

Cara Lynell Booker

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Education:

2002-2006 University of Southern California, Ph.D. Health Behavior Research
2001-2002 University of Southern California, M.P.H. Epidemiology and Biostatistics
1995-2001 University of Southern California, B.S. Health Promotion and Disease Prevention
1994-1999 University of Southern California, B.A. Chemistry
1990-1994 Mahomet-Seymour High School

Professional Experience:

Oct 2013 - Research Fellow, University of Essex
Oct 2009 – Sept 2013 Senior Research Officer, University of Essex
May 2007 – Sept 2009 Research Assistant, MRC SPSHU
Feb 2005 – July 2006 Research Coordinator, Childrens Hospital Los Angeles
Aug 2000 – July 2006 Research Assistant, University of Southern California

Peer Reviewer:

Journals: *American Journal of Preventive Medicine, American Journal of Public Health, Archives of Disease in Childhood, BMJ Open, BMC Public Health, Canadian Journal of Public Health, Developmental Cognitive Neuroscience, Ethnicity and Disease, Ethnicity and Health, Evaluation & the Health Professions, Frontiers in Public Health, International Journal of Behavioural Medicine, International Journal of Obesity, Journal of Adolescence, Journal of Adolescent Health, Journal of Clinical Epidemiology, Journal of Epidemiology and Community Health, Journal of Evaluation and Program Planning, Journal of Global Epidemiology and Environmental Health, Journal of Happiness Studies, Mental Health and Physical Activity, Nicotine and Tobacco Research, Occupational and Environmental Medicine, PLOS One, Preventive Medicine, Psychological Medicine, Scandinavian Journal of Medicine and Science in Sport, and Social Science Computer Review.*

Associate Editor: BMC Public Health

Former Associate Editor of *Ethnicity and Health*.

Reports: for an analysis of BAME disproportionality in the CJS for the Lammy Review.

Main Research Grants (PI or Co-I unless otherwise stated)

2021-2022 Timely: towards early identification of child and adolescent mental health problems, The Alan Turing Institute: T2-15 (£251,302), Named Researcher

(Last Modified February 24, 2023)

2021-2022 Mind the Vaccination Gap: Understanding and Overcoming the Racial/Ethnic Inequalities in Vaccination Acceptance, British Academy: CRUSA210009 (£68,377), Co-I
2021-2023 Evaluation: Tendring District Council's Wellbeing Hubs, Tendring District Council (£39,651)
2018-2019 Analysis of the National LGBT Survey, UK Government Equalities Office (GEO; £74,547.88)
2015-2018 How can biomarkers and genetics improve our understanding of society and health?, ESRC: ES/M008592/1 (£1,467,783), Named Researcher
2009-2014 Centre for Micro-Social Change, UK Economic and Social Research Council (ESRC): ES/H00811X/1 (£3,377,238), Named researcher

Society Memberships:

2017 - 2018 International Epidemiological Association
2012 - 2017 Society for Social Medicine
2005 – 2006 Health Behavior Research Student Association, President
2001 – 2003 American Public Health Association, Student Affiliate
2000 – 2003 American Diabetes Association
2000 – 2002 American Diabetes Association – African-American Chapter

Areas of Research Interest:

Psychosocial determinants and risk factors of health across the life-course; Social inequalities in health-related behaviours and well-being among adolescents; Social media interaction and adolescent and young adult well-being; Emerging Inequalities; Parental relationships and child well-being.

PhD Supervision:

Supervised to Completion

1. Natasha Crawford (First supervisor)
2. Marcello Morciano (Second supervisor)
3. Cathie Hammond (First Supervisor)
4. Farzaneh Hemmati-Torabi (Second supervisor)

Current PhD Students

1. Adisetu Joy Malih (Second Supervisor)
2. Laura Tan (First Supervisor)
3. Owen Cranshaw (First Supervisor)
4. Liang Yunlong (First Supervisor)
5. Abbie-Jane Vale (First Supervisor)

Masters Student Dissertation Supervision

1. Kathryn Chard, 2017
2. Laura Tan, 2019
3. Ifeyinwa Victor-Uadiale, 2019
4. Saulius Ringaila, 2020

Student Viva Examination:

External Examiner

(Last Modified February 24, 2023)

1. Jose Cuitun Coronado, 2019

Internal Examiner

1. Deborah Hart, 2015
2. Dorothee Schneider, 2016
3. Caroline Carney, 2017
4. Madeleine Louise Cooper Dean, 2018
5. Kristopher Bevan, 2022

Independent Chair

1. Joe Greenwood, 2017
2. Muhammad Krkjie, 2017
3. Patrick McCash, 2018
4. Larissa Kersten, 2018
5. Reshaa Alruwaili, 2018
6. Jakub Kowalewski, 2019
7. Katariina Mustasilta, 2019

PhD Upgrade External Examiner

1. Memta R. Jatiani, 2020

BIBLIOGRAPHY

ARTICLES PUBLISHED

1. Chung, H. & Booker, C. (2022). Flexible Working and the Division of Housework and Childcare: Examining Divisions across Arrangement and Occupational Lines. *Work, Employment and Society*.
<https://doi.org/10.1177/09500170221096586>
2. Booker, C.L. & Meads, C. (2021) Sexual Orientation and the Incidence of COVID-19: Evidence from Understanding Society in the UK Longitudinal Household Study. *Healthcare*, 9(8), 937.
<https://doi.org/10.3390/healthcare9080937>
3. Chandola, T., Kumari, M., Booker, C.L. & Benzeval, M. (2020) The mental health impact of COVID-19 and lockdown-related stressors among adults in the UK. *Psychological Medicine*, 1–10.
<https://doi.org/10.1017/S0033291720005048>
4. Booker, C.L., Andrews, L., Green, G., Kumari, M. (2020) Impacts of long-standing illness and chronic illness on working hours and household income in a longitudinal UK study. *SSM - Population Health*.
<https://doi.org/10.1016/j.ssmph.2020.100684>
5. Chandola, T., Booker, C., Benzeval, M., Kumari, M. (2019). Flexible work arrangements and biomarkers of chronic stress: Evidence of buffering of work and family stressors from the UK Household Longitudinal Study (UKHLS). *Sociology*, 53(4), 779-799.
<https://journals.sagepub.com/doi/abs/10.1177/0038038519826014>.
6. Kelly, Y., Zilanawala, A., Booker, C. & Sacker, A. (2019). Social media use and adolescent mental health: findings from the UK Millennium Cohort Study. *EClinicalMedicine*, 6, 59-68. Online access:
<https://doi.org/10.1016/j.eclinm.2018.12.005>.
7. Booker, C.L., Kelly, Y.J., Sacker, A. (2018). Gender differences in the associations between age trends of social media use and well-being among 10-15 year olds in the UK. *BMC Public Health*, 18, 321. Online access: <https://doi.org/10.1186/s12889-018-5220-4>.
8. Booker, C.L., Rieger, G., Unger, J.B. (2017). Sexual orientation health inequality: Evidence from *Understanding Society*, the UK Longitudinal Household Study. *Preventive Medicine*, 101, 126-132.
9. Lacey, R.E., Sacker, A., Kumari, M., Worts, D., McDonough, P., Booker, C., McMunn, A. (2016). Work-family life courses and markers of stress and inflammation in mid-life: evidence from the National Child Development Study. *International Journal of Epidemiology*, 45, 1247-1259.
10. McMunn, A., Lacey, R., Worts, D., McDonough, P., Stafford, M., Booker, C., Kumari, M. & Sacker, A. (2015). De-standardization and gender convergence in work-family life courses in Great Britain: A multi-channel sequence analysis. *Advances in Life Course Research*, 26, 60-75.
11. McDonough, P., Worts, D., Booker, C., McMunn, A. & Sacker, A. (2015). Cumulative disadvantage, employment-marriage, and health inequalities among American and British mothers. *Advances in Life Course Research*, 25, 49-66.
12. Booker, C.L., Skew, A.J., Sacker, A & Kelly, Y.J. (2015). Media use, sports participation and well-being in adolescence: findings from the UK Household Longitudinal Study. *American Journal of Public Health*, 105(1), 173-179. Online access: <https://doi.org/10.2105/AJPH.2013.301783>.
13. Booker, C.L., Skew, A.J., Sacker, A. & Kelly, Y.J. (2014). Well-being in adolescence – An association with health-related behaviors: Findings from *Understanding Society*, the UK Household Longitudinal Study. *Journal of Early Adolescence*, 34(4), 518-538.
14. Booker, C.L. & Sacker A. (2013). Labour force status, unemployment spells and the effect on psychological well-being set points. *Journal of Longitudinal and Life Course Studies*, 4(2), 88-104.
15. Booker, C.L. & Sacker, A. (2012). Limiting long-term illness and subjective well-being in families. *Longitudinal and Life Course Studies*, 3(1), 41-65.
16. Booker, C.L. & Sacker A. (2012). Psychological well-being and reactions to multiple unemployment events: Adaptation or sensitisation? *JECH*, 66(9), 832-838.

17. Booker, C.L., Harding, S. & Benzeval, M. (2011). A systematic review of the effect of retention methods on response rates in population-based cohort studies. *BMC Public Health*, 11:249.
18. Booker, C.L., Unger, J.B., Azen, S.P., Baezconde-Garbanati, L., Lickel, B. & Johnson, C.A. (2008). Longitudinal Analysis of Stressful Life Events and Smoking Behaviors among Multiethnic Adolescents. *Substance Use and Misuse*, 43(11), 1509-1531.
19. Kipke, M.D., Iverson, E., Moore, D., Booker, C., Ruelas, V., Peters, A.L., Kaufman, F. (2007). Food and Park Environments: Neighborhood-level Risks for Childhood Obesity in East Los Angeles. *Journal of Child and Adolescent Mental Health*, 40(4), 325-333.
20. Booker, C.L., Unger, J.B., Azen, S.P., Baezconde-Garbanati, L., Lickel, B. & Johnson, C.A. (2007). Stressful Life Events and Smoking Behaviors in Chinese Adolescents: A Longitudinal Analysis. *Nicotine & Tobacco Research*, 9(11), 1-10.
21. Booker, C.L., Gallaher, P., Unger, J.B., Ritt-Olson, A., & Johnson, C.A. (2004). Stressful Life Events, Smoking Behavior, and Intentions to Smoke among a Multiethnic Sample of 6th Graders. *Ethnicity and Health*, 9(4), 369-397.

BOOK

1. Chandola, T. and Booker, C. (2021). *Archival and Secondary Data*. Sage Publications Ltd., London.

WORKING PAPERS

1. Benzeval M, Booker C, Burton J, Crossley TF, Jäckle A, Kumari M, et al. Understanding Society COVID-19 Survey April Briefing Note: Health and Caring. ISER, University of Essex, 2020 Contract No.: No 11/2020
2. Booker, C. & Pudney, S. (2013). In sickness and in health? Comorbidity in older couples. ISER Working Paper Series, No. 2013-30.

CONFERENCE PAPERS

1. Booker, C.L. Digital Technology Use and Adolescent Wellbeing: Cause, effect, mediator, what's the tea? Presented at the SLLS Annual Conference, September 22, 2021 Virtual Conference.
2. Booker, C.L. Does maternal communication mediate the relationship between changes in social media use and well-being? Presented at the UKHLS Conference, July 4, 2019 Colchester, UK.
3. Booker, C.L. & Kumari, M. Biomarkers and trajectories of sleep duration and disturbance in Understanding Society. Presented at the UKHLS Conference, July 3, 2019 Colchester, UK.
4. Booker, C.L., Kumari, M., & Ruiz, M. Allostatic Load: what is it and does its composition vary by age? An examination of the Understanding Society biomarker data. Presented at the Understanding Society Conference: Combining Biomarker and Social Data, December 6, 2018 Colchester, UK.
5. Booker, C.L. Early life event trajectories and early adult health: Evidence from the British Household Panel Survey and the UK Household Longitudinal Study. Presented at 21st World Congress of Epidemiology, August 20, 2017 Saitama, Japan.
6. Booker, C.L. Longitudinal associations between social networking website use and happiness in young people. Presented at CLOSER Conference, November 30, 2015 London, UK.
7. Booker, C.L. Longitudinal associations between social networking website use and happiness in young people. Presented at UKHLS Conference, July 23, 2015 Colchester, UK.
8. Booker, C.L. The effects of changes in disability and limiting long-term illness on well-being among older UK people. Presented at the 20th World Congress of Epidemiology, August 18, 2014 Anchorage, Alaska, USA.
9. Booker, C.L. & Pudney, S. In sickness and in health? Comorbidity in older couples. Presented at the 4th SHARE User Conference, November 28, 2013 Liège, Belgium.
10. Booker, C.L. & Pudney, S. In sickness and in health? Comorbidity in older couples. Presented at the Society for Longitudinal and Life Course Studies Conference, September 24, 2013 Amsterdam, The Netherlands.
11. Booker, C.L. Understanding alcohol consumption in a family context. Presented at the Society for Longitudinal and Life Course Studies Conference, September 23, 2013 Amsterdam, The Netherlands.

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12. Booker, C.L. Understanding alcohol consumption in a family context. Presented at the UKHLS Conference, July 26, 2013 Colchester, UK.
13. Booker, C.L., Skew, A.J., Kelly, Y. & Sacker, A. Do unhappy adolescents become less healthy adolescents? Presented at the Society for Longitudinal and Life Course Studies Conference, October 30, 2012 Paris, France.
14. Booker, C.L., Skew, A.J., Kelly, Y. & Sacker, A. Well-being in adolescence – an association with health-related behaviors. Presented at the International Conference for Behavioral Medicine, September 30, 2012 Budapest, Hungary.
15. Booker, C.L., Skew, A.J., Sacker, A. & Kelly, Y. You are what you eat, smoke and drink. Presented at the Society for Longitudinal and Life Course Studies Conference, September 26, 2011 Bielefeld, Germany.
16. Booker C.L. & Sacker, A. *Understanding Society*: Limiting long-term illness and subjective well-being of family members. Presented at the BHPS Conferences, June 30, 2011 Colchester, UK.
17. Booker, C.L. & Sacker, A. Psychological well-being repeated unemployment events: Adaptation or sensitisation? Presented at the International Conference for Behavioral Medicine, August 5, 2010 Washington, DC, USA.
18. Booker, C.L. The UKHLS Youth Sample: Overview and Preliminary Results. Presented at the British Sociological Association Medical Sociology Group Annual Conference, September 1, 2010 Durham, UK.
19. Booker, C.L. & Sacker, A. Labour force status, unemployment spells and the effect on psychological well-being set points. Presented at the Society for Longitudinal and Life Course Studies Conference, September 24, 2010 Cambridge, UK.
20. Booker, C.L. & Sacker, A. Labour force status, unemployment spells and the effect on psychological well-being set points. Presented at the Conference of Epidemiological Longitudinal Studies in Europe, October 13, 2010 Paphos Cyprus.

BOOK CHAPTERS

1. Booker, C.L., Skew, A.J., Sacker, A. & Kelly, Y.J. (2012). Happiness and health-related behaviours in adolescence. In McFall, S. L. *Understanding Society: Findings 2012*. Colchester: Institute for Social and Economic Research, University of Essex.
2. Booker, C.L. & Sacker A. (2011). Health over the life course: Associations between age, employment status and well-being. In McFall, S. & Garrington, C. Early findings from the first wave of the UK's Household Longitudinal Study. Colchester, UK, Institute for Social and Economic Research, University of Essex.

GOVERNMENT REPORTS

1. James-Hawkins, L., Booker, C., Bao, Y. (2019). National LGBT Survey 2017: Healthcare amongst lesbian and bisexual women, Government Equalities Office. London, UK.