

ELAINE WETHINGTON

Current position

Associate Professor
Department of Human Development
and Department of Sociology
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Cornell University
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Education

A.B. 1972, Indiana University, Bloomington, Indiana, History
M.A. 1975, The University of Michigan, Ann Arbor, Michigan, History
Ph.D. 1987, The University of Michigan, Ann Arbor, Michigan, Sociology

Research interests

Medical sociology (sociology of mental health and illness; epidemiology of mental and stress-related illness; measurement of life events and social support) and sociology of the family (work and family roles, demands, and mental health)

Professional Experience

Co-Director, Cornell Institute for Translational Research on Aging, 2003–2008
Co-Director, Cornell Gerontology Research Institute, 2002-2004
Acting Director and Co-Director, Bronfenbrenner Life Course Center, 2000-2002
Visiting Scholar, 2000, Survey Research Center, Institute for Social Research, the University of Michigan, Ann Arbor.
Associate Professor, 1993-present, Department of Human Development, Cornell University.
Associate Professor, 1997-present, Department of Sociology, Cornell University.
Assistant Professor, 1987-1993, Department of Human Development and Family Studies, Cornell University.
Predoctoral Fellow, 1986-1987, NIMH Training Program in Psychosocial Factors in Mental and Physical Illness, Survey Research Center, The University of Michigan.
Research Associate, 1979-1986, Research Center for Group Dynamics and Survey Research Center, Institute for Social Research, The University of Michigan.

Publications

Books:

Krout, John and Elaine Wethington. 2003. Residential Choices and Experiences of Older Adults: Pathways to Life Quality. New York: Springer Publishing Company.

Pillemer, Karl A., Phyllis Moen, Elaine Wethington, and Nina Glasgow. 2000. Social Integration in the Second Half of Life. Baltimore, MD: Johns Hopkins University Press.

Bronfenbrenner, Urie, Peter McClelland, Elaine Wethington, Phyllis Moen, and Stephen J. Ceci, with Helene Hembrooke, Pamela A. Morris, and Tara L. White. 1996. The State of Americans: This Generation and the Next. New York: The Free Press.

Journal articles and refereed research annual articles:

Wethington, Elaine. 2005. "The Life Course Perspective on Health: Implications for Health and Nutrition." Journal of Nutrition Education and Behavior 37:115-120.

Serido, Joyce, David Almeida, and Elaine Wethington. 2004. "Chronic Stressors and Daily Hassles: Unique and Interactive Relationships with Psychological Distress." Journal of Health and Social Behavior 45:17-33.

Kim, Karen Hye-cheon, Jeffrey Sobal, and Elaine Wethington. 2003. "Religion and Body Weight." International Journal of Obesity 27:469-477.

Pillemer, Karl A., J. Jill Sutor, and Elaine Wethington. 2003. "Integrating Theory, Basic Research, and Intervention: Examples from Caregiving Research." The Gerontologist 43:19-28.

Almeida, David, Katherine A. McGonagle, Rodney C. Cate, Ronald C. Kessler, and Elaine Wethington. 2003. "Psychological Modifiers of Emotional Reactivity to Marital Arguments: Results from a Daily Diary Study." Marriage and Family Review 34:89-113. (Co-published in R.A. Fabes, Ed., Emotions and the Family, Haworth Press, 2002).

Almeida, David, Elaine Wethington, and Ronald C. Kessler. 2002. "The Daily Inventory of Stressful Events (DISE): An Investigator-Based Approach for Measuring Daily Stressors." Assessment 9:41-55.

Wethington, Elaine. 2002. "The Relationship of Work Turning Points to Perceptions of Psychological Growth and Change." Advances in Life Course Research: New Frontiers in Socialization 7:111-131.

Almeida, David, Elaine Wethington, and Daniel McDonald. 2001. "Daily Variation in Paternal Engagement and Negative Mood: Implications for Emotionally Supportive and Conflictual Interactions." Journal of Marriage and the Family 63:417-429.

Wethington, Elaine. 2000. "Expecting Stress: Americans and the 'Midlife Crisis'." Motivation

and Emotion, 24:85-103.

Wethington, Elaine. 2000. "Contagion of Stress." Advances in Group Processes 17:227-251.

Almeida, David, Elaine Wethington, and Amy Chandler. 1999. "Daily Transmission of Tensions Between Marital Dyads and Parent-Child Dyads." Journal of Marriage and the Family 61:49-61.

Smith, Maureen, Elaine Wethington, and Qin Zhan. 1996. "Self-Concept Clarity and Preferred Coping Styles." Journal of Personality 64:407-434.

Moen, Phyllis and Elaine Wethington. 1992. "The Concept of Family Adaptive Strategies." Annual Review of Sociology 18:233-251.

Kessler, Ronald C. and Elaine Wethington. 1991. "The Reliability of Life Event Reports in a Community Survey." Psychological Medicine 21:723-738.

Lenzenweger, Mark F., Robert H. Dworkin, and Elaine Wethington. 1991. "Examining the Underlying Structure of Schizophrenic Phenomenology: Evidence for a Three Process Model." Schizophrenia Bulletin 17:515-524.

Mattlin, Jay, Elaine Wethington, and Ronald C. Kessler. 1990. "Situational Determinants of Coping and Coping Effectiveness." Journal of Health and Social Behavior 31:103-122.

Wethington, Elaine and Ronald C. Kessler. 1989. "Employment, Parenting Responsibility, and Psychological Distress: A Longitudinal Study of Married Women." Journal of Family Issues 10:527-546.

Bolger, Niall, Anita DeLongis, Ronald C. Kessler, and Elaine Wethington. 1989. "The Contagion of Stress Across Multiple Roles." Journal of Marriage and the Family 51:175-183.

Lenzenweger, Mark F., Robert H. Dworkin, and Elaine Wethington. 1989. "Models of Positive and Negative Symptoms in Schizophrenia: An Empirical Evaluation of Latent Structures." Journal of Abnormal Psychology 98:62-70.

Wethington, Elaine and Ronald C. Kessler. 1986. "Perceived Support, Received Support, and Adjustment to Stressful Life Events." Journal of Health and Social Behavior 27:78-89.

Depner, Charlene E., Elaine Wethington, and Berit Ingersoll-Dayton. 1984. "Social Support: Methodological Issues in Design and Measurement." Journal of Social Issues 40:37-54.

Book chapters:

Wethington, Elaine. Forthcoming, 2006. "The Sociology of Mental Health." In Handbook of 21st Century Sociology, edited by C. Bryant and D. Peck. Thousand Oaks, CA: Sage.

Wethington, Elaine. Forthcoming, 2006. "Commentary: Stressful Life Events and Depressive Disorders: The Paradigm Shift." In The Many Faces of Health, Competence, and Well-Being in Old Age: Integrating epidemiological, Psychological, and Sociological Perspectives, edited by H.W. Wahl, H. Brenner, H. Mollenkopf, D. Rothenbacher, and C. Rott. New York: Springer Publishing Company.

Wethington, Elaine. 2005. "The Everyday Emotional Experiences of Husbands and Wives: Commentary." Pp. 190-192 in Being Together, Working Apart: Dual Career Families and the Work-Life Balance, edited by B. Schneider and L. Waite. Cambridge: Cambridge University Press.

Wethington, Elaine, Ronald C. Kessler, and Joy E. Pixley. 2004. "Turning Points in Adulthood." Pp. 586-613 in O. G. Brim, C. D. Ryff, & R. C. Kessler (Eds.), How Healthy Are We: A National Study of Well-Being at Midlife. Chicago: University of Chicago Press.

Wethington, Elaine. 2003. "Residential Differences in Life Stress and Perceived Health." Pp. 157-176 in J. Krout and E. Wethington (Eds.), Residential Choices and Experiences of Older Adults: Pathways to Life Quality. New York: Springer Publishing Company.

Boyce, Alice, Elaine Wethington, and Phyllis Moen. 2003. "Continuity and Change in Subjective Well-Being." Pp. 177-193 in J. Krout and E. Wethington (Eds.), Residential Choices and Experiences of Older Adults: Pathways to Life Quality. New York: Springer Publishing Company.

Wethington, Elaine, Joy Pixley, and Alison Kavey. 2003. "Turning Points in Work Careers." Pp. 168-182 in P. Moen (Ed.), It's About Time: Couples and Careers. Ithaca, NY: Cornell University Press.

Wethington, Elaine. 2003. "Turning Points as Opportunities for Psychological Growth." Pp. 37-53 in C. L. M. Keyes and J. Haidt (Eds.), Flourishing: Positive Psychology and the Life Well-Lived. Washington, DC: American Psychological Association.

Wethington, Elaine, David Almeida, George W. Brown, Ellen Frank, and Ronald C. Kessler. 2001. "The Assessment of Stressor Exposure." Pp. 113-134 in Ad Vingerhoets (Ed.), Assessment in Behavioral Medicine. New York: Taylor and Francis/Brunner-Routledge.

Wethington, Elaine, Phyllis Moen, Karl A. Pillemer, and Nina Glasgow. 2000. "Multiple Roles, Social Integration, and Health." Pp. 48-71 in K. A. Pillemer, P. Moen, E. Wethington, and N. Glasgow (Eds.), Social Integration in the Second Half of Life. Baltimore, MD: Johns Hopkins University Press.

Wethington, Elaine and Allison Kavey. 2000. "Neighboring as a Form of Social Integration." Pp. 190-210 in K. A. Pillemer, P. Moen, E. Wethington, and N. Glasgow (Eds.), Social Integration in the Second Half of Life. Baltimore, MD: Johns Hopkins University Press.

Moen, Phyllis, Karl Pillemer, Elaine Wethington, Nina Glasgow, and Galen Vesey. 2000.

“Closing Thoughts and Future Directions.” Pp. 287-304 in K. A. Pillemer, P. Moen, E. Wethington, and N. Glasgow (Eds.), Social Integration in the Second Half of Life. Baltimore, MD: Johns Hopkins University Press.

Moen, Phyllis and Elaine Wethington. 1999. "Midlife Development in a Life Course Context." Pp. 3-23 in S. L. Willis and J. D. Reid (eds.), Life in the Middle: Development in the Third Quarter of Life. New York : Academic.

Wethington, Elaine. 1997. "The Structured Life Event Inventory." Pp. 391-405 in C. Zalaquett and R. Wood (Eds.), Evaluating Stress: A Book of Resources. Scarecrow/University Press.

Wethington, Elaine, Hope Cooper, and Carolyn Holmes. 1997. "Turning Points in Midlife." Pp. 215-231 in I. Gotlib and B. Wheaton (Eds.), Stress and Adversity Across the Life Course: Trajectories and Turning Points. New York: Cambridge University Press.

Wethington, Elaine, George W. Brown, and Ronald C. Kessler. 1995. "Interview Measurement of Stressful Life Events." Pp. 59-79 in S. Cohen, R.C. Kessler, and L. Gordon (Eds.), Measuring Stress: A Guide for Health and Social Scientists. New York: Oxford University Press.

Chan, Anna and Elaine Wethington. 1995. "Factors Promoting Marital Resilience Among Interracial Couples." Pp. 71-87 in H. I. McCubbin, E. A. Thompson, A. I. Thompson, and J. E. Fromer (Eds.), Resiliency in Ethnic Minority Families, volume 1. Madison, WI: University of Wisconsin.

Wethington, Elaine and Ronald C. Kessler. 1993. "Neglected Methodological Issues in Employment Stress." Pp. 269-295 in B. Long and S. Kahn (Eds.), Women, Work and Coping: A Multidisciplinary Approach to Workplace Stress. Montreal: McGill-Queens.

Wethington, Elaine and Ronald C. Kessler. 1991. "Situations and Processes of Coping." Pp. 13-29 in J. Eckenrode (Ed.), The Social Context of Coping. New York: Plenum.

Eckenrode, John and Elaine Wethington. 1990. "The Process of Mobilizing Social Support." Pp. 83-103 in S. Duck and R. Silver (Eds.), Personal Relationships and Social Support. Beverly Hills: Sage.

Bolger, Niall, Anita DeLongis, Ronald C. Kessler, and Elaine Wethington. 1990. "The Microstructure of Daily Role-Related Stress in Married Couples." Pp. 95-115 in J. Eckenrode and S. Gore (Eds.), Stress between Work and Family. New York: Plenum.

Wethington, Elaine, Jane D. McLeod, and Ronald C. Kessler. 1987. "The Importance of Life Events for Explaining the Gender Difference in Psychological Distress." Pp. 144-156 in R.C. Barnett, L. Biener, and G.K. Baruch (Eds.), Gender and Stress. New York: The Free Press.

Kahn, Robert L., Elaine Wethington, and Berit Ingersoll-Dayton. 1987. "Social Networks: Determinants and Effects." Pp. 139-165 in R. Abeles (Ed.), Life-Span Perspectives and Social Psychology. Hillsdale, NJ: Lawrence Erlbaum Associates.

Kessler, Ronald C., Jane D. McLeod, and Elaine Wethington. 1985. "The Costs of Caring: A Perspective on the Relationship Between Sex and Psychological Distress." Pp. 491-506 in I. Sarason and B. Sarason (Eds.), Social Support: Theory, Research, and Applications. Dordrecht: Martinus Nijhoff.

Essays and reviews:

Wethington, Elaine. Forthcoming, 2006. "The Midlife Crisis." In J. Greenhaus and G. Callahan (Eds.), Encyclopedia of Career Development. London: Sage Publications.

Wethington, Elaine. Forthcoming, 2006. "Life Events." In R. Fernandez-Ballesteros (Ed.), The Encyclopedia of Psychological Assessment, Vol 1, 2nd edition. London: Sage Publications.

Wethington, Elaine. 2002. "Life Events." Pp. 561-564 in R. Fernandez-Ballesteros (Ed.), The Encyclopedia of Psychological Assessment, Vol 1. London: Sage Publications.

Wethington, Elaine. 2000. "Life Stories: Integrating Quantitative and Qualitative Approaches. Introduction to a Special Issue." Motivation and Emotion 24:63-66.

Wethington, Elaine. 2000. "Life Events Scale." Pp. 618-622 in G. Fink (Ed.), Encyclopedia of Stress. New York: Academic.

Wethington, Elaine. 2000. "Cary L. Cooper, ed., Theories of Organizational Stress." Administrative Science Quarterly 45:640-642.

Wethington, Elaine and Jennifer Nolan. 2000. "Social Roles in Mental Disorder." Pp. 418-420 in C. Bryant (Ed.), Encyclopedia of Criminology and Deviant Behavior, vol. 4. London: Taylor and Francis.

Recent Presentations (last 5 years only)

Carol Devine, Meg Jastran, Tracy Farrell, Jennifer Jobs, Carole Bisogni, and Elaine Wethington. "Work-family Spillover and the Food Choice Strategies of Low Wage Employed Parents." Annual Meeting of the American Public Health Association, Philadelphia, PA, December 10, 2005

Elaine Wethington, "Gender Differences in Perception of Midlife and Midlife 'Crisis'." Annual Meeting of the Gerontological Society of America, Orlando, FL, November 7, 2005

Elaine Wethington, "Theoretical Models for the Accumulation of Stressor Exposure across Life." Annual Meeting of the American Sociological Association, Philadelphia, PA, August 15, 2005

Elaine Wethington, "The Life Course Perspective on Health and Nutrition." Cornell University Obesity Conference, Ithaca, NY, June 7, 2005.

Elaine Wethington, Invited Discussant, Sloan Program in Health Administration Conference on “Consumers, Information, and the Evolving Health Care Marketplace.” Ithaca, NY, April 8, 2005

Elaine Wethington and Joyce Serido, “A Case Review Approach to Coding and Rate Life Events in the National Comorbidity Survey 2.” University of Pittsburgh, Pittsburgh Mind-Body Center. Pittsburgh, PA, May 20, 2005.

Elaine Wethington, “Linking University-Based Researchers to Community Agencies and Advocates: The Cornell Institute for Translational Research on Aging.” Eastern Sociological Society, Washington DC, March 18, 2005.

Elaine Wethington and Joyce Serido, “A Case Approach to Coding and Rating Life Events and Difficulties for Life Course Research.” Gerontological Society of America, Washington, DC, November 22, 2004.

Steven Mock, Elaine Wethington, I. Gabriel, and J. Turnbull. “ Optimism, Well-Being, and Depression in ALS Patients and Their Caregivers.” Gerontological Society of America, Washington, DC November 21, 2004.

Elaine Wethington and Barbara Ganzel, “Life Adversity and Allostatic Load: Implications for Sociological Theories on Social Stress.” American Sociological Association Annual Meeting, San Francisco, CA. August 14, 2004.

Course Faculty Member, “Human Research Protections in Sociology and the Social Sciences,” American Sociological Association Annual Meeting, San Francisco, CA. August 13, 2004.

Elaine Wethington and Joyce Serido. “A Case Approach for Coding and Rating Life Events and Difficulties Using a Standard Survey Interview,” International Conference on Social Stress Research, Montreal, QE, Canada, May 30, 2004.

Elaine Wethington, “Gender Differences in Turning Points across the Life Course.” Eastern Sociological Society, New York, NY, February 21, 2004.

Elaine Wethington, “The Reliability of Life History Reports in a Phone Interview,” Gerontological Society of America Annual Meeting, San Diego, CA, November 24, 2003.

Discussant, Panel on “New Directions in Life Course Research,” Gerontological Society of America, San Diego, CA, November 24, 2003.

Baseema Banoo, Shelly Campo, Elaine Wethington, and Alice Boyce. “The Influence of Informal Support and Social Participation on Formal Service Use by the Elderly: An Exploratory Analysis,” American Public Health Association, San Francisco, CA, November 18, 2003.

Elaine Wethington, “New Research in the Cornell Gerontology Research Institute,” Trustees and

Advisory Councils Meetings, Cornell University, Ithaca, NY, October 18, 2003.

Roundtable presider, "Construction of Health and Age," American Sociological Association Annual Meeting, Atlanta, GA, August 19, 2003.

Elaine Wethington. "The Life Course Perspective on Health," Plenary Session, Society for Nutrition Education, Philadelphia, PA, July 28.

Elaine Wethington. "Issues in Human Subjects Protection in Behavioral/Social Research," Inter-Institute Bioethics Interest Group, National Institutes of Health, Bethesda, MD, May 5, 2003.

Elaine Wethington, Discussant, Panel on "Family Adaptive Strategies," Annual Sloan Meeting, Los Angeles, CA, May 15, 2003

Barbara Ganzel and Elaine Wethington. "Inside the Black Box: Allostatics and Theories of the Stress Process." Internal Conference on Social Stress Research, Portsmouth, NH, May 5, 2002.

Elaine Wethington, "The Reliability of Life Events Reports – Revisited." Invited seminar at Johns Hopkins School of Public Health, Department of Mental Hygiene, March 26, 2002.

Grants and Contracts

Co-principal investigator, 2004-2006, Work-Family Integration and Diets of Multi-Ethnic Adults (National Cancer Institute).

Principal investigator, 2003-2004, Coding Life Events and Difficulties for the NCS-II (Subcontract from Harvard University Medical School/National Institutes of Drug Abuse, Mental Disorders as Risk Factors for Substance Disorders).

Co-principal investigator and Director of Pilot Study Core, 2003-present, Cornell Institute for Translational Research on Aging and Social Integration (National Institutes on Aging).

Co-investigator, 2003-2004, Use of a Telephone Diary Approach to Investigate the Relationship between Work/Family Spillover and the Diets of Employed Parents (Bronfenbrenner Life Course Center Innovative Research Proposal Awards, Cornell University).

Co-investigator, 2001-2004. Mental Disorders as Risk Factors for Substance Disorders (National Comorbidity Study II). (National Institutes of Health; National Institutes of Drug Abuse)

Principal Investigator, 2001-2003, Pathways to Life Quality (Atlantic Philanthropies).

Principal Investigator, 1998-2003, Instruments to Assess Social Integration and Isolation (National Institutes on Aging).

Co-Investigator, 1993-2003, Cornell Gerontology Research Institute (National Institutes of

Aging, Principal Investigators Karl Pillemer and Phyllis Moen) (Co-Director, 2002-2003)

IPA (Intergovernmental Personnel Agreement), 1997-2001, Life Events and Stress Among African-American Women. (Centers for Disease Control and Prevention)

Principal Investigator, 1996-1998, A Comparison of Marital Quality in Same-Race and Mixed-Race Couples. National Science Foundation, Dissertation Award in Sociology (Student: Anna Chan).

Principal Investigator, 1996-1997, Revision of the Structured Life Events Interview (SLI) and Development of Adolescent SLI (MacArthur Foundation Research Network on Development and Psychopathology).

Principal Investigator, 1994-1998, Psychological Experiences -- A Midlife Perspective (MacArthur Foundation Research Network on Successful Midlife Development).

Principal Investigator and Project Leader, 1994-1998, Health and Menopause in Poor Rural Women (USDA Hatch, 321-7451).

Network Associate, 1993-1998, MacArthur Foundation Research Network on Successful Midlife Development.

Principal Investigator, 1993-1995, Traditional Beliefs and Attitudes Resistant to Seeking Mental Health Assistance in Rural Areas (Community and Rural Development Institute Research Program Awards, Cornell University, 321-6466).

Principal investigator, 1992-present, Neighboring and Health in the Community, Cornell University (Life Course Institute, 321-3301).

Principal investigator, 1988-1993, Role Stress and Psychological Distress in Rural and Urban Communities, Cornell University (USDA Hatch, 321-7419).

Other Research Projects

Consultant, Measurement Core, University of Pittsburgh Mind-Body Center, 2004 – present.

Faculty Associate, 2004-2006, The Evolving Family: Family Processes, Contexts, and the Life Course of Children, Institute for the Social Sciences, Cornell University.

Consultant, The National Study of Midlife (MIDUS II), the University of Wisconsin.

Awards

Outstanding Educator, Merrill Presidential Scholar Award, Cornell University, 1999. (Student: Stacey Pauker).

Human Ecology Alumni Association and Kappa Omicron Nu Distinguished Teaching Award, Cornell University, 1995.

Rackham Predoctoral Fellowship, University of Michigan, 1985

Phi Beta Kappa, 1971, Indiana University

Professional Activities

Member, American Sociological Association, Gerontological Society of America, National Council for Family Relations, American Public Health Association, Applied Research Ethics National Association.

Editorial Board, Journal of Health and Social Behavior, 2002-2005

Editorial Board, Social Psychology Quarterly, 1998-2001

Editorial Board, Journal of Health and Social Behavior, 1992 - 1995

Member, Distinguished Scholarly Contribution Award, American Sociological Association, 1998-2000. (Chair, 2001 award)

Teaching

Families and the Life Course

Socialization, Social Control and Deviance across the Life Course

Introduction to Social Gerontology

Research Design and Methods

Sociology of Women and Reading

Health and Social Behavior

Work, Family, and Health

Contemporary Family Theory and Research (graduate)

Psychosocial Epidemiology (graduate)

Health and the Life Course (graduate)

University Administrative Duties

Director of Undergraduate Studies, Department of Human Development, 1997; 2003-2006

Director of Undergraduate Studies, Department of Sociology, 1998-1999

Acting Director & Co-Director, Bronfenbrenner Life Course Center, 2000-2002

Chair, Cornell University Committee on Human Subjects (Institutional Review Board), 2000-2006