

Jennifer Hahn-Holbrook, Ph.D.

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Education & Academic Employment

2013-present	Assistant Professor, Chapman University
2010-2013	Postdoctoral Fellow, Health Psychology & The Institute for Society & Genetics, University of California, Los Angeles
2006-2010	Ph.D., Cognitive Science, Queen's University Belfast, UK
2000-2004	B.A., Psychology, University of California, Santa Cruz

Research Summary

I study the interplay between the psychological and biological processes that shape maternal mental and physical health. My interdisciplinary background in evolutionary, biological, and health psychology informs my research in three domains of focus: (1) the psychological impacts of biological changes surrounding pregnancy and breastfeeding, (2) the role of stress and maternal resources in both bolstering or undermining maternal behaviors and health, and (3) the evolutionary origins of maternal behaviors and mental health disorders.

Publications

- Hahn-Holbrook, J., Dunkel Schetter, C., Chander, A., & Hobel, C. (*in press*). Placental corticotropin-releasing hormone mediates the association between prenatal social support and postpartum depression. *Clinical Psychological Science*.
- Hahn-Holbrook, J., Glynn, L., Haselton, M., & Dunkel Schetter, C. (*in press*). Does breastfeeding offer protection against maternal depressive symptomatology? A prospective study from pregnancy to two years after birth. *Archives of Women's Mental Health*.
- Hahn-Holbrook, J., Dunkel Schetter, C., & Haselton, M. (2013). The advantages and disadvantages of breastfeeding for maternal mental and physical health. In M. Spiers, P. Geller & J. Kloss (Eds.), *Women's Health Psychology*. New Jersey: Wiley.

- Hahn-Holbrook, J., Holt-Lunstad, J., Holbrook, C., Coyne, S.M., & Lawson, T. (2011). Maternal defense: Breastfeeding heightens aggression by reducing stress. *Psychological Science*, 22, 1288-1295. doi: 10.1177/0956797611420729
- Hahn-Holbrook, J., Holbrook, C., & Haselton, M. (2011). Parental precaution: Neurobiological means and adaptive ends. *Neuroscience and Biobehavioral Reviews*, 35, 1052-1066. doi:10.1016/j.physletb.2003.10.071
- Holbrook, C., Sousa, P., & Hahn-Holbrook, J. (2011). Unconscious vigilance: Worldview defense without adaptations for terror, coalition or uncertainty management. *Journal of Personality and Social Psychology*, 101, 451-466. doi: 10.1037/a0024033
- Hahn-Holbrook, J., Holbrook, C., & Bering, J. (2010). Snakes, spiders, strangers: How the evolved fear of strangers may misdirect efforts to protect children from harm. In J. M. Lampinen & K. Sexton-Radek (Eds.), *Protecting children from violence: Evidence based interventions*. New York: Psychology Press.

Conference Papers

- Hahn-Holbrook, J. (2012, June). *Early breastfeeding is protective against maternal depression 1 and 2 years after birth*. Paper presented for the annual Human Behavior and Evolution Society Conference, Albuquerque, NM.
- Hahn-Holbrook, J. (2011, October). *Mama Bears: The role of breastfeeding and oxytocin on female aggression*. Paper presented for the annual Society for Experimental Social Society Conference, Washington, DC.
- Hahn-Holbrook, J., Kane, H., Tanner, L., Arora, C., Hobel, C., & Dunkel Schetter, C. (2011, September). *The effects of social support on corticotrophin-releasing hormone (CRH) and gestational age at birth*. Paper presented in Symposium for the 25th annual European Health Psychology Society Conference, Hersonissos, Crete, Greece.
- Hahn-Holbrook, J., Holt-Lunstad, J., & Holbrook, C. (2010, June). *Breastfeeding and maternal aggression in humans: Is oxytocin the link?* Paper presentation for the annual Human Behavior and Evolution Society Conference, Eugene, OR.
- Hahn-Holbrook, J. (2010, June). *Single, skinny and physically aggressive: New evidence for female sexual aggression via physical aggression*. Poster presentation for the annual Human Behavior and Evolution Society Conference, Eugene, OR.
- Holt-Lunstad, J., & Hahn-Holbrook, J. (2010, April). *Tend and befriend or lactation aggression in response to threat?* Poster presentation at the annual Society of Behavioral Medicine Conference, Seattle, WA.
- *Winner of the Citation Award for Excellence in Research

Hahn-Holbrook, J., Holt-Lunstad, J., & Holbrook, C. (2009, May). *New evidence for lactation aggression in humans*. Paper presentation for the annual Human Behavior and Evolution Society conference, Fullerton, CA.

Holbrook, C., Hahn-Holbrook, J., & Sousa, P. (2009, May). *Unconscious vigilance: Worldview defense without terror management, uncertainty management or coalitional psychology*. Poster presentation for the annual meeting of the American Psychological Society, San Francisco, CA.

Hahn-Holbrook, J., Holbrook, C., Sousa, P., & Naktsang, D. (2009, May). *Worldview defense in Tibet: Cross-cultural evidence of affect misattribution rather than terror management*. Poster presentation for the annual meeting of the American Psychological Society, San Francisco, CA.

Hahn-Holbrook, J. & Bering, J. (2008, May). *Stranger danger: Evolutionary approaches to stranger anxiety in infancy and beyond*. Protecting Children from Danger Conference, Sheraton Hotel, Chicago.

Hahn-Holbrook, J. (2007, June). *The battle of the sexes: Feminist and evolutionary perspectives*. The Quest Women and Power Conference, Queen's University, Belfast, United Kingdom.

Invited Colloquia

Hahn-Holbrook, J. (2011, November). *The impact of breastfeeding on the maternal mind*. Colloquia hosted by the School of Social Ecology, University of California, Irvine.

Hahn-Holbrook, J. (2011, October). *Biological aspects of stress and coping in pregnancy and the postpartum period*. Colloquia hosted by the UCLA Health Psychology Program. University of California, Los Angeles.

Hahn-Holbrook, J. (2010, May). *Breast is best...for mom, too: The benefits of breastfeeding for maternal bonding, stress and assertiveness*. Colloquia hosted by The UCLA Interdisciplinary Relationship Science Program. University of California, Los Angeles.

Hahn-Holbrook, J., Holbrook, C., Holt-Lunstad, J., & Lawson, T. (2009, June). *Fear, aggression and vigilance: Proximal mechanisms underlying maternal defense*. Threat Detection Workshop, Stellenbosch, South Africa.

Hahn-Holbrook, J., Holbrook, C., & Holt-Lunstad, J. (2009, May). *Psychophysiological correlates of stress, social support and supernatural agents*. Colloquia hosted by the Psychology and Religion Research Group, Cambridge University, United Kingdom.

Holbrook, C., & Hahn-Holbrook, J. (2009, May). *Relationships with God and altruistic violence*. Colloquia hosted by the Psychology and Religion Research Group, Cambridge University, United Kingdom.

Select Press Coverage

MSNBC

http://bodyodd.msnbc.msn.com/_news/2011/09/07/7574846-breast-feeding-makes-new-mothers-mama-bears

The Boston Globe

http://www.boston.com/bostonglobe/ideas/articles/2011/09/11/uncommon_knowledge/

UNICEF

<http://www.unicef.org.uk/BabyFriendly/News-and-Research/Research/Mental-health/Breastfeeding-reduces-maternal-stress-to-aid-protective-response/>

US Department of Health and Human Services

<http://www.healthfinder.gov/news/newsstory.aspx?docID=656573>

Association for Psychological Science:

<http://www.psychologicalscience.org/index.php/news/releases/like-mama-bears-nursing-mothers-defend-babies-with-a-vengeance.html>

Grants and Awards

2013	Chancellors Award for Excellence in Postdoctoral Research, University of California, Los Angeles
2010	NIMH Postdoctoral Traineeship in Biobehavioral Issues in Mental and Physical Health (MH15750) to study the influence of breastfeeding and resilience resources on risk for postpartum depression, \$101,000
2010	Citation Award for Excellence in Research, Society of Behavioral Medicine
2009	Ball Aerospace, Co-Principal Investigator with Thomas Lawson, Research grant to investigate the role of oxytocin in stress & aggression, \$25,000

Teaching Experience

Spring, 2013	University of California, Los Angeles <i>Instructor:</i> Evolutionary Approaches to Understanding Health and Disease
Winter, 2013	University of California, Los Angeles <i>Instructor:</i> Human Genetics
Spring 2012	University of California, Los Angeles <i>Instructor:</i> The Evolutionary Psychology of Women

<i>Spring 2011</i>	University of California, Los Angeles <i>Guest Lecturer: Gender & Sexuality</i>
<i>Spring 2008</i>	Institute of Cognition & Culture, Queen's University, Belfast <i>Guest Lecturer: Using SPSS for Statistical Analysis</i>
<i>2006-2009</i>	Disabilities Resource Center, Queen's University Belfast <i>Mentor & Tutor</i> for undergraduate students with mental illness or physical disabilities

Professional Development

Graduate Classes in Health Psychology taken as a Postdoctoral Fellow at UCLA:

- Psych 215b: Biological Processes & Markers of Health (Dr. Ted Robles & Dr. Julie Bower, 2010)
- Psych 251b: Research Methods in Health Psychology (Dr. Chris Dunkel Schetter, 2010)
- Psych 258: Multilevel Modelling for Psychologists (Dr. Jennifer Krull, 2010)
- Psych 298: Methods in Assessing Biomarkers of Health (Dr. Ted Robles, 2011)
- Psych 234: Affective Disorders (Dr. Connie Hammen, 2011)
- Psych 215a: Health Psychology (Dr. Christine Dunkel Schetter, 2012)
- Psych 292: Social Neuroscience (Dr. Shelley Taylor, 2012)

Biomarkers Workshop. Aging and Psychobiological Networks in the Endocrine, Immune and Autonomic Nervous Systems: A Primer for the Next Generation of Researchers.
University of California, San Francisco, March, 2011.

Detecting and Responding to Threats Workshop. Dr. Pascal Boyer, Facilitator. Stellenbosch, South Africa. June, 2009.

Additional Professional Experience

<i>2008-2009</i>	Laboratory Manager, Relationships & Health Lab, Brigham Young University, Supervisor: Dr. Julianne Holt-Lunstad. Oversaw data collection and managed a team of research assistants for an intricate 2-hour psychophysiological research protocol.
<i>2006-2009</i>	Mental Health Mentor, Queen's University Belfast, Northern Ireland Mentored undergraduate university students with axis I mental health disorders.
<i>2002-2006</i>	Caseload Mental Health Worker & Unit Coordinator, 7 th Ave Rehabilitation Center, Santa Cruz, California Helped severely mentally ill adults meet their treatment goals, led treatment oriented groups, and managed a large team of mental health workers at a 99-bed locked mental health facility.

Professional Service

Journal Reviews:

Health Psychology
Stress, Anxiety & Coping
Evolution and Human Behavior
The Journal of Cognition and Culture

Grant Reviews:

University of Michigan: Pilot/Feasibility Grants, Michigan Metabolomics and Obesity Center, Nutrition Obesity Research Center

Professional Affiliations

American Psychological Association
Association for Psychological Science
Human Behavior and Evolution Society
European Health Psychology Society

References

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