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Education

Ph.D.	1991	Health Psychology	Johns Hopkins University
B.A.	1984	Biopsychology	Drew University

Professional Positions

2024-present	Research Scientist, Health and Retirement Study Program, Survey Research Center, Institute for Social Research, University of Michigan
2017-2024	Associate Research Scientist, Health and Retirement Study Program, Survey Research Center, Institute for Social Research, University of Michigan
2011-2017	Assistant Research Scientist, Health and Retirement Study Program, Survey Research Center, Institute for Social Research, University of Michigan
2020-present	Director, Coordinating Center for the NIA Centers on the Demography and Economics of Aging and Alzheimer's Disease and Alzheimer's Related Dementias, Institute for Social Research, University of Michigan
2000-2009	Associate Director for External Relations, Michigan Retirement Research Center, Institute for Social Research, University of Michigan
2009-2011	Lecturer, Department of Movement Science, School of Kinesiology, University of Michigan. Full-time Instructor
1995-2000	Senior Research Associate, Michigan Prevention Research Center, Institute for Social Research, University of Michigan
1992-1995	Postdoctoral Fellow NIMH Training Grant, Institute for Social Research, University of Michigan
1994-2012	Lecturer, Department of Health Behavior and Health Education, School of Public Health, University of Michigan

Publications

Journal Articles

- Carr, D.C., Lohman. M., Shauhan, S., **Sonnega, A.** & Taylor, M. The protective effects of psychological resilience on disability consequences of falling. *Journals of Gerontology: Psychological Sciences*, accepted.
- Abrams, L., Butrica, B., Carr, D., Mudrazija, S. & **Sonnega, A.** Predicting future work ability: Introducing the Index of Aging in Midlife and Beyond (IAM+). *Innovation in Aging*, accepted
- Carr, D.C., Shauhan, S., Lohman. M., Taylor, M , & **Sonnega, A.** The protective effects of psychological resilience on fall risk. *Aging and Mental Health*, accepted
- Agree, E.M., **Sonnega, A.**, & Wolf, D.A. (2025). Building survey data infrastructure on aging: The legacy of NIA. *Gerontologist*. 10, 65(6):gnaf038.
- Carpenter, R., Carr, D.C., Cao, Q.K., & **Sonnega, A.** (2024). Racial and ethnic disparities in the effects of COVID-19 on employment disruption and financial precarity. *Journal of Aging and Social Policy*, 36(6), 1585-1604.
- Assari, S., **Sonnega, A.**, & Zare, H. (2024). Race, college graduation, and time of retirement in the United States: A thirty-year longitudinal cohort of middle-aged and older adults, *Open Journal of Educational Research*, 4(5), 228–242.
- Sonnega, A.**, Al-Hinai, M., Chen, C. Helppie-McFall, B., & Smith, J. (2024). Can retrospective reports provide reliable lifetime occupational histories? A comparison with prospective reports in a national sample of older adults, *Innovation in Aging*, 8(3), igae021,
- Sonnega, A.**, Mather., M. & Scommegna, P. (2024). The National Institute on Aging (NIA) Centers on the Demography and Economics of Aging and Alzheimer's Disease and Alzheimer's Related Dementias: History, impact, and future challenges, *Journal of the American Geriatrics Society*, 72, 5, 1598-1601.
- Rahmani, A., Najand, B., **Sonnega, A.**, Akhlaghipour, G., Mendez, M.F., & Assari, S. (2024). Intersectional effects of race and educational attainment on memory function of middle-aged and older adults with Alzheimer's Disease. *Journal of Racial and Ethnic Health Disparities*, 11, 81-89.
- Zuelsdorff, M., **Sonnega, A.**, Barnes, L., Byrd, D., Cox, R., Norton, D., & Turner, R. (2024). Childhood and adulthood trauma associate with cognitive aging among Black and White older adults, *Journal of the American Geriatrics Society*, 32(3), 373-385.
- Assari S, Zare H, **Sonnega A.** (2024). Racial disparities in occupational distribution among Black and White adults with similar educational levels: Analysis of middle-aged and older individuals in the Health and Retirement Study, *Journal of Rehabilitation*, 6(1), 1-11.
- Assari, S., Cobb, S., Najand, B., Zare, H., **Sonnega, A.** (2024). Race, educational attainment, and sustained high body mass index over 24 years of follow-up in middle-aged and older adults, *Journal of Racial and Ethnic Health Disparities*, 11(2), 1097-1105.
- Cupery, T. Bush, E., Turner, R., & **Sonnega, A.**, Rosales, T., Vissa, K., Whitfield, K., Jackson, J. Weir, D. (2021). Positive effects of religion and social support on health of former NFL Athletes, *Journal of Religion and Health*, 62, 1324-1342.
- Bush, E., Cupery, T. Turner, R., & **Sonnega, A.**, Weir, D. Whitfield, K., Jackson, J. (2020). The price of playing through pain: The link between physical and behavioral health in former

- NFL athletes, *American Journal of Men's Health*, 14(6), 1557988320975541.
- Robbins, R., **Sonnega, A.**, Turner, R.W., Jean-Louis, G., Butler, M., Osorio, R., Langa, K.M. (2020). Sleep difficulties and cognition over a 10-Year period in a national sample of U.S. older adults, *Innovation in Aging*, 4(4), 1-15.
- Lohman, M., **Sonnega, A.**, & Leggett (2020). A frailty phenotype and cause-specific mortality in the U.S., *Journals of Gerontology: Medical Sciences*, 75(10), 1935-1942.
- Sonnega, A.**, Leggett, A., Pepin, R. & Assari, A. (2020). Physical activity and insomnia symptoms over 10 Years in a U.S. national sample of late middle age and older adults: Age matters. *Journal of Aging and Physical Activity*, 28(4), 613-622.
- Langa, K.D., Ryan, L., McCammon, R., Jones, R., Manly, J., Levine, D.A., **Sonnega, A.**, Farron, M., & Weir, D.R. (2020). The Health and Retirement Study Harmonized Cognitive Assessment Protocol (HCAP) Project: Study design and methods, *Neuroepidemiology*, 54(1), 64-74.
- Nicklett, E.J., Chen, J., Xiang, X., Abrams, L., **Sonnega, A.**, Johnson, K.E., Jianjia Cheng, J., & Assari, S. (2020). Associations between diagnosis with Type 2 diabetes and changes in physical activity behaviors of middle-aged and older adults in the United States, *Innovation in Aging*, 4(1), 1-12.
- Schmitz, L.L., McCluney, C.L., **Sonnega, A.** & Hicken, M.T. (2019). Policy levers may improve older workers' perceptions of their psychosocial work environment, *Generations*, 43(3), 78-85.
- Sonnega, J., **Sonnega, A.**, & Kruger, D. (2019). The city doesn't sleep: Community perceptions of sleep deficits and disparities, *International Journal of Environmental Research and Public Health*, 16(20), 1-13.
- Schmitz, L.L., McCluney, C.L., **Sonnega, A.** & Hicken, M.T. (2019). Interpreting subjective and objective measures of job resources: the importance of sociodemographic context, *International Journal of Environmental Research and Public Health*, 16(17), 1-18.
- Turner, R.W., **Sonnega, A.**, Cupery, T., Chodosh, J., Whitfield, K.E., Weir, D.R., & Jackson J. (2019). Functional limitations mediate the relationship between pain and depressive symptoms in former NFL athletes, *American Journal of Men's Health*, 13(5), 1-10.
- Lohman, M., **Sonnega, A.**, Nicklett, E.J., Estenson, L., & Leggett, A. (2019). Comparing estimates of fall-related mortality incidence among older adults in the United States *Journals of Gerontology: Biological Sciences Medical Sciences*, 74(9), 1468-1474.
- Leggett, A., **Sonnega, A.**, & Lohman, M. (2018). Till death do us part: The impact of caring for a spouse with dementia on caregiver mortality, *Journal of Aging and Health*, 26(3), S79-S80.
- Sonnega, A.**, McFall, B.H., Willis, R.J., Hudomiet, P. & Fisher, G.G. (2018). A comparison of subjective and objective job demands and mismatch with personal resources as predictors of retirement timing in a national U.S. sample *Work, Aging, and Retirement*, 4(1), 37-51.
- Leggett, A., **Sonnega, A.**, Lohman, M. (2018). The association of insomnia and depressive symptoms with all-cause mortality among middle-aged and older adults, *International Journal of Geriatric Psychiatry*, 33, 1265-1270.
- McCluney, C.L., Schmitz, L.L., Hicken, M.T., & **Sonnega, A.** (2018). Structural racism in the workplace: Does perception matter for health inequalities?, *Social Science and Medicine*, 199, 106-114.
- Burgard, S. & **Sonnega, A.** (2018). Occupational differences in BMI, BMI Trajectories, and

- implications for employment status among older U.S. workers, *Work, Aging, & Retirement*, 4(1), 21-36.
- Pepin, R., Leggett, A. **Sonnega, A.** & Assari, S. (2017). Depressive symptoms in recipients of home and community-based services in the United States: Are older adults receiving the care they need? *American Journal of Geriatric Psychiatry*, S1064-7481(17)30344-5.
- Sonnega, A.**, Robinson, K., & Levy, H. (2017). Home and community-based service and other senior service use: Prevalence and characteristics in a national sample *Home Health Care Services Quarterly*, 36(1), 16-28.
- Leggett, A., Pepin, R., **Sonnega, A.**, & Assari, S. (2016). Predictors of new onset sleep medication and treatment utilization among older adults in the United States. *Journals of Gerontology A: Biological Sciences Medical Sciences*, 71(7), 954-960.
- Assari, S., **Sonnega, A.**, Pepin, R., & Leggett, A. (2016). Residual effects of restless sleep over depressive symptoms on chronic medical conditions: Race by gender differences *Journal of Racial and Ethnic Health Disparities*, 4(1), 59-69.
- Assari, S. & **Sonnega, A.** (2016). Racial differences in the predictive role of high depressive symptoms on incident heart disease over 18 Years: Results from the Health and Retirement Study, *Research in Cardiovascular Medicine*, 6(1), 1-10.
- Fisher, G. G., Chaffee, D., & **Sonnega, A.** (2016). Retirement timing: A review and agenda for future research. *Work, Aging, & Retirement*, 2(2), 230-261.
- Fisher, G. G., **Sonnega, A.**, Ryan, L. H., & Naudé, M. (2016). Job lock, work, and psychological well-being in the U.S. *Work, Aging, & Retirement*, 2(2), 230-261.
- Sonnega, A.** & Weir, D. (2014). The Health and Retirement Study: A public data resource for research on aging. *Open Health Data* 2(1):e7.
- Sonnega, A.** Faul, J.D., Ofstedal, M.B., Langa, K.D., Philips, J.P., & Weir, D. (2014). Cohort profile: The Health and Retirement Study. *International Journal of Epidemiology*, 43(2), 576-585.
- Mouch, C. & **Sonnega, A.** (2012). Spirituality and recovery from cardiac surgery: A review. *Journal of Religion and Health*, 51(4), 1042-1060.
- Burkhauser, R.V., Gustman, A.L., Laitner, J., Mitchell, O., & **Sonnega, A.** (2009). Social Security Research at the Michigan Retirement Research Center, *Social Security Bulletin*, 69(4), 51-64.
- Bromet, E., **Sonnega, A.**, & Kessler, R.C. (1998). Risk factors for DSM-III-R posttraumatic stress disorder: Findings from the National Comorbidity Survey. *American Journal of Epidemiology*, 147(4), 353-361.
- Kessler, R.C., **Sonnega, A.**, Bromet, E., Nelson, C.B., & Hughes, M. (1995). Posttraumatic stress disorder in the National Comorbidity Survey. *Archives of General Psychiatry*, 52(12), 1048-60.
- Kachur, S.P., **Sonnega, A.**, Cintron, R., Farup, C., Silbersiepe, K., Celentano, D.D., & Kwait, J. (1992). An analysis of the Greater Baltimore HIV Services Planning Council. *AIDS & Public Policy Journal*, 7(4), 238-246.

Papers Under Review

- Carr, D.C., **Sonnega, A.**, & Taylor, M. Financial hardships and depressive symptoms during COVID: The moderating role of resilience.

Papers and Chapters in Preparation

- Turner, R.J., **Sonnega, A.**, Cupery, T. & Bush, E. Health of black men as former National Football League athletes: Comparison with a U.S. national sample of black men
- Bush, E., Turner, R.J., & **Sonnega, A.** Do professional athletes who pray together stay together? An analysis of the relationship between religiosity and friendship after retirement from the National Football League.
- Bush, E., **Sonnega, A.**, & Turner, R.J. Religion and self-rated mental health among retired National Football League athletes.
- Sonnega, A.**, Helppie-McFall, B., & Smith, J. The relationship between early adverse life experiences and retirement due to disability
- Sonnega, A.**, Carr, D., Chen, Q., Carpenter, R., & Cao, K. Racial and ethnic differences in job characteristics and patterns in disability retirement.

Book Chapters

- Laitner, J. & **Sonnega, A.** (in press). Economic theories of retirement. In Mo Wang (Ed). *Oxford Handbook of Retirement* New York: Oxford University Press.
- Carr, D.C., **Sonnega, A.**, Cao, Q., Carpenter, R., & Chen, Q. (in press). Health, health behavior, and retirement. In Mo Wang (Ed). *Oxford Handbook of Retirement* New York: Oxford University Press.
- Johnson, K. & **Sonnega, A.** (2025). Current issues in aging: Demography. *Geriatrics Review Syllabus: A Core Curriculum in Geriatric Medicine 12th edition*. Jessica L. Colburn, Amy Wescott, and Jane Pottner (Eds.). American Geriatrics Society.
- Sonnega, A.** & Sonnega, J. (2024). Epidemiology for occupational health psychology research: Understanding the approach. *Handbook of Occupational Health Psychology, Third Edition*, L. E. Tetrick, G. G. Fisher, M. T. Ford, and J. C. Quick (Editors). American Psychological Association, Washington, DC.
- Sonnega, A.** (2022). Creating age-friendly workplaces for older workers: Challenges and opportunities. Elizabeth Fideler (Ed.), *Handbook of Aging and Work* (pp. 191-210). London: Rowman & Littlefield.
- Sonnega, A.** & Ofstedal, M.B. & Weir, D.R. (2019). The Health and Retirement Study. In Danan Gu and Matthew Dupre (Eds.), *Encyclopedia of Gerontology and Population Aging* (pp. 5043-5048).. Singapore, Thailand: Springer.
- Sonnega, A.** & Smith, J. (2015). The Health and Retirement Study: A longitudinal data resource for psychologists. In N.A. Panchana (Ed.), *Encyclopedia of Geropsychology* (pp. 987-997). Singapore, Thailand: Springer.
- Fisher, G.G., **Sonnega, A.** & Chaffee, D. (2015). Early and unplanned retirement. In N.A. Panchana (Ed.), *Encyclopedia of Geropsychology* (pp. 705-716). Singapore, Thailand: Springer.
- Fisher, G. G., Ryan, L. H., & **Sonnega, A.** (2015). Prolonged working years: Consequences and directions for interventions. In J. Vuori, R. Blonk, & R. H. Price (Eds.) *Sustainable Working lives: Managing Work Transitions and Health Throughout the Life Course* (pp. 269-288). Netherlands: Springer.
- Laitner, J. & **Sonnega, A.** (2013). Economic theories of retirement. In Mo Wang (Ed). *Oxford Handbook of Retirement* (pp.136-151). New York: Oxford University Press.
- Kessler, R.C., **Sonnega, A.**, Bromet, E., Nelson, C.B., Hughes, M., & Breslau, N. (1999).

Epidemiologic risk factors for trauma and PTSD. In Yehuda, R. (Ed.). *Risk factors for Post-traumatic Stress Disorder* (pp. 23-59). Washington, D.C.: American Psychiatric Association.

Kachur, S.P., **Sonnega, A.**, Cintron, R., Farup, C., Silbersiepe, K., Celentano, D.D., & Kwait, J. (1992). An analysis of the Greater Baltimore HIV Services Planning Council. *AIDS & Public Policy Journal*, 7(4), 238-246.

Working Papers and Briefs

Sonnega, A., Carr, D., Chen, Q., Carpenter, R., & Cao, Q. (2023). Life course exposure to risky work environments and early retirement due to disability. Ann Arbor, MI: University of Michigan Retirement and Disability Research Center Working Paper, MRDRC WP 2023-482.

Carr, D., Carpenter, R., Cao, Q., Chen, Q., & **Sonnega, A.** (2023). Racial and ethnic disparities in the effects of COVID-19 on employment disruption and financial precarity. Ann Arbor, MI: University of Michigan Retirement and Disability Research Center Working Paper, MRDRC WP 2023-466.

McFall, B.H., Carr, D. & **Sonnega, A.** (2022). Creating a public resource: O*NET job characteristics data set for use with the Health and Retirement Study and other surveys. Ann Arbor, MI: University of Michigan Retirement and Disability Research Center Research Brief, UM22-Q1.

Sonnega, A. & McFall, B.H. (2021). The relationship between adverse experiences over the life course and early retirement due to disability. Ann Arbor, MI: University of Michigan Retirement and Disability Research Center Working Paper, MRDRC WP 2021-435.

McFall, B.H. & **Sonnega, A.** (2018). Feasibility and reliability of automated coding of occupation in the Health and Retirement Study. Ann Arbor, MI: University of Michigan Retirement Research Center Working Paper, MRRC WP 2018-392.

McFall, B.H. & **Sonnega, A.** (2018). Characteristics of second-career occupations: A review and synthesis. Ann Arbor, MI: University of Michigan Retirement Research Center Working Paper Series, MRRC WP 2017-375.

Sonnega, A., McFall, B.H., & Willis, R.J. (2016). Occupational transitions at older ages: What moves are people making? Ann Arbor, MI: University of Michigan Retirement Research Center (MRRC) Working Paper, MRRC WP 2016-352.

McFall, B.H., **Sonnega, A.** (2016). Occupation, cognitive decline, and retirement. Ann Arbor, MI: University of Michigan Retirement Research Center Policy Brief, UM16-10.

McFall, B.H., **Sonnega, A.**, Willis, R.J., & Hudomiet, P. (2015). Occupations and work characteristics: Effects on retirement expectations and timing. Ann Arbor, MI: University of Michigan Retirement Research Center Working Paper, MRRC WP 2015-331.

Laitner, J. & **Sonnega, A.** (2012). Motives for bequests within the middle class. Ann Arbor, MI: University of Michigan Retirement Research Center Working Paper, MRRC WP 2012-275.

Laitner, J. & **Sonnega, A.** (2010). Intergenerational transfers in the Health and Retirement Study Data. Ann Arbor, MI: University of Michigan Retirement Research Center Working Paper, MRRC WP 2010-238.

Reports and Other Publications

- Flaster, A., Goforth, C., Hemphill, L., Jekielek, S. Leonard, S., Levenstein, M., Levy, H., Meyer, E., Million, A.J., McNally, J., Pienta, A., Redman, S. **Sonnega, A.**, & Tang, S. (2024). Baselineing the impact of the COVID-19 pandemic: Social, behavioral, and economic data resources for high quality insights. Institute for Social Research, Ann Arbor, MI.
- Smith, J., Ryan, L.H., Larkina, M., **Sonnega, A.**, Weir, D.R. (2023). HRS Psychosocial and lifestyle questionnaire 2006-2022. Survey Research Center, Institute for Social Research, University of Michigan, Ann Arbor, MI.
- Smith, J., Ofstedal, M.B., Larkina, M., Helppie-McFall, B., **Sonnega, A.**, Weir, D.R. (2022). Life History Mail Survey (LHMS) user guide. Survey Research Center, Institute for Social Research, University of Michigan, Ann Arbor, MI.
- Carpenter, R., Carr, D., Chen, Q., Hafeez, A., Helppie-McFall, B., & **Sonnega, A.** (2022). Health and Retirement Study linkage to Occupational Information Network 5.0 and 10.0 data: Data description and usage. Survey Research Center, Institute for Social Research, University of Michigan, Ann Arbor, MI.
- Carpenter, R., Carr, D., Helppie-McFall, B., & **Sonnega, A.** (2022). Health and Retirement Study core 2004-2010 linkage to Occupational Information Network data: Data description and usage. Survey Research Center, Institute for Social Research, University of Michigan, Ann Arbor, MI.
- Langa, K.M., Weir, D.R., Kabeto, M. & **Sonnega, A.** (2018). Langa-Weir Classification of Cognitive Function (1995 Onward). Survey Research Center, Institute for Social Research, University of Michigan, Ann Arbor, MI.
- Smith, J., Ryan, L.H., Fisher, G.G., **Sonnega, A.**, Weir, D.R. (2017). HRS psychosocial and lifestyle questionnaire 2006-2016. Survey Research Center, Institute for Social Research, University of Michigan, Ann Arbor, MI.
- Fisher, G.G., McArdle, J., McCammon, R., **Sonnega, A.**, & Weir, D. (2013). New measures of fluid intelligence in the HRS. Survey Research Center, Institute for Social Research, University of Michigan, Ann Arbor, MI.
- Crimmins, E., Faul, J., Kim J.K., Guyer, H., Langa, K., Ofstedal, M.B., **Sonnega, A.**, Wallace, R., & Weir, D. (2012). Documentation of biomarkers in the Health and Retirement Study. Survey Research Center, Institute for Social Research, University of Michigan, Ann Arbor, MI.
- Weir, D., Jackson, J. & **Sonnega, A.** (2009). Study of retired NFL players: Final report to the National Football League Player Care Foundation, University of Michigan, Ann Arbor, MI.
- Sonnega, A.** (2009). Financial literacy in times of turmoil and retirement insecurity. Washington DC: Brookings Institution.
- Sonnega, A.** (2007). Addressing the fiscal impact of aging. *NIA Demography Centers Research Highlights*, Issue No. 9, September.
- Sonnega, A.** (2006). The future of human life expectancy: Have we reached the ceiling or is the sky the limit? *NIA Demography Centers Research Highlights*, Issue No. 8, March.
- Sonnega, A.** (2005). Proceedings: Workshop on global aging. Michigan Retirement Research Center, Ann Arbor, MI.
- Sonnega, A.** (1988). Presidential Commission on the HIV Epidemic final report to the President (section on Social and Behavioral Research Needs). Washington, D.C.: U.S. Government Printing Office.

Grants

National Institute on Aging. (PI: Sonnega). Coordinating Center for the NIA Centers on the Demography and Economics of Aging and Alzheimer's Disease and Alzheimer's Related Dementias. (Role: **Principal Investigator**), 2020-2025.

Michigan Retirement and Disability Research Center, Social Security Administration. (PI: Sonnega). An intersectional approach to retirement expectations and timing, (Role: **Principle Investigator**), 2023-24.

Michigan Retirement and Disability Research Center, Social Security Administration. (PI: Sonnega). Racial and ethnic differences in job characteristics and patterns in disability retirement and Social Security retirement wealth, (Role: **Principle Investigator**), 2022-23.

Michigan Retirement and Disability Research Center, Social Security Administration. (PI: Carr). Racial and ethnic disparities in the effects of COVID-19 on job separation and financial precarity (Role: **Co-Investigator**), 2022-23.

National Institute on Aging, National Institutes of Health. (PI: Smith). Enhancing Retrospective Life History Data in the Health and Retirement Study - Renewal, (Role: **Co-Investigator**), 2019-24.

National Institute on Aging, National Institutes of Health. (MPI: Helppie-McFall and Langa). Assessing the interactive effect of lifetime and old age cognitive engagement on cognitive decline and dementia: cognitive reserve versus use it or lose it, (Role: **Co-Investigator**), 2020-2023.

National Institute on Aging, National Institutes of Health. (PI: Weir). The Health and Retirement Study (Role: **Collaborator**), 2018-2023.

National Institute on Aging, National Institutes of Health. (PI: Weir). Research Network for the Harmonized Cognitive Assessment Protocol (HCAP) (Role: **Co-Investigator**), 2019-2024.

National Institutes of Health. (PI: Mezuk). Aging, Major Life Transitions, and Suicide Risk (Role: **Co-Investigator**), 2021-2026.

Michigan Retirement and Disability Research Center, Social Security Administration. (PI: Sonnega). The Relationship between Adverse Experiences over the Life Course and Later-life Retirement due to Disability, (Role: **Principal Investigator**), 2020-21.

Michigan Retirement and Disability Research Center, Social Security Administration. (PI: Helppie-McFall). O*NET Job Characteristics Dataset for use with the Health and Retirement Study and Other Surveys, (Role: **Co-Investigator**), 2021-22.

Michigan Retirement and Disability Research Center, Social Security Administration. (PI: Sonnega). Building Data Resources for Studying Effects of Occupational Characteristics on Health, Disability, and Retirement, (Role: **Principal Investigator**), 2019-20.

University of Michigan Retirement Research Center, Social Security Administration. (PI: Helppie-McFall). Validity and Reliability of Machine Coding of Occupation & Industry in the Health and Retirement Study. (Role: **Co-Investigator**), 2017-18.

University of Michigan Retirement Research Center, Social Security Administration. (PI: Helppie-McFall). Characteristics of second career occupations: A review and synthesis. (Role: **Co-investigator**), 2017-18.

University of Michigan Retirement Research Center, Social Security Administration. (PI: Sonnega), Occupational transitions among older workers, (Role: **Principal Investigator**), 2015-16.

University of Michigan Retirement Research Center, Social Security Administration. (PI: Helppie-McFall), Occupational Differences in Rates of Cognitive Decline, (Role: **Co-Investigator**), 2015-16.

University of Michigan Retirement Research Center, Social Security Administration. (PI: Willis). Changing work demands and compositional changes in occupations: Effects on expected retirement, (Role: **Co-Investigator**), 2014-15.

Conference Presentations

Chauhan, S., Carr, D., Taylor, M. and **Sonnega, A.** (November, 2024). Differences in protective mental health resources among widowed in the United States and India. Poster presented at the Gerontological Society of America (GSA) 2024 Annual Scientific Meeting, Seattle, WA.

Qian, W., Yu, W., Ofstedal, M.B., Smith, J. Larkina, M. & **Sonnega, A.** (November, 2024). Memory issues in retrospective life history surveys: Do question type and topic matter? Poster presented at the Gerontological Society of America (GSA) 2024 Annual Scientific Meeting, Seattle, WA.

Sonnega, J. & **Sonnega A.** (November, 2024). Older adults who play video games: Who are they and how do they fare? Poster presented at the Gerontological Society of America (GSA) 2024 Annual Scientific Meeting, Seattle, WA.

Chen, Q., Hsu, J., Oh, Y., Smith, J. & **Sonnega, A.** (November, 2024). Lifetime patterns of exposure to job complexity and later life cognition. Poster presented at the Gerontological Society of America (GSA) 2024 Annual Scientific Meeting, Seattle, WA.

Assari, S. & **Sonnega, A.** (March 2024). Diminished returns of educational attainment on retirement outcomes in Black and Latino individuals. Presentation at the Michigan Retirement and Disability Research Center researcher workshop, Ann Arbor, MI.

Sonnega, A., Carr, D., Chen, Q., Carpenter, R., & Cao, Q. (November 2023). Life course exposure to risky work environments and early retirement due to disability. Paper presented at the Gerontological Society of America (GSA) 2023 Annual Scientific

- Meeting, Tampa, FL.
- Chen, Q., **Sonnega, A.**, Carr, D., Carpenter, R., & Cao, Q. (November 2023). Introducing a new age-based dataset for evaluating occupational characteristics across the life course. Paper presented at the Gerontological Society of America (GSA) 2023 Annual Scientific Meeting, Tampa, FL.
- Sonnega, A.** (November 2023). Racial disparities in occupation exposures in later-life health. **Symposium Chair.** The Gerontological Society of America (GSA) 2023 Annual Scientific Meeting, Tampa, FL.
- Sonnega, A.**, Carr, D., Chen, Q., Carpenter, R., & Cao, K. (March 2023). Racial and ethnic differences in job characteristics and patterns in disability retirement and Social Security retirement wealth. Presentation at the Michigan Retirement and Disability Research Center researcher workshop, Ann Arbor, MI.
- Carr, D., **Sonnega, A.**, Chen, Q., Carpenter, R., & Cao, K. (March 2023). Race-ethnic differences in the effects of COVID-19 on the work, stress, and financial outcomes of older adults. Presentation at the Michigan Retirement and Disability Research Center researcher workshop, Ann Arbor, MI.
- Sonnega, A.** (March 2023). New data resources in the Health and Retirement Study. Presentation at the Michigan Retirement and Disability Research Center researcher workshop, Ann Arbor, MI.
- Sonnega, J. & **Sonnega, A.** (November 2022). The impact of COVID-19 concerns on sleep in older men. Poster presented at the annual meeting of the American Public Health Association, Boston, MA.
- Helppie-McFall, B., Carr, D., Taylor, M. & **Sonnega, A.** (November 2022). Financial hardships and depressive symptoms during COVID: The moderating role of resilience. Poster presented at the Gerontological Society of America (GSA) 2022 Annual Scientific Meeting, Indianapolis, IN.
- Sonnega, A.**, Helppie-McFall, B., Smith, J. & Lee, H. (November 2021). Life course adversity and early retirement due to poor health. Paper presented at the Gerontological Society of America (GSA) 2021 Annual Scientific Meeting, Virtual.
- Sonnega, A.** (November 2021). Building and using data resources for research on job characteristics, health, and retirement. **Symposium Chair.** The Gerontological Society of America (GSA) 2019 Annual Scientific Meeting, Virtual.
- Helppie-McFall, B., **Sonnega, A.**, Fisher G.G. (November 2021). Using HRS-ONET linked data to study subjective and objective mismatch between work demands and capacity at older ages. Paper presented at the Gerontological Society of America (GSA) 2019 Annual Scientific Meeting, Virtual.
- Sonnega, A.**, Helppie-McFall, B., Smith, J. & Lee, H. (March 2021). Adverse experiences over the life course and early retirement due to poor health. Presentation at the Michigan Retirement and Disability Research Center researcher workshop, Virtual.
- Zuelsdorff, M., **Sonnega, A.**, Byrd, D.R., Benton, S.F., & Turner, R.W. (July 2020). Childhood and adulthood traumatic events differentially associate with cognitive aging among Black and White elders in the Health and Retirement Study. Paper presented at the annual meeting of the Alzheimer's Association International Conference, Virtual.
- Turner, R.W., **Sonnega, A.**, Cupery, T., Bush, E., Rosales, T., Weir D., Whitfield, K.E., Jackson, J.J. (November 2019). Multiple factors influencing successful aging. Paper presented at the annual meeting of the Gerontological Society of America, Austin, Texas.

- Cupery, T., Turner, R.W., **Sonnega, A.**, Bush, E., Rosales, T., Weir D., Whitfield, K.E., Jackson, J.J. (March 2019). Positive effects of religion and social support on health of former NFL athletes, Pacific Sociological Association. Oakland, California.
- Sonnega, A** & Sonnega, J.R. (May 2019). Work environment and sleep in the Health and Retirement Study over 10 Years. Poster presented at Association for Psychological Science, Washington, DC.
- Sonnega, J.R. & **Sonnega, A.** (May 2019). Forgiveness and neighborhood environment in the Ypsilanti Everyday Stress and Health Study. Poster presented at the annual meeting of the Association for Psychological Science, Washington, DC.
- Sonnega, A.** (November 2018). Challenges to implementing flexible work policies. Paper presented at the annual meeting of the Gerontological Society of America, Boston, MA.
- Sonnega, J.R. & **Sonnega, A.** (November 2018). Staying up all night: Internet use and sleep among older adults in the United States. Poster presented at the annual meeting of the Gerontological Society of America, Boston, MA.
- Helppie-McFall, B., **Sonnega, A.**, Lee, H., Smith, J. (November 2018). Early life stress and later life cognitive functioning. Paper presented at the annual meeting of the Gerontological Society of America, Boston, MA.
- Fisher, G.G., Ryan, L.H., Steger, M. & **Sonnega, A.** (November 2018). Meaningful work as an antecedent of retirement. Paper presented at the annual meeting of the Gerontological Society of America, Boston, MA.
- Lohman, M., Leggett, A. & **Sonnega, A** (November 2018). Determinants and incidence of fall-related mortality in the U.S.: Evidence from the Health and Retirement Study. Poster presented at Gerontological Society of America, Boston, MA.
- Nicklett, E., Chen, J., **Sonnega, A.**, Abrams, L., Johnson, K., & Assari, S. (November 2018). Diagnosis with type II diabetes and changes in physical activity among middle-aged and older adults in the U.S. Paper presented at the annual meeting of the Gerontological Society of America, Boston, MA.
- Turner, R.W. & **Sonnega, A** (November 2018). Does personal control buffer the impact of life stressors on cognitive functioning in adult men? Paper presented at the annual meeting of the Gerontological Society of America, Boston, MA.
- Lohman, M., Leggett, A. & **Sonnega, A.** (November 2018). Comparing population-based measures of fall-related mortality incidence: Evidence from the Health and Retirement Study and CDC WISQARS. Poster presented at the annual meeting of the American Public Health Association, San Diego, CA.
- Sonnega, A.** (July 2018). The Health and Retirement Study: Challenges and innovations. Paper presented at the Methodology of Longitudinal Surveys II conference, Colchester, United Kingdom.
- Helppie-McFall, B., **Sonnega, A.**, Lee, H., Smith, J. (July 2018). The relationship between stress over the life course and later-life retirement due to disability. Paper presented at the annual meeting of the Society for Life Course and Longitudinal Studies, Milan, Italy.
- Helppie-McFall, B., **Sonnega, A.** (June 2018). Work after Social Security retirement claiming. Paper presented at the annual meeting of the Western Economic Association International, Vancouver, Canada.
- Sonnega, A.**, Leggett, A., Pepin, R. & Assari, S. (November 2017). Running to rest: the effect of exercise on sleep in a national sample over 10 years. Poster presented at the annual

- meeting of the American Public Health Association, Atlanta, GA.
- Sonnega, A. & McFall, B.H.** (July 2017). Job characteristics, occupations transitions, and retirement in older workers. Paper presented at 21st IAGG World Congress of Gerontology & Geriatrics, San Francisco, CA.
- Sonnega, A., Turner, R.W. & Hill, L.K.** (July 2017). Examining predictors of self-rated among adult and older adult Black males. Poster presented at 21st IAGG World Congress of Gerontology & Geriatrics, San Francisco, CA.
- Sonnega, A.** (November 2016). Filling in the gaps: Adding life course histories to panel studies of aging. **Symposium Chair.** Gerontological Society of America, New Orleans, LA.
- Sonnega, A.** (November 2016). Employment and retirement. **Symposium Chair.** Gerontological Society of America, New Orleans, LA.
- Sonnega, A. & McFall, B.H.** (November 2016). Where do I go from here? Effects of occupations on retirement transitions. Paper presented at annual meeting of the Gerontological Society of America, New Orleans, LA.
- Smith, J., Ofstedal, M.B., **Sonnega, A.**, Chopik, W. & Weir, D. (November 2016). Life histories to the Health and Retirement Study: Early-life factors and late-life health. Paper presented at annual meeting of the Gerontological Society of America, New Orleans, LA.
- Turner, R.W., **Sonnega, A.**, Whitfield, K.W. & Jackson, J.S. (November 2016). Stress-related risk factors, functional limitation, disability, and depression symptoms among retired NFL athletes. Paper presented at annual meeting of the Gerontological Society of America, New Orleans, LA.
- McFall, B.H. & **Sonnega, A.**, (2016 November). Occupational differences in rates of cognitive decline: Evidence from the HRS. Paper presented at annual meeting of the Gerontological Society of America, New Orleans, LA.
- Sonnega, A.** (2016, October). Distinguishing fact from fiction: How are employers supposed to know? Presentation to the Sloan Network on Work and Aging Fall Research Institute: Is there an app for that? Overcoming constraints to later life employment. Cambridge, MA
- McFall, B.H., **Sonnega, A.**, Willis, R. (2016 April). Occupational differences in rates of cognitive decline. Presentation at the Michigan Retirement Research Center Annual Researcher Workshop, Ann Arbor, MI.
- Fisher, G. G., Chaffee, D. S., & **Sonnega, A.** (2015 November). Retirement timing: A model and recommendations for future research. Paper presented at the Small Group Meeting on Age in the Workplace, Limerick, Ireland.
- Fisher, G. G., Ryan, L. H., **Sonnega, A.**, & Naude, M. N. (2015 November). Job lock, work/retirement status, and well-being. Sloan Aging and Work Network Meeting. November 18, 2015. Orlando, FL.
- Robinson, K.S, **Sonnega, A.** & Levy, L. (2015 November). Home and Community-Based Services: Who uses the services and which services do they use? Poster presented at the annual meeting of the Gerontological Society of America, Orlando, FL.
- Sonnega, A.**, McCluney, C., Ryan, L. H., & Fisher, G. G. (2015 May). Who works longer? Results from the Health and Retirement Study. Paper presented at the 11th International APA/NIOSH/SOHP Work, Stress & Health Conference, Atlanta, GA.
- McFall, B.H., **Sonnega, A.**, Willis, R. (2015 August). Occupational changes in the HRS. Presentation at the Annual Meeting of the Retirement Research Consortium, Washington, DC.

- McFall, B.H., **Sonnega, A.**, Willis, R. (2015 April). Occupational changes in the HRS. Presentation at the Michigan Retirement Research Center Annual Researcher Workshop, Ann Arbor, MI.
- Sonnega, A.** and Faul, J. (2014 November). The role of treatment and strength in explaining obesity trajectories and mortality. Poster presented at annual meeting of the Gerontological Society of America, Washington, DC.
- Sonnega, A.**, McCluney, C., Ryan, L.H. & Fisher, G. G. (2014 May). Who works longer? Findings from the Health and Retirement Study. Poster presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.
- Sonnega, A.** & Smith, J. (**co-chairs**) (2014 May). Benefits of using national data to explore big questions: Opportunities in the Health and Retirement Study. Symposium at the annual meeting of the Association for Psychological Science, San Francisco, CA.
- Sonnega, A.** and Faul, J. (2014 June). The role of medical and pharmaceutical treatment in explaining obesity trajectories and mortality. Poster presented at annual meeting of the Society for Epidemiologic Research, Seattle, WA.
- Fisher, G. G., Ryan, L.H., & **Sonnega, A.** (2013 October). Working longer and psychological well-being. Paper presented at the Small Group Meeting on Age in the Workplace, Rovereto, Italy.
- Simmert, B., **Sonnega, A.**, & Faul, J. (2013 November). Predictors of self-rated health: Income and inequality matter. Poster presented at the annual meeting of the Gerontological Society of America, New Orleans, LA.
- Sonnega, A.** Simmert, B., & Faul, J. (2013 May). The Effect of Income Inequality on Self-rated Health. Poster presented at the annual meeting of the Association for Psychological Science, Washington D.C.
- Simmert, B., Faul, J. & **Sonnega, A.** (2013 May). Economic inequality as a predictor of self-rated health. Paper presented at the Southern Sociological Society, Atlanta, GA.
- Sonnega, A.** Simmert, B., & Faul, J. (2012 November). Income inequality and self-rated health: Race and gender matter. Poster presented at the annual meeting of the Gerontological Society of America, San Diego, CA.
- Willis, R. & **Sonnega, A.** (2010 October). Demonstrating the value of a longitudinal design. Paper presented at the SHARE-Israel Wave 2 First Results Conference, Israel.
- Sonnega, A.**, & Pierce, P. (1999 June). PTSD in female veterans of the Persian Gulf War. Paper presented at the Conference on Federally Sponsored Gulf War Veterans' Illnesses Research, Pentagon City, VA.
- Caplan, R.D. & **Sonnega, A.** (1998 August). Assessing couples' espoused and enacted competencies. Paper presented at the annual meeting of the American Psychological Association, San Francisco, CA.
- Sonnega, A.** (1998 June). New directions in the study of the effects of job loss on depression. Paper presented at the Meeting of the Society of Prevention Research, Park City, Utah.
- Sonnega, A.** (1998 June). Improving recruitment to interventions through video: Preliminary results of a randomized field trial. Paper presented at the Meeting of the Society of Prevention Research, Park City, Utah.
- Sonnega, A.** & Howe, G. (1997 August). Designing effective prevention programs for couples weathering job loss. Paper presented at the American Psychological Association, Chicago, IL.
- Sonnega, A.** & Howe, G. (1997 April). Prevention trials targeted at children in families with job

loss. Paper presented at the Prevention Science and Methodology Meeting, Baltimore, MD.

Sonnega, A. (1996 May). Trial within a trial approaches to recruitment. Paper presented at the Prevention Science and Methodology Meeting, May, 1996

Sonnega, A. & Kachur. S.P. (1992 November). Evaluation of AIDS services in Baltimore: a project update. Poster presented at the annual meeting of the American Public Health Association, Washington, DC.

Awards

2017 Erickson Foundation Research Award for Research on Positive Aging from the Aging & Public Health Section of the American Public Health Association

Teaching Experience

SRC Summer Institute in Survey Research Techniques

2013-present Introduction to the Health and Retirement Study. **Course coordinator and instructor.** Offered in June.

2024 Disability data in the Health and Retirement Study. **Course coordinator and instructor.** Offered in December.

2023 Life history data data in the Health and Retirement Study. **Course coordinator and instructor.** Offered in December.

2022 Cognition data in the Health and Retirement Study. **Course coordinator and instructor.** Offered in December.

Conference Workshops

Sonnega, A. (2023 November). Gerontological Society of America Conference Workshop Using the Health and Retirement Study for Cognition Research. Course coordinator and instructor.

Sonnega, A. (2023 October). Interdisciplinary Association for Population Health Science Pre-Conference Workshop Introduction to Cognition Data Resources in the Health and Retirement Study. Course coordinator and instructor.

Sonnega, A. (2022 November). Gerontological Society of America Pre-Conference Workshop. Creating a public resource: O*NET job characteristics dataset for use with the Health and Retirement Study and other surveys. Course coordinator and instructor.

Sonnega, A. (2022 November). Gerontological Society of America Pre-Conference Workshop. Health and Retirement Study: New data on genetics, biomarkers, Covid-19, and life history. Course coordinator and instructor.

Sonnega, A. (2020 April). Population Association of America Pre-Conference Workshop. Life histories in the Health and Retirement Study and around the globe. Course coordinator and instructor.

Sonnega, A. (2019 November). Gerontological Society of America Pre-Conference Workshop. Life histories in the Health and Retirement Study and around the globe. Course coordinator and instructor.

- Sonnega, A.** (2017 July). International Association of Gerontology and Geriatrics World Congress (IAGG) Pre-Conference Workshop. Cognition in the Health and Retirement Study and Around the Globe: The Harmonized Cognitive Assessment Protocol. Course coordinator and instructor.
- Sonnega, A.** (2016 November). Gerontological Society of America Pre-Conference Workshop. Health and Retirement Study (HRS): New Directions in the measurement of cognition and biological measurement. Course coordinator and instructor.
- Sonnega, A.** (2014 November). Gerontological Society of America Pre-Conference Workshop. Introduction to the Health and Retirement Study (HRS): Biomarkers and beyond. Course coordinator and instructor.
- Sonnega, A.** (2012 November). Getting started with HRS data. Presented at the Introduction to the Health and Retirement Study (HRS): Going global at the annual meeting of the Gerontological Society of America San Diego, CA.
- Sonnega, A.** (2012 April). Getting Started with HRS Data. Presented at the Introduction to the Health and Retirement Study (HRS): Cognition, Health and Well-being after Age 50 at the Cognitive Aging Conference, Atlanta, GA.
- Sonnega, A.** (2011 November). HRS Sample Design, Weighting, and Complex Variance Estimation. Presented at the Introduction to the Health and Retirement Study (HRS): Health and Well-being after Age 50 at the annual meeting of the Gerontological Society of America, Boston, MA.

Recent Invited Talks & Workshops

- Protecting confidentiality in the Health and Retirement Study and sharing the data with users. Office of Human Protection in Research Community Forum, September 27, 2023.
- Research opportunities with the Health and Retirement Study. Consortium on Analytics for Data-driven Decision-making (CANd3), McGill University, May 10, 2023.
- Using the HRS to study black men's brain health. Black Men's Brain Health Emerging Scholars Panel, September 8, 2022.
- Accessing and using HRS Medicare-linked Data. Michigan Center for the Contextual Factors in Alzheimer's Disease Summer Data Immersion May 26, 2022.
- Getting started with the HRS. NBER HRS workshop for Research Faculty at Historically Black Colleges and Universities, February 3, 2022.
- Adverse experiences over the life course and early retirement due to poor health. Survey Research Center Seminar Series, October 4, 2021.
- Health and Retirement Study workshop: Policy research with HRS Data. Congressional Research Service, February 1-3, 2021.
- Health and Retirement Study: Cohort changes. MIT Enterprise Forum, May 14, 2019.

Undergraduate Teaching

2009-2011 Movesci 313: Scientific Writing

Graduate Teaching

1994-2012 HBHE 600: Principles of Health Behavior and HBHE 601: Psychosocial Factors

in Health-related Behavior

Mentoring and Supervision

Dissertation committees

2025 Rebekah Carpenter, Florida State University
2023 Britney Veal, Florida State University

Undergraduate Research Opportunity Program (UROP) Mentor

2018-2019 Zoe Zemper
2017-2018 Xuekang Wu
2015-2016 Dorian Ballard and Gurnoor Singh
2014-2015 Ibrahim Rashid
2012-2013 Varsha Swamy

Survey Research Center Summer Internship Program Mentor

2012 Beth Simmert
2006 Ana Ormsby

Professional Service

National/International

March 2023 Invited as Subject Matter Expert Panelist on Retirement Questions for Survey of Doctorate Recipients, National Center for Science and Engineering Statistics, National Science Foundation and the National Opinion Research Center
2023-Present Editorial board member, Work, Aging, & Retirement (Impact Factor: 5.68)
2023-Present Editorial board member, Frontiers in Public Health (Impact Factor: 6.48), Section on Aging and Public Health
2022-Present NIA Research Centers Collaborative Network Executive Committee
2022-Present Gerontological Association of America iSessions Working Group
2021-Present NIA Research Centers Collaborative Network Webinar Synergy Committee

University of Michigan and Institute for Social Research

2021-Present ISR DEI Faculty Working Group
2019-present Institutional Review Board Health Sciences and Behavioral Sciences
2019-present Institutional Review Board Liaison to ISR
2015-present ISR Communications Advisory Committee
2022-2023 Survey Research Center Situational Review Committee

2021-2022	Survey Research Center Track Change Study Group Committee
2021-2022	Survey Research Center Study Group on Faculty Tracks
2016-2021	Survey Research Center DEI Community Engagement Working Group
2016-2021	Survey Research Center Dissemination Committee
2015-2020	Director's Advisory Committee on Community and Diversity
2012-2014	Survey Research Center Committee on Diversity
2011	Panelist "Parenting in the Academy: Engineering and the Sciences" Sponsored by Horace H. Rackham School of Graduate Studies, the Center for the Education of Women

Reviewer Commitments

Ageing and Society
Archives of Gerontology and Geriatrics
The Gerontologist
Health Affairs
International Journal of Environmental Research and Public Health
JAMA Psychiatry
Journals of Gerontology Series B: Social Sciences and Psychological Sciences
Journal of Health and Social Behavior
Journal of the American Geriatric Society
The Lancet
Psychological Reports
Work, Aging, and Retirement

Professional Membership

Gerontological Society of America
Interdisciplinary Association for Population Health Science
Population Association of America
Affiliate of the Michigan Center for the demography and Economics of Aging
Affiliate of the Eisenberg Family Depression Center