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**Education**

- 1978 - Ph.D.      Pennsylvania State University, College of Human Development, University Park, PA 16802
- 1975 - M.A.      Pennsylvania State University, College of Human Development, University Park, PA 16802
- 1973 - B.A.      Colorado Women's College, Denver, CO 80220
- 1971-1972      Foreign Study: Junior Year Abroad, Geneva, Switzerland

**Professional Positions**

- 1998-Present      Director, Institute on Aging, University of Wisconsin-Madison
- 1993-Present      Professor, Department of Psychology, University of Wisconsin-Madison
- 1995-1998      Interim Director, Institute on Aging, University of Wisconsin-Madison
- 1989-1995      Associate Director, Institute on Aging, University of Wisconsin-Madison
- 1985-1993      Associate Professor, Department of Psychology, University of Wisconsin-Madison
- 1984-1985      Associate Professor, Department of Psychology, Fordham University
- 1978-1984      Assistant Professor, Department of Psychology, Fordham University

**Awards and Honors**

- Professorship (2008)      Named Marie Jahoda Professor of Psychology, University of Wisconsin-Madison
- Merit Award (2007)      National Institute on Aging, "Midlife Health in Japan (MIDJA) and the U.S. (MIDUS)", (R01 AG027343, 2007-2017)

Matilda White Riley Award (2007)	Office of Behavioral and Social Sciences Research, National Institutes of Health
Fellow (2007)	Association for Psychological Science
Murray Award (2003)	Society of Personality and Social Psychology
Vilas Associates Award (1999)	University of Wisconsin-Madison
Fellow (1995)	Division 20, American Psychological Association
Fellow (1994)	Gerontological Society of America
Network Member (1988-1998)	MacArthur Research Network on Successful Mid-Life Development
Fellow (1982-1983)	Center for Advanced Study in the Behavioral Sciences Stanford, CA 94305
Summer Scholar (1980)	Center for Advanced Study in the Behavioral Sciences Summer Institute on Life-Span Human Development Stanford, CA 94305

## **Publications**

### Journal Articles and Chapters

- Love, G.D., Seeman, T.E., Weinstein, M., & Ryff, C.D. (in press) Bioindicators in the MIDUS National Study: Protocol, measures, sample, and comparative context. *Journal of Aging and Health*.
- Slopen, N., Lewis, T.T., Gruenewald, T.L., Mujahid, M.S., Ryff, C.D., Albert, M.A., & Williams, D.R. (in press). Early life adversity and inflammation in African Americans and whites in the Midlife in the United States Survey. *Psychosomatic Medicine*.
- Miyamoto, Y., & Ryff, C.D. (in press). Cultural differences in the experience of dialectical and non-dialectical emotions and their implications for health. *Cognition and Emotion*.
- Phelan, C.H., Love, G.D., Ryff, C.D., Brown, R.L., & Heidrich, S.M. (in press). Psychosocial predictors of changing sleep patterns in aging women: A multiple pathway approach. *Psychology and Aging*.
- Ryff, C.D. (in press). The role of purpose in life and personal growth in positive human health. In P.T.P. Wong (Ed.), *The human quest for meaning, 2<sup>nd</sup> Edition*. New York: Routledge Publishers.

- Radler, B.T., & Ryff, C.D. (2010). Who participates? Accounting for longitudinal retention in the MIDUS (Midlife in the US) National Study of Health and Well-Being. *Journal of Aging and Health, 22*, 307-331.
- Charles, S.T., Luong, G., Almeida, D.M., Ryff, C.D., Sturm, M., & Love, G. (2010). Fewer ups and downs: Daily stressors mediate age differences in negative affect. *Journal of Gerontology: Psychological Sciences, 65B*, 279-286.
- Shcheslavskaya, O.V., Burg, M.M., McKinley, P.S., Schwartz, J.E., Gerin, W., Ryff, C.D., et al. (2010). Heart rate recovery after cognitive challenge is preserved with age. *Psychosomatic Medicine, 72*, 128-133.
- Manderscheid, R., Ryff, C.D., Freeman, E., Dhingra, S. McKnight-Eily L., Strine, T. (2010). Evolving definitions of mental illness and wellness. *Preventing Chronic Disease, 7*, 1-6.
- Friedman, E.M., Williams, D.R., Singer, B.H., & Ryff, C.D. (2009). Chronic discrimination predicts higher circulating levels of E-selectin in a national sample: the MIDUS study. *Brain, Behavior, and Immunity, 23*, 684-692.
- Costanzo, E.S., Ryff, C.D., & Singer, B.H. (2009). Psychosocial adjustment among cancer survivors: Findings from a national survey of health and well-being. *Health Psychology, 28*, 147-156.
- Lachman, M.E., Röcke, C., Rosnick, C., & Ryff, D.C. (2008). Realism and illusion in American's temporal views of their life satisfaction: Age differences in reconstructing the past and anticipating the future. *Psychological Science, 19*, 889-897.
- Ryff, C.D., & Singer, B.H. (2008). Understanding healthy aging: Key components and their integration. In V. Bengtson, D. Gans, N.M. Putney, & M. Silverstein (Eds.), *Handbook of theories of aging, 2<sup>nd</sup> Edition* (pp. 117-144). New York: Springer.
- Ryff, C.D. (2008). Challenges and opportunities at the interface of aging, personality, and well-being. In O.P. John, R.W. Robins, & L.A. Pervin (Eds.), *Handbook of personality: Theory and research (3<sup>rd</sup> Edition)* (pp. 399-418). New York: Guilford Press.
- Tsenkova, V., Love, G.D., Singer, B., & Ryff, C.D. (2008). Coping and positive affect predict longitudinal change in glycosylated hemoglobin. *Health Psychology, 27*, S163-S171.
- Gruenewald, T.L., Mroczek, D.K., Ryff, C.D., & Singer, B.H. (2008). Diverse pathways to positive and negative affect in adulthood and later life: An integrative approach using recursive partitioning. *Developmental Psychology, 44*, 330-343.
- Ryff, C. D., & Singer, B. (2008). Know thyself and become what you are: A eudaimonic approach to psychological well-being. *Journal of Happiness Studies, 9*, 13-39.

- Singer, B.H., & Ryff, C.D. (2007). Neglected tropical diseases, neglected data sources, and neglected issues. *PLoS Neglected Tropical Diseases*, *1*, 1-3.
- Tsenkova, V., Love, G.D., Singer, B.H., & Ryff, C. D. (2007). Socioeconomic status and psychological well-being predict cross-time change in glycosylated hemoglobin in older women without diabetes. *Psychosomatic Medicine*, *69*, 777-784.
- Friedman, E.M., Love, G.D., Rosenkranz, M.A., Urry, H.L., Davidson, R.J., Singer, B.H., & Ryff, C.D. (2007). Socioeconomic status predicts objective and subjective sleep quality in aging women. *Psychosomatic Medicine*, *69*, 682-691.
- Bardi, A., & Ryff, C.D. (2007). Interactive effects of traits on adjustment to a life transition. *Journal of Personality*, *75*, 1-29.
- Friedman, E.M., Hayney, M., Love, G.D., Singer, B., & Ryff, C.D. (2007). Plasma interleukin-6 and soluble IL-6 receptors are associated with psychological well-being in aging women. *Health Psychology*, *26*, 305-313.
- Ryff, C.D., & Singer, B. H. (2007). What to do about positive and negative items in studies of psychological well-being and ill-being? *Psychotherapy and Psychosomatics*, *76*, 61-62.
- Singer, B.H., Utzinger, J., Ryff, C.D., Wang, Y., & Holmes, E. (2007). Exploiting the potential of metabonomics in large population studies: Three venues. In J.C. Lindon, J.K. Nicholson, & E. Holmes (Eds.), *The handbook of metabonomics and metabolomics* (pp.289-325). Amsterdam: Elsevier.
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#### Books

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- Singer, B.H., & Ryff, C.D. (Eds.). (2001). *New horizons in health: An integrative approach*. Washington, D.C.: National Academy Press.

Ryff, C. D., & Marshall, V. W. (Eds.), (1999). *The self and society in aging processes*. New York: Springer.

Ryff, C. D., & Seltzer, M. M. (Eds.), (1996). *The parental experience in midlife*. Chicago: University of Chicago Press.

Stamm, L., & Ryff, C. D. (Eds.), (1984). (Eds.), *Social power and influence in women*. Boulder, CO: Westview Press (American Association for the Advancement of Science).

### Book Reviews

Ryff, C. D. (1988). An intergenerational potpourri. *Contemporary Psychology*, 33, 1055-1056.

Ryff, C. D. (1987). Review of *The me I know: A study of adult identity*. *Journal of Applied Gerontology*, 6, 221-224.

Ryff, C. D. (1987). The longest story ever told. *Contemporary Sociology*, 16, 49-50.

Ryff, C. D. (1986). Social change and women: The next questions. *Contemporary Psychology*, 31, 44.

Ryff, C. D. (1983). Review of L. B. Rubin's *Women of a Certain Age*. *Signs: Journal of Women in Culture and Society*, 8, 724-727.

### **Conference Presentations and Colloquia**

Ryff, C.D. (2009). The science of well-being and its implications for clinical practice. Clinical Aphasia Conference, Keystone, CO, May 28.

Ryff, C.D. (2009). The MIDUS (Midlife in the U.S.) National Study: Implementing a biopsychosocial approach to health. Plenary Address on Midlife Transitions, American Psychosomatic Society, Chicago, IL, March 6.

Ryff, C.D. (2008). Understanding human well-being: An overview of research and practice. Plenary Address, Canadian Psychological Association, Halifax, Nova Scotia, June 14.

Ryff, C.D. (2008). Biological correlates of psychological well-being (MIDUS). Invited lecture, Health in Aging Conference, Royal Hospital Kilmainham, Dublin, Ireland, May 30.

Ryff, C.D. (2008). Psychological well-being: What is it? Who has it? Why does it matter? Invited lecture, Kyoto University, Kyoto, Japan, April 8.

Ryff, C.D. (2008). Opportunities for women's health research in a national longitudinal study (MIDUS). Center for Women's Health Research, University of Wisconsin-Madison, February 19.

Ryff, C.D. (2008). Psychological well-being: What is it? Who has it? Why does it matter?

Macalester College Psychology Club, St. Paul, MN, February 11.

- Ryff, C. D., Radler, B., & Singer, B. (2008). Known and unknown gradients in MIDUS. Presented at Society for Personality and Social Psychology meetings, Albuquerque, NM, February 9.
- Ryff, C.D. (2007). Psychological well-being: Understanding its components and their links to biology. St. Luke's Roosevelt Hospital, Cardiology Grand Rounds, New York City, December 12.
- Ryff, C.D., Radler, B., & Singer, B. (2007). Longitudinal trajectories of well-being: Age-specific strengths and vulnerabilities. Presentation at meetings of the Gerontological Society of America, San Francisco, CA, November 17.
- Ryff, C.D. (2007). The neurobiology of psychological well-being. Invited Address, University of Rome, Rome, Italy, October 19.
- Ryff, C.D. (2007). Varieties of well-being: An overview. Workshop on "Vitality, Health and Psychological Well-Being: Probing the Linkages and Promoting Positive Functioning," Rockefeller University, September 19-20.
- Ryff, C.D. (2007). Well-being and neurobiology: Mapping connections. Academy of Behavioral Medicine Meetings, Park City, UT, June 23.
- Ryff, C.D. (2007). Integrative health: A pathway approach. Matilda White Riley Lecture, Office of Behavioral and Social Sciences Research, National Institute of Health, Bethesda, MD, June 6.
- Ryff, C.D. (2007). Psychological well-being and neurobiology: Probing positive mind/body connections. Workshop on "The Healthy Aging Phenotype," Amsterdam, The Netherlands, May 24-25.
- Ryff, C.D. (2007). Psychological well-being and health: Probing positive mind/body connections. Occupational Science Symposium, University of Southern California, Los Angeles, CA, March 29.
- Ryff, C.D. (2007). Psychological well-being: Implications for later life resilience. Mary Scott Lecture Series, Colorado State University, Fort Collins, CO, March 2.
- Ryff, C.D. (2007). Psychological well-being and neurobiology: What are the links and why do they matter. Massachusetts General Hospital, Department of Psychiatry, February 2.
- Ryff, C.D.(2006). Health: More than the absence of disease. Predictive Health Symposium, Emory University, Atlanta, GA, December 18.

- Friedman EM, Love GD, Davidson, RJ, Urry H, Rosecrantz M, Singer BH, Ryff, CD. (2006). Socioeconomic status and sleep quality in aging women. Annual Meeting of the Gerontological Society of America, Dallas, TX, November 16-20.
- Tsenkova, V., Love, G., Singer, B., & Ryff, C. (2006). Coping and positive affect predict longitudinal change in glycosylated hemoglobin. Presentation at the Gerontological Society of America, Dallas, TX, November 16-20.
- Ryff, C.D. (2006). Optimal functioning as psychological well-being: Social structural influences and neurobiological correlates. Conference on Optimal Functioning, University of Georgia, Athens, GA, November 10-11.
- Ryff, C.D. (2006). Psychological well-being and neurobiology: Implications for later life resilience. American Association for Geriatric Psychiatry, Bethesda, MD, November 3.
- Ryff, C.D. (2006). Women's health: An integrative mind/body approach. Keynote Speaker, Women's Health Conference, University of Arizona, Tucson, AZ, April 1.
- Ryff, C.D. (2006). Pursuing the mind/body interface in longitudinal surveys: Guiding questions and preliminary findings. RAND Corporation, Santa Monica, CA, February 15.
- Ryff, C.D. (2006). Close relationships and good health: Probing neurophysiological substrates. Society for Personality and Social Psychology, Palm Springs, CA. January 26.
- Ryff, C. D. (2005). Varieties of well-being and biology: Understanding the neurophysiology of human flourishing. Invited Speaker, Capabilities and Happiness Conference, Milano-Bicocca University, Italy, June 17.
- Ryff, C. D. (2005). Psychological well-being and biology: What are the connections and how might they matter? Keynote Address, Annual Meeting of the Australian Psychological Society, Melbourne, Australia, September 28.
- Ryff, C. D. (2005). Understanding human well-being. Invited Address, Australian Psychological Society – Sydney Branch, Sydney, Australia, October 4.
- Ryff, C. D. (2005). Neurobiological pathways linking quality of social relationships to health. Invited Speaker, Conference on Gender, Relationships, and Health, University of Texas-Austin, Austin, TX, October 21.
- Ryff, C. D. (2005). Well-being and the quality of social relationships. Meeting of the Health and Retirement Study at the Gerontological Society of America, Orlando, FL, November 18.
- Ryff, C. D. (2005). Resilient aging: A biopsychosocial approach. Gerontological Society of America Meetings, Orlando, FL, November 19.



- Friedman, E. M., Love, G. D., Hayney, M., Singer, B., & Ryff, C. D. (2005). Positive social relationships and inflammation in aging women. Annual Meeting of the Gerontological Society of America, Orlando, FL November 20.
- Singer, B. H., Love, G., Urry, H., Friedman, E. M., Ryff, C. (2005). Well-being, the HPA axis and sleep. Annual Meeting of the Gerontological Society of America, Orlando, FL, November 20.
- Friedman, E. M., Love, G. D., Haney, M., & Ryff, C. D. (2005). Psychological well-being and inflammatory factors in a sample of aging women. Annual Meeting of the American Psychosomatic Society, Vancouver, BC. March 2-5.
- Ryff, C. D. (2005). Building integrative science around the study of psychological well-being. American Psychological Society, Los Angeles, CA, May 27.
- Friedman, E. M., Love, G. D., Hayney, M., Davidson, R. J., Urry, H., Rosencrantz, M., Singer, B. H., & Ryff, C. D. (2005). Moderating influences of sleep quality and positive social relationships on plasma IL-6 levels in aging women. Annual Meeting of the Psychoneuroimmunology Research Society, Denver, CO, June 8-11.
- Ryff, C.D. (2004). Understanding human resilience: A biopsychosocial approach. Invited Lecture, Arizona State University, Tempe, AZ, October 14.
- Ryff, C.D. (2004). Whole lives, well-being, and health: A biopsychosocial integration. Murray Award Address, American Psychological Association Meetings, Honolulu, Hawaii, July 29.
- Ryff, C.D. (2004). Biopsychosocial pathways to health and illness: Outlines of an Integrative approach. Invited Lecture, University of Washington, Seattle, WA, May 11.
- Ryff, C.D. (2004). Positive aging: An integrative approach. Invited Lecture. Sealy Center on Aging, University of Texas Medical Branch, Galveston, TX, February 3.
- Ryff, C.D. (2003). Understanding human resilience: A biopsychosocial perspective. Invited Lecture, Duke University, Durham, North Carolina, January 24.
- Ryff, C.D. (2003). Varieties of well-being: Links to social structure and biology. Positive Psychology and Health Preconference, Society for Personality and Social Psychology Meetings, Los Angeles, CA, February 6.
- Ryff, C.D. (2003). Positive health: The neurobiology of human flourishing. Distinguished Speaker Series, Department of Psychology, Washington University, St. Louis, MO, February 24.
- Ryff, C.D. (2003). Social environments and the genetics of aging: Advancing knowledge of protective health mechanisms. Environmental Workshop for Genetic Studies of Aging, National Institute on Aging, February 26-27.

- Ryff, C.D. (2003). Positive health: The nexus of well-being and neurobiology. Invited Address, Conference on "The Science of Well-Being," The Royal Society, London, England, November 19-20.
- Ryff, C.D. (2003). Psychological well-being: What is it? Who has it? How does it matter? Invited Lecture, Department of Psychology, University of Kent, Canterbury, England, November 20.
- Ryff, C.D. (2003). The psychology of healthy aging: An update. Invited Address, Andalusia Longevity Forum, Antequera, Spain, December 13.
- Kwan, C., & Ryff, C.D. (2002). Social relationships and self-evaluations in community relocation. Gerontological Society of America Meetings, November 23.
- Garfield, A., Ryff, C.D., & Singer, B. (2002). Religion/spirituality and immune function in two samples of older adults. Gerontological Society of America Meetings, November 25.
- Ryff, C.D. (2002). Broadening the boundaries in quality of life studies: The importance of purposeful engagement. Plenary Address, International Society for Quality of Life Research, Orlando, FL, November 1.
- Ryff, C.D. (2002). The relevance of psychosocial wellness in contexts of disability. Invited Address, American Speech-Language-Hearing Association, Atlanta, GA, November 23.
- Ryff, C.D. (2002). Resilience: A biopsychosocial perspective on what protects health. Behavioral and Social Science Lecture Series, Neuroscience Center, National Institutes of Health, Rockville, MD, December 11.
- Ryff, C.D., & Singer, B. (2002). Is well-being protective?: Linking eudaimonic and hedonic well-being to biomarkers. Society for Psychophysiological Research, Washington, DC, October 3.
- Ryff, C.D. (2002). Family life and psychological well-being. Invited Address, Family Research Consortium III, Charlotte, NC, June 22.
- Ryff, C.D., & Singer, B. (2001). Psychosocial influences on health: Understanding their role in recovery from illness and resistance to disease. Invited address to Dutch Society on Psychosocial Oncology, University of Leids, Leiden, The Netherlands, October 11.
- Ryff, C.D., & Singer, B. (2001). The role of psychological and social strengths in positive health. Invited lecture, University of Groningen, The Netherlands, October 12.
- Ryff, C.D. (2001). The integrative science of healthy aging. RAND Summer Institute on the Demography, Economics, and Epidemiology of Aging, July 18.

- Kwan, C.M., Ryff, C.D., Love, G.D., & Essex, M.J. (2001). Relocation stress: Do self-enhancing evaluations help? Gerontological Society of America Meetings, Chicago, IL, November 17.
- Garfield, A.M., Ryff, C.D., & Singer, B. (2001) Religion/spirituality, education, and physical health in mid-life adults. Gerontological Society of America Meetings, Chicago, IL, November 16.
- Ryff, C.D. (2000). Positive aging: Making the most of the later years. Mather Institute on Aging, Evanston, IL, March 16.
- Ryff, C.D. (2000). Positive and negative relationship pathways and health. Conference on Aging and Social Relationships. Sponsored by the Behavioral and Social Sciences section of the National Institute on Aging. University of California, Berkeley, CA, May 5-6.
- Ryff, C.D. (2000). Purposeful engagement and personal growth as keys to later life well-being. Plenary Presentation, 5<sup>th</sup> Annual Jarvie Colloquium. New York City, June 8.
- Ryff, C.D. (2000). Women and well-being: What are the critical ingredients? 79<sup>th</sup> Annual Conference, Sigma Delta Epsilon, Graduate Women in Science, Inc. June 10.
- Ryff, C.D., & Singer, B. (2000). Narratives and numbers in search of whole lives. Fall Series on Integrating Quantitative and Qualitative Methods in the Study of Gender and the Life Course. University of Michigan, Ann Arbor, MI, November 9.
- Singer, B., & Ryff, C.D. (1999). Stratification of life histories and health risks: Integrating numbers and narratives. Gerontological Society of America Meetings, November, San Francisco, CA.
- Ryff, C. D. (1999). Aging and well-being. Invited Address, Fifth Biennial Forum on Women in Philanthropy, Council on Women's Giving of the University of Wisconsin Foundation, October, Madison, WI.
- Ryff, C. D. (1999). Purpose and positive health in aging: Challenges of the new era. Invited Address, The Brookdale Foundation Millennium Retreat, October, Glen Cove, NY.
- Ryff, C. D., & Singer, B. (1999). Life transitions and psychological well-being: Separate challenges leading to cumulative profiles. Invited Conference on "Personality in the Life Course: Paths to Successful Development." August, Kueruu, Finland.
- Ryff, C.D., & Singer, B. (1999). Breathing life into longitudinal surveys: Blends of narratives and numbers in search of persons. Invited Presentation, 34<sup>th</sup> World Congress of the International Society of Sociology, July, Tel Aviv, Israel.
- Ryff, C. D. (1999). Probing the mysteries of psychological well-being: A multidisciplinary agenda. Invited Address, American Psychological Association, August, Boston, MA.

- Ryff, C. D. (1999). Cumulative social relationship pathways: Implications for multiple physiological systems. Invited Presentation, American Psychological Society, June, Denver, CO.
- Ryff, C. D. (1999). MIDUS contributions to advancing knowledge of well-being. Invited Lecture, "Midlife in the U.S. (MIDUS)," Summer Workshop, University of Michigan, June, Ann Arbor, MI.
- Markus, H. R., & Ryff, C. D. (1999). Bridging quantitative and qualitative methods in MIDUS. Invited Lecture, "Midlife in the U.S. (MIDUS)," Summer Workshop, University of Michigan, June, Ann Arbor, MI.
- Ryff, C. D. (1999). Healthy mind/body aging. Invited Lecture, Annual Conference of Wisconsin Association of Family and Consumer Sciences. April, Madison, WI.
- Ryff, C. D. (1999). A portrait of women's psychological strengths and vulnerabilities. Invited Lecture, The Business Forum. March, Madison, WI.
- Ryff, C. D. (1999). Resilient lives in the MIDUS National Survey. Invited Presentation, Board of Directors, John D. and Catherine T. MacArthur Foundation. February, West Palm Beach, FL.
- Ryff, C.D. (1999). Linking personality to social structure and biology. Invited Presentation, National Institute on Aging Workshop on "Life-Span Perspectives on Personality," February, Washington, D.C.
- Ryff, C. D. (1998). The challenge of purpose and meaning in later life. Invited address to Madison Senior Center Community Dialogue on "Spirituality and Aging: The Search for Meaning in the Later Years," October, Madison, WI.
- Ryff, C. D. (1998). Psychological well-being in women: Evidence of strengths and vulnerabilities. Invited address, Cabinet 99 Faculty Showcase Symposium, Wisconsin Alumni Association, October, Madison, WI.
- Ryff, C. D. (1998). A biopsychosocial approach to the transition from midlife to old age. Invited NIMH Conference on Sociocultural Processes in Later Life Development, October, Rockville, MD.
- Ryff, C. D. (1998). Implications of psychological well-being for psychotherapy research and practice. Invited Address, Conference on "Well-Being Therapy: A New psychotherapeutic Approach to the Management of Mood Disorders," July, Niagara-on-the Lake, Canada.
- Ryff, C. D., & Singer, B. H. (1998). Staying well in the face of adversity: Resilience as a model of successful aging. International Society for the Study of Behavioral Development, July, Berne, Switzerland.

- Ryff, C. D. (1998). Psychological contributions to understanding positive human health. Department of Psychology, Stanford University, May, Palo Alto, CA.
- Ryff, C. D. (1998). A biopsychosocial approach to resilience in adulthood and later life, Tenth Annual Institute on Aging Spring Colloquium, April, Madison, WI.
- Ryff, C. D. (1998). Optimal aging: What=s it all about? Showcase Luncheon, Bascom Hill Society, University of Wisconsin, April, Madison, WI.
- Ryff, C. D. (1998). On the contours of positive human health. Invited Address, Department of Psychology, Bowling Green State University, April, Bowling Green, Ohio.
- Ryff, C. D. (1998). Links between physical and mental health in later life: Mind/body aging. Geriatric Grand Rounds, University of Wisconsin Medical School, March, Madison, WI.
- Ryff, C. D., & Magee, W. J. (1997). Psychological resilience in midlife: Life history precursors. Gerontological Society of America, November, Cincinnati, OH.
- Ryff, C. D., & Singer, B. (1997). Elective affinities and uninvited agonies: Mapping emotion with significant others onto health. Third Annual Wisconsin Symposium on Emotion, May, Madison, WI.
- Ryff, C. D. (1997). Exercise and psychological well-being: The positive mind/body spiral. Invited Address, American College of Sports Medicine 44th Annual Meeting, May, Denver, CO.
- Ryff, C. D. (1997). Self-evaluation in middle and later adulthood. National Institute on Aging Workshop on "Social Cognition and Aging," July, Stanford, CA.
- Ryff, C. D., & Singer, B. (1996). A person-centered approach to psychological wellness in adulthood and later life. Gerontological Society of America, November, Washington, D.C.
- Ryff, C. D. (1996). Parenthood in mid-life: Evaluation of self through the lives of grown children. International Congress of Psychology, August, Montreal, Canada.
- Ryff, C. D. (1996). Resilience in adulthood and later life. 1996 Distinguished Lecture in Aging. Institute on Aging, University of South Florida. May, Tampa, Florida.
- Ryff, C. D. (1996). Resilience and adaptation through the life course. 14th Annual Wilson Abernethy Distinguished Lecture, Centre for Studies of Aging, March, University of Toronto.
- Ryff, C. D. (1995). What I know and how I change: Is education a help or hindrance during life transition? Gerontological Society of America Meetings, November, Los Angeles.

- Ryff, C. D., & Magee, W. M. (1995). Opportunity, achievement, and well-being: A midlife perspective. American Psychological Association, August, New York, NY.
- Carr, D., Ryff, C. D., Singer, B. H., & Magee, W. J. (1995). Bringing the "life" back into life course research: A person-centered approach to studying the life course. American Sociological Association, August, Washington, D. C.
- Magee, W. J., Singer, B. H., & Ryff, C. D. (1995). Pathways to vulnerability and resilience at midlife. American Sociological Association, August, Washington, D.C.
- Ryff, C. D. (1995). Well-being in adult life: Defining properties, Sociodemographic correlates, and experiential processes. Institute for Survey Research, University of Michigan, February, Ann Arbor, MI.
- Singer, B. H., & Ryff, C. D. (1994). Social orderings/health linkages: Pathways and allostasis. Conference on Racial and Ethnic Differences in Health in Late Life, National Academy of Sciences, December, Washington, D.C.
- Kling, K. C., Ryff, C. D., & Essex, M. J. (1994). Adaptive changes in the self-concept during a life transition. Gerontological Society of America Meetings, November, Atlanta, GA.
- Smider, N. A., Essex, M. J., & Ryff, C. D. (1994). Psychological resources, situational factors, and emotion during relocation in later life. Gerontological Society of America Meetings, November, Atlanta, GA.
- Ryff, C. D. (1994). The meaning of psychological well-being. 7th Congress of Association of European Psychiatrists, September, Copenhagen, Denmark.
- Ryff, C. D., & Heidrich, S. S. (1994). Past life events and perceived changes in psychological well-being. American Psychological Association, August, Los Angeles, CA.
- Ryff, C. D. (1994). Psychological well-being in adult life. Keynote Address, Society for Research in Adult Development, June, University of Massachusetts-Amherst, Amherst, MA.
- Ryff, C. D. (1994). Perspectives on successful aging: The self and development. Foley Center for Aging and Human Development, Medical College of Wisconsin, June, Milwaukee, WI.
- Ryff, C. D. (1994). The contours of human wellness. Department of Psychology, University of Michigan, April, Ann Arbor, WI.
- Ryff, C. D. (1994). Psychological well-being and learning in later life. Michigan State University, February, East Lansing, MI.

- Ryff, C. D., Lee, Y. H., & Na, K. C. (1993). Through the lens of culture: Psychological well-being at midlife. Gerontological Society of America Meetings, November, New Orleans, LA.
- Ryff, C. D. (1993). Well-being in adult life: Meaning and mechanisms. Invited Address, American Psychological Association Meetings, August, Toronto, Canada.
- Ryff, C. D. (1993). Life experience, interpretive processes and well-being in middle and later adulthood. Institute of Gerontology, University of Michigan, February Ann Arbor, Michigan.
- Ryff, C. D. (1993). Life experience and well-being in adulthood and old age. Centre for Studies of Aging, University of Toronto, April, Ontario, Canada.
- Ryff, C. D. (1993). What about happiness? Bascom Hill Society, University of Wisconsin, June, Madison, Wisconsin.
- Ryff, C. D. (1992). Life experience and well-being in midlife: The case of parenting. International Congress of Psychology, July, Brussels, Belgium.
- Ryff, C. D., & Essex, M. J. (1992). Mid-life parents well-being: Influence of grown children's accomplishments and adjustment. American Psychological Association Meetings, August, Washington, D.C.
- Ryff, C. D. (1991). Mechanisms of self-evaluation in middle and later adulthood. Gerontological Society of America Meetings, November, San Francisco, CA.
- Ryff, C. D. (1991). Development and well-being in midlife. Invited address for Conference on Mid-Life Research, June, Murray Center, Cambridge, MA.
- Heidrich, S. M., & Ryff, C. D. (1991). Physical and mental health in later life: The self-system as mediator. Gerontological Society of America Meetings, November, San Francisco, CA.
- Ryff, C. D., & Essex, M. J. (1991). The products of parental investment: Consequences for parental well-being. Gerontological Society of America Meetings, November, San Francisco, CA.
- Ryff, C. D., & Essex, M. J. (1990). Interpretation of life experience and well-being: The sample case of relocation. Gerontological Society of America Meetings, November, Boston, MA.
- Ryff, C. D. (1990). Psychological well-being in later life. Invited address at Conference on Working with Aging Persons and Major Life Changes, October, Division of University Outreach, Madison, WI.

- Tweed, S. H., Ryff, C. D., & Cranley, M. S. (1990). Adult children of alcoholics: Their views of past family and parental relationships. Annual Meetings of National Council on Family Relations, November, Seattle, WA.
- Tweed, S. H., Ryff, C. D., & Cranley, M. S. (1990). Factors influencing psychological Adjustment of adult children of alcoholics. Midwestern Psychological Association Meetings, May, Chicago, IL.
- Tweed, S. H., Ryff, C. D., & Cranley, M. S. (1990). Factors influencing the psychological adjustment of adult children of alcoholics compared to adult offspring of nonalcoholics. Annual Meeting of Society for Education and Research in Psychiatric-Mental Health Nursing, November, Bethesda, MD.
- Tweed, S. H., & Ryff, C. D. (1990). Adult children of alcoholics: An instrument to assess interpretive style of family experiences. Invited address at National Conference on Instrumentation in Nursing, September, University of Arizona, Tucson, AZ.
- Ryff, C. D. (1989). Getting better, getting worse with time: Beliefs about personal change from young adulthood through old age. International Society for the Study of Behavioral Development, July, Jyväskylä, Finland.
- Essex, M. J., & Ryff, C. D. (1989). Getting better while getting worse: Self-protective mechanisms in enhancing well-being over time. Gerontological Society Meetings, November, Minneapolis, MN.
- Heidrich, S., & Ryff, C. D. (1989). Social comparison processes in coping with problems of aging. Gerontological Society Meetings, November, Minneapolis, MN.
- Heidrich, S., & Ryff, C. D. (1989). Well-being amidst distress: How do elderly women cope? Psychosocial Nursing Conference, July, Seattle, WA.
- Tweed, S. H., & Ryff, C. D. (1989). Present, past, and future self-assessments of psychological functioning among adult children of alcoholics. Psychosocial Nursing Conference, July, Seattle, WA.
- Ryff, C. D. (1988). The many faces of psychological well-being in middle and later adulthood. Gerontological Society of America Meetings, November, San Francisco, CA.
- Tweed, S. H., & Ryff, C. D. (1988). Psychological profiles of adult children of alcoholics: Wellness amidst distress. International Congress on Alcoholism and Drug Dependence, August, Oslo, Norway.
- Ryff, C. D. (1988). Beyond happiness: A reformulation of psychological well-being. Invited Address, Midwest Psychological Association Meetings, April, Chicago, IL.



### **Research Grants (1988 - Present)**

Ryff, C. D. (PI). "Midlife Health in Japan (MIDJA) and the U.S. (MIDUS)," National Institute on Aging, \$3,038,480 (R01), 4/01/2007 – 1/31/2012.

Ryff, C. D. (PI). "Integrative Pathways to Health and Illness," National Institute on Aging, \$28,208,595 (P01), 8/1/02 - 7/31/08.

Ryff, C.D. (Co-PI). "Aging and Cancer," National Cancer Institute, \$3,048,147 (P20), 2003-2008.

Ryff, C. D. (PI). "Influence of the Mind and Body on Later Life Resilience," National Institute of Mental Health, \$1,488,246, 9/30/99 - 9/29/04.

Ryff, C. D. (PI), "Diversity in Ways of Well-Being," MacArthur Foundation (Research Network on Midlife Development), \$75,095, 7/1/96 - 6/30/98.

Ryff, C. D. (PI), "Summary Volume: Midlife in America," MacArthur Foundation (Research Network on Midlife Development). \$22,000, 6/1/98 - 7/31/99.

Ryff, C. D. (PI), "Linking Psychosocial Pathways to Biological and Health Outcomes," MacArthur Foundation (Class and Health Research Network), \$40,808, 4/1/96-3/31/97.

Ryff, C. D. (PI), "Well-Being in the National Survey (MIDUS)," MacArthur Foundation (Research Network on Midlife Development), \$58,758, 1/1/96 - 12/31/96.

Ryff, C. D. (PI), "Supplement to Life Histories and Mental Health in Midlife," National Institute on Aging, \$31,680, 9/1/96 - 8/31/97.

Ryff, C. D. (PI), "Life Histories and Mental Health in Midlife," National Institute on Aging, \$793,846, 8/1/95-7/31/99.

Ryff, C. D. (PI), "Psychological Functioning in Midlife," MacArthur Foundation (Research Network on Midlife Development), \$55,011, 1/1/95 - 12/31/95.

Ryff, C. D. (PI). "Summer Institute: The Self and Society in Aging Processes," National Institute on Aging, \$44,164, 12/1/94 - 11/30/95.

Ryff, C. D. (PI), "Studies of Well-Being in Midlife," MacArthur Foundation (Research Network on Midlife Development), \$45,371, 1/1/94 - 12/31/94.

Ryff, C. D. (PI), "Mid-Life Parenting," MacArthur Foundation (Research Network on Midlife Development), \$38,546, 1/1/93 - 12/31/93.

Ryff, C. D. (PI), "Relocation and Health: Psychosocial Linkages," National Institute on Aging, \$1,164,295, 4/1/92 - 3/31/96.

- Ryff, C. D. (PI), "Wisconsin Longitudinal Supplement," MacArthur Foundation (Research Network on Midlife Development), \$49,500, 1/1/93 - 12/31/93.
- Ryff, C. D. (Co-PI; M. J. Essex, PI), "SRM Component of Community Relocation Project," MacArthur Foundation (Research Network on Depression), \$49,777, 9/1/92-8/31/93.
- Ryff, C. D. (PI), "Comparative Perspectives on Mid-Life Parenting," MacArthur Foundation (Research Network on Midlife Development), \$51,359, 1/1/92 - 12/31/92.
- Ryff, C. D. (PI), "Mid-Life Parenting Workshop," MacArthur Foundation (Research Network on Midlife Development), \$19,502, 4/1/92 - 3/31/93.
- Ryff, C. D. (Co-Investigator; R. M. Hauser, PI), "The Wisconsin Longitudinal Study: Parents and Children at Age 50," National Institute on Aging, \$1,923,309, 6/1/91 - 5/31/94.
- Ryff, C. D. (PI), "How are my children doing? Consequences for parental well-being," MacArthur Foundation (Research Network on Midlife Development), \$65,799, 1/1/91 - 12/31/91.
- Ryff, C. D. (PI), "Midlife interpretations of children's achievements," MacArthur Foundation, (Research Network on Midlife Development), \$43,345, 1/1/90 - 12/31/90.
- Ryff, C. D. (PI), "Social environments and the elderly: Identifying predictors of well-being," University of Wisconsin Research Committee, \$21,770, 7/1/89 -6/30/90.
- Ryff, C. D. (Co-PI; M. H. Klein, PI), "Psychosocial assessments in the mental health of older women: Social relationships, activities, coping behaviors, and self-concept," AARP Andrus Foundation, \$49,893, 1/1/89 - 12/31/89.

## **Editorial Activities**

### Consulting Editor

- Psychology and Aging (1990-1994, 1996-2001)
- Journal of Personality and Social Psychology: Personality Processes and Individual Differences (1996-1999)
- Psychotherapy and Psychosomatics (1997- present)
- Current Directions in Psychology (2004 – 2007)

### Consulting Reviewer

- Journal of Personality and Social Psychology
- Journal of Research in Personality
- Developmental Psychology
- Child Development
- Psychology of Women Quarterly
- American Journal of Sociology
- Journal of Abnormal Psychology
- Journal of Personality

International Journal of Behavioral Development  
Health Psychology  
Psychological Bulletin  
Journal of Clinical and Social Psychology  
Cognition and Emotion  
Journal of Aging and Health  
Journal of Health and Social Behavior  
Emotion  
Psychoneuroendocrinology  
International Journal of Behavioral Medicine  
Personality and Social Psychology Bulletin  
Psychological Science

### **Professional Affiliations**

Society for Personality and Social Psychology  
American Psychological Association  
Gerontological Society of America  
International Society for the Study of Behavioral Development  
Society for Research in Child Development  
Member, Monitoring Committee, Health and Retirement Study, University of Michigan,  
2001- present.  
Member, Behavioral and Social Sciences Executive Committee, Gerontological Society  
of America, 1990-1992.  
Member, Research, Education, and Practice Committee, Gerontological Society of  
America, 1991-1993.