

# Quinn A. Conklin

[qconklin@ucdavis.edu](mailto:qconklin@ucdavis.edu)

(510) 410-4927

University of California, Davis  
Center for Mind and Brain  
267 Cousteau Place,  
Davis, CA 95618

## EDUCATION

- 2022–Present **Postdoctoral Scholar, University of California, Davis, Center for Mind and Brain**
- 2022 **PhD in Psychology, University of California, Davis**  
Topic: The psychobiological effects of intensive meditation training  
Advisor: Clifford Saron, PhD  
Advising Committee: Drs. Elissa Epel, Camelia Hostinar, Karen Bales, and Andrew Fox
- 2018 **MA in Psychology, University of California, Davis**
- 2009 **BS in Biology, Norwich University**  
Minors in Chemistry, Psychology and English

## PROFESSIONAL TRAINING FELLOWSHIPS

- 2020–2021 Yoga Science Foundation Dissertation Fellowship \$100,000
- 2020 UC Davis Psychology Dissertation Enhancement Fellowship \$13,411
- 2018–2019 NIMH T-32 Bay Area Affective Science Predoctoral Training Consortium (5T32MH020006)
- 2008 Norwich University Weintz Summer Research Fellowship \$4000

## RESEARCH FUNDING

- 2022–2023 CCC Study funding from Fetzer Institute \$50,000. Co-PI
- 2021–2023 Varela Research Grant for Contemplative Science, Mind & Life Institute \$20,000. PI
- 2020–2022 CCC Study funding from Yoga Science Foundation \$186,000. Co-PI
- 2020–2022 CCC Study funding from Fetzer Institute \$35,000. Co-PI
- 2018–2020 Varela Research Grant for Contemplative Science, Mind & Life Institute \$20,000. PI
- 2007 Norwich University Summer Research Grant \$500.

## HONORS, AWARDS, AND SCHOLARSHIPS

- 2021 Duke's Travel Award \$500
- 2018 Duke's Travel Award \$400
- 2016 Duke's Travel Award \$500
- 2016 National Science Foundation Graduate Research Fellowship Honorable Mention
- 2016 Don Owings Memorial Best Poster Award \$100
- 2018 Mind & Life's International Symposium for Contemplative Studies Student Scholarship \$300
- 2016 Mind & Life's International Symposium for Contemplative Studies Student Scholarship \$315
- 2016 Mind & Life Summer Research Institute Fellowship \$350
- 2014 Mind & Life's International Symposium for Contemplative Studies Student Scholarship \$315
- 2009 Graduate Summa cum Laude from Norwich University
- 2009 Kreitzberg Library Research Paper Award \$1000
- 2007 AmeriCorps Education Award \$1000
- 2006 SMART Grant \$1000
- 2005–2009 Norwich University Dean's list all semesters
- 2005–2009 Norwich University Academic Honor Scholarship
- 2005–2009 Norwich University Leadership Achievement Scholarship

## PUBLICATIONS

### Peer-Reviewed Articles

(\* indicates joint first authorship)

- Álvarez-López, M. J.\*, **Conklin, Q.A.\***, Cosín-Tomás, M.\*, Shields, G.S.\*, King, B.G., Zanesco, A.P., Kaliman, P., Saron, C.D. (In Press). Changes in the expression of inflammatory and epigenetic-modulatory genes after an intensive meditation retreat. *Comprehensive Psychoneuroendocrinology*.
- Conklin, Q.A.**, Crosswell, A.D., Saron, C.D., & Epel, E.S. (2019). Meditation, Stress Processes, and Telomere Biology. *Current Opinion in Psychology*.
- King, B.G., **Conklin, Q.A.**, Zanesco, A.P., Saron, C.D. (2019). Residential meditation retreats: their role in contemplative practice and significance for psychological research. *Current Opinion in Psychology*.
- Conklin, Q.A.**, King, B.G., Zanesco, A.P., Lin, J., Hamidi, A.B., Pokorny, J.J., ... Saron, C.D. (2018). Insight meditation and telomere biology: The effects of intensive retreat and the moderating role of personality. *Brain, Behavior, and Immunity*, 70, 233–245.
- Bales, K.L., Arias del Razo, R., **Conklin Q.A.**, Hartman, S., Mayer, H.S., Rogers F.D., Simmons, T.C., Smith, L.K., Williams, A., Williams, D.R., Witczak, L.R., & Wright, E.C. (2017). Titi monkeys as a novel non-human primate model for the neurobiology of pair bonding. *Yale Journal of Biology and Medicine*. PMC5612182

### Book Chapters

- Mayer, S.E., **Conklin, Q.A.**, Ridout, S.J., Ridout, K.K. (2020). Telomeres and Early-Life Stress. G. Fink (Ed.). *Stress: Genetics, Epigenetics and Genomics: Volume 4: Handbook of Stress* (1st ed., Chapter 26, pp. 279-287). Cambridge, Massachusetts: Academic Press.

## PRESENTATIONS

### Invited Talks

- Conklin, Q.A.**, Majied, K., Saron, C.D. (2022, June). Right view: Generating more accurate knowledge through inclusive research. Faculty Panel Presentation at the Mind and Life Summer Research Institute on Othering, Belonging and Becoming. Virtual Meeting.
- Conklin, Q.A.** (2021, Jan). Increasing inclusivity and diversity in research: lessons from an ongoing telomere study. Multiple Sclerosis Research Group at Oregon Health and Science University. Portland, OR.

### Conference Talks

- Conklin, Q.A.** (2019, May). The Effects of Intensive Insight Meditation on Telomere Dynamics and the Role of Individual Differences in Personality. Affective Science Training Consortium Workshop. Berkeley, CA.
- Conklin, Q.A.** (2018, November). Prior Meditation Experience and Practice Engagement Relate to Cellular Aging Outcomes during a One-month Meditation Retreat. International Symposia for Contemplative Research. Phoenix, AZ.

**Conklin, Q.A.** (2017, April). The Effects of Intensive Insight Meditation on Telomere Dynamics and the Role of Individual Differences in Personality. UC Davis Psychology Conference. Davis, CA.

**Conklin, Q.A.** (2016, November). The effects of intensive Insight meditation on telomeric regulation. International Symposia for Contemplative Studies. San Diego, CA.

**Conklin, Q.A.** (2015, May). Decreased plasma oxytocin levels following three weeks of intensive, silent Vipassana practice. San Francisco State University meeting on Mindfulness and Compassion: The Art and Science of Contemplative Practice. San Francisco, CA.

**Conklin, Q.A.** (2009, April). The role of ethylene in the photoperiodic flowering of *Pharbitis*. Vermont Academy of Arts and Sciences Student Symposium. Castleton, Vermont.

### Poster Presentations

(\* indicates a student or mentee author under my supervision)

\* Dewan, P., **Conklin, Q.A.**, Pokorny, J.J, VandenBos, S.V., King, B.G., Saron, C.D. (2022, May). Meditation Practice is Associated with Greater Well-Being during the COVID-19 Pandemic. UC Davis Psychology Conference. Davis, CA.

\* VandenBos, S.V., **Conklin, Q.A.**, Pokorny, J.J, Skwara A.C., King, B.G., Diaw, S.M., Saron, C.D. (2022, June). Experiences of Online Meditation Offerings: Perspectives from Contemplative Practitioners and Teachers. Mind and Life Summer Research Institute. Virtual Meeting.

\* VandenBos, S.V., King, B.G., **Conklin, Q.A.**, Zanesco, A.P., Saron, C.D. (2020, June). Examining the intersection of Buddhist nonattachment and attachment security in experienced meditators. Mind and Life Summer Research Institute. Virtual Meeting.

**Conklin, Q.A.**, King, B.G., Zanesco, A.P., and Saron, C.D. (2019, June). Competing narratives and questionable assays: Does participation in a silent meditation retreat affect circulating oxytocin levels? Mind and Life Summer Research Institute. Garrison, NY.

\* Shebloski, K.L. **Conklin, Q.A.**, King, B.G., Zanesco, A.P., and Saron, C.D. (2019, June). Comparing first- and second-person metrics of meditation experience. Mind and Life Summer Research Institute. Garrison, NY.

**Conklin, Q.A.**, Patterson, C.E., King, B.G., Mellon, S.H. and Saron, C.D. (2018, November). Serum BDNF shows no change during 1-month retreat involving meditation only. International Symposia for Contemplative Research. Phoenix, AZ.

King, B.G., **Conklin, Q.A.**, Zanesco, A.P., Saron, C.D. (2018, November). Personality correlates of lifetime meditation experience and retreat practice engagement. International Symposia for Contemplative Research. Phoenix, AZ.

**Conklin, Q.A.**, Patterson, C.E., King, B.G., Zanesco, A.P., Lin, J., Epel, E.S., Mellon, S.H. and Saron, C.D. (2018, August). BDNF predicts retreat-related increases in telomere length in experienced meditators. 48th International Society for Psychoneuroendocrinology Annual Meeting. Irvine, CA.

\* Patterson, C.E., **Conklin, Q.A.**, King, B.G., Zanesco, A.P., Lin, J., Epel, E.S., Mellon, S.H. and Saron, C.D. (2018, April). BDNF predicts retreat-related increases in telomere length in experienced meditators. UC Davis Undergraduate Research Conference. Davis, CA.

**Conklin, Q.A.**, \*Shebloski K.L., King, B.G., Zanesco, Bales, K.L., & Saron, C.D. (2017, October). Effects of meditation on peripheral oxytocin: considering practice contexts. American Psychosomatic Medicine 2017 Mid-year Conference, Berkeley, CA.

- King, B.G., Zanesco, A.P., Shaver, P.R., Jacobs, T.L., **Conklin, Q.C.** & Saron, C.D. (2016, April). Patterns of cardiac responding following intensive meditation predict long-term encoding of emotional scenes. Cognitive Neuroscience Society meeting, New York, NY.
- Conklin, Q.A.**, King, B.G., Zanesco, A.P., Hamidi, A.B., Pokorny, J.J., Lin, J., Epel, E.S., Blackburn, E.H., and Saron, C.D. (2015, September). Increased telomere length following three weeks of intensive Insight Meditation retreat. 45th International Society for Psychoneuroendocrinology Annual Meeting. Edinburgh, Scotland.
- Conklin, Q.A.**, King, B.G., Zanesco, A.P., Hamidi, A.B., Pokorny, J.J., Lin, J., Epel, E.S., Blackburn, E.H., and Saron, C.D. (2015, August). Increased telomere length following three weeks of intensive Insight Meditation retreat. European Mind and Life Summer Research Institute. Chiemsee, Germany.
- Conklin, Q.A.**, King, B.G., Zanesco, A.P., Hamidi, A.B., Pokorny, J.J., Weinstain, T.A.R., Bales, K.L., and Saron, C.D. (2015, June). Decreased oxytocin following three weeks of intensive Insight Meditation Retreat. Mind and Life Summer Research Institute. Garrison, NY.
- Conklin, Q.A.**, King, B.G., Zanesco, A.P., Jacobs, T.L., Pokorny, J.J., Aichele, S.R., Bridwell, D.A., Maclean, K.A. Bales, K.L. Shaver, P.R., Rosenberg, E.L., Wallace, B.A., Sahdra, B.K., and Saron, C.D. (2014, November). The effects of intensive meditation training on oxytocin, vasopressin, and attachment style. Poster presented at the annual Society for Neuroscience meeting. Washington, D.C.
- Fisher, A., **Conklin, Q.A.**, and Waterhouse, H. (2009, April) Ethylene's involvement in the photoperiod-induced flowering of *Pharbitis nil*. Sigma Xi Induction Meeting: The Scientific Research Society. Burlington, Vermont.
- Fisher, A., **Conklin, Q.A.**, and Waterhouse, H. (2008, July). Ethylene's Involvement in the Photoperiod-Induced Flowering of *Pharbitis Nil* 'Violet' (Japanese Morning Glory). 35th Northeast Regional Meeting of the American Chemical Society. Burlington, Vermont.

#### MEDIA AND PRESS:

- Sundell, Maria. (Host). (2021, October 31). *Quinn Conklin on the effects of meditation on telomere length eclipse* [Audio podcast]. Retrieved from <https://brainobservations.com/episode-7-the-effects-of-meditation-on-telomere-length-with-quinn-conklin/>
- Ellison, K. (2018, September) **The Antiaging Promise of Mindfulness**. *Time Magazine Special Edition: The New Mindfulness*. pp. 24-27.
- Pettway, J. (2018, August) **The Complete Guide to the Science of Meditation**. *Endpoints*. Retrieved from <https://endpoints.elysiumhealth.com/the-science-of-meditation-1442df86a5fb>
- Hamidi, A.B. (2018, August) **Markers of Cellular Aging Improve During Insight Meditation Retreat**. *Egghead* [Blog Post]. Retrieved from <http://blogs.ucdavis.edu/egghead/2018/08/02/markers-cellular-aging-improve-insight-meditation-retreat/>
- Dan, B. (2017, April) **Mindfulness and Rehabilitation: Interview with Quinn Conklin**. Developmental Medicine & Child Neurology Editor Podcast. Retrieved from <https://www.youtube.com/watch?v=GjfTmkLAfuk>
- Blackburn, E.H. and Epel, E.L. (2017) *The Telomere Effect*. New York, NY: Grand Central Publishing

## TEACHING EXPERIENCE

### Guest Lectures

2017, Fall “Meditation, Mindfulness and Telomere Biology” for Health Psychology

### Teaching Assistance

2019, Fall Data Visualization with Dr. Victoria Cross  
2018, Spring Psychology Research Methods with Dr. Victoria Cross  
2018, Winter Cognitive Development with Dr. Priscilla San Souci  
2017, Fall Health Psychology with Dr. Camilla Hostinar

## MENTORSHIP

### UC Davis Mentor-Mentee Program in Humanities, Arts, Cultural Studies and Social Sciences:

Program involves attending a 4-hour mentoring 101 training workshop and holding weekly professional development meetings with undergraduate mentee interested in research.

2019-2020 Mentored undergraduate psychology major **Sumayyah Rawashdeh**  
2018-2019 Mentored undergraduate cognitive science major **Kathrine Boyd**

### Research Assistants Mentored:

I lead weekly lab meetings aimed at professional development and research skills for Research Assistants in the Saron lab in addition to directly advising the following students on independent research projects:

Aug 2021 – Present	<b>Matthew Goodman</b> , Cognitive Science Undergraduate
Feb 2020 – Present	<b>Jacob Fernandez</b> , UCD Nutrition Post-Baccalaureate
Dec 2020 – Sept 2021	<b>Harleen Gill</b> , UCD Global Disease Biology Undergraduate
Dec 2020 – Present	<b>Serigne Diaw</b> , UCD Cognitive Science Undergraduate
Sept 2020 – Present	<b>Prerana Dewan</b> , UCD Neurobiology, Physiology and Behavior Undergraduate
Dec 2019 – Dec 2020	<b>Arielle Limberis</b> , UCD Psychology Post-Baccalaureate Research Assistant
Sept 2019 – Dec 2020	<b>ThanhThanh Vo</b> , UCD Psychology Undergraduate
Sept 2019 – March 2020	<b>Muninder Dhaliwal</b> , UCD Medical Student
Sept 2019 – March 2020	<b>Christopher Musser-Kirby</b> , UCD Psychology Undergraduate
Sept 2019 – March 2020	<b>Erica Nakano</b> , UCD Psychology Undergraduate
Sept 2017 – Present	<b>Cavan Patterson</b> , UC Davis Psychology Undergraduate
Oct 2018 – Nov 2019	<b>Kelsey Davinson</b> , UCD Psychology Undergraduate
Oct 2018 – June 2019	<b>Tayibatu Sanni</b> , UCD Psychology Undergraduate
Oct 2018 – June 2019	<b>Hope Friedland</b> , UCD Psychology Undergraduate
Oct 2018 – Present	<b>Savannah VandenBos</b> , UCD Public Health Post-Baccalaureate Junior Specialist
Feb 2018 – June 2019	<b>Ruha Heydari</b> , UCD Psychology Undergraduate
Feb 2018 – June 2019	<b>Tracy Frost</b> , UCD Psychology Undergraduate
June 2017 – Aug. 2019	<b>Kasia Shebloski</b> , UCSB Biology Post-Baccalaureate
Feb 2015 – June 2015	<b>Simar Singh</b> , UCD Psychology Undergraduate
Jan 2015 – June 2015	<b>Tiffany Chen</b> , UCD Statistics Undergraduate
Jan 2015 – Oct 2015	<b>Shyamal Sheth</b> , UCD Psychology Undergraduate
Mar 2015 – Nov 2015	<b>Stephanie De Anda</b> , UCD Neurobiology, Physiology and Behavior Undergraduate
Oct 2014 – Nov 2015	<b>Tina Ovsepyan</b> , UCD Psychology Undergraduate
Jan 2015 – June 2016	<b>Alison Kwok</b> , UCD Neurobiology, Physiology and Behavior Undergraduate
Mar 2013 – Oct 2014	<b>Laura Mozolewski</b> , UCD Psychology Undergraduate

## AD HOC REVIEWER

European Health Psychology Society  
Psychoneuroendocrinology  
International Journal of Environmental Research and Public Health

## SCIENTIFIC RESEARCH EXPERIENCE

- 2014–2015 **Assistant Specialist** (Clifford Saron, PhD)  
Center for Mind and Brain, University of California, Davis  
Conducted data analysis, trained undergraduate researchers, & prepared scientific presentations on the psychobiological effects of intensive meditation retreat practice.
- 2013–2014 **Junior Specialist** (Clifford Saron, PhD)  
Center for Mind and Brain, University of California, Davis  
Project management, participant scheduling, and data collection for two multidisciplinary research projects; conducted analysis and prepared scientific presentations on the psychological and biological effects of intensive meditation practice.
- 2011–2013 **Science Assistant** (Cheryl Eavy, PhD & Fred Kronz, PhD)  
Social, Behavioral, & Economic Sciences Directorate, National Science Foundation  
Proposal processing; facilitation of merit review panels; facilitation of interagency agreements; drafting and editing of reviews and highlights of proposed and completed research.
- 2011–2013 **Research Assistant** (Lynne Bernstein, PhD.)  
Speech & Hearing Lab, George Washington University  
Reviewed literature and wrote protocols for EEG data collection and processing one day/week.
- 2010–2011 **Research Assistant** (Stacey Schaefer, PhD & Richard Davidson, PhD)  
Laboratory for Affective Neuroscience, University of Wisconsin, Madison  
Collected and processed physiological, EEG and behavioral data on cognition and emotion from human participants two days/week.
- 2007–2009 **Research Assistant** (Alison Fisher, PhD)  
Departments of Chemistry & Biochemistry, Norwich University  
Investigated ethylene's regulation of photoperiod-induced flowering in *Ipomoea nil* and *Arabidopsis thaliana* using gas-chromatography and PCR. Wrote protocols, ordered lab supplies, and trained new undergraduate researchers and interns.

## PROFESSIONAL SERVICE & COMMUNITY OUTREACH

- April 2018 **California State University Student Research Competition Juror**  
Judged oral and written research presentations by undergraduates in behavioral sciences
- May 2018 **Brain Awareness Week** - Lead activities with 2nd graders to enhance brain literacy
- April 2017 **Brain Awareness Week** - Lead activities with 2nd graders to enhance brain literacy

## PROFESSIONAL TRAINING AND WORKSHOPS

2019	Research Fellow, Cortona Week Summer Research Institute, Todi, Italy
2019	Research Fellow, Mind and Life Summer Research Institute, Garrison, NY
2019	Multiversity Aging Meeting, Napa, CA
2019	Trainee, T-32 Summer Workshop, UCB, Berkeley, CA
2019	Trainee, T-32 Grant Writing Workshop, UCB, Berkeley, CA
2019	Trainee, T-32 Stress Measurement & Theory Workshop, UCSF, San Francisco, CA
2017	Invited Guest, Summer Institute on Buddhism & Science, Mangalam Research Center for Buddhist Languages, Berkeley, CA
2017	Research Fellow, Mind and Life Summer Research Institute, Garrison, NY
2016	Research Fellow, Mind and Life Summer Research Institute, Garrison, NY
2015	Research Fellow, European Mind and Life Summer Research Institute, Chiemsee, Germany
2015	Research Fellow, Mind and Life Summer Research Institute, Garrison, NY
2013	Trainee, Facial Action Coding System (FACS) Workshop, UC, Berkeley, CA
2011	Trainee, National Science Foundation Program Management Seminar, Fredricksburg, VA

## CERTIFICATIONS

2016-2022	UC Davis Biosafety Level 2 Online Training
2015-2022	UC Laboratory Safety Fundamentals
2014-2022	UC Blood Born Pathogen Training
2013-2019	UC Biological Safety and Medical Waste Management
2013	Dangerous Goods Shipping for Infectious Substances and Dry Ice
2019, 2014, 2010	CITI Biomedical Research - Basic/Refresher
2013	Facial Action Coding System (FACS)
2012	Social and Behavioral Responsible Conduct of Research Course
2011-2013	CITI Human Research - Social & Behavioral Research
2011-2012	CITI Health Information Privacy and Security (HIPS) for Clinical Investigators
2007	College Reading & Learning Association Tutoring Certification

## GRADUATE COURSE WORK

2019, Winter	Affective Science Seminar
2019, Winter	Developments in Research Methods and Statistics in Psychological Science
2018, Spring	Psychobiology of Stress
2017, Winter	Longitudinal Analysis in Developmental Research
2016, Fall	Multilevel Models
2016, Fall	Peptides, Steroids, and Social Systems
2016, Spring	SAS Programming for Statistics
2014, Fall	Current Topics in Epigenetics
2014, Fall	Adult Attachment
2014, Spring	Advance Statistical Inference
2014, Winter	Causal Modeling of Correlational Data
2013, Fall	Statistical Analysis of Psychological Experiments

## PROFESSIONAL AFFILIATIONS

2019-2020 Cortona Friends Association  
2015-2016 International Society for Psychoneuroendocrinology  
2014-2015 Society for Neuroscience Cognitive Neuroscience Society  
2009-2010 Sigma Xi Scientific Research Society  
2009-2010 Tri Beta Biology Honors Society (Chi Sigma Chapter)  
2009-2010 Psi Chi Psychology Honors Society  
2009-2010 Sigma Tau Delta English Honors Society

## REFERENCES

### **Clifford D. Saron**

Doctoral Advisor  
Research Scientist , Center for Mind and Brain  
MIND Institute  
University of California, Davis  
267 Cousteau Place  
Davis, CA 95618  
415-307-9757 mobile  
[cgsaron@ucdavis.edu](mailto:cdsaron@ucdavis.edu)

### **Kamilah Majied**

Collaborator  
Professor  
Contemplative Inclusivity and Equity Consultant  
California State University, Monterey Bay  
2081 Inter-Garrison Road  
Marina, CA 93933  
[kmajied@csumb.edu](mailto:kmajied@csumb.edu)

### **Karen L. Bales**

Dissertation Committee Chair  
Professor, Psychology  
California National Primate Research Center  
University of California, Davis  
One Shields Ave.  
Davis, CA 95616  
530-754-5890  
[klbales@ucdavis.edu](mailto:klbales@ucdavis.edu)

### **Elissa L. Epel**

Affective Science Consortium T-32 Advisor  
Professor, Psychiatry  
University of California, San Francisco  
3333 California St. Laurel Hights  
San Francisco, CA 94118  
415-476-7648  
[Elissa.epel@ucsf.edu](mailto:Elissa.epel@ucsf.edu)

### **Camelia Hostinar**

Dissertation Committee Member  
Assistant Professor, Psychology  
University of California, Davis  
One Shields Ave.  
Davis, CA 95616  
530 -341 -3207  
[cehostinar@ucdavis.edu](mailto:cehostinar@ucdavis.edu)

### **Aric Prather**

T-32 Committee Member  
Associate Professor, Psychiatry  
University of California, San Francisco  
3333 California St. Laurel Hights  
San Francisco, CA 94118  
415-476-7758  
[Aric.Prather@ucsf.edu](mailto:Aric.Prather@ucsf.edu)