**HB3 Papers**

**June 2025**

1. **Okun,** M. L., Mancuso, R. A., Hobel, C., Dunkel Schetter, C., & Coussons-Read, M. (2018). Poor sleep quality increases symptoms of depression and anxiety in postpartum women.    Journal of Behavioral Medicine, 41(5), 703-710. <https://doi.org/10.1007s10866-018-9950-7>
2. **Irwin,** J. L., Davis, E. P., Hobel, C., Coussons-Read, M., & Dunkel Schetter, C. (2020 online advance). Maternal prenatal anxiety trajectories and infant developmental outcomes in one-year-old offspring. *Infant Behavior and Development, 60*, 101468. <https://doi.org/10.1016/j.infbeh.2020.101468>
3. **Ross,** K. M., Carroll, J., Horvath, S., Hobel, C. J., Coussons-Read, M. E., Dunkel Schetter, C. (2020 online advance). Immune epigenetic age in pregnancy and one year after birth: Associations with weight change*. American Journal of Reproductive Immunology*, e13229. <http://doi.org/10.1111/aji.13229>
4. **Ross,** K. M., Carroll, J., Horvath, S., Hobel, C., Coussons-Read, M., & Dunkel Schetter, C. (2020). Epigenetic age and pregnancy outcomes: GrimAge Acceleration is associated with shorter gestational length and lower birthweight. *Clinical Epigenetics, 12*, 1-11 https://doi.org/10.1186/s13148-020-00909-2
5. **Carroll,** J. E., Ross, K.M., Horvath, S., Okun, M., Hobel, C., Rentscher, K.E., Coussons-Read, M.E., & Dunkel Schetter, C. (2021 online). Postpartum sleep loss and accelerated epigenetic aging. *Sleep Health. NOTE: Featured in early August 2021 in UCLA Press release and many national and international outlets.*
6. **Julian,** M., Le, H., Coussons-Read, M., Hobel, C. J., & Dunkel Schetter, C. (2021 online) The moderating role of resilience resources in the association between stressful life events and symptoms of postpartum depression. *Journal of Affective Disorders*
7. **Ross,** K. M., Dunkel Schetter, C., Carroll, J.E., Mancuso, R. A., Breen, E.C., Hobel, C., & Coussons Read, M. (2022) Inflammatory and immune marker trajectories from pregnancy to one-year post birth. *Cytokine, 149,* January,155758
8. **Accortt,** E., Mirocha, J., Jackman, S., Coussons-Read, M., Dunkel Schetter, C, & Hobel, C. (2022). Association between diagnosed perinatal mood and anxiety disorders and adverse perinatal outcomes. *Journal of Maternal-Fetal & Neonatal Medicine*, 35: 25, 9066-9070  [10.1080/14767058.2021.2014450](https://doi.org/10.1080/14767058.2021.2014450)
9. Ross, K. M., Mander, H., **Rinne**, G., Okun, M., Hobel, C., Coussons-Read, M., & Dunkel Schetter, C. (2023). Pregnancy-specific anxiety and gestational length: The mediating role of diurnal cortisol indices. *Psychoneuroendocrinology*, *153*, 106114. <https://doi.org/10.1016/j.psyneuen.2023.106114>
10. Galley, J.D., Mashburn-Warren, L., Blalock, L.C., Lauber, C.L, Carroll, J.E., Ross, K.M., Hobel, C., Coussons-Read, M., Dunkel Schetter, C., Gur, T.L. (2023). Maternal anxiety, depression, and stress affects offspring gut microbiome diversity and bifidobacterial abundances. *Brain, Behavior and Immunity*, *107*, 253–264. <https://doi.org/10.1016/j.bbi.2022.10.005>
11. Barclay, M. E., **Rinne**, G. R., **Somers,** J. A., Hobel, C. Coussons-Read, M., Lee, S. S., & Dunkel Schetter, C. (2022) Maternal early life adversity and infant stress regulation: Intergenerational associations and meditation by maternal prenatal mental health. Special issue in *Research in Child and Adolescent Psychopathology* <https://doi.org/10.1007/s10802-022-01006-z>
12. Dunkel Schetter, C., Rahal, D., **Ponting, C**., Julian, M., Ramos, I., Hobel, C. J., & Coussons-Read, M. (2022). Anxiety in pregnancy and length of gestation: Findings from the healthy babies before birth study. *Health Psychology, 41*(12), 894–903. [https://doi.org/10.1037/hea0001210](https://psycnet.apa.org/doi/10.1037/hea0001210)
13. **Ramos**, I. F., Ross, K. M., **Rinne**, G. R., **Somers**, J. A., Mancuso, R. A., Hobel, C.J., Coussons-Read, M., & Dunkel Schetter, C. (2022). Pregnancy anxiety, placental corticotropin-releasing hormone and length of gestation. *Biological Psychology*. *172,* Article 108376, 1-14. <https://doi.org/10.1016/j.biopsycho.2022.108376>
14. **Rinne**, G. R., **Somers**, J. A., Ramos, I. F., Ross, K. M., Coussons-Read, M., Dunkel Schetter, C. (2022). Increases in maternal depressive symptoms during pregnancy and infant cortisol reactivity: Mediation by placental corticotropin-releasing hormone. *Development and Psychopathology, 34*(5),1-14. <https://doi.org/10.1017/s0954579422000621>
15. Lozowchuk, A., Carroll, J. E., Hobel, C., Coussons-Read, M., Dunkel Schetter, C., & Ross, K. M. (2023). Partner relationship quality and IL-6:IL-10 trajectories from pregnancy to a year after-birth. *Brain, Behavior, and Immunity, 114*, 407–413. <https://doi.org/10.1016/j.bbi.2023.09.007>
16. Mancuso, R. A., Ross, K. M., Accortt, E., Coussons-Read, M., Okun, M. L., Irwin, J., Carroll, J., Hobel, C. J., & Dunkel Schetter, C. (2024). Prenatal mood and anxiety disorders and associated cytokine changes. *Journal of Affective Disorders, 347*, 635–644. <https://doi.org/10.1016/j.jad.2023.12.014>
17. Almeida, I. F., **Rinne**, G. R., Coussons-Read, M., & Dunkel Schetter, C. (2024). Placental corticotrophin-releasing hormone trajectories in pregnancy: Associations with postpartum depressive symptoms. *Psychoneuroendocrinology*, *164*, 107030. <https://doi.org/10.1016/j.psyneuen.2024.107030> PMID: 38537413 PMCID: PMC11373738
18. **Rinne**, G.R., Guardino, C.M., Soriano, M., & Dunkel Schetter, C. (2024). Chronic stress and hair cortisol concentration in mothers: A two-study investigation. *Stress and Health*, e3493. <https://doi.org/10.1002/smi.3493>
19. Okun, M. L., Segerstrom, S., Jackman, S., Ross, K., Dunkel Schetter, C., & Coussons Read, M. (2025). Variability in perinatal sleep quality is associated with an atypical cortisol awakening response and increased mood symptoms. *Psychoneuroendocrinology*, *172*, Article 107248. <https://doi.org/10.1016/j.psyneuen.2024.107248>
20. Somers, J. A., **Rinne**, G. R., Barclay, M. E., Dunkel Schetter, C., & Lee, S. S. (2025). Affect synchrony and emotion coregulation are separable processes: Evaluation of relational stress and mother-infant synchrony. *Journal of Family Psychology, 39*(4), 454–464. <https://doi.org/10.1037/fam0001310>