Nilam Ram studies the dynamic interplay of psychological and media processes and how they change from moment-to-moment and across the life span.

Nilam’s research grows out of a history of studying change. After completing his undergraduate study of economics, he worked as a currency trader, frantically tracking and trying to predict the movement of world markets as they jerked up, down and sideways. Later, he moved on to the study of human movement, kinesiology, and eventually psychological processes - with a specialization in longitudinal research methodology. Generally, Nilam studies how short-term changes (e.g., processes such as learning, information processing, emotion regulation, etc.) develop across the life span, and how longitudinal study designs contribute to generation of new knowledge. Current projects include examinations of age-related change in children’s self- and emotion-regulation; patterns in minute-to-minute and day-to-day progression of adolescents’ and adults’ emotions; and change in contextual influences on well-being during old age. He is developing a variety of study paradigms that use recent developments in data science and the intensive data streams arriving from social media, mobile sensors, and smartphones to study change at multiple time scales.

ACADEMIC APPOINTMENTS
• Professor, Communication
• Professor, Psychology

Teaching

COURSES
2020-21
• Journalism Thesis: COMM 289P (Win)
• Longitudinal Data Analysis in Social Science Research: COMM 365 (Win)
• Measurement and the Study of Change in Social Science Research: PSYCH 262 (Spr)

STANFORD ADVISEES
Doctoral Dissertation Reader (AC)
Sabrina Huang

Doctoral (Program)
Michelle Ng
Publications

PUBLICATIONS

- The Idiosyncrasies of Everyday Digital Lives: Using the Human Screenome Project to Study User Behavior on Smartphones. Computers in human behavior
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- Time for the Human Screenome Project NATURE
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- Using Screenshots to Predict Task Switching on Smartphones
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- Text Extraction and Retrieval from Smartphone Screenshots: Building a Repository for Life in Media
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- Emotional Experience Improves With Age: Evidence Based on Over 10 Years of Experience Sampling PSYCHOLOGY AND AGING
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- Visual Model Fit Estimation in Scatterplots: Influence of Amount and Decentering of Noise IEEE TRANSACTIONS ON VISUALIZATION AND COMPUTER GRAPHICS
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- Using technology to unobtrusively observe relationship development JOURNAL OF SOCIAL AND PERSONAL RELATIONSHIPS
  Brinberg, M., Vanderbilt, R., Solomon, D., Brinberg, D., Ram, N.
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- Sociohistorical Change in Urban Older Adults’ Perceived Speed of Time and Time Pressure. The journals of gerontology. Series B, Psychological sciences and social sciences
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- Describing and Controlling Multivariate Nonlinear Dynamics: A Boolean Network Approach. Multivariate behavioral research
  Yang, X., Ram, N., Molenaar, P. C., Cole, P. M.
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- Concordance of mother-child respiratory sinus arrhythmia is continually moderated by dynamic changes in emotional content of film stimuli. Biological psychology
  Ravindran, N., Zhang, X., Green, L. M., Gatzke-Kopp, L. M., Cole, P. M., Ram, N.
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- Dyadic analysis and the reciprocal one-with-many model: Extending the study of interpersonal processes with intensive longitudinal data. Psychological methods
  Brinberg, M., Ram, N., Conroy, D. E., Pincus, A. L., Gerstorf, D.
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• **Screenomics: A Framework to Capture and Analyze Personal Life Experiences and the Ways that Technology Shapes Them.** *Human-computer interaction*
  2021; 36 (2): 150–201

• **Political context is associated with everyday cortisol synchrony in older couples.** *Psychoneuroendocrinology*
  Pauly, T., Kolodziejczak, K., Drewelies, J., Gerstorf, D., Ram, N., Hoppmann, C. A.
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• **In-Person Contacts and Their Relationship With Alcohol Consumption Among Young Adults With Hazardous Drinking During a Pandemic.** *The Journal of adolescent health: official publication of the Society for Adolescent Medicine*
  Suffoletto, B., Ram, N., Chung, T.
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• **Discovering the Fabric of Supportive Conversations: A Typology of Speaking Turns and Their Contingencies** *JOURNAL OF LANGUAGE AND SOCIAL PSYCHOLOGY*
  Bodie, G. D., Jones, S. M., Brinberg, M., Joyer, A. M., Solomon, D., Ram, N.
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• **Rollman and Brent: Phonotype.** *Journal of general internal medicine*
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• **#Science: The potential and the challenges of utilizing social media and other electronic communication platforms in health care.** *Clinical and translational science*
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• **Daily Actigraphy Profiles Distinguish Depressive and Interepisode States in Bipolar Disorder** *Clinical Psychological Science*
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