

# Ally Avery

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## EDUCATION

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| <b>MS</b> | Northwestern University, Chicago, IL<br>Data Science   | September 2016 |
| <b>BA</b> | Western Washington University, Bellingham, WA<br>Cum Laude<br>Sociology, Music Performance (minor) | June 2009      |

## RESEARCH EXPERIENCE

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**Washington State University**, Everett, WA 2015 to present

**Scientific Operations Manager, Washington State Twin Registry**

- Oversight of Washington State Twin Registry. Responsible for multiple database systems, ensuring coding and compatibility between systems and data security is always in place. Act as a liaison for investigators and students seeking to use the Registry. Oversee new data collection and integration into the Registry.
- Development and implementation of study protocols, materials, and data collection procedures. Oversee human subjects applications for studies to ensure compliance with approved procedures.
- Grant pre-award, including development and approval of grant budgets, application assistance in NIH ASSIST, drafting grant components, and review of grant before submission. Grant post-award for Twin Registry-related grants, including budget tracking and reporting.
- Manuscript preparation, including secondary data analysis of twin data using appropriate methods.

**University of Washington**, Seattle, WA 2012 to 2015

**Research Coordinator, University of Washington Twin Registry**

- Developed and implemented all study protocols, materials, and data collection procedures for the project "Physical Activity in Twins." Coordinated all aspects of the research study, including screening, scheduling, data collection, and data management.
- Oversight of University of Washington Twin Registry operations. Managed team of research coordinators and provided guidance on study coordination. Comprehensive database management, including standardization of variable names, creation of codebooks, programming data processing scripts, and implementing new processes for data sharing with outside investigators.

**University of Washington**, Seattle, WA 2010 to 2012

**Research Study Coordinator, University of Washington Twin Registry**

- Developed and implemented all study protocols, materials, and data collection procedures of the project "Multilevel Pain Phenotyping (SIP2)." Coordinated all

aspects of research study, including screening, scheduling, data collection and data management.

**University of Washington**, Seattle, WA 2009 to 2010  
**Research Study Assistant, University of Washington Twin Registry**

- Organized monthly recruitment mailings. Improved procedures to reduce time and reduce waste of printed materials. Weekly phone calls to determine interest or eligibility, completion of surveys by phone. Data entry using Cardiff Teleform and Microsoft Access.

**Western Washington University**, Bellingham, WA 2009  
**Research Assistant**

- Secondary data analysis of Washington State birth and death records using SAS and SPSS. Created data visualizations using Microsoft Office (Excel, PowerPoint, Word). Presented "Racial Differences in Low Birth Weight in Washington State: Year 2000" at WWU Scholar's Week.

## PUBLICATIONS

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### Journal Publications

Duncan GE, Sun F, **Avery AR**, Hurvitz PM, Moudon AV, Tsang S, Williams BD. Cross-Sectional Study of Location-Based Built Environments, Physical Activity, Dietary Intake, and Body Mass Index in Adult Twins. *Int J Environ Res Public Health*. 2023 Mar 10;20(6):4885. PMC10049069.

McCall CA, Turkheimer E, Tsang S, **Avery A**, Duncan GE, Watson NF. Quasi-causal associations between chronotype and post-traumatic stress disorder symptoms: A twin study. *Sleep Health*. 2023 Apr 1;9(2):218-27.

Duncan GE, **Avery A**, Thorson JLM, Nilsson EE, Beck D, Skinner MK. Epigenome-wide association study of physical activity and physiological parameters in discordant monozygotic twins. *Sci Rep*. 2022 Nov 23;12(1):20166. PMC9691628.

Duncan GE, **Avery A**, Hurvitz P, Vernez-Moudon A, Tsang S. Cross-sectional associations between neighborhood walkability and objective physical activity levels in identical twins. *BMJ Open*. 2022 Nov 16;12(11):e064808. PMC9670932.

Larkin A, Krishna A, Chen L, Amram O, **Avery AR**, Duncan GE, Hystad P. Measuring and modelling perceptions of the built environment for epidemiological research using crowd-sourcing and image-based deep learning models. *J Expo Sci Environ Epidemiol*. 2022 Nov;32(6):892-899. PMC9650176.

Hystad P, Amram O, Oje F, Larkin A, Boakye K, **Avery A**, Gebremedhin A, Duncan G. Bring Your Own Location Data: Use of Google Smartphone Location History Data for Environmental Health Research. *Environ Health Perspect*. 2022 Nov;130(11):117005. PMC9648904.

Duncan GE, **Avery AR**, Tsang S, Watson NF, Williams BD, Turkheimer E. The pillars of health: influence of multiple lifestyle behaviors on body mass index and depressive symptoms in adult twins. *BMC Public Health*. 2022 Aug 5;22(1):1487. PMC9354427.

Tsang S, **Avery AR**, Duncan GE. Do married and/or cohabiting individuals fare better during the COVID-19 pandemic? Satisfaction with life and depression among adult twins in the United States. *Psychol Health Med*. 2022 Feb 10:1-8.

Duncan GE, **Avery AR**, Tsang S, Williams BD, Seto E. Changes in physical activity levels and mental health during COVID-19: prospective findings among adult twin pairs. *PLoS One*. 2021 Nov 22;16(11):e0260218. PMC8608318.

**Avery AR**, Tsang S, Seto EYW, Duncan GE. Differences in Stress and Anxiety Among Women with and Without Children in the Household During the Early Months of the COVID-19 Pandemic. *Front Public Health*. 2021 Sep 1;9:688462. PMC8440851.

Duncan GE, Hurvitz PM, Moudon AV, **Avery AR**, Tsang S. Measurement of neighborhood-based physical activity bouts. *Health Place*. 2021 Jul;70:102595. PMC8328921.

Tsang S, **Avery AR**, Seto EYW, Duncan GE. Is COVID-19 Keeping us Up at Night? Stress, Anxiety, and Sleep Among Adult Twins. *Front Neurosci*. 2021 Apr 26;15:665777. PMC8107288.

Tsang S, **Avery AR**, Duncan GE. Fear and depression linked to COVID-19 exposure: A study of adult twins during the COVID-19 pandemic. *Psychiatry Res*. 2021 Feb;296:113699. PMC7772100.

**Avery AR**, Tsang S, Seto EYW, Duncan GE. Stress, Anxiety, and Change in Alcohol Use During the COVID-19 Pandemic: Findings Among Adult Twin Pairs. *Front Psychiatry*. 2020;11:571084. PMC7544945.

Duncan GE, **Avery AR**, Seto E, Tsang S. Perceived change in physical activity levels and mental health during COVID-19: Findings among adult twin pairs. *PLoS One*. 2020;15(8):e0237695. PMC7425865.

**Avery AR**, Turkheimer E, Tsang S, Duncan GE. Psychometric and Classification Properties of the Peas in a Pod Questionnaire. *Twin Res Hum Genet*. 2020 Aug;23(4):247-255.

McCall CA, Turkheimer E, Tsang S, **Avery A**, Duncan GE, Watson NF. Sleep duration and post-traumatic stress disorder symptoms: a twin study. *Sleep*. 2019 Dec 24;42(12). pii: zsz179.

Duncan GE, **Avery AR**, Strachan E, Turkheimer E, Tsang S. The Washington State Twin Registry: 2019 Update. *Twin Res Hum Genet*. 2019 Dec;22(6):788-793.

Duncan GE, **Avery A**, Hurvitz PM, Moudon AV, Tsang S, Turkheimer E. Cohort Profile: TWINS study of environment, lifestyle behaviours and health. *Int J Epidemiol*. 2019 Aug 1;48(4):1041-1041h. PMC6693812.

**Avery AR**, Duncan GE. Heritability of Type 2 Diabetes in the Washington State Twin Registry. *Twin Res Hum Genet*. 2019 Apr;22(2):95-98. PMC6557115.

Goldfarb DS, **Avery AR**, Beara-Lasic L, Duncan GE, Goldberg J. A Twin Study of Genetic Influences on Nephrolithiasis in Women and Men. *Kidney Int Rep*. 2019 Apr;4(4):535-540. PMC6451147.

Duncan GE, Seto E, **Avery AR**, Oie M, Carvlin G, Austin E, Shirai JH, He J, Ockerman B, Novosselov I. Usability of a Personal Air Pollution Monitor: Design-Feedback Iterative Cycle Study. *JMIR Mhealth Uhealth*. 2018 Dec 21;6(12):e12023. PMC6320397.

Kim S, Wyckoff J, Morris AT, Succop A, **Avery A**, Duncan GE, Jazwinski SM. DNA methylation associated with healthy aging of elderly twins. *Geroscience*. 2018 Dec;40(5-6):469-484. PMC6294724.

Trost Z, Strachan E, Sullivan M, Vervoort T, **Avery AR**, Afari N. Heritability of pain catastrophizing and associations with experimental pain outcomes: a twin study. *Pain*. 2015 Mar;156(3):514-20. PMC4329018.

### Journal Papers in Review

Duncan GE, Hurvitz PM, Williams BD, **Avery AR**, Tsang S, Amram O, Mooney SJ, Rundle AG. Cross-Sectional association between neighborhood walkability and physical activity in a community-based twin sample. Submitted to *American Journal of Epidemiology*.

Duncan GE, **Avery A**, Maamar MB, Nilsson EE, Beck D, Skinner MK. Epigenome-wide Association Study of Obesity Susceptibility in Human Twins. Submitted to *PLoS One*.

### Book Chapters

**Avery AR**. Gallup, George Horace. In: Atkinson P, Delamont S, Cernat A, Sakshaug JW, Williams RA, editors. *Sage Research Methods Foundations*. London: SAGE Publications Ltd.; 2020. <http://dx.doi.org/10.4135/9781526421036929025>.

### Conference Papers

(Abstract-Reviewed)

Williams BD, Amram O, Larkin A, Duncan GE, **Avery AR**, Hystad P. Use of deep learning and Google Street View imagery to examine relationships between residential streetscapes and physical activity. The International Society of Behavioral Nutrition and Physical Activity (ISBNPA) 21<sup>st</sup> annual meeting, Phoenix, Arizona, May 18-21, 2022.

**Avery A**, Duncan G. Type 2 diabetes in the Washington State Twin Registry. Behav Genet 2018; 48:456. BGA 2018, 48th Annual Meeting of the Behavior Genetics Association, Boston, Massachusetts, June 20-23, 2018.

Duncan G, **Avery A**, Hurvitz P, Vernez-Moudon A, Tsang S, Turkheimer E. TWINStudy of environment, lifestyle behaviors, and health. Behav Genet 2018; 48:468. BGA 2018, the 48<sup>th</sup> Annual Meeting of the Behavior Genetics Association, Boston, Massachusetts, June 20-23, 2018.

McCall CA, Turkheimer E, Tsang S, **Avery A**, Duncan GE, Watson NF. Sleep and resilient coping: a twin study. Sleep 2018; 41(Supplement):A69-70. SLEEP 2018, the 32nd Annual Meeting of the Associated Professional Sleep Societies, LLC, Baltimore, Maryland, June 2-6, 2018.

Duncan GE, **Avery A**, Hurvitz PM, Moudon AV, Tsang S, Turkheimer, E. Walkability, health behaviors, and body mass index in twins. Med Sci Sports Exerc 2018; 50(Supplement): S391. American College of Sports Medicine's 65th Annual Meeting, Minneapolis, Minnesota, May 29-June 2, 2018.

Berkseth KE, Strachan ED, Turkheimer E, Noonan CJ, **Avery AR**, Buchwald DS, Atari N, Schur EA. Twin Analyses Strongly Suggest That Elevated Body Mass Index Is Causally Related to Elevated C-Reactive Protein. Endocrine Reviews. 2014 Jun 1;35(3).

## **PRESENTATIONS**

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Washington State Twin Registry COVID-19 Research Findings, Wake up with Research, Virtual Presentation, March 31, 2022.

Washington State Twin Registry, Washington State University Advisory Summit, Virtual Presentation, October 22, 2020.

## **PROFESSIONAL AFFILIATIONS**

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American Association for Public Opinion Research (AAPOR), 2019 to present

## **PROFESSIONAL SERVICE**

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### **Peer-Reviewed Abstracts for:**

- 2023 AAPOR Annual Conference (2022)
- 2021 AAPOR Annual Conference (2020)
- 2020 AAPOR Annual Conference (2019)