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EDUCATION

The Ohio State University

Columbus, Ohio

Ph.D. in Sociology, anticipated June 2009.

Dissertation: *Health Behavior Engagement between Adolescence and Early Adulthood*
Committee: Kristi Williams (co-chair), Elizabeth Menaghan (co-chair), Zhenchao Qian,
and Cynthia Colen

Master of Arts in Sociology, June 2005.

Thesis: *Depression and the Psychological Benefits of Marriage*
Committee: Kristi Williams (chair), Elizabeth Menaghan, and Sharon Sassler

Denison University

Granville, Ohio

Bachelor of Arts with honors in Sociology/Anthropology, May 2003.

Senior thesis: *History Wars: Was the Battle for National Standards Written into Textbooks?*

RESEARCH INTERESTS

Physical and mental health, health disparities

Life course transitions

Union transitions and family formation

Quantitative methods

PUBLICATIONS

Frech, Adrienne and Kristi Williams. 2007. "Depression and the Psychological Benefits of Entering Marriage." (Previously presented at annual meetings of the Population Association of America, Los Angeles, California, April 2006 and the American Sociological Association, Montreal, Quebec, August 2006). *Journal of Health and Social Behavior*. 48(2):149-163

Williams, Kristi, Adrienne Frech, and Daniel Carlson. forthcoming. Untitled Chapter. *Handbook for the Study of Mental Health*, 2nd edition, edited by Teresa L. Scheid and Tony Brown. Cambridge: Cambridge University Press.

RESEARCH IN PROGRESS

Frech, Adrienne. "Race-ethnicity and Gender Differences in Health Behavior Engagement between Adolescence and Emerging Adulthood."

Frech, Adrienne. "Reasons for Leaving Home and Change in Healthy Behavior Engagement between Adolescence and Emerging Adulthood."

Frank, Reanne, Elizabeth Wildsmith and Adrienne Frech. "What Is the Evidence?: A Theoretical and Empirical Survey of Segmented Assimilation among Latinos in the U.S."

GRANT UNDER REVIEW

Frech, Adrienne. "Change in Healthy Habits between Adolescence and Emerging Adulthood". Under review (resubmission), R36 dissertation grant PAR 07-231, Centers for Disease Control.

PRESENTATIONS AT PROFESSIONAL MEETINGS

Frech, Adrienne. 2008. "Change in Healthy Habits between Adolescence and Emerging Adulthood." Annual Meeting of the Population Association of America, New Orleans, Louisiana. 18 April.

Frank, Reanne, Elizabeth Wildsmith and Adrienne Frech. 2007. "What Is the Evidence?: A Theoretical and Empirical Survey of Segmented Assimilation among Latinos in the U.S." Annual Meeting of the American Sociological Association, New York City, New York. 13 August.

Frech, Adrienne. 2007. "Explaining the Psychological Benefits of Entering Marriage among the Depressed." Annual Meeting of the Population Association of America, New York City, New York. 30 March.

Williams, Kristi and Adrienne Frech. 2006. "Race, Stress, and Obesity over the Life Course." Tenth International Conference on Social Stress Research, Portsmouth, New Hampshire. 28 October.

Williams, Kristi and Adrienne Frech. 2006. "Race and Gender Differences in Overweight and Obesity over the Life Course." Annual Meeting of the Population Association of America, Los Angeles, California. 31 March.

Frech, Adrienne. 2003. "History Wars: Was the Battle for National Standards Written into Textbooks?" Midwest History of Education Conference, Chicago, Illinois. 23 October.

RESEARCH EXPERIENCE

Social Science Analyst GS-9 National Institutes of Health, Bethesda, MD 2006

Intern for the Demographic, Behavioral and Social Sciences (DBS) branch of the National Institute for Child Health and Human Development (NICHD). Responsibilities included summarizing DBS-funded studies for a long-term planning document, attending seminars on new directions in social science research, and attending study sections.

Graduate Research Assistant The Ohio State University, Columbus, OH 2006-2009

Research associate for Principal Investigator Dr. Kristi Williams, "Marriage and Cohabitation among Single Mothers: Consequences for Two Generations". Research funded by the National Institute for Child Health and Human Development. Duties include summarizing current research, coding data from the National Longitudinal Survey of Youth (NLSY79) and Children of NLSY79 Mothers, sending progress reports to collaborators, and other duties as assigned. Fall 2007-Spring 2009

Research associate for sociology faculty affiliated with the Initiative in Population Research. Projects included a meta-analysis of research on classical and segmented assimilation paths within the United States and coding of demographic data on Amish populations within the United States. Other responsibilities: editing manuscripts and grant applications, analyzing survey data, and meeting with visiting faculty. Fall 2006-Summer 2007

Faculty Research Assistant Denison University, Granville, OH 2001-2003

Responsibilities included copyediting, background research, creating charts and tables, and other tasks for Dr. Mary Tuominen's *We Are Not Babysitters: Family Child Care Providers Redefine Work and Care* (Rutgers, 2004).

RESEARCH TRAINING AND SKILLS

Research Training

Integrating Biomarkers in Population-based Research June 2008

Description: Workshop provided an introduction to collection, storage, and analysis of biomarkers for social science research. Co-sponsored by the Interuniversity Consortium for Political and Social Research (ICPSR) and the Carolina Population Center

Description: Short course described recent findings in social science research using biomarkers as outcomes or independent variables. Co-sponsored by the National Institute for Child Health and Human Development, the Institute for Behavioral Science at the University of Colorado at Boulder, and the University of Colorado at Boulder.

Description: Workshop introduced NLSY data Summer workshop, conducted by the Center for Human Resources Research (CHRR) at The Ohio State University. Columbus, Ohio.

Research Skills

Graduate Courses in Quantitative Methodology: Event History (Survival) analysis, multilevel (HLM) models, growth curve modeling (software: Stata, HLM, SPSS)

Data: National Survey of Families and Households (NSFH), National Longitudinal Study of Youth – 1979 (NLSY79, Children of NLSY79 Mothers), National Longitudinal Study of Adolescent Health (Add Health), Americans' Changing Lives Survey (ACL)

TEACHING INTERESTS

Introduction to sociology
Introduction to social science research methods
Introductory statistics for social sciences
Sociology of family
Sociology of mental and physical health

TEACHING EXPERIENCE

Graduate Teaching Associate The Ohio State University, Columbus, OH 2003-2006

Teaching assistant for introductory and upper-level sociology courses. Responsibilities included daily instruction, draft editing and tutoring, grading, as well as working in close consultation with supervisors and fellow TAs. Course Responsibilities:

Introduction to Sociology (Recitation Leader, 2 quarters)
Methods of Social Inquiry (Recitation Leader, 2 quarters)
Quantitative Research Methods in Sociology (Recitation Leader, 2 quarters)

Travel awards

Biodemography Short Course at the University of Colorado-Boulder, 2007
Annual Meetings of the Population Association of America, Initiative in Population Research, 2006-2008
Midwest History of Education Conference, Denison University, 2003

PROFESSIONAL ACTIVITIES AND SERVICE

Manuscript Review 2007-2008

Journal of Health and Social Behavior
Journal of Happiness Studies
Sociological Forum
WW. Norton and Co.

Student Affiliate, Initiative in Population Research (IPR), The Ohio State University 2005-2008
Discussant and Member, Health Disparities Working Group, 2007-2008
Member, Propensity Score Matching Working Group, 2006-2008

Professional Associations

Population Association of America 2005-2008
American Sociological Association 2003-2008

Academy Judge, State Science Competition, Columbus OH, 2003-2008

Discussant, Session on Crime, Delinquent Behavior, and Violence, Add Health Users' Conference, Bethesda, MD, July 2006

DISSERTATION ABSTRACT

Change in Health Behavior Engagement between Adolescence and Early Adulthood

Health differences due to gender, race-ethnicity, and social class – termed health disparities – form prior to middle adulthood; these eventually lead to greater years of disability and shorter life spans among the disadvantaged (Hayward and Heron 1999). Identifying points of health disparity formation across the life span can improve Americans' overall health if findings are used to improve social conditions most strongly linked to disease. This goal is motivated by the research aims set forth in *Healthy People 2010* (DHHS 2000), which call for research investigating the mechanisms through which race-ethnic and socioeconomic inequality affect health over time. I draw from fundamental cause theory and the weathering hypothesis to identify elements of the social environment during adolescence (ages 13-17) and emerging adulthood (ages 18-25) that contribute to race-ethnicity, socioeconomic, and gender disparities in trajectories of health behavior engagement. The health behaviors investigated include getting enough sleep, maintaining a healthy weight, not smoking, not drinking, exercising regularly, and eating breakfast (Wiley and Camacho 1980).

I find that three specific elements of the adolescent home environment – parent education, family composition, and parent health behaviors – contribute to health disparities among adolescents, and that some of these elements continue to affect trajectories of health behavior engagement throughout early adulthood. I also focus extensively on race-ethnic and gender inequality in health behavior engagement and describe a health behavior advantage among African American adolescents and emerging adults relative to non-Hispanic white and U.S.-born Hispanic peers. Hypotheses are tested using waves 1, 2 and 3 of the National Longitudinal Study of Adolescent Health (Add Health) (Udry 2003). All hypotheses are tested using multilevel models. These models estimate differences in trajectories of health behavior engagement between adolescents, controlling for the clustering of individuals in schools. Continued analyses building from these initial findings will use early life course transitions such as leaving home, entry into parenthood and marriage, and college enrollment to better understand health disparity formation among young adults.

REFERENCES

Dr. Kristi Williams, Ph.D.
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Dr. Elizabeth Menaghan, Ph.D.
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Dr. Zhenchao Qian, Ph.D.
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