

Jay R. Kayser PhD, MS, MSW, LCSW

Curriculum Vitae

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EDUCATION

PhD	University of Michigan – Ann Arbor Joint Program in Social Work & Developmental Psychology Dissertation Co-Chairs: Drs. Jacqui Smith and Xiaoling Xiang	2026
MS	University of Michigan – Ann Arbor Developmental Psychology	2025
MSW	Washington University in St. Louis Master of Social Work	2015
BA	University of Iowa Bachelor of Arts in Psychology	2014
BA	University of Iowa Bachelor of Social Work	2014

CURRENT POSITION

Assistant Professor	University of Iowa School of Social Work (SSW)	2026 – Present
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RESEARCH INTERESTS

- Mental Health in Older Adults
- Social Isolation and Loneliness
- Social Work Interventions in Healthcare and Community Settings
- Elder Abuse and Neglect
- Consumer Fraud in Older Adults
- Rural Older Adults
- Social Support-Based Interventions
- Teletherapy and Psychoeducation
- Longitudinal Survey Methodology
- Chronic Medical Conditions in Older Adults

LICENSURE

Michigan Licensed Master's Social Worker – Clinical Specialty (LMSW-C) License #: 6801107782	August 2020- Current
Missouri Licensed Master of Social Work (LMSW) License #: 2016036066	September 2016-May 2019
Missouri Licensed Clinical Social Worker (LCSW) License #: 2019014898	May 2019-Current

GRANT FUNDING

Gilbert Whitaker Fund for the Improvement of Teaching

May 2025 – December 2026

Center for Research on Learning & Teaching
Pedagogical Advancement for Valuing Equity (PAVE)
Role: Co-PI
Amount: \$17,500

Michigan Health Endowment Fund

January 2022 – December 2023

Healthy Aging Program
A Statewide Implementation of Empower@Home
Role: Clinical Consultant
Amount: \$497,495

Eisenberg Family Depression Center

October 2022 – September 2023

Eisenberg Family Depression Center
Project: Empower@Home: Connected
Role: PI
Amount: \$10,000

PEER-REVIEWED MANUSCRIPTS

15. Li, L., **Kayser, J.**, Song, K. (2026). Effects of social isolation on all-cause mortality in older adults: Do age, gender, and measurement matter? *Innovation in Aging*
14. Yu, Z., **Kayser, J.**, Chen, M., Wang, K. (2026) Shadows of loneliness: Shaping the link between self-rated health and depressive symptoms trajectories in later life. *Journal of Geriatric Nursing*
13. **Kayser, J.**, Turner, S., Chuxuan, Z., Xiang., X. (2024). Feasibility and acceptability of a remote group intervention for depression, social isolation, and loneliness in older adults. *Clinical Gerontologist*
12. Hu, R., **Kayser, J.**, Dunkle, R. (2024). Needs and challenges for volunteering in rural areas: Lessons learned from a survey of a service organization in rural Michigan. *The Gerontologist*
11. **Kayser, J.**, Hu, R., Kundu, A. (2024). The Golden Bachelor: Age and romance in contemporary reality television. *Journal of Gerontological Social Work*
10. Xiang., X., **Kayser, J.**, Turner, S., Ash, S., Himle, J. (2024) Layperson-supported web-delivered cognitive behavioral therapy: A randomized controlled trial. *Journal of Medical Internet Research*, 26, e53001
9. Xiang, X., **Kayser, J.**, Ash, S., Zheng, C., Halavanu, A., Sun, Y., Xue, J., Weaver, A., Dunkle, R., Blackburn, J. Himle, J. (2023) Web-based cognitive-behavioral therapy for depression among older adults: Development and usability study. *Journal of Medical Internet Research: Aging*

8. Xiang, X., **Kayser, J.**, Turner, Z., Zheng, C. (2023) Layperson-facilitated internet-delivered cognitive-behavioral therapy for geriatric depression: A pilot study to examine acceptability and treatment outcomes. *Research on Social Work Practice*
7. **Kayser, J.**, Wang, X., Wu, Z. Dimoji, A., Xiang, X. (2023). Layperson-facilitated internet-delivered cognitive behavioral therapy for homebound older adults with depression: Protocol for a randomized controlled trial. *Journal of Medical Internet Research: Protocols*
6. **Kayser, J.** Hu, R., Rosenscruggs, L., Xiang, X. (2022). A systematic review of the impact of select mindfulness interventions on psychological outcomes among older adults with chronic health conditions. *Clinical Gerontologist*
5. **Kayser, J.**, Morrow-Howell, N., Rosen, T.E., Skees, S., Doering, M., Clark, S., Hurka-Richardson, K, Shams, R.B., Ringer ,T., Hwang, U., Platts-Mills, T.F. (2021). Research Priorities for Elder Abuse Screening and Intervention: Scoping Review and Consensus Statement. *Journal of Elder Abuse and Neglect*
4. Carpenter, C., Hammouda, N. Doering, M., Ohuabunwa, U., Ko, K. Hung, W. Shah, M., Lindquist, L., Biese, K., Hoy, L., Nerbonne, L., Hwang, U., Dresden, S., Bellolio, M., Binkley, C., Bott, N., Brody, A., Clark, S., Dresden, S., Forrester, F., **Kayser, J.**... Wexler, N. (2021). Delirium prevention, detection, and treatment in emergency medicine settings: A geriatric emergency care applied research (GEAR) network scoping review and consensus statement (2021) *Academic Emergency Medicine*
3. Gettel, C., Voils, C., Bristol, A., Richardson, L., Hogan, T., Brody, A., Gladney, M., Suyama, J. Ragsdale, L., Binkley, C. Morano, C. Seldenfeld, J. Hammouda, N. Jo, K., Hwang, U., Hastings, S. Bellolio, F. Biese, K. Binkley, C. Bott, N., **Kayser, J.** ... Wexler, N. (2021). Care transition and social needs: a geriatric emergency care applied research (GEAR) network scoping review and consensus statement. *Academic Emergency Medicine*
2. Xiang, X., **Kayser, J.**, Sun, Y., Himle, J. (2021). Internet-based psychotherapy intervention for depression among older adults receiving home care: A qualitative study of participants' experiences. *Journal of Medical Internet Research*
1. Xiang, X., Ning, Y., **Kayser, J.** (2020). The Implications of COVID-19 for the Mental Health Care of Older Adults: Insights from Emergency Department Social Workers. *Journal of Gerontological Social Work*

BOOK CHAPTERS

1. Dunkle, R., **Kayser, J.**, Perone, A. (2022). Social Work. In J. Halter, et al. (EDS). *Principles of Geriatric Medicine and Gerontology*, 8th Edition: Social Work

MANUSCRIPTS IN PREPARATION AND UNDER REVIEW

7. Gross, E. B., **Kayser, J.**, Kattari, S. K., Gillani, B., Call, J., Holloway, B., Prieto, L., Flatt, J., Kahn, M., & Saylor, K. M. (Revise & Resubmit). Transgender and gender diverse older adults and health: A scoping review
6. Benavides, J., Parmenter, S., **Kayser, J.**, Stanek, C. (Revise & Resubmit). Gendered emotional labor: vicarious trauma and resilience among female pediatric ER social workers
5. **Kayser, J.**, Hu, R., Johnson, K. (under review). Beyond a single score: Multidimensional loneliness & item-level functioning across sociodemographic groups
4. Li, L., **Kayser, J.** (in preparation). Social integration in late adulthood: The role of marital status
3. **Kayser, J.** Chen, Y. Zhang, A. (in preparation). Pedagogies of possibility: Insights on advancing equity in quantitative training
2. **Kayser, J.** (in preparation). Social isolation and cognitive decline among older adults: Temporal dynamics
1. Zhang, A., **Kayser, J.**, Zhang, X. (in preparation). What machine learning can tell us about depression trajectories in older adults

PEER-REVIEWED CONFERENCE PRESENTATIONS

18. **Kayser, J.** Johnson, K. (2026). Does how we measure matter? Evaluating measurement approaches to childhood adversity in predicting cognitive aging.
17. **Kayser, J.**, Xiang, X., Smith, J. (2025). Cognitive aging and dementia research: Expanding horizons on social and environmental contexts. Gerontological Society of America
16. Li, L., **Kayser, J.**, Song, K. (2025). Social isolation and mortality risks among community-living older adults: Does gender matter? Gerontological Society of America
15. Gross, E., **Kayser, J.**, Call, J., Kattari, S. (2025). Hopes, fears, and health experiences among trans and gender diverse older adults: Themes from a scoping review. LGBT Research Symposium
14. **Kayser, J.**, Hu, R., Yu, Z. (2025). Social isolation and loneliness in older adults: A longitudinal analysis of persistence and bidirectional influence. Society for Social Work Research
13. **Kayser, J.** & Johnson, K. (2024). Direction matters: The effect of social Isolation on cognition. Gerontological Society of America
12. **Kayser, J.**, Benavides, J., Johnson, K. (2024) The of role social isolation and loneliness in financial exploitation among older adults. Counsel on Social Work Education.

11. Benavides, J., Change, Y., **Kayser, J.**, Osborn, P., Radney, A., Mengo, C. (2024). Provider Bias in the Emergency Room: A Scoping Review. Counsel on Social Work Education.
10. Gross, E.B., **Kayser, J.**, Call, J., Kattari, S. (2024). Aging in the margins: A scoping review of health research on trans and gender diverse older adults in the U.S. Society of Social Work Research
9. **Kayser, J.** Turner, S., Zheng, C., Ash, S., Xiang, X. (2023) Empowered@Home: Connected – testing a pilot group intervention for depression, social isolation, and loneliness in older adults. Gerontological Society of America
8. **Kayser, J.**, Li, L., The Impact of Changes in Cognitive Functioning on Social Isolation (2023). Gerontological Society of America
7. Li, L., **Kayser, J.**, Cho, J., Hu, R.(2023). Longitudinal changes in wellbeing associated with widowhood transition. Gerontological Society of America
6. **Kayser, J.**, Ash, S., Zheng, C., Turner, S., Xiang, X (2023). Web-based cognitive-behavioral therapy for depression among older adults: Development and usability Study Gerontological Society of America
5. **Kayser, J.**, Turner, S., Zheng, C., Ash, S., Xiang, X. (2023). Evaluating the acceptability and preliminary effects of Empower@Home for geriatric depression. Gerontological Society of America
4. **Kayser, J.** (2022). Well-being before and during the covid-19 pandemic: Associations with resilience and chronic conditions. Gerontological Society of America
3. **Kayser, J.** (2021). Theories and frameworks in elder abuse interventions in healthcare settings: The role of social Workers. Society of Social Work Research
2. **Kayser, J.**, Smith, J. (2021). Loneliness before and during the covid-19 pandemic: Associations with chronic illnesses and relationship quality. Gerontological Society of America, virtual online
1. **Kayser, J.**, Harvey, S., Harrington, S., Benavides, J., Drake, B. (2015). First-generation students: The graduate school experience. Research without Walls

AD HOC PEER REVIEWER

The Gerontologist

Journal of the Society for Social Work and Research

Journal of Aging and Health

Quality of Life Research

Journal of Applied Gerontology

Clinical Gerontologist

POPULAR PRESS, MEDIA, AND PUBLIC PRESENTATIONS

8. **Kayser, J.** (2024) Osher Lifelong Learning Institute. Connecting Through Volunteerism: Rewards and Realities – Opening Address
7. Featured in Ongoing Article “Providing for Well-Being and Involvement Across the Entire Lifespan” (2024)
6. Patterson, E., **Kayser, J.** (2023) Doctor Radio – Healthy Aging. SiriusXM
5. Patterson, E., **Kayser, J.** (2023). Michigan Public Radio. Interview on Morning Edition
4. Patterson, E., **Kayser, J.** (2023). Depression to often gets deemed “hard to treat” when medications fall short. The Conversation
3. **Kayser, J.** (2022). PsychTank Funding Competition: Innovation Accelerator. Empower@Home: Connected
2. Featured in CURIOSUS Article “Community Health: Treating Opioid Addiction in the ER” (2018).
1. Presenter for Schwartz Rounds “Addressing Emergency Department High Care Utilizers Through Programming” (2018).

AWARDS AND SCHOLARSHIPS

Rackham Dissertation Fellowship

Awarded by Rackham Graduate School of support doctoral students in their final semester 2026

Rackham Debt Relief Award

Awarded by Rackham Graduate School for those pursuing public service in their post-graduate career 2025

Social Work Joint Doctoral Program Grant

Awarded by the School of Social Work at the University of Michigan based on distinguished achievements in the Joint Doctoral Program 2024

Dean’s Fund Awardee

Awarded by the School of Social Work to support travel for conference attendance 2024

Rackham Travel Award

Award by Rackham Graduate School to support expenses associated with travel conference travel 2023

Longres Fellowship

Awarded by the School of Social Work at the University of Michigan based on research related to psychosocial well-being 2023

Carol Schutz Travel Award

Awarded by The Gerontological Society of America’s Emerging Scholar and Professional Organization to support attendance of their annual conference. 2022

Joanne Yaffee Doctoral Fellowship

Awarded by the School of Social Work at the University of Michigan based on research related to improving the quality of social work interventions 2022

Rackham Travel Award	2022
Award by Rackham Graduate School to support expenses associated with travel conference travel	
Carol Schutz Travel Award	2021
Awarded by The Gerontological Society of America's Emerging Scholar and Professional Organization to support attendance of their annual conference.	
Rackham Merit Fellowship	2020- 2021
Awarded by Rackham Graduate School to support students pursuing a doctoral degree	
Social Worker of the Year Award	2017
As voted by Emergency Department nursing staff at Barnes-Jewish Hospital	
Team Award for Quality Improvement	2017
Awarded by Rich Liekweg, President of Barnes-Jewish Hospital, based on participation in a pilot program that improved service delivery to emergency department patients with frequent visits	
John D. Rockefeller Scholarship	2015
Award by the Brown School of Social Work at Washington University in St. Louis to a Master's in Social Work student with interest in gerontology	

TEACHING AND MENTORSHIP

Graduate Student Instructor (in-person)	Winter 2025
University of Michigan – Ann Arbor	
School of Social Work	
Doctoral Program	
Co-instructor – Statistical Methods in Social Sciences II	
4 credit hours	
Undergraduate Honors Thesis Mentor	2024 –2025
University of Michigan – Ann Arbor	
College of Literature, Science, and the Arts	
Co-mentor of student completing honors thesis in Psychology	
Graduate Student Instructor (in-person)	Fall 2024
University of Michigan – Ann Arbor	
School of Social Work	
MSW Program	
Instructor of Record – Research Basics for Social Work Practice	
1 Credit Hour Course (3 sections)	
Graduate Student Instructor (in-person)	Winter 2024
University of Michigan – Ann Arbor	
School of Social Work	
MSW Program	
Instructor of Record – Behavioral, Psychological, and Ecological Aspects of Health, Mental Health, and Disease	
3 Credit Hour Course	
Teaching Assistant (in-person)	2012
Macalester College	
Behavioral Neuroscience	

Duties: Graded weekly written papers from approximately 10 students and lab assignments. Held office hours and discussions prior to tests

Teaching Assistant (in-person) 2011

Macalester College

Brain, Mind, and Behavior

Duties: Graded monthly written papers from approximately 60 students, graded four written tests and held office hours and discussions prior to tests

Clinical Supervisor 2022 – 2024

University of Michigan – Ann Arbor

School of Social Work

Completed Certificate in Core Supervision provided by NASW – Michigan prior to providing weekly clinical supervision to LLMSW – Clinical candidate

Field Placement Supervisor 2018

Barnes-Jewish Hospital

Emergency Department

Supervised social work intern through concentration (600 hour) practicum concentration that included a program evaluation of services in the Emergency Department of Barnes-Jewish Hospital

Teaching Assistant 2012

Macalester College

Behavioral Neuroscience

Duties: Graded weekly written papers from approximately 10 students and lab assignments. Held office hours and discussions prior to tests

Teaching Assistant 2011

Macalester College

Brain, Mind, and Behavior

Duties: Graded monthly written papers from approximately 60 students, graded four written tests and held office hours and discussions prior to tests

SERVICE

Association for Gerontological Education in Social Work (AGESW) 2025 – Present
Newsletter Editor

University of Michigan – Ann Arbor 2023 – present
College of Literature, Arts, and Sciences
Departmental Associate (Developmental Psychology)

University of Michigan – Ann Arbor 2023 – present
School of Social Work
Supervisory Committee: Member

University of Michigan – Ann Arbor 2024-2025
School of Social Work
Joint Program in Social Work and Social Science
Doctoral Program Admissions Committee: Member

University of Michigan – Ann Arbor 2021-2023
School of Social Work
Doctoral Student Organization: Treasurer

Brown School at Washington University in St. Louis
 School of Social Work
 Alumni Advisor

2016-2018

SKILLS AND TRAINING

SOFTWARE AND PROGRAMMING SKILLS

- STATA, R, SPSS, MPlus, Python

TRAINING & WORKSHOPS

- Inter-University Consortium for Political and Social Research June 2025
 - Causal Inference for the Social Sciences
- Inter-University Consortium for Political and Social Research June 2025
 - Machine Learning for the Social Sciences
- Inter-University Consortium for Political and Social Research July 2024
 - Panel Data and Longitudinal Analysis
- Inter-University Consortium for Political and Social Research July 2024
 - Matrix Algebra and Calculus for Regression
- Inter-University Consortium for Political and Social Research August 2022
 - Structural Equation Modeling with Latent Variables
- Inter-University Consortium for Political and Social Research. August 2021
 - Introduction to the Health and Retirement Study
- Michigan Institute for Clinical and Health Research July 2022
 - Impact Monitoring Clinical Trials.

RESEARCH EXPERIENCE

Graduate Research Student Assistant

August 2021- May 2023

University of Michigan – Ann Arbor
 School of Social Work

Responsibilities: Project development and coordination associated with a novel internet intervention for homebound older adults with depression called Empower@Home including trainings, content development, screening and interviewing, IRB submissions, recruitment, data analysis, and manuscript preparation

Geriatric Emergency Care Applied Medicine Task Force

December 2018-August 2021

Funded by National Institutes of Health (R21)

Responsibilities: Prepared comprehensive literature review of existing research into screening for elder abuse emergency departments. Developed recommendations for priorities of future research in conjunction with multidisciplinary group of emergency department physicians, nurses, and social workers

Program Evaluator

February 2018- August 2018

Barnes-Jewish Hospital

Case Management Department

Responsibilities: Using a secondary data, evaluated the daily activities of 20+ social workers at Barnes-Jewish Hospital during 2017. These findings were used to justify departmental funding

Program Evaluator

April 2017- July 2017

Barnes-Jewish Hospital

Case Management Department

Responsibilities: Independently led an evaluation into services sought by and disposition of persons experiencing homelessness who presented to the Emergency Department of Barnes-Jewish Hospital. These findings were presented to community and governmental partners, including

Graduate Research Assistant

December 2014- December 2015

Washington University in St. Louis, Friedman Institute

Brown School of Social Work

Supervisor: Nancy Morrow-Howell PhD, MSW

Responsibilities: prepared materials for R21 grant proposal, developed survey instruments and material for use in research and grand application, oversaw training of research assistants

Program Evaluator

July 2015- November 2015

Barnes-Jewish Hospital

Case Management Department

Responsibilities: Independently led an evaluation of three case managers' patient interactions using electronic medical records system. Recommendations were made for optimization of electronic medical records system

Research Consultant

July 2014- January 2015

University of Iowa

Iowa Depression and Clinical Research Center

Supervisors: Mike O'Hara PhD and Scott Stuart MD

Responsibilities: Managed several large data sets for a clinical trial with multiple study sites.

Prepared reports for presentations and article submission

Research Coordinator

January 2013- July 2014

University of Iowa

Iowa Depression and Clinical Research Center

Supervisors: Mike O'Hara PhD and Scott Stuart MD

Responsibilities: coordinated screening and enrollment of study participants in a six month randomized control trial. Ensured fidelity to study guidelines, Institutional Review Board requirements, and National Institute of Health standards. Oversaw 2-6 undergraduate students in their involvement as volunteer research assistant

Research Assistant

July 2012- January 2013

University of Iowa

Iowa Depression and Clinical Research Center

Supervisors: Mike O'Hara PhD and Scott Stuart MD

Responsibilities: Screened candidates for entry to a multi-site randomized clinical trial

SOCIAL WORK AND COMMUNITY EXPERIENCE

Independent Contracting

April 2021 – Current

Clinical Supervisor

- Provide weekly supervision to LLMSWs seeking clinical licensure
- Ensured adherence to the National Association of Social Workers Code of Ethics among supervisees
- Prepare supervisees for licensure exam

University of Michigan School of Social Work

August 2022 – July 2023

Empower@Home: Connected

Group Facilitator

- Facilitated manualized 9-session program addressing depression, social isolation, and depression among older adults
- Supervised additional facilitator

University of Michigan School of Social Work

April 2021 – October 2023

Empower@Home Project

Clinical Lead

Supervisor: Xiaoling Xiang, PhD MSW

- Assisted in developing protocol for suicidal participants
- Provided risk assessment and crisis management to participants with suicidal ideation

University of Michigan School of Social Work

October 2021 – March 2022

Group Therapist

New Ways to Live Better Project

Supervisor: Lydia Li, PhD MSW

- Assisted in designing content for a 10-session phone based group therapy based on mindfulness-based therapy and cognitive-behavioral therapy
- Facilitated weekly therapy groups as part of a pilot feasibility project

Barnes-Jewish Hospital

December 2015- July 2020

Case Management Department

Emergency Department

- Provide crisis intervention to evaluate and address the immediate needs of patients and families of patients in the emergency department
- Conduct psychosocial assessments, advocate for vulnerable populations and their families, report abuse, and provide appropriate community resources as requested
- Offer supportive services, education, and counseling to patients and families who may be experiencing trauma, abuse, or end of life issues
- Collaborate with a multidisciplinary team of varied hospital staff members, police officers, and EMS to promote safety, optimal patient care, and address the individual needs of patients
- Facilitate transfers and complete insurance pre-authorizations for psychiatric patients.
- Contact and collaborate with community agencies, such as Missouri Department of Health and Senior Services, Illinois Department of Aging, outside hospitals, law enforcement, and nursing facilities

PROFESSIONAL AFFILIATIONS

Eisenburg Family Depression Center	2022-2026
Gerontological Society of America	2020-Present
Association of Gerontological Education in Social Workers	2020-Present
Life Course Development Research Group	2020-Present
Doctoral Student Organization (Social Work)	2020-2026
Graduate Employee Organization	2020-2026
Society of Social Work Research	2020-Present

VOLUNTEER EXPERIENCE

COVID Grief Network	December 2020- January 2022
BJC Hospice – Camp Comfort.	November 2018-July 2020
Mt. Evans Hospice	July 2018
Portland Immersion and Service Trip	March 2014
Iowa City Hospice	May 2013- August 2014
Ronald McDonald House Charities	August 2012- August 2013
Johnston County Neighborhood Centers	January 2013-August 2014
Dream Center of Iowa City	Spring 2012-August 2014