

Afshin Zilanawala

Social Statistics and Demography

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EMPLOYMENT

UNIVERSITY OF SOUTHAMPTON, SOCIAL STATISTICS AND DEMOGRAPHY

2023 - Associate Professor [with Tenure]

2021 - Faculty Affiliate, University of Southampton Centre for Population Change

2021 - 2023 Assistant Professor [with Tenure]

UNIVERSITY OF NOTTINGHAM, SCHOOL OF SOCIOLOGY AND SOCIAL POLICY

2021 Assistant Professor [with Tenure]

OREGON STATE UNIVERSITY, DEPARTMENT OF HUMAN DEVELOPMENT & FAMILY STUDIES

2020 - Faculty Affiliate

2019 Assistant Professor [Tenure-track]

UNIVERSITY COLLEGE LONDON

INSTITUTE OF EDUCATION, SOCIAL RESEARCH INSTITUTE

2019 - 2020 Senior Research Fellow

DEPARTMENT OF EPIDEMIOLOGY & PUBLIC HEALTH

2018-2019 Senior Research Fellow

2013-2018 Research Fellow

EDUCATION

2013 PH.D. SOCIAL WELFARE POLICY, COLUMBIA UNIVERSITY

Committee: Julien O. Teitler, Irwin Garfinkel, Ronald B. Mincy, Jane Waldfogel, Tom DiPrete

- 2007 M.S. SOCIAL WORK, COLUMBIA UNIVERSITY
Concentration in Family and Child Policy
- 2004 B.A. PSYCHOLOGY, WELLESLEY COLLEGE
Minor: Africana Studies
Magna Cum Laude, Phi Beta Kappa

PEER-REVIEWED PUBLICATIONS

- 2024 Weston, Gillian, Afshin Zilanawala, Elizabeth Webb, Livia Carvalho, and Anne McMunn. “Work hours, weekend working, nonstandard work schedules and sleep quantity and quality: findings from the UK household Longitudinal Study.” Accepted, *BMC Public Health*.
- Zilanawala, Afshin and Anne McMunn. “Nonstandard work schedules in the UK: What are the implications for parental mental health and relationship happiness?” *Community, Work & Family*. doi: 10.1080/13668803.2022.2077173
- 2021 Zilanawala, Afshin. “Educational gradients in nonstandard work schedules among mothers and fathers in the UK.” *Demographic Research* 44:609-626.
- 2019 Kelly, Yvonne, Afshin Zilanawala, Clare Tanton, Ruth Lewis, and Catherine H. Mercer. “Partnered intimate activities in early adolescence in the UK—findings from the Millennium Cohort Study.” *Journal of Adolescent Health* 65:397-404.
* Covered online by *Metro News, Times of Malta, The Independent, The Daily Mail*
- Weston, Gill, Afshin Zilanawala, Elizabeth Webb, Livia Carvalho, and Anne McMunn. “Long work hours, weekend working and depressive symptoms in men and women: Findings from a UK population-based study.” *Journal of Epidemiology and Community Health* 73:465-474.
* Covered online by *The Guardian, The Independent, The Daily Mail, itv News*
- Zilanawala, Afshin, Laia Bécares, and Aprile D. Benner. “Race/ethnic inequalities in early adolescent development in the United Kingdom and United States.” *Demographic Research* 40:121-154.
- Zilanawala, Afshin, Amanda Sacker, and Yvonne Kelly. “Internalising and externalising behaviour profiles across childhood: The consequences of changes in the family environment.” *Social Science & Medicine* 226:207-216.

- 2018 Kelly, Yvonne, Afshin Zilanawala, Cara Booker, and Amanda Sacker. "Social media use and adolescent mental health: findings from the UK Millennium Cohort Study." *EClinicalMedicine* 6:59-68.
* Covered online by *The Guardian*, CNN, BBC, *Independent*, Times Educational Supplement, iNews, *Mirror*, Today Online, *Telegraph*
- Nazroo, James, Afshin Zilanawala, Meichu Chen, Laia Bécaries, Pamela Davis-Kean, James S. Jackson, Yvonne Kelly, Lidia Panico, and Amanda Sacker. "Socioemotional wellbeing of mixed race/ethnicity children in the UK and US: Patterns and mechanisms." *Social Science & Medicine-Population Health* 5:147-159.
- 2017 Kelly, Yvonne, Afshin Zilanawala, Amanda Sacker, Robert Hiatt, and Russell Viner. "Early puberty in 11 year old girls: findings from the Millennium Cohort Study." *Archives of Disease in Childhood* 102:232-237.
* Covered online by Huffington Post and *The Guardian*
- Zilanawala, Afshin. "Maternal nonstandard employment and breastfeeding behaviors." *Maternal and Child Health Journal* 21:1308-1317.
- Zilanawala, Afshin, Jessica Abell, Steven Bell, Elizabeth Webb, and Rebecca Lacey. "Parental nonstandard work schedules during infancy and children's BMI trajectories." *Demographic Research* 37:709-726.
- Zilanawala, Afshin, Margary Martin, Pedro Noguera, and Ronald B. Mincy. "Math achievement trajectories among Black male students in the elementary and middle school years." *Educational Studies* 54:143-164.
- Zilanawala, Afshin, Amanda Sacker, and Yvonne Kelly. "Longitudinal latent cognitive profiles and psychosocial wellbeing in early adolescence." *Journal of Adolescent Health* 61:493-500.
- 2016 Lacey, Rebecca E., Afshin Zilanawala, Elizabeth Webb, Jessica Abell, and Steven Bell. "Parental absence in early childhood and onset of smoking and alcohol consumption before adolescence." *Archives of Disease in Childhood* 103:691-694.
* Covered online by Huffington Post, *The Guardian*, and CNN
- Zilanawala, Afshin. "Women's time poverty and family structure: Differences by parenthood and employment." *Journal of Family Issues* 37:369-392.

Zilanawala, Afshin, Yvonne Kelly, and Amanda Sacker. "Ethnic differences in longitudinal latent verbal profiles in the Millennium Cohort Study." *European Journal of Public Health* 26:1011-1016.

Zilanawala, Afshin, Amanda Sacker, and Yvonne Kelly. "Mixed ethnicity and behavioural problems in the Millennium Cohort Study." *Archives of Disease in Childhood* 103:61-64.

2015 Zilanawala, Afshin, Amanda Sacker, James Nazroo, and Yvonne Kelly. "Ethnic differences in children's socioemotional difficulties: Findings from the Millennium Cohort Study." *Social Science and Medicine* 134:95-106.

Garfinkel, Irwin, and Afshin Zilanawala. "Fragile families in the American welfare state." *Children and Youth Services Review* 55:210-221.

Zilanawala, Afshin, Pamela Davis-Kean, James Nazroo, Amanda Sacker, Sharon Simonton, and Yvonne Kelly. "Race/Ethnic Disparities in early childhood BMI, obesity and overweight in the United Kingdom and United States." *International Journal of Obesity* 39:520-529.

2012 Zilanawala, Afshin, and Natasha V. Pilkauskas. "Material hardship and child socioemotional behaviors: Differences by types of hardship, timing, and duration." *Children and Youth Services Review* 34:814-825.

MANUSCRIPTS UNDER REVIEW AND IN PROGRESS

Mincy, Ronald B., Hillard Pouncy, Afshin Zilanawala, and Xin Chen. "Practice makes resilience: Measuring consequences of visiting parent unions at birth on long-term visitation."

Schenck-Fontaine, Anika, Afshin Zilanawala, and Almudena Sevilla. "Supplemental nutrition assistance program and parental time investments in children." (Under review)

Sironi, Maria, Jenny Chanfreau, Maria Palma, and Afshin Zilanawala. "Young adults' relationship happiness in England during COVID-19." (Under review)

Zilanawala, Afshin and Kelly D. Chandler. "Cumulative risk of maternal nonstandard work schedules on children's early cognitive and behavioral development."

Zilanawala, Afshin and Anika Schenck-Fontaine. “Mothers’ nonstandard work schedules, economic hardship, and children’s development.” (Under review)

GRANTS, AWARDS, AND FELLOWSHIPS

- 2018 Economic and Social Research Council (United Kingdom), New Investigator Grant. “Parental Nonstandard Work Schedules in the UK: Implications for Children’s and Parents’ Health.” Awarded £297,479 (\$394,838). Principal Investigator, Funding period: January 1, 2018-June 30, 2022.
- 2014 Welfare Research and Evaluation Conference, Emerging Scholar.
- 2012 Population Association of America, Poster Session Winner.
- 2011 International Association for Time Use Research, Travel Grant.
- 2007-2009 Columbia University, Doctoral Fellowship. *\$15,000/year*
- 2003-2004 Wellesley College, Linda Coyne Lloyd Fellowship. *\$10,000/year*

PRESENTATIONS (*indicates invited, +presented by co-author)

Sironi, Maria, Jenny Chanfreau, Maria Palma, and AFSHIN ZILANAWALA. “Young people’s romantic relationships: Living arrangements and satisfaction during a pandemic.”

- *+Department of Social and Political Sciences, University of Milan, May 2022
- +Italian Association for Population Studies Meeting, February 2023

Schenck-Fontaine, Anika, AFSHIN ZILANAWALA and Almudena Sevilla. “Supplemental nutrition assistance program and parental time investments in children.”

- Population Association of America (PAA) Annual Meeting, April 2022
- APPAM Virtual Annual Meeting, November 2020

ZILANAWALA, AFSHIN and Anne McMunn. “Nonstandard work schedules in the UK: What are the implications for parental mental health and relationship happiness?”

- PAA Annual Meeting, April 2022

ZILANAWALA, AFSHIN and Anne McMunn. “Making it work: Fathers’ nonstandard work schedules and parenting activities.”

- Association of Public Policy Analysis and Management (APPAM) Annual Meeting, March 2022
- Understanding Society Scientific Conference, University of Essex, Colchester, UK, July 2019

ZILANAWALA, AFSHIN and Anika Schenck-Fontaine. “Mothers’ nonstandard work schedules, economic hardship, and children’s development.”

- *Population and Health Research Group, University of St. Andrews, St. Andrews, Scotland, January 2024
- *Centre for Population Change, University of Southampton, Southampton, UK, November 2021
- PAA Annual Meeting, May 2021
- APPAM Virtual Annual Meeting, November 2020
- APPAM International Conference, Barcelona, ES, July 2019

*ZILANAWALA, AFSHIN. “24/7 economy in the Millennium Cohort Study: Maternal and paternal nonstandard working.”

- International Centre for Lifecourse Studies (ICLS), Quarterly Meeting, London, UK, June 2018
- Institute of Education, University College London, London, UK, May 2018

ZILANAWALA, AFSHIN, Jessica Abell, Steven Bell, Elizabeth Webb, and Rebecca Lacey. “Parental nonstandard work schedules during infancy and children’s BMI trajectories.”

- PAA Annual Meeting, Denver, CO, April 2018

*ZILANAWALA, AFSHIN. “Nonstandard work schedules in the UK.”

- Cathie Marsh Institute, University of Manchester, Manchester, UK, November 2017

ZILANAWALA, AFSHIN, Amanda Sacker, and Yvonne Kelly. “Internalising and externalising behaviour profiles across childhood: The consequences of changes in the family environment.”

- Society for Longitudinal and Lifecourse Studies (SLLS) International Conference, Stirling, UK, 2017
- CLOSER Conference, London, UK, 2017

*ZILANAWALA, AFSHIN. “Ethnic differences in child health and development: Findings from the Millennium Cohort Study.”

- Population Health Research Institute, St. George’s, University of London, London, UK, May 2017

Kelly, Yvonne, AFSHIN ZILANAWALA, Amanda Sacker, Robert Hiatt, and Russell Viner. “Early puberty in 11 year old girls: findings from the Millennium Cohort Study.”

- SLLS International Conference, Bamberg, DE, 2016

ZILANAWALA, AFSHIN, Amanda Sacker, and Yvonne Kelly. “Longitudinal latent cognitive profiles and psychosocial wellbeing in early adolescence.”

- SLLS International Conference, Bamberg, DE, 2016

ZILANAWALA, AFSHIN. “Maternal nonstandard work and childhood injuries.”

- APPAM International meeting, London, UK, 2016

ZILANAWALA, AFSHIN, Amanda Sacker, and Yvonne Kelly. “Mixed ethnicity and behavioural problems in the Millennium Cohort Study.”

- CLOSER Conference: The importance of early years, childhood and adolescence: Evidence from longitudinal studies, London, UK, 2015
- SLLS International Conference, Dublin, IE, 2015

ZILANAWALA, AFSHIN. “Maternal nonstandard work and children’s health across the early lifecourse.”

- SLLS International Conference, Dublin, IE, 2015

ZILANAWALA, AFSHIN, Yvonne Kelly, and Amanda Sacker. “Ethnic differences in longitudinal verbal latent profiles: Findings from the Millennium Cohort Study.”

- Center for Longitudinal Studies (CLS) Cohort Studies Research Conference, London, UK, 2015.
- SLLS International Conference, Lausanne, CH, 2014

ZILANAWALA, AFSHIN, Amanda Sacker, James Nazroo, and Yvonne Kelly. “Ethnic differences in children's socioemotional difficulties: Findings from the Millennium Cohort Study.”

- *Ethnic inequalities in child health policy workshop, Manchester, UK, 2015
- Health Inequalities Research Network (HERON) Conference, London, UK, 2014.
- *ICLS, Quarterly Meeting, London, UK, 2014.

ZILANAWALA, AFSHIN, Pamela Davis-Kean, James Nazroo, Amanda Sacker, Sharon Simonton, and Yvonne Kelly. “Race/Ethnic Disparities in early childhood BMI, obesity and overweight in the United Kingdom and United States.”

- *Public Health England, London, UK, 2014
- SLLS International Conference, Amsterdam, NL, 2013

- British Society for Population Studies (BSPS) annual meeting, Swansea, UK, 2013
- *Center for Diet and Activity Research seminar, Cambridge, UK, 2013

Mincy, Ronald B., Hillard Pouncy, and AFSHIN ZILANAWALA. “Race, romance and nonresident father involvement resilience: What a difference a margin makes.”

- Welfare Research and Evaluation Conference, Washington, DC, 2014
- PAA annual meeting, Boston, MA, 2014
- APPAM annual meeting, Washington, DC, 2013
- APPAM annual meeting, Washington, DC, 2011

Waller, Rebecca, AFSHIN ZILANAWALA, Sheryl Olson, Amanda Sacker, Meichu Chen, Sharon Simonton, James Nazroo, Yvonne Kelly, James S. Jackson, and Pamela Davis-Kean. “Race and ethnicity differences in teacher and parent reports of externalizing behavior: comparative analyses between the UK and US.”

- SLLS International Conference, Amsterdam, NL, 2013

Pilkauskas, Natasha V., and AFSHIN ZILANAWALA. “Multipartnered fertility and material hardship.”

- BSPS annual meeting, Swansea, UK, 2013

ZILANAWALA, AFSHIN. “Women’s time poverty and family structure: Differences by parenthood and employment.”

- American Sociological Association (ASA) annual meeting, Denver, CO, 2012
- PAA annual meeting, San Francisco, CA, 2012 (Poster)
- International Association for Time Use Research annual meeting, London, UK, 2011
- PAA annual meeting, Washington, DC, 2011 (Poster)

ZILANAWALA, AFSHIN, and Natasha V. Pilkauskas. “Material hardship and child socioemotional behaviors: Differences by types of hardship, timing, and duration.”

- ASA annual meeting, Las Vegas, NV, 2011
- APPAM annual meeting, Boston, MA, 2010 (Poster)

ZILANAWALA, AFSHIN, Margary Martin, Pedro Noguera, and Ronald B. Mincy. “Math achievement trajectories among Black male students in the elementary and middle school years.”

- American Education Research Association annual meeting, New Orleans, LA, 2011
- PAA annual meeting, Dallas, TX, 2010

- *Black Male Donor Collaborative, Schott Foundation, New York, NY, 2010
- *Black Male Donor Collaborative, Schott Foundation, New York, NY, 2009

MENTORING AND ADVISING

DISSERTATIONS:

- 2019 - 2022 Corine Taylor, Human Development and Family Sciences. Oregon State University. Committee member.
- 2014 - 2022 Gill Weston, Epidemiology and Public Health, University College London. Committee member.

MASTERS' THESIS ADVISING:

UNIVERSITY OF SOUTHAMPTON

- 2022 - Dissertation advising. Masters' programs in Global Health and Social Research Methods with Applied Statistics.

UNIVERSITY OF NOTTINGHAM

- 2021 Dissertation advising. Masters' program in Public Administration/Policy.

UNDERGRADUATE DISSERTATION ADVISING:

UNIVERSITY OF SOUTHAMPTON

- 2022 - Dissertation advising. Undergraduate program in Population Sciences.

STUDENT ADVISING:

UNIVERSITY OF SOUTHAMPTON

- 2021 - Personal tutor. Undergraduate program in Population Sciences and Masters' program in Social Research Methods with Applied Statistics.

UNIVERSITY OF NOTTINGHAM

- 2021 Personal tutor. Masters' program in Public Administration/Policy.

UNIVERSITY COLLEGE LONDON

- 2019 - 2020 Personal tutor. Graduate program in Social Research Methods. Department of Social Science.
- 2018 Personal tutor. Undergraduate program in Population Health. Department of Epidemiology and Public Health.

TEACHING

UNIVERSITY OF SOUTHAMPTON, SOCIAL STATISTICS AND DEMOGRAPHY

- 2021 - Population Processes in High Income Countries. Undergraduate Program.
Skills for Population and Geography. Undergraduate Program
Applied Statistical Modeling. Masters' Program.
Quantitative Methods II. Masters' Program.
Population, Policy, and Poverty. Masters' Program.
- 2021 Quantitative Methods I. Masters' Program. (Fall 2021)

UNIVERSITY OF NOTTINGHAM, SCHOOL OF SOCIOLOGY AND SOCIAL POLICY

- 2021 Public Management and Governance. Masters' Program.
2021 Research Methods and Research Management. Masters' Program.
2021 Research Design and Practice. Undergraduate Program.

OREGON STATE UNIVERSITY, HUMAN DEVELOPMENT & FAMILY SCIENCES

- 2019 Theories of Family Studies. Graduate Program.

UNIVERSITY COLLEGE LONDON, DEPARTMENT OF EPIDEMIOLOGY AND PUBLIC HEALTH

- 2019 Guest Lecturer. Demography. "Family demography".
2018 Guest Lecturer. Measuring Population Health. "Neighborhoods, ethnicity and health".
2018 Guest Lecturer. Ethnicity, Migration, and Health. "Ethnic inequalities in childhood".
2017 Teaching Assistant and Guest Lecturer. Advanced Statistics.
2017 Teaching Assistant. Epidemiology.
2016 Teaching Assistant and Guest Lecturer. Longitudinal Data Analysis.
2016 Teaching Assistant. Social Determinants of Health.
2013-2018 Teaching Assistant. Basic Statistics for Medical Sciences.

COLUMBIA UNIVERSITY

- 2012 Adjunct Assistant Professor. Introduction to Statistics. School of Social Work.

- 2011 Teaching Assistant. Poverty and Inequality Research Seminar. School of Social Work and School of International and Public Affairs.
- 2010 Adjunct Assistant Professor. U.S. Social Welfare Policy. School of Social Work.
- 2010, Teaching Assistant. Microeconomics and Policy Analysis. School of Social
2007-2008 Work.
- 2008 Teaching Assistant. Math Methods for Political Scientists. Department of Political Science

PROFESSIONAL ACTIVITIES AND UNIVERSITY SERVICE

- 2021 – Editorial Board, *Family Relations*

OCCASIONAL REVIEWER

Child Development; European Journal of Population; Health Affairs; International Journal of Obesity; Journal of Children and Poverty; Journal of Family Issues; Journal of Family Research; Journal of Family Studies; Journal of Marriage & Family; Journal of Poverty; Longitudinal and Life Course Studies; PLOS ONE; Review of the Economics of the Household; Social Indicators Research; Social Science & Medicine; Social Science Research.

GRANT FUNDING REVIEWER

- 2018 - UK Research and Innovation, Fellowship and Grant Reviewer

UNIVERSITY AND DEPARTMENT SERVICE

- 2022 - Director of Undergraduate Program in Population Sciences. Department of Social Statistics and Demography. University of Southampton.
- 2021 - Department Representative, Gender Inequality Committee for School of Economic, Social, and Political Sciences. University of Southampton.
- 2020 Member, Advisory Panel for Institute of Education Head of Department Recruitment, Department of Social Science. University College London.
- 2020 Member, Advisory Panel for Institute of Education Dean Recruitment. University College London.

- 2019 Member, Graduate Program Committee. Oregon State University.
- 2018 - 2020 Diversity Representative in Recruitment. University College London.

SERVICE TO DISCIPLINE AND PROFESSION

- 2021 - Academic advisory board member. Working Families (Work-life balance charity in UK).
- 2021 - 2023 Fragile Families Summer Data Workshop applicant reviewer.
- 2021 - 2023 Fragile Families Summer Data Workshop leader. Presentations: economic resources, child and adolescent development.
- 2021 - 2023 APPAM, reviewer for “Family and Child Policy section”.
- 2019 - 2020 BPS, session organizer and reviewer for “Families and Households section”.
- 2019 APPAM International abstract reviewer.
- 2019 Panel Chair. BPS annual meeting.
- 2018 Fragile Families Summer Data Workshop Leader. Presentation: economic resources.
- 2018 Fragile Families Summer Data Workshop applicant reviewer.
- 2017 BPS Program Committee member.
- 2016-2018 Abstract Reviewer. The National Research Conference on Early Childhood.
- 2016 Panel Chair. APPAM International meeting.
- 2015 Panel Chair. SLLS annual meeting.
- 2013-2016 UK Global Representative. SLLS.
- 2012 Discussant. Non-Standard Work Schedules and Family. PAA annual meeting.
- 2011 Panel Chair. International Association for Time Use Research annual meeting.
- 2010 Co-organizer. Social Policy Seminar. Columbia Population Research Center, Columbia University

2007-2008 Student Representative. Graduate Student Advisory Council. Columbia University

PROFESSIONAL MEMBERSHIPS

American Sociological Association, Association for Public Policy Analysis and Management, British Society for Population Studies, Population Association of America, Work Family Research Network