

Payton Rule

rulep@wustl.edu

Education

Washington University in St. Louis, MO

May 2022

Bachelor of Arts, Philosophy-Neuroscience-Psychology (PNP), Cum Laude

Grants

Diversity Supplement (R00AG071838-S1), National Institute on Aging (\$110,586)

Title: Well-being as a Protective Factor Against Cognitive Decline and Dementia

Role: Trainee, PI: Dr. Emily C. Willroth

Project Period: 01/01/2023-6/30/2024

Publications

Rule, P. D., & Hill, P. L. (in press) Psychosocial factors and well-being among adults with Charcot-Marie-Tooth disease. *Rehabilitation Psychology*.

Hill, P. L., **Rule, P. D.**, & Wilson, M. E. (2023). Does activism mean being active? Considering the health correlates of activist purpose. *Social Sciences, 12*(8), 425.

Willroth, E. C., Pfund, G. N., McGhee, C., & **Rule, P.** (2023). Well-being as a protective factor against cognitive decline and dementia: A review of the literature and directions for future research. *The Journals of Gerontology: Psychological Sciences, 78*(5), 765-776.

Manuscripts Under Review

Rule, P. D., Wilson, M. E., & Hill, P. L. (under review). Wellbeing measurement among adults with Charcot-Marie-Tooth disease.

Willroth, E. C., **Rule, P. D.**, Graham, E. K., Nicholas, M. L., Hattori, R., Thompson, T., & Connor, L. T. (revise and resubmit). The impact of stroke on trajectories of loneliness. *The Journals of Gerontology: Psychological Sciences*.

Hill, P. L., **Rule, P. D.**, & Wilson, M. E. (under review). Forgiveness, everyday discrimination, and activism among Black adults.

Manuscripts in Preparation

Rule, P. D., & Willroth, E. C. (invited submission) Beyond physical ability: Promoting inclusion in definitions of successful aging. *The Gerontologist*. Special Issue: "Redefining Successful Aging."

Rule, P. D., Ratner, K., Willroth, E. C., & Hill, P. L. (in preparation) Development of a physical disability identity scale: Psychometric properties and perceptions among adults with physical disabilities.

Rule, P. D., Trammell, V. L., Hill, P. L., Pearlstein, J. G., & Willroth, E. C. (in preparation) A scoping review of the literature on mobility disability, cognitive impairment, and wellbeing.

Rule, P. D., Pfund, G. N., James, B., Hill, P. L., Pearlstein, J. G., & Willroth, E. C. (in preparation) Bidirectional relations between mobility disability and cognitive function: Examining wellbeing as a protective factor.

Conference Symposia Chaired

Rule, P. D., & Victor, S. E. (November 2023). *Disability as an identity: Mental health and wellbeing correlates and implications for future research*. Symposium accepted at the annual convention for the Association for Behavioral and Cognitive Therapies, Seattle, WA, United States.

Conference Symposium Talks

Rule, P. D., Ratner, K., Willroth, E. C., & Hill, P. L. (November 2023). *Perceptions of a new physical disability identity scale among adults with physical disabilities*. Symposium talk at the annual convention for the Association for Behavioral and Cognitive Therapies, Seattle, WA, United States.

Rule, P. D., Graham, E. K., Nicholas, M., Hattori, R., Thompson, T., Connor, L. T., & Willroth, E. C. (November 2023). *The impact of stroke on trajectories of loneliness*. Symposium talk at the annual convention for the Gerontological Society of America, Tampa, FL, United States.

Pfund, G. N., James, B. D., Hill, P. L., Hassenstab, J., **Rule, P. D.,** & Willroth, E. C. (November 2023). *The reciprocal relationship between sense of purpose and cognitive decline in older adulthood: A coordinated data analysis*. Symposium talk at the annual convention for the Gerontological Society of America, Tampa, FL.

Poster Presentations

Rule, P. D., Wilson, M. E., & Hill, P. L. (November 2023). *Future directions for mental health and wellbeing research among adults with Charcot-Marie-Tooth Disease*. Poster presentation at the annual convention for the Association for Behavioral and Cognitive Therapies, Seattle, WA, United States.

Rule, P. D., Allemand, M., & Hill, P. L. (November 2023). *Older adult perceptions of healthy aging measures*. Poster presentation at the annual convention for the Gerontological Society of America, Tampa, FL, United States.

Best, R. D., Ogiore, A. M., **Rule, P. D.**, & Hill, P. L. (November 2023). *Purpose promotes mental health for retirees, but they need help finding it*. Poster presentation at the annual convention for the Gerontological Society of America, Tampa, FL, United States.

Rule, P. D., Wilson, M. E., & Hill, P. L. (October 2023). *Forgiveness, everyday discrimination, and activism among black adults*. Poster presentation at the Innovation in Social and Community Psychology Summit, Washington University, St. Louis, MO, United States.

Rule, P. D., Cruitt, P. J., Oltmanns, T. F., Bogdan, R., Osborne, K. J., & Hill, P. L. (September 2023) *Relationship between sense of purpose and personality disorders*. Poster presentation at the annual convention for the Society for Research in Psychopathology, St. Louis, MO, United States.

Rule, P. D., & Hill, P. L. (February 2023). *Discrimination and sense of purpose among adults with Charcot-Marie-Tooth Disease*. Poster presentation at the annual convention for the Society for Personality and Social Psychology, Atlanta, GA, United States.

Rule, P. D., Wilson, M. E., & Hill, P. L. (February 2023). *The relationship between purpose and health behaviors: Comparing activist purpose and sense of purpose*. Poster presentation at the annual convention for the Society for Personality and Social Psychology, Atlanta, GA, United States.

Picchiello, M. C., **Rule, P. D.**, & Carpenter, B. D. (November 2022). *Older adults' online information seeking for Alzheimer Disease*. Poster presentation at the annual convention for the Gerontological Society of America, Indianapolis, IN, United States.

Picchiello, M. C., Lu, T., **Rule, P. D.**, & Carpenter, B. D. (November 2021). *Gender differences in online health-related search behaviors among older adults*. Poster presentation at the annual convention for the Gerontological Society of America, Phoenix, AZ, United States.

Rule, P. D., Picchiello, M. C., & Carpenter, B. D. (September 2021). *Older adult online search strategies and changes in knowledge and eHealth literacy*. Poster presentation at the Washington University in St. Louis Undergraduate Research Symposium, St. Louis, MO, United States.

Invited Research Talks

Rule, P. D., Graham, E.K., Nicholas, M., Hattori, R., Thompson, T., Connor, L.T., & Willroth, E.C. (November 2023). *The impact of stroke on trajectories of loneliness*. Talk presented at an Aging & Development Brownbag, Washington University, St. Louis, MO.

Awards & Scholarships

- PNP Departmental Honors Thesis Program Summer 2021-Spring 2022
Washington University in St. Louis, MO
- Missouri Bright Flight Program Fall 2018-Spring 2022
Missouri Department of Higher Education
- Summer Undergraduate Research Award Summer 2021
Washington University in St. Louis, MO
- Clinical Research Enrichment Scholarship and Training Award* Summer 2020
Washington University in St. Louis, MO

* Cancelled due to the COVID-19 Pandemic

Research Experience

Post-Baccalaureate Researcher: NIA Diversity Supplement **Winter 2023-Present**
Washington University in St. Louis, MO *Supervisors: Emily Willroth, Ph. D.*
Patrick Hill, Ph. D.

- Awarded National Institute on Aging Diversity Supplement to conduct research examining the relationships between cognitive decline, wellbeing, and mobility disability
- Conduct research on disability identity and develop new physical disability identity scale
- Responsibilities include production of literature reviews, IRB submissions and management, study design, preregistration, development of data collection instruments using Qualtrics, data analysis using R, manuscript preparation, and conference presentations

Lab Manager: WELL & PATH Labs **Summer 2022-Winter 2022**
Washington University in St. Louis, MO *Supervisors: Emily Willroth, Ph. D.*
Patrick Hill, Ph. D.

- Conducted research under a National Institute on Aging grant examining the relationship between wellbeing and cognitive decline in older adults
- Assisted with studies investigating the relationship between discrimination, activism, and sense of purpose
- Responsibilities included production of literature reviews, development of data collection instruments using Qualtrics, IRB submissions and management, data dictionary development, and data analysis using R

Honors Thesis Student

*Philosophy-Neuroscience-Psychology Department
Washington University in St. Louis, MO*

Summer 2021-Spring 2022

Supervisor: Patrick Hill, Ph. D.

- Conducted original research examining the relationship between psychosocial factors and wellbeing in individuals with Charcot-Marie-Tooth disease
- Responsible for study design, production of literature reviews, creation of informed consent document, submission of IRB, and preregistration of study
- Developed data collection instrument using Qualtrics and conducted analysis using R
- Collaborated with national organization, the Charcot-Marie-Tooth Association, on participant recruitment and survey design

Research Assistant: PATH Lab

Washington University in St. Louis, MO

Fall 2021-Spring 2022

Supervisor: Patrick Hill, Ph.D.

- Reviewed literature on the relationship between discrimination, sense of purpose, and health disparities
- Contributed to design and implementation of a new research study exploring discrimination and forgiveness
- Designed and piloted Qualtrics surveys, attended weekly lab meetings, completed readings and participated in group discussions

Research Assistant: Clinical Geropsychology Lab

Washington University in St. Louis, MO

Fall 2020-Spring 2022

Supervisor: Brian D. Carpenter, Ph.D.

- Assisted with projects examining the impact of the COVID-19 pandemic on older adults, ageism in introductory psychology textbooks, and older adult health-related internet use
- Recruited study participants and administer eligibility screenings, including memory and concentration testing
- Obtained informed consent, facilitate study visits, and collect data
- Data management and analysis in SPSS

Summer Undergraduate Research Award Program

Washington University in St. Louis, MO

Summer 2021

Supervisor: Brian D. Carpenter, Ph.D.

- Awarded funding to conduct summer research project on older adult online health-seeking behavior and changes in disease-specific knowledge and eHealth literacy after internet use
- Produced literature reviews, recruited participants, obtained informed consent, and ran study visits on Zoom
- Designed coding system, coded recordings, and performed data analysis using R

Leadership

St. Louis Branch Founder/Leader**Fall 2016-Present***Charcot-Marie-Tooth Association (CMTA), National*

- Founded, organize, and lead a support group for people with Charcot-Marie-Tooth disease (CMT) in the St. Louis area
- Plan and facilitate meetings to create an empathetic, supportive, and nonjudgmental space for members to share their feelings/experiences and connect with others
- Communicate with members to assess needs and provide connections to relevant resources
- Coordinate guest speakers from a variety of organizations and medical professions based on members' feedback
- Collaborate with the national organization and other branch leaders and hold fundraisers for the CMTA

Academic Mentor**Fall 2019-Spring 2022***Washington University Learning Center, St. Louis, MO**Supervisor: Andrew Collings, Ph.D.*

- Held weekly help sessions for students enrolled in *Probability and Statistics (MATH 2200)*
- Provided homework assistance, exam review, and answered questions regarding course concepts

Natural Ties Club Co-President**Summer 2020-Summer 2021***Washington University in St. Louis, MO**(member Fall 2018-Spring 2022)*

- Planned, coordinated, and led weekly dinners and special events with adults from the St. Louis community living with developmental disabilities
- Provided emotional support, friendship, and a safe space for members to practice interpersonal skills and form connections
- Adapted club events for a virtual platform due to the pandemic

Community Outreach Service

MDA Ambassador**Fall 2016-Fall 2019, Fall 2021-Present***The Muscular Dystrophy Association, National*

- Invited to speak about personal experiences living with a disability at a variety of events
- Previous engagements include the St. Louis MDA Telethon, 106.5 The Arch, and KSDK News Channel

Students with Disabilities Panelist**Fall 2018-Present***Washington University in St. Louis, MO*

- Invited by Dr. Kathy Kniepmann to speak about personal experiences as a disabled student for *Disability, Quality of Life, and Community Responsibility* class each semester

Disability and Body Image Panelist **Fall 2019***Washington University in St. Louis, MO*

- Invited by Reflection's Club to speak about personal experiences surrounding disability and body image

MDA Summer Camp Panelist **Summer 2019***Muscular Dystrophy Association, National*

- Invited to speak to teenage campers at local camp with neuromuscular disorders about personal experiences attending college with a disability

Keynote Speaker **Fall 2018***Champ Assistance Dogs, St. Louis, MO*

- Invited to speak about personal experiences living with a disability and working with a service dog at their main fundraising gala, "Hooray for Howl-e-Woof"

Relevant Volunteer Experience

Heart for the Unhoused Club Member **Fall 2019-Spring 2021***Washington University in St. Louis, MO*

- Assisted with health fairs at shelters and provided health screenings, education, and physical and mental health resources to people of all ages experiencing houselessness
- Contributed to a COVID-19 educational pamphlet to help people experiencing houselessness stay informed and find resources

CMTA Camp Footprint Counselor **Summer 2020***Charcot-Marie-Tooth Association, National*

- Planned and led virtual camp activity for youth ages 10-18 with Charcot-Marie-Tooth disease
- Engaged in activities with campers and provided encouragement and emotional support

Cerebral Palsy Center Swimming Program Volunteer **Fall 2018-Spring 2020***St. Louis Children's Hospital, St. Louis, MO*

- Provided encouragement and support during swim sessions for kids with movement disorders
- Helped kids engage in therapeutic activities under the direction of a physical therapist

Tri My Best Adaptive Triathlon Volunteer **Fall 2018***St. Louis Children's Hospital, St. Louis, MO*

- Provided encouragement and physical support to children and young adults in the pool during the swim portion of the triathlon
- Communicated with participants and parents/caregivers to understand their individual needs and preferences and provide the desired assistance

Child Life Program Volunteer

Fall 2017-Fall 2018

St. Louis Children's Hospital, St. Louis, MO

- Engaged in play with hospitalized children in the playroom and in their rooms
- Brought requested items to patients and provided support and resources for children and their families

Additional Information

- **Extracurriculars:** Power (Adaptive) Soccer
- **Research Skills:** Proficient in R, SPSS, and Qualtrics