

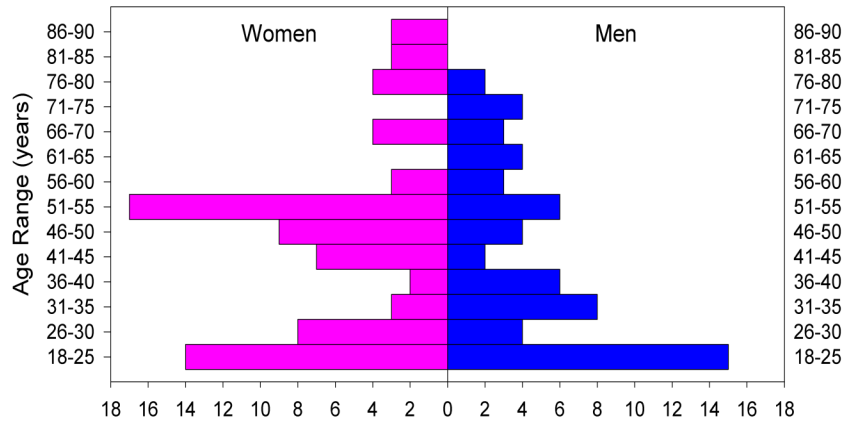
Thank you...

being. Thanks for making us a part of your life: We look forward to working with you in the fall!

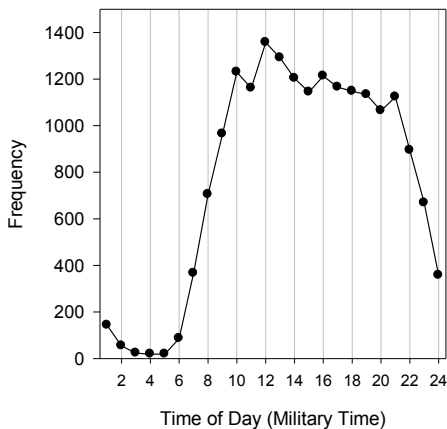
Thank you for all your interest in and efforts to support the iSAHIB project over the past months. With your help we are able to get a better understanding of individual's motivations, how personality and emotions contribute to health and well-

Who is iSAHIB?

iSAHIB is 140 men and women age 18 to 90 years. Some of us were recruited from the local PSU population. Other members came to us through posted announcements and visits to area communities such as Foxdale and The Village at Penn State. These communities helped us obtain a truly age-heterogeneous group. We've learned that our age cutoff of 90 may have been too conservative!

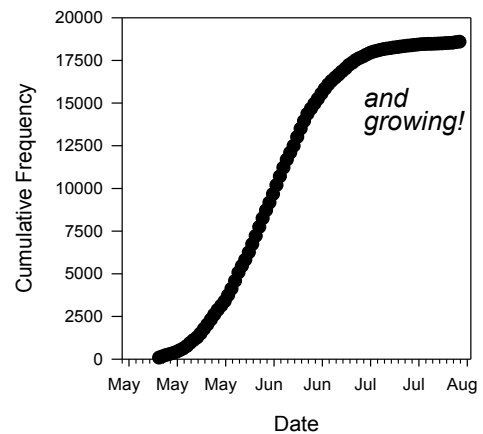


When did people submit the most interaction reports?



See Page 3 for more!

How many interactions were reported?



We are listening!

We appreciate the wonderful suggestions and have made a few changes to surveys and procedures. We removed some items (e.g., daily smoking was deleted as 96% of members are non-smokers!). And, we expanded several "other" interaction options. Thanks for the helpful feedback!

DID YOU KNOW?

- 140 participants have completed Burst 1
- There were over 18,863 total interactions in Burst 1
- Most participants met goals to be considered "active members." Keep it up!

New lab location!

Construction at Henderson later this fall required us to move to a new location. We are now in Room 9 of the main Henderson building. The space is cozy but comfortable. A map to the new lab is on our new web site: www.isahib.weebly.com. We look forward to seeing you there!

Meet the iSAHIB team...



Name: Dr. David Conroy
Position: Associate Professor
Department: Kinesiology
Favorite iSAHIB item: Costs/benefits of interactions



Name: Dr. Amy Lorek Dattilo
Position: Research Associate
Department: Human Development and Family Studies
Fun fact: I am an active outdoor person and aspiring gardener.



Name: Daniel Gonzalez
Position: Research Assistant
Department: Biobehavioral Health
Where you see yourself in 10 years: Doing my residency in North Carolina or somewhere



Name: Amanda Hyde
Position: Graduate Student
Department: Kinesiology
Describe yourself in 3 words: enthusiastic, content, happy



Name: Ashley Jean
Position: Research Assistant
Department: Psychology
Celebrity doppelganger: Janet Jackson



Name: Jay Joseph
Position: Research Assistant
Department: Statistics
Hidden talent: writing creative literature



Name: Jackie Maher
Position: Graduate student
Department: Kinesiology
Favorite summer activity: Reading on the beach and going to Phillies games



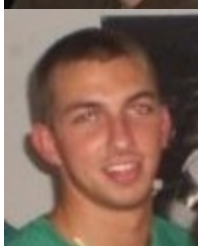
Name: Dr. Aaron L. Pincus
Position: Professor
Department: Psychology
Interesting pet peeve: Doesn't like Celtics' fans



Name: Dr. Nilam Ram
Position: Assistant Professor
Department: Human Development and Family Studies
Best aspect of technology: New opportunities for people around the globe—both rich and poor



Name: Michael J. Roche
Position: Graduate Student
Department: Psychology
Worst aspect of technology: It gets in the way of making meaningful connections to the people around you



Name: Spencer Schrank
Position: Research Assistant
Department: Biology
Hidden talent: I think I can dance...most people disagree



Name: Emily R. Wilhite
Position: Research Assistant
Department: Psychology
Interesting pet peeves: when people's tags stick out of their collars

DID YOU KNOW?
91% of members said they learned something about themselves by being involved in iSAHIB.

DID YOU KNOW?
Positive moods during social interactions increase cardiovascular responsiveness (Warner & Strowman, 1995).

DID YOU KNOW?
11% of members noted that they flossed more as a result of iSAHIB.

Visit us on the web:
<http://isahib.weebly.com/>

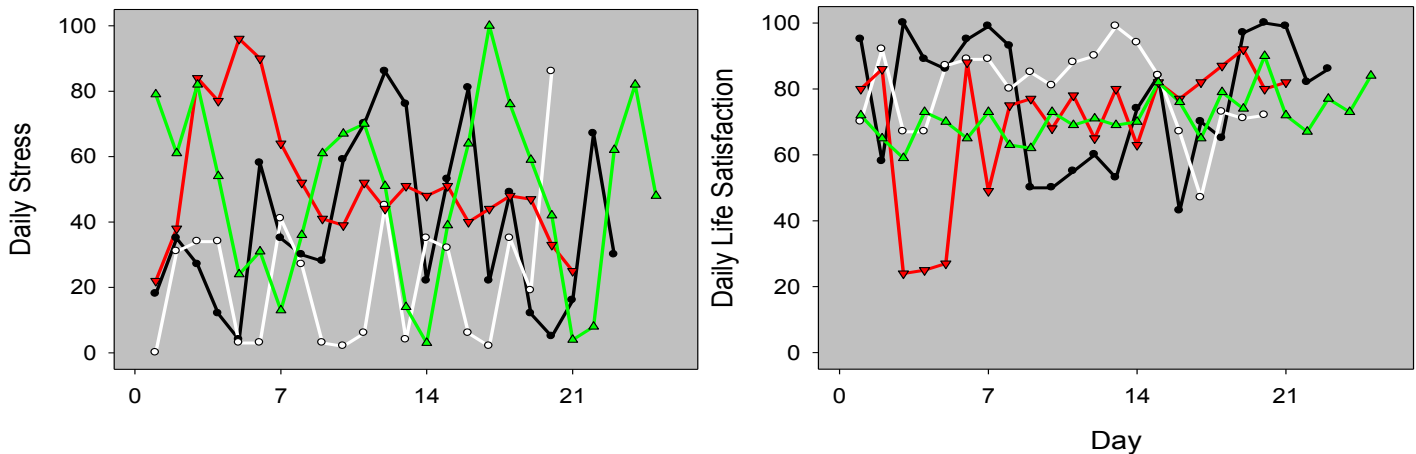


We have new faces in the lab this fall. Come meet the new staff for Burst 2.

Highs and lows, ebbs and flows...

A unique aspect of the iSAHIB project is our concentration on within-person change over time. The rich, intensive, longitudinal data allows us to examine patterns of change in a number of ways. Two different approaches are illustrated here using four iSAHIB members' 'Before-Bed' ratings from Burst 1.

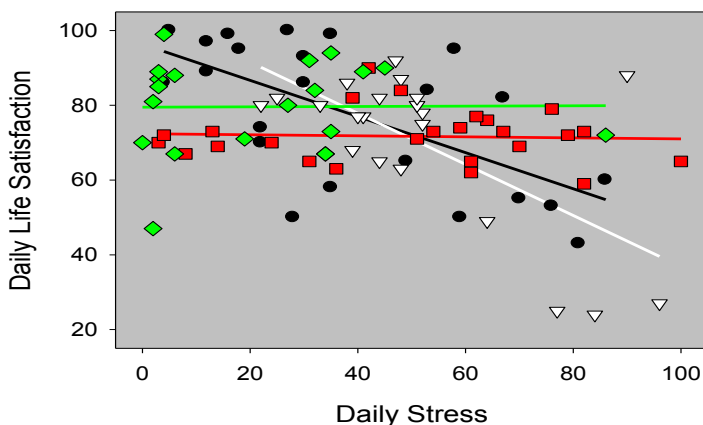
Approach 1: Changes in Stress & Life Satisfaction Over Time. Day-to-day changes in stress and life satisfaction from the four members are shown in the figures below. Each person is represented by a different color. As you can see, daily stress ratings varied much more than daily life satisfaction for these four study members.



Approach 2: Within-person Links Between Daily Stress & Life Satisfaction. Another approach is to examine the associations between responses for each person separately (not at the group level). For example, as seen in the figure below, two patterns of responses emerged with the stress and life satisfaction ratings.

For some members, daily life satisfaction was not associated with their daily stress (red and green data/trend lines). Daily stress does not appear to impact how positively or negatively they feel about their lives generally.

For other members, daily life satisfaction was negatively associated with their daily stress (black & white data/trend lines). Daily demands appear to exert a powerful influence on overall well-being for these indi-



More Questions. Why do these individuals differ? Are these patterns and associations stable over time or will they differ during Burst 2? Are members with particular patterns more likely to age successfully or be prone to particular health outcomes? We will be working to answer these and other questions in bursts 2 & 3 of iSAHIB.



iSAHIB 2010-2011

It's all about you!



Intraindividual Study on Aging, Health and Interpersonal Behavior:

Investigating links between social interactions, emotions, health and well-being over time.

Visit us on the web: <http://isahib.weebly.com/>

Burst 2 starts soon!

The study design includes about four months of "quiet period" between each burst of data collection. For some study members this means that Burst 2 begins as soon as October! Currently, we are busily preparing for these study members in the lab. We anticipate that Burst 2 will run from October through January. When we scheduled return visits to the lab for Burst 2 it seemed a distant time and date on the calendar. Those dates are drawing closer and we are starting to contact members to verify start up dates or to reschedule to a new time.



Use your phone to read this code!

Download a free bar code scanner application and use a smartphone camera to scan this graphic. It will locate our new web site link: <http://isahib.weebly.com>. Then click on it and visit our site!



The lab is now in 9 Henderson Building, check with us about changes to parking!

Are you over 65 and interested in participating in research studies?

Research Participants Across the Life Span (PALS) is an initiative to connect individuals in the community with research activities at Penn State. If you join PALS your information will be kept in a database and will only be shared with PSU researchers who are conducting studies approved by the University's Office for Research Protections. Register for Research PALS at 814-867-3653 or ResearchPALS@la.psu.edu.



DID YOU KNOW?

People who are "very satisfied" with their life (75%) exercise more regularly than people who are "dissatisfied" with their life (60%) (Steptoe, Dockray & Wardle, 2010).