Bio

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)

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*
  Reeves, B., Robinson, T., Ram, N.
Screenomics: A New Approach for Observing and Studying Individuals' Digital Lives. *Journal of adolescent research*
Ram, N. n., Yang, X. n., Cho, M. J., Brinberg, M. n., Muirhead, F. n., Reeves, B. n., Robinson, T. N.
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Using Screenshots to Predict Task Switching on Smartphones
Yang, X., Ram, N., Robinson, T., Reeves, B., Assoc Comp Machinery
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Text Extraction and Retrieval from Smartphone Screenshots: Building a Repository for Life in Media
Chiatti, A., Cho, M., Gagneja, A., Yang, X., Brinberg, M., Roehrick, K., Choudhury, S., Ram, N., Reeves, B., Giles, C., Assoc Comp Machinery
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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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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.
2021: 1–30

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.
2021

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*
Pauliy, T., Kolodziejczak, K., Drewelies, J., Gerstorf, D., Ram, N., Hoppmann, C. A.
2020; 124: 105082

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.
2020

Rollman and Brent: Phonotype. *Journal of general internal medicine*
Robinson, T. N., Reeves, B., Ram, N.
2020
• #Science: The potential and the challenges of utilizing social media and other electronic communication platforms in health care. *Clinical and translational science*
  2019

• Screenomics: a framework to capture and analyze personal life experiences and the ways that technology shapes them *Human-Computer Interaction*
  Reeves, B.
  2019

• Daily Actigraphy Profiles Distinguish Depressive and Interepisode States in Bipolar Disorder *Clinical Psychological Science*
  Gershon, A., Ram, N., Johnson, S. L., Harvey, A. G., Zeitzer, J. M.
  2016; 4 (4): 641– 650