

# Healthy Aging Lab

## Leveraging Psychosocial Resources for Successful Aging

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### Director and Goals:

- James Muruthi, Ph.D.; Assistant Professor; Counseling Psychology and Human Services; Family and Human Services; Prevention Science.
- The lab focusses on health and health disparities among marginalized older people and their families. Our work promotes lifespan healthy behaviors and uses evidence-based research to explore how social relationships both contribute to risk and protective factors in the health of older individuals.

### Active Studies:

- Developing measurement tools for caregiver routine care and healthy behaviors.
- Examining the lifespan resources and types of mental health-related social support for LGBTQ older individuals.
- Assessing the link between gentrification and older African American's health.
- Examining the associations between suicide ideation and social support among older Ghanaian women.
- Developing a health profile of older caregivers in Oregon.

### Opportunities for Students:

- Learn about your aging process.
- Gain valuable qualitative and quantitative data collection skills.
- Learn psychosocial factors associated with health and health disparities among older marginalized people.
- Learn valuable research skills such as recruitment, IRB processes, data analysis, and manuscript preparation.
- Co-presenting at state and national conferences
- Co-authorship on peer-reviewed scientific papers.

### Student Time Commitment and Requirements:

- Commit to a minimum of one full academic year.
- Commit to between 5 – 10 hours of work per week.
- Demonstrate dependability, professionalism, integrity, and ingenuity.
- Attend weekly lab meetings.

### Application Procedure:

- Email Dr. James Muruthi ([muruthjr@uoregon.edu](mailto:muruthjr@uoregon.edu)) and please indicate the following: 1) your experience in research and your CV; 2) when you can start working with us; and 3) why you would like to be considered for the position.
  - Qualified applicants will be invited for an in-person (or virtual) interview.
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