7, 307–340. <https://doi.org/10.1007/s40750-020-00159-9>
- Knight, E. L., Giuliano, R. J., Shank, S. W., Clarke, M. M., & Almeida, D. M. (2020). The parasympathetic and sympathetic nervous systems interactively predict cognitive change in midlife adults. *Psychophysiology*, 57(10), e13622. <https://doi.org/10.1111/psyp.13622>
- Knight\*, E. L., McShane\*, B. B., Kutlikova, H. H., Morales, P. J., Christian, C. B., Harbaugh, W. T., ... & Riečanský, I. (2020). Weak and variable effects of exogenous testosterone on Cognitive Reflection Test performance in three experiments: Commentary on Nave, Nadler, Zava, and Camerer (2017). *Psychological Science*, 31(7), 890-897. <https://doi.org/10.1177%2F0956797619885607>  
\*Shared first authorship
- Knight, E. L., Sarkar, A., Prasad, S., & Mehta, P. H. (2020). Beyond the challenge hypothesis: The emergence of the dual-hormone hypothesis and recommendations for future research. *Hormones and Behavior*, 104657. <https://doi.org/10.1016/j.yhbeh.2019.104657>
- Knight, E. L., Majd, M., Graham-Engeland, J. E., Smyth, J. M., Sliwinski, M. J., & Engeland, C. G. (2020). Gender differences in the link between depressive symptoms and *ex vivo* inflammatory responses are associated with markers of endotoxemia. *Brain, Behavior, and Immunity – Health*, 2, 100013. <https://doi.org/10.1016/j.bbih.2019.100013>
- Scheepers, D., & Knight, E. L. (2020). Neuroendocrine and cardiovascular responses to shifting status. *Current Opinion in Psychology*, 33, 115-119. <https://doi.org/10.1016/j.copsyc.2019.07.035>
- Roos, L.E., Giuliano, R.J., Beauchamp, K.G., Berkman, E.T., Knight, E.L., & Fisher, P.A. (2020) Acute stress impairs children's sustained attention with increased vulnerability for children of mothers reporting higher parenting stress. *Developmental Psychobiology*, 62(4), 532-543. <https://doi.org/10.1002/dev.21915>
- Prasad\*, S., Knight\*, E. L., & Mehta, P. H. (2019). Basal testosterone's relationship with dictator game decision-making depends on cortisol reactivity to acute stress: A dual-hormone perspective on dominant status-relevant behavior during resource allocation. *Psychoneuroendocrinology*, 101, 150-159. <https://doi.org/10.1016/j.psyneuen.2018.11.012>  
\*Shared first authorship
- Graham-Engeland, J. E., Sin, N. L., Smyth, J. M., Jones, D., Knight, E. L., Sliwinski, M., Almeida, D. M., Katz, M., Lipton, R., & Engeland, C. G. (2018). Aggregated momentary affect and inflammatory markers: Timing matters. *Brain, Behavior, & Immunity*, 74, 222-230. <https://doi.org/10.1016/j.bbi.2018.09.011>

Knight, E. L.

- Knight, E. L., Christian, C. B., Morales, P. J., Mayr, U., Harbaugh, W. T., & Mehta, P. H. (2017). Exogenous testosterone enhances cortisol and affective responses to social-evaluative stress in dominant men. *Psychoneuroendocrinology*, 85, 151-157. <https://doi.org/10.1016/j.psyneuen.2017.08.014>
- Roos, L. E., Knight, E. L., Beauchamp, K. G., Giuliano, R. J., Fisher, P. A., & Berkman, E. T. (2017). Conceptual precision is key in acute stress research: A commentary on Shields, Sazma, & Yonelinas, 2016. *Neuroscience and Biobehavioral Reviews*, 83, 140-144. <https://doi.org/10.1016/j.neubiorev.2017.10.005>
- Knight, E. L. & Mehta, P. H. (2017). Hierarchy stability moderates the effect of status on stress and performance in humans. *Proceedings of the National Academy of Sciences*, 114(1), 78-83. <https://doi.org/10.1073/pnas.1609811114>
- Roos, L. E., Knight, E. L., Beauchamp, K. G., Berkman, E. T., Faraday, K., Hyslop, K., & Fisher, P. A. (2017). Acute stress impairs inhibitory control based on individual differences in parasympathetic nervous system activity. *Biological Psychology*, 125, 58-63. <https://doi.org/10.1016/j.biopsycho.2017.03.004>
- Mehta, P. H., ‡Snyder, N. A., Knight, E. L., & Lassetter, B. (2015). Close versus decisive victory moderates the effect of testosterone change on competitive decisions and task enjoyment. *Adaptive Human Behavior and Physiology*, 1(3), 291-311. <https://doi.org/10.1007/s40750-014-0014-0>  
†Mentored undergraduate student
- Knight, E. L., & Mehta, P. H. (2014). Hormones and hierarchies. In J.T. Cheng, J.L. Tracy, & C. Anderson (Eds.), *The Psychology of Social Status* (pp. 269-301). Springer: New York. [https://doi.org/10.1007/978-1-4939-0867-7\\_13](https://doi.org/10.1007/978-1-4939-0867-7_13)
- Submitted Manuscripts and Pre-Prints**
- ‡Goulden, Eleanor A., Gust, Charleen J., Bryan, Angela D., & Knight, Erik L. (under review). Perceived Stress and Socioeconomic Status Differentially Modulate the Relationship Between Progesterone and Cortisol Reactivity to the Socially Evaluated Cold Pressor Task.
- Barkman, H., Allan, A., Salsbury, M., Knight, E. L., Karns, C., Roos, L. E., ... Giuliano, R. J. (2020). Growth Models of Positive Caregiving Behaviours and Concurrent Autonomic Activity in Caregivers and Children during a Challenging Puzzle Task: Replication and Extension. *Pre-print available at* <https://doi.org/10.31234/osf.io/8uvkc>

## AWARDS

March 2018	Young Investigator Colloquium Scholar, American Psychosomatic Society Annual Conference. <i>Selective program for postgraduate trainees to foster the development of innovative and impactful psychosomatic research.</i>	\$920
Sept. 2016 – June 2017	Clarence & Lucille Dunbar College of the Arts and Sciences Fellowship, University of Oregon <i>Competitive fellowship based on research rigor and academic merit for advanced undergraduate and graduate students in the natural sciences.</i>	\$2000

Feb. 2016	Panel Winner, University of Oregon Graduate Research Forum: “Social Determinants of Neurobiology and Stress.” <i>Competitive panel presentations judged on scientific impact.</i>	\$250
Jan. – June 2008	Arts and Sciences Undergraduate Research Scholarship, Ohio State University <i>Competitive undergraduate research scholarship based on research proposal.</i>	\$4,500
Sept. 2003 – June 2007	Ohio Academic Scholar, Ohio State University <i>Competitive scholarship based on secondary-education academic merit</i>	\$8,000
Sept. 2003 – June 2007	Wolfe Foundation Scholarship, Ohio State University <i>Competitive scholarship based on secondary-education academic merit</i>	\$10,000

## HONORS

November 2021	Editor’s Spotlight article, <i>Psychoneuroendocrinology</i> : “Testosterone fluctuations in response to a democratic election predict partisan attitudes toward the elected leader.”
December 2020	Citation Poster Abstract, American Psychosomatic Society Virtual Conference <i>Award for the highest rated posters at the annual conference.</i>
March 2018	Citation Poster Abstract, American Psychosomatic Society Annual Conference <i>Award for the highest rated posters at the annual conference.</i>
July 2017	CGS/ProQuest Distinguished Dissertation Award – Biology, University of Oregon nominee <i>Local nominee to national contest based on dissertations that represent an unusually significant contribution to the discipline.</i>
March 2012	National Science Foundation Graduate Research Fellowship, Honorable Mention <i>For proposal titled “Interaction of Status and Stability on Human Stress, Endocrine, and Immune Function”</i>
June 2008	Phi Beta Kappa <i>Academic honor society that recognizes exceptional academic achievement in the arts and sciences</i>

## SCIENTIFIC TALKS & POSTERS

### *Scientific Talks*

‡Denotes graduate advisee; †denotes undergraduate advisee

Knight, Erik L., & ‡Goulden, Eleanor A. (2024). Progesterone, Prior Stress, and the Cortisol Response to a Laboratory Stressor in Women. Invited talk September 4, 2024, at *Kent State University Department of Psychology*: Kent, OH.

Engeland, C. G., Wright, M. A., Tennyson, R. L., Knight, E. L., & Graham-Engeland, J. E. (2024). Inflammatory biomarkers in older adults: Stability, correlations, and components. Presented March 2024 at *American Psychosomatic Society* annual conference: Brighton, UK.

Knight, E. L.

- ‡Duffy, Amber J., ‡Aldabbagh, Mohammad, & Knight, Erik L. (2024). Loneliness and autonomic outcomes in response to an acute stressor. Invited talk February 8, 2024 at *Society for Personality and Social Psychology, Social-Personality Health Preconference*: San Diego, CA.  
\*\*Winner of *Outstanding Poster Presentation Talk*
- Knight, E. L. (2024). Biological determinants of hierarchical behavior: A social psychoneuroimmunological model of status seeking and avoidance. Invited talk January 26, 2024 at *University of Denver Department of Psychology Colloquium*: Denver, CO.
- Knight, E. L. (2023). In good times and bad: Inflammation in relation to positive and negative experiences. Invited talk June 12, 2023 at *Psychoneuroimmunology Research Society*, Educational Short-Course: Boulder, CO.
- Wright, Molly A., Knight, Erik L., Graham-Engeland, Jennifer E., & Engeland, Christopher G. (2023). Intra-individual stability of repeated measures of circulating and stimulated cytokines among older adults. Presented June 12, 2023 at *Psychoneuroimmunology Research Society* annual conference: Boulder, CO.
- Knight, E. L., Graham-Engeland, J. E., Sliwinski, M. J., & Engeland, C. G. (2023). Greater ecologically-assessed positive experiences predict heightened sex hormone concentrations across two-weeks in older adults. Presented March 10, 2023 at *American Psychosomatic Society*: San Juan, Puerto Rico.
- Knight, E. L., Morales, P. J., Christian, C. B., Prasad, S., Harbaugh, W. T., Mehta, P. H., & Mayr, U. (2023). Testosterone's causal effects on men's competitive behavior: A context-dependent dual-hormone hypothesis. Presented February 25, 2023 at *Society for Personality and Social Psychology*: Atlanta, GA. Part of *New Frontiers in Biosocial Psychology of Status and Intergroup Dynamics* symposium (co-chair).
- Knight, E. L. (2022). Biopsychosocial determinants of physiology and behavior in human hierarchies. Presented as keynote address on August 18, 2022 at *University of Colorado Boulder Behavioral Neuroscience Retreat*: Nederland, CO.
- Knight, E. L. (2022). The biological determinants of status-seeking (and avoiding) behavior: A context-dependent dual-hormone hypothesis. Presented online November 30, 2022 at *University of Arkansas, Department of Psychology, Endocrinology Lab Group Meetings*: Fayetteville, AR.
- Knight, E. L. (2022). The biological determinants of status-seeking (and avoiding) behavior: A context-dependent dual-hormone hypothesis. Presented online April 6, 2022 at *Wayne State University, Department of Psychology Social Brown Bag*: Detroit, MI.
- Engeland, C. G., \*Knight, E. L., Sliwinski, M. J., & Graham-Engeland, J. E. (2022). Practice effects on cognitive performance are attenuated by higher peripheral inflammation: A study in midlife adults. Presented March 24, 2022 at *American Psychosomatic Society*: Long Beach, California.  
\*Presenting author
- Knight, E. L. (2021). The biological determinants of status-seeking (and avoiding) behavior: A context-dependent dual-hormone hypothesis (and other future directions). Presented November 10, 2022 at *University of Colorado Boulder, Department of Psychology and Neuroscience Social Area Professional Development Colloquium*: Boulder, CO.

Knight, E. L.

- Knight, E. L. (2021). Sex differences in Alzheimer's-related *tau* biomarkers and a mediating effect of testosterone. Presented May 3, 2021 at University of Colorado Anschutz, *Neuroinflammation and Aging Journal Club*: Aurora, CO.
- Knight, E. L., Majd, M., Graham-Engeland, J. E., Smyth, J. M., Sliwinski, M. J., Lipton, R. B., Katz, M. J., & Engeland, C. G. (2020). Gender differences in the link between depressive symptoms and ex vivo inflammatory responses are associated with markers of endotoxemia. Was to be presented March 2020 at *American Psychosomatic Society*: Long Beach, California.
- Knight, E. L. (2020). Two ways to the top, one route to health: Trait dominance and prestige differentially associate with self-reported stress and multiple dimensions of health. Presented February 2020 at *Social-Personality Health Preconference, Society for Personality and Social Psychology*: New Orleans, LA
- Knight, E. L. (2020). Resilience within hierarchies: Social status, sex hormones, and inflammation as determinants of stress and health. Presented January 29, 2020 at *University of Colorado Boulder, Department of Psychology and Neuroscience Social Area Professional Development Colloquium*: Boulder, CO.
- Knight, E. L., Majd, M., Graham-Engeland, J. E., Smyth, J. M., Sliwinski, M. J., Lipton, R. B., Katz, M. J., & Engeland, C. G. (2019). Blood endotoxin levels may contribute to gender differences in the link between depressive symptoms and ex vivo inflammatory responses. Presented June 2019 at *Psychoneuroimmunology Research Society*: Berlin, Germany.
- Knight, E. L., Morales, P. J., Christian, C. B., Harbaugh, W. T., Mayr, U., Mehta, P. H. (2016). Exogenous testosterone increases cortisol and affective response to social evaluative stress. Presented January 28, 2016 at the *Social Neuroendocrinology Pre-conference*: San Diego, CA.
- Knight, E. L. & Mehta, P. H. (2016). Social status buffers and boosts stress, depending on the stability of the hierarchy. Presented February 26, 2016 at the *University of Oregon Graduate Student Research Forum*: Eugene, OR.  
*Winner of judged panel competition.*
- Knight, E. L. & Mehta, P. H. (2015). Hierarchical stability moderates the effects of status on endocrine and behavioral responses to stress. Presented February 27, 2015 at the *Society for Personality and Social Psychology*: Long Beach, CA.
- Knight, E. L. & Mehta, P. H. (2014). The stress of status in uncertain times: Interactive effects of status and stability on cortisol and testosterone functioning. Presented February 13, 2014 at the *Social Neuroendocrinology Pre-conference*: Austin, TX.

### **Scientific Posters**

‡Denotes graduate advisee; †denotes undergraduate advisee

- ‡McDonnell, Sally, Graham-Engeland, Jennifer E., Sliwinski, Martin J., Graham-Engeland, Christopher G., & Knight, Erik L. (2024). 'Cognotoxemia?' Investigating the relationship between endotoxemia, cognitive functioning, and gender in healthy adults. Presented June 26, 2024 at *Psychoneuroimmunology Research Society* annual conference: Halifax, Nova Scotia.

- Goulden, Eleanor A. & Knight, Erik L. (2024) Social status alters the relationship between place in the menstrual cycle and acute pain in the Socially Evaluated Cold Pressor Test (SECPT). Presented



Knight, E. L.

February 8, 2024 at *Society for Personality and Social Psychology, Social-Personality Health Preconference*: San Diego, CA.

‡Duffy, Amber J., ‡Aldabbagh, Mohammad, & Knight, Erik L. (2024). Loneliness and autonomic outcomes in response to an acute stressor. Invited talk February 8, 2024 at *Society for Personality and Social Psychology, Social-Personality Health Preconference*: San Diego, CA.

\*\*Winner of *Outstanding Poster Presentation Talk*

‡McDonnel, Sally, Graham-Engeland, Jennifer E., Sliwinski, Martin J., Graham-Engeland, Christopher G., & Knight, Erik L. (2024). Cognotoxemia: Investigating links between leaky guts and cognitive functioning. Presented February 8, 2024 at *Society for Personality and Social Psychology, Social-Personality Health Preconference*: San Diego, CA.

‡Goulden, Eleanor A., Engeland, Christopher G., Graham-Engeland, Jennifer E., Sliwinski, Martin J., & Knight, Erik L. (2023). Sex steroids buffer the relationship between self-reported psychosocial stress and glucocorticoids. Presented June 13, 2023 at *Psychoneuroimmunology Research Society* annual conference: Boulder, CO.

Wright, Molly A., Knight, Erik L., Graham-Engeland, Jennifer E., & Engeland, Christopher G. (2023). Stability of *Ex-Vivo* Stimulated Cytokines Varies by Subjective Health Status in a Sample of Older Adults. Presented March 8, 2023 at *American Psychosomatic Society* annual meeting: San Juan, Puerto Rico.

Engeland, Christopher G., Knight, Erik L., Sliwinski, Martin J., & Graham-Engeland, Jennifer E. (2022). Practice Effects on Cognitive Performance are Attenuated by Higher Peripheral Inflammation: A Study in Midlife Adults. Presented March 23, 2022 at *American Psychosomatic Society* annual meeting: Long Beach, California.

Van Bogart, Karina, Engeland, Christopher G., Harrington, Karra D., Knight, Erik L., Sliwinski, Martin J., Zhaoyang, Ruixue, Scott, Stacey B., & Graham-Engeland, Jennifer E. (2022). The Association Between Loneliness and inflammation: Findings from an Older Adult Sample. Presented March 23, 2022 at *American Psychosomatic Society* annual meeting: Long Beach, California.

Knight, E. L., Harrington, Erin E., Sliwinski, M. J., Graham-Engeland, Pavlovic, J., & Engeland, C. G. (2021). Inflammatory biomarkers and sex hormones interact to predict ecologically-assessed cognitive performance. Presented November 2021 at *Gerontological Society of America virtual meeting*

Knight, E. L., Majd, M., Graham-Engeland, J. E., Smyth, J. M., Sliwinski, M. J., Lipton, R. B., Katz, M. J., & Engeland, C. G. (2020). Depressive symptoms and other negative psychological states predict *ex vivo* inflammatory responses over time: the role of gender. Presented December 2020 at *American Psychosomatic Society virtual meeting*  
*Citation for highest rated posters.*

Knight, E. L., Giuliano, R. J., Shank, S. W., Clarke, M. M., & Almeida, D. M. (2019). The parasympathetic and sympathetic nervous systems interactively predict cognitive change in midlife adults. Presented November 2019 at the *Gerontological Society of America* annual conference: Austin, TX.

Knight, E. L., Morales, P. J., Christian, C. B., Harbaugh, W. T., Mehta, P. H., & Mayr, U. (2019) The Causal Effect of Testosterone on Men's Competitive Behavior is Moderated by Basal Cortisol and Cues to

Knight, E. L.

an Opponent's Status: Evidence for a Context-Dependent Dual Hormone Hypothesis. Presented at May 26, 2019 at the *Association for Psychological Science* annual conference: Washington, D.C.

Knight, E. L., Majd, M., Graham-Engeland, J. E., Smyth, J. M., Sliwinski, M. J., Lipton, R. B., Katz, M. J., & Engeland, C. G. (2018). Stress indirectly links to *ex vivo* inflammatory responses via depressive symptoms and this indirect path is moderated by gender. Presented June 2018 at *Psychoneuro-immunology Research Society*: Miami, FL.

Knight, E. L., Majd, M., Graham-Engeland, J. E., Smyth, J. M., Sliwinski, M. J., Lipton, R. B., Katz, M. J., & Engeland, C. G. (2018). The link between stress and inflammation is mediated by depressive symptomology and moderated by gender. Presented April 2018 at *Society for Affective Science*: Los Angeles, CA.

Knight, E. L., Majd, M., Graham-Engeland, J. E., Smyth, J. M., Sliwinski, M. J., Lipton, R. B., Katz, M. J., & Engeland, C. G. (2018). The link between stress and inflammation is mediated by depressive symptomology and moderated by gender. Presented March 2018 at *American Psychosomatic Society annual meeting*: Louisville, KY.  
*Citation for highest rated posters.*

Knight, E. L., Morales, P. J., Christian, C. B., Harbaugh, W. T., Mayr, U., Mehta, P. H. (2017). Exogenous testosterone increases cortisol and affective response to social evaluative stress. Presented January 2017 at the Society for Affective Science annual meeting: San Antonio, TX.

Knight, E. L., Morales, P. J., Christian, C. B., Harbaugh, W. T., Mayr, U., Mehta, P. H. (2016). Exogenous testosterone increases cortisol and affective response to social evaluative stress. Presented March 2016 at the Society for Affective Science annual meeting: Chicago, IL.

Roos, L. E., \*Knight, E. L., Beauchamp, K. G., Berkman, E., & Fisher, P. A. (2015). Parasympathetic activity, cognitive-behavioral self-regulation, and stress: High frequency heart rate variability predicts pre-stress performance on the stop signal task. Presented October 1, 2015 at Society for Psychophysiological Research: Seattle, WA.  
*\*Conference presenter.*

Knight, E. L. & Mehta, P. H. (2014). The effects of stress, status, and hierarchical stability on social, affective, and decision-making processes. Presented February 13, 2014 at Society for Personality and Social Psychology: Austin, TX.

Knight, E. L. & Mehta, P. H. (2014). When being bossed is better than being the boss: The effects of status on stress in stable and unstable hierarchies. Presented April 12, 2013 at the Social & Affective Neuroscience Society: San Francisco, CA.

Knight, E. L. & Mehta, P. H. (2014). When being bossed is better than being the boss: The effects of status on stress in stable and unstable hierarchies. Presented January 19, 2012 at Society for Personality and Social Psychology: New Orleans, LA.

## TEACHING & ADVISING

### *Classes Taught – Instructor of Record*

Course: **Advanced Topics: Social Determinants of Health** (PSY 4606), University of Colorado Boulder

Role: **Instructor of Record**; deliver 36 lecture hours per quarter

Knight, E. L.

Enrollment: 40 undergraduate students

Description: This course provides advanced study of the ways in which discrimination impacts health, focusing on social determinants of health (biopsychosocial model of health), the multiple levels at which discrimination occurs, and different pathways through which discrimination impacts health.

Course: **Social Psychology** (PSY 2606), University of Colorado Boulder

Role: **Instructor of Record**; deliver 36 lecture hours per quarter

Enrollment: 120 undergraduate students

Description: Covers general psychological principles underlying social behavior. Analyzes major social psychological theories, methods, and topics, including attitudes, conformity, aggression, attraction, social perception, helping behavior, and group relations.

Course: **Hormones & Behavior** (PSY 450), University of Oregon

Role: **Instructor of Record**; co-deliver 36 lecture hours per quarter

Quarters: Summer 2012; Summer 2014

Enrollment: 30 advanced undergraduate students

Description: This course introduced students to social and behavioral endocrinology. The class focused on relationships among the brain, endocrine systems, and behavior. Students were expected to understand endocrine methodology as well, aided by interactive field trips to laboratories. We also used peer-reviewed publications to supplement the text. The class' content also covered developmental effects of hormones on the brain, puberty, sexuality, aggression, and stress.

Course: **Advanced Data Analysis** (PSY 412), University of Oregon

Role: **Laboratory Instructor of Record**; delivered 30 lecture and workshop hours per quarter

Quarters: Fall 2013; Fall 2014; Fall 2015

Enrollment: 30 advanced (honors) undergraduate students; 0-5 graduate students

Description: Hands-on laboratory for advanced statistical class for advanced, honors undergraduate students (several graduate students attended as well). The course was designed to provide instruction on practical data analysis and interpretation. Topics included experimental design, analysis of variance, multiple regression, exploratory data analysis, and writing results and conclusions.

Course: **Group Dynamics** (PSY 415/515), University of Oregon

Role: **ad hoc Instructor; Graduate Teaching Assistant**

Quarters: Spring 2012; Spring 2013; Spring 2014; Winter 2015

Enrollment: 40-50 undergraduate students; 0-5 graduate students

Description: This class used a small learning groups approach, with weekly case studies, writing, and peer reviews implemented within the small groups in order to foster discussion in the class. Topics included group formation, diversity within groups, social hierarchies, and leadership.

### ***Undergraduate Students Advised – Honors Theses (and current position)***

#### ***\* Passed with distinction***

Amber Duffy (Research Assistant, University of Colorado Anschutz)

Sally McDonnell (Research Assistant, University of Colorado Boulder)

Nico Capolungo

Junshi Chen (Graduate Student, University of Southern California)

Gabe Haw\* (Research Project Manager, Oregon Health & Sciences University)

Kevin Lai\* (Resident, University of Tennessee Health Science Center)

Megan Bruun\* (Visiting Assistant Professor, Reed College, Department of Psychology)

Allison Murray

Nick Snyder\*

## SERVICE

### *Reviewer*

#### ***National granting agencies***

National Institutes of Health, *Mechanisms of Emotions, Stress, and Health*

June 2022

National Sciences Foundation (*ad hoc*)

#### ***Editorial Board***

Psychosomatic Medicine, Early Career Editorial Board Member

#### ***Peer-reviewed publications***

Aggressive Behavior	International Psychogeriatrics
Adaptive Human Behavior and Physiology	Journal of Gerontology: Psychological Science
Brains, Behavior, and Immunity	Personality and Social Psychology Bulletin
Brains, Behavior, and Immunity - Health	Proceedings of the Royal Society B
Cognitive Affective and Behavioral Neuroscience	Psychology and Marketing
Comprehensive Psychoneuroendocrinology	Psychoneuroendocrinology
European Neuropsychopharmacology	Psychophysiology
European Review of Social Psychology	Psychosomatic Medicine
Frontiers in Neuroendocrinology	Social Psychological and Personality Science
Hormones & Behavior	
International Journal of Environmental Research and Public Health	

#### ***Other Service***

Colloquium Committee, University of Colorado Boulder	2023 - <i>present</i>
Diversity, Equity, and Inclusivity Committee, Anti-Racism Subcommittee Chair Department of Psychology and Neuroscience, University of Colorado Boulder	2020 - <i>present</i>
Awards Committee, Department of Psychology and Neuroscience, University of Colorado Boulder	2020 - 2021
Graduate Admissions Committee, University of Oregon, Department of Psychology	2015 - 2016
Stress Club: The Stress Journal Club, University of Oregon <i>Co-founded with Kate Beauchamp</i>	2012 – 2017

## PROFESSIONAL MEMBERSHIPS

American Psychosomatic Society	2018 - <i>present</i>
Psychoneuroimmunology Research Society	2018 - <i>present</i>
Gerontological Society of America	2018 - <i>present</i>
Society for Psychophysiological Research	2016 - 2017
Society for Affective Science	2016 - 2018
Society for Personality and Social Psychology	2012 - <i>present</i>

## **OTHER RESEARCH EXPERIENCE**

Research Project Manager; Social Neuroscience Laboratory, University of Chicago 2008 - 2011

*Principle Investigators: Dr. John Cacioppo; Dr. Louise Hawkley*

Managed wet-lab operations and collected data for longitudinal investigation of social relationships, health, and aging; oversaw large team of paid research assistants, including training

## **OTHER INTERESTS**

Marathon running; musical performance (keyboards, pipe organ, trumpet); gastronomy