




## Maira Karan

Postdoctoral Scholar, Psychiatry

 Curriculum Vitae available Online

### Bio

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#### BIO

Maira Karan is a postdoctoral fellow in the department of psychiatry and behavioral sciences. Her research focuses on how positive human behaviors, such as empathy and prosociality, develop during the period of adolescence and how the adolescent brain and body mature in concert to support these positive behaviors. She has examined the development of these behaviors using experimental tasks, validated questionnaires, ecological momentary assessments, longitudinal assessments, and functional magnetic resonance imaging (fMRI). Another line of her work examines how sleep affects adolescent health and well-being with a special focus on circadian rhythms. At Stanford, she is working on merging her two lines of research to assess how sleep and circadian timing relate to prosocial behaviors. In addition to conducting research, she has a deep passion for uplifting underrepresented individuals in(to) the fields of psychology and neuroscience.

#### HONORS AND AWARDS

- Dena Chertoff Graduate Student Service Award, UCLA (2023)
- Pritzker Graduate Scholar Award, UCLA (2022)
- Norma & Seymour Feshbach Doctoral Dissertation Award, UCLA (2021)
- Seed Grant Award, UC Consortium on the Developmental Science of Adolescence (2019)
- Honorable Mention: National Science Foundation Graduate Research Fellowship, NSF (2019)
- NIH T32 Predoctoral Fellow, NICHD Training Program in Brain & Behavioral Development during Adolescence (2018-2020)
- Graduate Summer Research Mentorship Fellowship, UCLA (2018, 2020)

#### PROFESSIONAL EDUCATION

- Doctor of Philosophy, University of California Los Angeles (2023)
- Bachelor of Arts, Bryn Mawr College (2017)
- Master of Arts, University of California Los Angeles (2018)
- PhD, UCLA , Developmental Psychology (2023)
- MA, UCLA , Psychology (2018)
- BA, Bryn Mawr College , Psychology (2017)

#### STANFORD ADVISORS

- Jamie Zeitzer, Postdoctoral Faculty Sponsor

#### LINKS

- LinkedIn: <https://www.linkedin.com/in/maira-karan-phd-a7024123a/>

## Research & Scholarship

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### LAB AFFILIATIONS

- Jamie Zeitzer, Zeitzer Circadian Sleep Lab (6/26/2023)

### Publications

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#### PUBLICATIONS

- **Positive and negative emotion are associated with generalized transcriptional activation in immune cells** *PSYCHONEUROENDOCRINOLOGY*  
Rahal, D., Tashjian, S. M., Karan, M., Eisenberger, N., Galvan, A., Fuligni, A. J., Hastings, P. D., Cole, S. W.  
2023; 153: 106103
- **Giving to others and neural processing during adolescence** *DEVELOPMENTAL COGNITIVE NEUROSCIENCE*  
Karan, M., Lazar, L., Leschak, C. J., Galvan, A., Eisenberger, N. I., Uy, J. P., Dieffenbach, M. C., Crone, E. A., Telzer, E. H., Fuligni, A. J.  
2022; 56: 101128
- **Resting parasympathetic nervous system activity is associated with greater antiviral gene expression** *BRAIN BEHAVIOR AND IMMUNITY*  
Rahal, D., Tashjian, S. M., Karan, M., Eisenberger, N., Galvan, A., Fuligni, A. J., Hastings, P. D., Cole, S. W.  
2021; 98: 310-316
- **School commute time, chronotype, and altered HPA axis functioning during adolescence** *PSYCHONEUROENDOCRINOLOGY*  
Karan, M., Rahal, D., Almeida, D. M., Bower, J. E., Irwin, M. R., McCreath, H., Seeman, T., Fuligni, A. J.  
2021; 133: 105371
- **Sleep-Wake Timings in Adolescence: Chronotype Development and Associations with Adjustment** *JOURNAL OF YOUTH AND ADOLESCENCE*  
Karan, M., Bai, S., Almeida, D. M., Irwin, M. R., McCreath, H., Fuligni, A. J.  
2021; 50 (4): 628-640
- **A daily diary study of sleep chronotype among Mexican-origin adolescents and parents: Implications for adolescent behavioral health** *DEVELOPMENT AND PSYCHOPATHOLOGY*  
Bai, S., Karan, M., Gonzales, N. A., Fuligni, A. J.  
2021; 33 (1): 313-322
- **Evidence from a Randomized Controlled Trial that Altruism Moderates the Effect of Prosocial Acts on Adolescent Well-being** *JOURNAL OF YOUTH AND ADOLESCENCE*  
Tashjian, S. M., Rahal, D., Karan, M., Eisenberger, N., Galvan, A., Cole, S. W., Fuligni, A. J.  
2021; 50 (1): 29-43
- **Sleep quality and cultural orientation among Chinese and Korean undergraduates in the United States** *JOURNAL OF AMERICAN COLLEGE HEALTH*  
Karan, M., Park, H.  
2022; 70 (3): 660-664