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
  2021; 114

- Time for the Human Screenome Project Nature
  Reeves, B., Robinson, T., Ram, N.
nilam ram
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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
  2011; 26 (1): 21–33

- 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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- 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.
  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