

Eddy M. Elmer, MA

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Education

2015 - present

Vrije Universiteit Amsterdam

Ph.D., Social Gerontology

Dissertation: *Minority Stress and Loneliness Among Older LGBT Adults*
I am examining mediators linking sexual minority stress and loneliness in later life. This study is based on data I collected from 15,000 respondents around the world as part of a larger study on sexuality and mental health.

Supervisors:

Dr. Theo van Tilburg, Professor of Sociology & Social Gerontology

Dr. Tineke Fokkema, Senior Researcher, Netherlands Interdisciplinary Demographic Institute, The Hague

2009 - 2012

Simon Fraser University

Master of Arts, Gerontology (Health & Aging Track)

Thesis: *Development and Initial Validation of the Gay Men's Physical Attractiveness Scale: An Instrument to Measure the Latent Structure of Attractiveness Judgments Among Young and Older Gay Men*

Supervisor: Dr. Norm O'Rourke, Associate Professor of Gerontology

2000 - 2007

Simon Fraser University

Bachelor of Arts, Psychology (Minor: Counseling & Human Development)

Bachelor of General Studies (Minor: Gerontology)

1996 - 1999

University of Toronto, University College

English and Psychology

Research Interests

- ◆ Mental health and aging
- ◆ Evolutionary psychology of mental health
- ◆ Causes and consequences of persistent isolation and loneliness
- ◆ Sexuality and LGBTQ aging
- ◆ Psychometrics and scale development

Relevant Experience

- April 2012 - Present** **City of Vancouver Seniors' Advisory Committee**
Committee Member and Secretary
- ◆ Appointed by City Council to advise on issues affecting older adults
 - ◆ Assist with City's efforts to gain certification by World Health Organization as a Global Age-Friendly City
 - ◆ Record meeting minutes
 - ◆ Edit motions and press releases
 - ◆ Maintain website and social media presence
 - ◆ Authored literature review and list of recommendations for reducing isolation and loneliness among older adults in Vancouver
- January 2013 - July 2014** **City of Vancouver LGBTQ Advisory Subcommittee on Safe, Healthy and Engaged Communities**
Subcommittee Member
- ◆ Advised Council on health and safety issues affecting LGBTQ people
 - ◆ Worked collaboratively with other civic committees on issues of mutual interest (e.g., street safety)
- January 2012 - March 2012** **QMUNITY, British Columbia's LGBTQ2+ Resource Centre**
Vancouver, British Columbia
Intern
- ◆ Reviewed B.C. Ombudsperson's report on improving elder care
 - ◆ Developed resources for professionals working with older LGBTQ clients (home support workers, residential care aides)
- August 2010 - December 2012** **Simon Fraser University Men's Sexuality Study**
Vancouver, British Columbia
Lead Researcher
- ◆ Co-ordinated study of factors related to mental and physical health of young and older gay men around the world
- May 2010 - June 2013** **Simon Fraser University, Department of Gerontology**
Vancouver, British Columbia
Research Assistant to Dr. Norm O'Rourke
- ◆ Conducted literature reviews
 - ◆ Assisted with grant applications (SSHRC, CIHR, Michael Smith)
 - ◆ Assisted with studies on depression and divorce in later life

- May 2009 - August 2009** **Simon Fraser University, Department of Gerontology**
Vancouver, British Columbia
Teaching Assistant for GERO 300: Introduction to Gerontology
- ◆ Facilitated online discussions
 - ◆ Graded papers and exams
- January 2008 - April 2008** **Simon Fraser University, Department of Psychology**
Burnaby, British Columbia
Teaching Assistant for PSYC X99W: Brain, Mind & Society
- ◆ Taught writing process
 - ◆ Graded papers and exams
- December 1998 - 2015** **Self-employed, Hamilton, Ontario; Vancouver, British Columbia**
- ◆ Edited and proof-read technical documents
 - ◆ Consulted on Internet data collection
- May 1998 - December 1998** **University of Toronto Health Services, Medical Division, Webmaster**
- ◆ Managed website for student health information
- May 1996 - September 1999** **Stanley M. Tick & Associates, Barristers & Solicitors, Hamilton, Ontario**
IT Manager
- ◆ Implemented and maintained firm's computer network
 - ◆ Implemented new office management and accounting system
 - ◆ Purchased hardware and software
 - ◆ Trained staff on computer network
- September 1994 - September 1998** **Stanley M. Tick & Associates, Barristers & Solicitors, Hamilton, Ontario**
Law Librarian, Research Assistant, Webmaster
- ◆ Maintained law library
 - ◆ Retrieved and compiled case law
 - ◆ Trained staff in electronic legal research
- September 1993 - June 1994** **Williams & Johnson, Barristers & Solicitors, Hamilton, Ontario**
Law Librarian and Research Assistant
- ◆ Maintained law library
 - ◆ Implemented electronic research system
 - ◆ Retrieved and compiled case law

Journal Articles and Reports

Elmer, E. M. (2017). Social Isolation and Loneliness Among Seniors: Prevention and Reduction. Report to the City of Vancouver and the Vancouver Coastal Health Authority.

Elmer, E. M., Kuyper, L., & Fokkema, T. (In preparation). Sexual Orientation, Gender Nonconformity and Loneliness Among Older Lesbian, Gay, and Bisexual Adults in The Netherlands.

Elmer, E. M., van Tilburg, T., & Fokkema, T. (In preparation). Mediators of Minority Stress and Loneliness in Older LGB Adults.

Elmer, E. M., & O'Rourke, N. (In preparation). Development and Initial Validation of the Gay Men's Physical Attractiveness Scale.

Paterson, T. S. E., O'Rourke, N., Elmer, E. M., Shapiro, R. J., & Thornton, W. L. (2011). The Composition and Structure of Depressive Symptomatology in Renal Disease. *Canadian Journal of Behavioral Science*, 43 (4), 318-327.

Peer Review Experience

Journals *Journal of Social and Personal Relationships* (Occasional)
 Journal of Existential Psychology & Psychotherapy (Occasional)

Conferences Annual Scientific and Educational Meeting of the Canadian Association on Gerontology: Psychology Division (Regular)

Other Writing and Publications

2003 – 2006 **International Society for Existential Psychology and Psychotherapy**
 Webmaster, Writer

2000 – Present Articles on variety of topics for community newspapers and websites: *Xtra West, The Westender, Digital Queeries, Positive Living Newsletter, *spark-online, The Stoney Creek News, The Hamilton Lawyer, The Peak at Simon Fraser University*

1997 – 1998 **Student Health Outreach Program, University of Toronto Health Services**
 Newsletter Editor

1995 – 1998 **The Varsity, University of Toronto's Student Newspaper, Writer**

Conference Presentations

- March 28, 2018** Elmer, E. M. van Tilburg, T., & Fokkema, T. Marginalization and Loneliness Among Older LGB Adults: Minority Stress and Social Anxiety as Mediators. Poster to be presented at the 64th Annual Meeting of the American Society on Aging, San Francisco, CA.
- November 3, 2017** Elmer, E. M. van Tilburg, T., & Fokkema, T. Marginalization and Mental Health of Sexual Minority Men: Mediating Roles of Loneliness and Stigma Preoccupation. Poster to be presented at the 13th Annual Gay Men's Health Summit, Vancouver, BC.
- October 21, 2017** Elmer, E. M. van Tilburg, T., & Fokkema, T. Concealment of Sexual Orientation and Mental Distress Among Older LGB Adults: Mediating Role of Internalized Homonegativity. Poster to be presented at the 46th Annual Meeting of the Canadian Association on Gerontology, Winnipeg, MB.
- July 25, 2017** Elmer, E. M. Validation of the Social Appearance Anxiety Scale with Older Heterosexual and Sexual Minority Men. Poster session at the 21st Annual World Congress of Geriatrics and Gerontology, San Francisco, CA.
- May 18, 2017** Elmer, E. M. van Tilburg, T., & Fokkema, T. Marginalization and Mental Health of Older LGB Adults: Mediating Roles of Loneliness and Stigma Preoccupation. Poster session at the 26th John K. Friesen & 20th British Columbia Psychogeriatric Association Conference, Vancouver, BC.
- March 22, 2017** Elmer, E. M. Measuring Sexual Orientation Disclosure vs. Concealment Across Age and Sexual Orientation Groups: Psychometric Properties of the Nebraska Outness Scale. Poster session at the 63rd Annual Meeting of the American Society on Aging, Chicago, IL.
- November 9, 2016** Elmer, E. M. Mirror, Mirror on the Wall: Age-Related Changes in Social Appearance Anxiety Among Sexual Minority Men. Presentation at the 12th Annual Gay Men's Health Summit, Vancouver, BC.
- October 22, 2016** Elmer, E. M. Mate Preferences Based on Age and Sexual Orientation: Testing an Evolutionary Hypothesis. Poster session at the 45th Annual Meeting of the Canadian Association on Gerontology, Montréal, QC.
- March 22, 2016** Campbell, H., & Elmer, E. M. Loneliness & the Law: Rethinking the Right to Refuse Support and Assistance. Presentation at the 62nd Annual Meeting of the American Society on Aging, Washington, DC.

- November 13, 2015** Campbell, H., & Elmer, E. M. The Lonely Client: Identifying Psycholegal “Soft Spots” in the Solicitor-Client Relationship. Paper at the 2015 Canadian Conference on Elder Law, Vancouver, BC.
- November 5, 2015** Elmer, E. M. The Pain with Many Faces: Challenges in Identifying Chronic Loneliness in Older Gay Men. Presentation at the 11th Annual Gay Men’s Health Summit, Vancouver, BC.
- October 25, 2015** Elmer, E. M. Loneliness Interventions for Older Adults in Perpetually Isolating Environments. Presentation at the 44th Annual Meeting of the Canadian Association on Gerontology, Calgary, AB.
- March 25, 2015** Elmer, E. M. Sampling Older LGBT Adults via Social Media. Poster session at the 61st Annual Aging in America Conference, Chicago, IL.
- October 30, 2014** Elmer, E. M. Chronic Loneliness Among Older Gay Men: A Biopsychosocial Model. Presentation at the 10th Annual Gay Men’s Health Summit, Vancouver, BC.
- March 11, 2014** Elmer, E. M. Measuring Internalized Homonegativity in Young and Older Gay Men. Poster session at the 60th Annual Meeting of the American Society on Aging, San Diego, CA.
- November 7, 2013** Elmer, E. M. Effects of Sexually-Explicit Material on Dimensions Underlying Gay Men’s Physical Attractiveness Judgements. Presentation at the 9th Annual Gay Men’s Health Summit, Vancouver, BC.
- October 19, 2012** Elmer, E. M. & O’Rourke, N. The Latent Structure of Internalized Homonegativity Among Young and Older Gay men. Poster session at the 41st Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Vancouver, BC.
- October 19, 2012** Elmer, E. M. & O’Rourke, N. The Latent Structure of Physical Attractiveness Judgments Among Young and Older Gay Men. Poster session at the 41st Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Vancouver, BC.
- August 2, 2012** O’Rourke, N., Elmer, E. M., & Polchenko, N. Between-Sex and Within-Couple Patterns of Depressive Symptoms Among Long-Wed Husbands and Wives. Poster session at the 120th Annual Convention of the American Psychological Association, Orlando, FL.

May 30, 2011 O'Rourke, N., & Elmer, E. M. Depressive Symptoms Among Older Husbands and Wives Over Time. Paper at the 5th Annual International Conference on Psychology at the Athens Institute for Education and Research, Athens, Greece.

Invited Talks and Panel Discussions

October 12, 2014 Loneliness: A Biopsychosocial Perspective. Guest lecture for PrimeTimers, Vancouver, BC.

October 1, 2014 The Paradox of Loneliness. Public lecture for National Seniors' Day, Vancouver Public Library, Central Branch.

May 30, 2014 Loneliness: From Genetic Predisposition to Social Perception. Guest lecture for the West End Seniors' Network Volunteer Training Program, Vancouver, BC.

April 30, 2014 Loneliness: A Biopsychosocial Perspective. Guest lecture for the Gay and Gray, The Roundhouse Community Centre, Vancouver, BC.

March 3, 2014 Discussant, National Seniors Council of Canada Regional Roundtable on Social Isolation and Seniors, Vancouver, BC.

November 30, 2011 Disparities Among Older Gay Adults in the Healthcare System. Guest lecture for Simon Fraser University Health Ethics Club.

June 15, 1992 Interview on Canadian unity, *TalkLine* with Roy Green, AM900 CHML, Hamilton, ON.

Guest Lectures

2011-Present Guest lectures on mental health and sexuality in the Department of Gerontology, Simon Fraser University:

GERO101: Aging and Society
GERO300: Introduction to Gerontology
GERO400: Applied Gerontology
GERO408: Families Over the Life Course
GERO410: Sexuality and Aging

Media Mentions

November 17, 2017 “Fighting loneliness with a community of seniors,” by Linda Givetash, *The Tyee*

Community Service

March 2014 - August 2014 **W.E. Are SAFE, Advisory Committee Member**

- ◆ Federally-funded New Horizons for Seniors project to educate businesses and individuals in Vancouver’s West End about financial abuse of older adults

January 2003 - May 2004 **Crisis Intervention and Suicide Prevention Centre of British Columbia**
24-Hour Crisis Line Counsellor

- ◆ 230 hours providing emotional support to callers in distress
- ◆ Suicide intervention
- ◆ Referring callers to appropriate resources

Technical Skills

Survey & scale development, online data collection, structural equation modeling, SPSS, AMOS, Qualtrics

Additional Languages

French: conversant, written
Serbo-Croatian: conversant

Awards and Scholarships

2017 Canadian Association on Gerontology Student Travel Grant

2015 Social Sciences and Humanities Research Council of Canada, 4-Year Doctoral Fellowship

2015 Canadian Association on Gerontology Student Travel Grant

2012 Canadian Association on Gerontology, Student Poster Competition: Top-Ranked MA Student Poster (Psychology Division)

2012	Canadian Association on Gerontology Student Travel Grant
2009	Social Sciences and Humanities Research Council of Canada, CGS Master's Fellowship
2009	Isabel Dawson Memorial Award in Gerontology
2008	Simon Fraser University Graduate Fellowship
2008	New York University MSW Entrance Scholarship (Declined)
2006	Simon Fraser University Honour Roll, Summer and Fall
2002	Gold Key International Honour Society
2002	Simon Fraser University Honour Roll, Spring and Winter
1995	United Steelworkers of America Scholarship
1995	J.S. McLean Memorial Scholarship, University of Toronto
1995	United Steelworkers of America: John Lennie Memorial Scholarship
1995	Stelco Scholarship
1995	Ontario Scholar Award
1994	Dofasco Partners in Education Award
1993	Henry Birks & Sons Medal for Proficiency in English
1993	Canadian Clubs Centennial Conference Writing Award
1992	Stoney Creek Youth Ambassador

Memberships

Canadian Association on Gerontology, Psychology Division, Student Member

American Society on Aging, Student Member

American Psychological Association, Student Member

Society for the Scientific Study of Sexuality, Student Member

Human Behavior and Evolution Society, Student Member