

# CURRICULUM VITA

## Mallika S Sarma

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Human adaptation and acclimatization to extreme/novel environments  
Hormones & behavior  
Human biology in space  
The forming of social bonds and networks in an evolutionary context  
Human variation & plasticity  
Stress & resilience

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### EDUCATION

Ph.D. University of Notre Dame (current)  
Anthropology, focus Human Biology

M.A. University of Notre Dame  
Anthropology, focus Human Biology

B.S. University of Michigan, Ann Arbor (May 2014)  
Evolutionary Anthropology & Psychology

### RESEARCH EXPERIENCE

#### **Hormones, Health, and Human Behavior Lab Researcher and Coordinator (2015-current)**

Department of Anthropology, University of Notre Dame  
Dr. Lee Gettler

**Research project:** Several projects considering human physiological plasticity; influences on life history trajectories (environmental pressures, psychosocial stressors), and endocrine output of testosterone and cortisol

Projects include:

- Endocrine Profiles and Changes as Men Become Fathers (Cebu, Philippines)
- Endocrine Profiles and Changes to Fathers During Childbirth (South Bend, IN)
- Female Endocrine Reactivity and Energetic Expenditure during Daily Work at High Altitude (Nubri Valley, Nepal)
- Endocrine and Energetic Systems and Daily Physical Activity in Challenging Ecologies (Republic of the Congo)

**Skills & Methodologies:** Saliva assays of testosterone and cortisol; STATA and R data analysis; managing undergraduate research; mentoring undergraduates

#### **Undergraduate Research Assistant and Honors Thesis Student (2013-2014)**

Department of Psychology, University of Michigan  
Dr. Ram Mahalingam

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**Research project:** Project examining mindfulness, creativity, emotional regulation and mental health. We specifically looked at the effects of mindfulness as a trait as well as a potential intervention tool on creativity and mental health.

**Skills & Methodologies:** Designed online self-report survey, conducted interviews, ran analysis on SPSS, and writing an Honors Thesis

## **Undergraduate Research Assistant (2013)**

Department of Psychology, University of Michigan

Dr. Robin Edelstein and Dr. Brit Wardecker

**Research project:** Project examining attachment orientation, relationship satisfaction, and preferred communication medium. We are specifically looking at the effects of communication on the overall health of relationships between partners.

**Skills & Methodologies:** Assisted in study design and coded qualitative responses

## **Directed Research in Paleoanthropology (2013)**

Paleo Anthropology Lab, University of Michigan

Dr. Milford Wolpoff and Dr. Caroline VanSickle

**Research project:** Project examining changes in childbirth anatomy in hominid evolution, specifically focusing on whether hip morphology differences between Neandertal and modern human females are the result of different birthing mechanisms.

**Skills & Methodologies:** Measured pelvises, searched and recorded indices of childbirth trauma and changes in pelvic morphology, digitized archival hand-written records

## **Undergraduate Research Assistant (2011-2013)**

Department of Psychology, University of Michigan

Dr. Cathleen Clerkin & Dr. Fiona Lee

**Research project:** Project examining the relationship between women, stereotypes, and STEM fields. We are specifically looking at perceived attractiveness of potential romantic partners in both the long and short run and the varying effects of different majors.

**Skills & Methodologies:** Designed online self-report survey, coded open-ended survey data, ran analysis on SPSS, presented preliminary findings at APS conference, and manuscript in progress

## **Undergraduate Research Assistant (2011)**

University of Connecticut Health Center

Dr. Minakshi Tikoo

**Research project:** Measured performance outcome, developed and implemented a system for reporting hospital performance outcome measures to federal, state, and local partners, and evaluated quality of care for health systems through out the state of Connecticut. Also conducted research on levels of common co-morbidities directly associated with Connecticut health systems.

**Skills & Methodologies:** Coded phone-survey responses to health system concerns on Excel, conducted extensive literature review regarding co-morbidities

## **Undergraduate Research Opportunity Program, Student Researcher (2010-2011)**

University of Michigan

Dr. Fiona Lee & Dr. Cathleen Clerkin

**Research project:** Conducted one-year project examining the relationship between cultural intelligence, multicultural exposure, and individual creativity.

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**Skills & Methodologies:** Coded open-ended survey data on creativity (based on Guilford's Unusual Uses coding system), conducted preliminary analysis in SPSS, presented findings at UROP conference.

## PEER-REVIEWED PUBLICATIONS

- UNDER REVIEW      Kuo, PX, Braungart-Rieker, JM, Lefever, JEB, O'Neill, MS, **Sarma, MS**, Gettler, LT. Under review. Father-infant outcomes associated with fathers' in-home post-partum skin-to-skin care. *Acta Paediatrica*.
- Boyette, A., Lew-Levy, S., Sarma, MS, Gettler, LT. Under review. Fathers with moderate testosterone levels are better providers and have healthier children among fisher-farmers in Congo-Brazzaville. *PNAS*.
- REVISE & RESUBMIT      **Sarma, MS**, Gettler, LT, Childs, G, Quinn, EA. Revise and Resubmit. When women work: Endocrine reactivity in women during everyday physical activity at high altitude. *Am J Hum Biol*.
- IN PRESS      **Sarma, MS**, Kuo, PX, Bechayda, SA, Kuzawa, CW, Gettler, LT. *In press*. Exploring the links between early life and young adulthood social experiences and men's later life paternal psychobiology. *Physiol Behav*.
- 2017      Gettler, LT, **Sarma, MS**, Gengo, RG, Oka, RC, McKenna, JJ. 2017. Adiposity, CVD risk factors, and testosterone: variation by partnering status and residence with children in U.S. men. *Evolution, Medicine, and Public Health*.

## PROFESSIONAL PRESENTATIONS AND SPEAKING ENGAGEMENTS

- 2018      **Sarma, MS**, Boyette, A, Lew-Levy, S, Miegakanda, V, Gettler, LT. 2018. Foragers Hard at Work: Sex differences in hormone production, physical activity, and energy expenditure among the Mbenjele. Podium. *Am J Hum Biol. Human Biology Association Annual Meeting*. Austin, TX. April, 2018.
- Sarma, MS**. 2018. "Physiology at the Final Frontier: The Role of Biological Anthropology in Human-Space Research" in IDEAS Alumni Symposium: Creating and Supporting Diverse Communities within the AAPA. Poster. *Am J Phys Anthropol. AAPA Annual Meeting*. Austin, TX. April, 2018.
- Gengo, RG, Oka, RC, **Sarma, MS**, McKenna, JJ, Gettler, LT. 2018. Social Support Moderates Testosterone's Health Effects in a Nationally Representative Sample of Aging US Men. Poster. *Am J Hum Biol. Human Biology Association Annual Meeting*. Austin, TX. April, 2018.
- 2017      **Sarma, MS**, Lew-Levy, S, Boyette, A, Gettler, LT. 2017. Measuring Movement: Method Validation for Collecting Human Activity Intensity and Energy Expenditure in Extreme Environments. Podium. *American Society for Space and Gravitational Research Annual Meetings*. Seattle, WA. October, 2017.

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**Sarma, MS**, Bechayda, SA, Gettler, LT. 2017. Early life influences on dual-hormone output in fathers when playing with their children. Poster. Am J Phys Anthropol. AAPA Annual Meeting. New Orleans, LA. April, 2017.

Gettler, LT, **Sarma, MS**, Gengo, RG, Oka, RC, McKenna, JJ. 2017. "Dad Bod" as an evolutionary mismatch: testosterone, adiposity, and CVD-risk factors in a population-representative sample of U.S. men. Podium. Am J Hum Biol. Human Biology Association Annual Meeting. New Orleans, LA. April, 2017.

**Sarma, MS**, Gettler, LT, Childs, G, Quinn, EA. 2017. Women's work: the effect of altitude on energy expenditure and endocrine reactivity. Poster. Am J Hum Biol. Human Biology Association Annual Meeting. New Orleans, LA. April, 2017.

2016

**Sarma MS**, Gettler LT, Childs G, Quinn EA. 2016. Daily energy expenditure and activity intensity in populations adapted to highly challenging and harsh environments. Poster. American Society for Space and Gravitational Research Annual Meetings. Cleveland, OH, USA. October, 2016.  
[https://www.openconf.org/asgsr2016/modules/request.php?module=oc\\_proceedings&action=summary.php&id=138&a=Accept+as+Poster](https://www.openconf.org/asgsr2016/modules/request.php?module=oc_proceedings&action=summary.php&id=138&a=Accept+as+Poster)

**Sarma MS**. 2016. Researching Across and Living With Differences: Interrogating positionalities and Anthropological knowledge production. Discussant. Feminist Epistemologies, Methodologies, Metaphysics, and Science Studies. Notre Dame, IN, USA. October, 2016.

Niklinska, EB, Tumminello, M, **Sarma, MS**, Braungart-Rieker, J, Cummings, EM, Burke, J, Gettler, LT. 2016. An exploratory analysis of the relationships between mothers' and fathers' testosterone, general well-being, and depression levels. Poster. Human Behavioral Evolution Society Annual Meetings. Vancouver, Canada. June, 2016. [http://www.hbes.com/wp-content/uploads/2016/02/HBES2016FullProgram\\_7.pdf](http://www.hbes.com/wp-content/uploads/2016/02/HBES2016FullProgram_7.pdf)

Tumminello, M, Niklinska, EB, Tumminello, M, **Sarma, MS**, Braungart-Rieker, J, Cummings, EM, Burke, J, Gettler, LT. 2016. Intersections between parental sleep quality, testosterone, individual well-being, and relationship happiness. Poster. Human Behavioral Evolution Society Annual Meetings. Vancouver, Canada. June, 2016. [http://www.hbes.com/wp-content/uploads/2016/02/HBES2016FullProgram\\_7.pdf](http://www.hbes.com/wp-content/uploads/2016/02/HBES2016FullProgram_7.pdf)

**Sarma, MS**, Gettler, LT. 2016. Early life and young adulthood predictors of fathers' hormonal reactivity during interactions with their toddlers. Poster. Human Biology and Evolution Society, Vancouver, BC, Canada. July, 2016.

**Sarma, MS**, Kuzawa, CW, Feranil, AB, Gettler, LT. 2016. "Early Life Social Influences on Men's Testosterone & Parenting Behavior" In Allomother - infant relationships across the Primate order: biomarkers, bonding, buffering, and

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other bidirectional effects. Podium. Am J Hum Biol. Human Biology Association Annual Meeting. Atlanta, GA. April, 2016.

**Sarma, MS.** 2016. Cyborg Dancers: Cross-Cultural Gurukulum Pedagogy in the Maintenance and Innovation the Ancient Arts. Podium. Second City Graduate Conference, Chicago, IL. March, 2016.

2014 **Sarma, MS.** 2014. Mindfulness, psychological well-being, emotion regulation, and creativity among South-Asian Americans, Honors Thesis

2013 **Sarma, MS, Clerkin, C.** 2013. Are you ideal? Examining cross-cultural desired characteristics in long-term ideal partners. Poster. Midwestern Psychological Association annual conference, Chicago, IL. May, 2013.

**Sarma, MS, Clerkin, C.** 2013, May The Mr. Right misconception. Poster. Association for Psychological Science annual convention, Washington D.C. May, 2013.

2012 **Sarma, MS, Clerkin, C., Hong, Y.** 2012. Are engineers hot or not? Poster. Association for Psychological Science annual convention, Chicago, IL. May, 2013.

2011 **Sarma, MS, Ng, J.** 2011. ...How are you getting there? Relationship between cultural intelligence and creativity. Poster. Undergraduate Research Opportunity Program Symposium, UROP, Ann Arbor, MI. April, 2011.

## POPULAR PRESS PUBLICATIONS

2017 Gettler, LT, **Sarma, MS.** 2017. On the Origins of Dad Bod. Oxford University Press Blog. Retrieved from <https://blog.oup.com/2017/04/origins-dad-bod/>

2016 Cortez, A., D'Shaun, PI, Rokhideh, M, **Sarma, MS.** 2016. The Other Scholars: Thinking about knowledge reproduction in Anthropology. Anthropology News. <http://onlinelibrary.wiley.com/doi/10.1111/AN.266/abstract>

2014 **Sarma, MS, Clerkin, C.** 2014. Becoming superhuman: Is it all in your mind? Retrieved from <http://www.in-mind.org/blog/post/becoming-superhuman-is-it-all-in-your-mind>

## HONORS, AWARDS AND GRANTS

2019 National Science Foundation Graduate Research Fellowship  
2018 National Science Foundation Graduate Research Fellowship  
2017 ISLA Graduate Research Grant - \$4000  
Kanab Center Outstanding Teaching Award  
NSF IDEAS Diversity Workshop  
National Science Foundation Graduate Research Fellowship

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2016	ECK Global Health Summer Research Grant - \$4000 Liu Institute Summer Research Grant - \$2000 Notre Dame Dean's Fellowship
2015	Notre Dame Grant Training Award Notre Dame Dean's Fellowship
2014	Honors thesis with distinction Psi Chi Honor Society University of Michigan Honors
2013	Honors Summer Fellowship Award Psi Chi Honor Society University of Michigan Honors Invitation for Mortar Board Invitation for Phi Kappa Pi Honors Society
2012	University of Michigan Psychology Student Travel Award - \$500 Undergraduate Research Opportunity Program "Best Poster" award Center for the Education of Women Rieker Undergraduate Grant - \$2000 Psi Chi Honor Society University of Michigan Honors
2011	Psi Chi Honor Society University of Michigan Honors

## SKILLS AND QUALIFICATIONS

Proficient with STATA, R, SPSS, GIS, Microsoft Office, SQL, and Qualtrics  
Conversant in Spanish, and intermediate French and Hindi  
ELISA Assays  
RIA Assays  
Proficient in Adobe Photoshop and Illustrator  
Advanced in Microsoft Excel  
Advanced budget management  
IRB Human Subject Training

## TEACHING EXPERIENCE

### Teaching Assistant/Instructor of Record (SP 2018)

Department of Biology, University of Notre Dame

**Class:** Teaching assistant – Gross Human Anatomy

**Skills & Methodologies:** Tasks included lecturing, grading, and dissecting specimens.

### Teaching Assistant (FA 2016)

Department of Anthropology, University of Notre Dame

**Class:** Teaching assistant - Introduction to Anthropology

**Skills & Methodologies:** Tasks included lecturing, grading, developing a class project and encouraging leadership, autonomy, and innovation in students by assisting in student-led discussions.

### Honors Primary Instructor (SP 2014)

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Honors Department, University of Michigan

**Class:** Teaching a Freshmen Honors Seminar titled Just Another Jedi Mind Trick- The Effect of Mindfulness on Creativity, Health, and Discrimination discussing the relationship psychological and methodological perspectives on mindfulness.

**Skills & Methodologies:** Designed core curriculum for the class including a syllabus, weekly lesson plans, and provided the necessary resources for introductory and interactive learning for first year students. Tasks included lecturing, grading, developing a class blog and encouraging leadership, autonomy, and innovation in students by organizing student-led discussions, and independent creative projects exploring the personal mindfulness experience

## AFFILIATIONS

Human Biology Association (HBA)

American Society for Space and Gravitational Research (ASGSR)

American Association for Physical Anthropologists (AAPA)

## OUTREACH

2017 Human Biology Association – “Live Science Tweeter” Twitter correspondent  
Expanding Your Horizons (EYH) STEM Outreach for Girls – Educator

2016 Notre Dame Center for Arts & Culture – Educator  
Expanding Your Horizons (EYH) STEM Outreach for Girls – Educator

2015 Notre Dame Center for Arts & Culture – Educator  
South Bend Elementary School Anthropology & Archaeology Workshop – Educator

## SERVICE

2018 ASGSR Student Board Member, Webmaster

2017 ASGSR Student Board Member, Social Committee  
Graduate Committee Representative

2016 ASGSR Student Board Member, Social Committee  
Graduate Committee Representative

2014 Wolverine Fit Treasurer  
Indian American Student Association Cultural Show Coordinator & Executive Board Member

2013 Wolverine Fit Treasurer  
America Reads Volunteer Book Club leader  
Indian American Student Association Cultural Show Coordinator & Executive Board Member  
Wolverine Fit Social Chair  
Alternative Spring Break Site Leader

2012 Wolverine Fit Social Chair  
Alternative Spring Break Site Leader  
Indian American Student Association Cultural Show “Core” Committee member

2011 Indian American Student Association Cultural Show Choreographer

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## EMPLOYMENT HISTORY

2015            Performics Associate Media Manager

2014            Performics Associate Media Manager  
Vivaki Search Associate  
University of Michigan Student Disability Services Note Taker  
University of Michigan Honors Department Student Instructor

2013            University of Michigan Student Disability Services Note Taker  
University of Michigan Anthropology Department Office Assistant

2012            University of Michigan Anthropology Department Office Assistant

2011            University of Michigan Anthropology Department Office Assistant

## REFERENCES

Lee T. Gettler, PhD Advisor  
574-634-4479  
([lgettler@nd.edu](mailto:lgettler@nd.edu))

James J. McKenna  
574-631-3816  
([jmckenn1@nd.edu](mailto:jmckenn1@nd.edu))

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518-442-4717  
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