

COUPLES RESEARCH AND THERAPY

A Newsletter brought to you by the ABCT Couples SIG, Fall 2020

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Letter from the Editors

We are delighted to share with you the Fall 2020 edition of the ABCT Couples SIG Newsletter! We would like to thank all of the labs who submitted updates, and are happy to share your achievements with the SIG!

In addition to lab updates, kudos, and “hot off the press” publications, we are pleased to share with you the featured article, “**Family Science in the Context of the COVID-19 Pandemic: Solutions and New Directions**” (pg. 3) by **Dr. Rebecca Brock** and her team. This recently published piece is a sample of the great work members of the SIG continue to do, and discusses the challenges of research during COVID-19, an issue many of us are facing. We hope you enjoy this article as much as we did!

Additionally, the newsletter features comments from our faculty co-leaders, **Drs. Christina Balderrama-Durbin and Mikhila Wildey (pg. 1-2)** who discuss important information about the upcoming conference in November, and provide several relevant updates about the SIG. Also included are updates from SIG student co-leaders, **Karena Leo and Jessica Kansky (pg. 3)**, who provide information on the upcoming SIG events at this year’s virtual convention, and getting involved in the SIG, as well as an update from our student media coordinators, **Emily Carrino and Corey Pettit (pg. 2)** who discuss our new website and provide other related updates.

We hope everyone is staying healthy and well! We look forward to seeing you (virtually) at the upcoming conference! Until then...

Thank you for making the Couples SIG Newsletter possible!

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Letter from the SIG Co-Leaders

Christina Balderrama-Durbin & Mikhila Wildey

Greetings Couples SIG Members! Normally, we would be saying how much we look forward to seeing everyone in a few short weeks, but this global pandemic has really shaken things up for 2020! We genuinely hope that everyone is doing their best, and staying safe and healthy. Given that we do not yet have all of the details of the virtual conference, we are hoping to lay out everything we do know so far (as well as deadlines for SIG related events/awards) here as reference for you all.

Outgoing Officers and Election: This year is our last year serving as your co-leaders, and it is Jamie Winters’ last year serving as our treasurer. Thank you, Jamie for all of your work! It has been an honor serving in this role and getting the chance to connect and network with you all! We are still waiting for members to self-nominate or nominate someone for either the co-leader or treasurer positions. Please send us your nominations, and we will hold elections via online anonymous survey the week before the conference.

Underrepresented Scholars Fund: This year will be the second year we will be offering the Underrepresented Scholars Fund, which is a fund targeted to supporting the scholarly and professional development activities of students from underrepresented backgrounds. Applications are still being accepted – please see the details from Brian Baucom in your email (or contact him for more info – brian.baucom@utah.edu). Built into this fund is also an opportunity to connect with a mentor, so we encourage students from underrepresented backgrounds to apply. We will discuss the outcome of the award at the SIG business meeting.

New Mentoring Event: Based on suggestions we have received from students, we have expanded the mentoring program embedded within the Underrepresented Scholars Fund to make it available to all students within the SIG. Please see the details in your email from our student co-leaders which instructs students who want a mentor to select from a long list of professional members in the SIG. We are asking that each mentor-mentee that gets matched meet for about 30 minutes during the week of the conference (or another time if it is more convenient prior to the conference). Thank you to all of the professional members who volunteered to mentor!

ABCT convention events:

Main convention: If you haven't been keeping up, this year's convention will be held entirely virtually primarily **from Thursday November 19th-Sunday November 22nd from 10:30am to 8:30pm EST**. Sessions will be pre-recorded for the most part, with some sessions holding some live components (with the Q&A in particular). Ticketed sessions will be held earlier in the week, and the SIG Expo event will be on **Friday November 20th from 6:30-8:30pm EST**.

Preconference event: The preconference this year will be via Zoom (meeting details to follow on the listserv) on **Wednesday November 11th from 5-6:30pm EST**. Based on our excellent discussion last year, and our commitment to enhancing diversity/inclusion into our work, we will be having each of the volunteers from the workgroups (research, teaching, clinical; these were in the public spreadsheet on enhancing diversity within our SIG) lead discussions in each of the respective areas. We are still working out the details of what each group will present, but we hope that this meeting will be an engaging manner in which to move some of our ideas to enhance diversity, inclusion, and equity within the SIG forward through concerted actions.

Business Meeting: The business meeting will be hold via Zoom (again, meeting details to follow on the listserv) on **Thursday November 19th from 3-4pm EST**. At our business meeting this year, we will announce the new officers (please nominate yourself or another member for an available position), present the Robert L. Weiss Student Research Awards, collect dues and update our membership lists/info. We will also discuss the status of the Underrepresented Scholars Fund, and we will introduce a new Early Career Award (that will likely be offered beginning in 2021). If you have other items you would like to add to the agenda, please let us know.

Welcome Party/Cocktail hour: We will be hosting a virtual student happy hour/ cocktail party, and the student co-leader's letter in this newsletter will contain more details about this event. During this event, we hope to start a new tradition in congratulating our recent doctoral graduates in the SIG.

We understand this period of time has been challenging for everyone, and we greatly appreciate everyone making efforts to keep our SIG lively and active. We are looking forward to "seeing" everyone next month! Please don't hesitate to contact us if you have any questions.

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Media Coordinators Update

Emily Carrino, B.A & Corey Pettit, B.A.

Hi Couples SIG! After launching a new website last semester (<https://abctcouples.org/>), we're excited to continue refining its features. We're aware that several of the resource documents are out of date, including lists of graduate student advisors, current members with private practices, couple-focused assessment tools, and couple-focused internship sites. We are planing to send out forms in December to gather information to update these documents, so please be on the look out for that email! We also invite any feedback you may have more broadly about the website. If you would like to be added to the listerv, please email abctcouplelessig@gmail.com.

Letter from the SIG Student Co-Presidents

Jessica Kansky¹ & Karena Leo²
¹University of Virginia; ²University of Utah

Hello from your Student Leaders!

Our first term as your student leaders has been anything but what we had expected! We hope you are all doing well and staying safe and healthy during this extended telework experience and unprecedented time. Due to ABCT occurring virtually this year, we wanted to share with you several opportunities for networking, socializing, and learning the Couples SIG is offering

Couples SIG Cocktail Party

The Couples SIG Cocktail Party has been a hit in previous years. We want to keep this tradition going strong, so we are currently working on organizing a virtual happy hour during the ABCT conference. The Virtual Happy Hour will be tentatively held on **Saturday from 6:30pm- 8:30pm EST**. This is our first-time planning a virtual happy hour and we are still working on the details so be on the lookout for e-mails regarding happy hour updates and link to the virtual event!

Couples SIG Student Symposium

We want to reiterate our gratitude for all of the impressive student abstract submissions to represent the Couples SIG at ABCT in the student-organized and led symposium. We want to congratulate Lisa Godfrey, Binghuang A. Wang, Alexander Crenshaw, and Kendell Doyle on their upcoming symposium that can be viewed **Sunday November 22nd, 2020 from 3:15-4:45pm**. The symposium is titled, "Fostering Intimacy and Emotional Connection in Diverse Couples Across Relational Contexts."

Couples SIG Mentoring Opportunities

The Couples SIG has recently launched several mentoring and networking opportunities. We have sent an e-mail regarding how to sign up as a mentee to get matched with a mentor in the Couples SIG and please let us know if you have any questions about this opportunity. We encourage all the students to sign up and thank you to all the mentors that have volunteered!

Get Involved!

We wish that we could meet you all in Philadelphia at the ABCT conference, but we are looking forward to working with you all virtually for the foreseeable future! As always, we are very open to suggestions, concerns, questions, and feedback. Please do not hesitate to contact us at any time. Don't forget to join the Couples SIG and the SIG listserv (couples-sig@sfu.ca) if you haven't done so already. We are looking forward to meeting you virtually soon!

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FEATURED ARTICLE

Family Science in the Context of the COVID-19 Pandemic:
Solutions and New Directions

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Full article citation: Brock, R. L., & Laifer, L. M. (2020). Family science in the context of the COVID-19 pandemic: Solutions and new directions. Family Process, 59(3), 1007-1017.

The coronavirus disease 2019 (COVID-19) pandemic has precipitated substantial global disruption and will continue to pose major challenges. In recognition of the challenges currently faced by family scientists, we share our perspectives about conducting family research in the context of the COVID-19 pandemic. There are two primary issues we address in this article. First, we present a range of potential solutions to challenges in research, resulting from the pandemic, and discuss strategies for preserving ongoing research efforts. We discuss approaches to scaling back existing protocols, share ideas for adapting laboratory-based measures for online administration (e.g., using video chat platforms), and suggest strategies for addressing missing data and reduced sample size due to lower participation rates and funding restrictions. We also discuss the importance of measuring COVID-19 relevant factors to use as controls or explore as moderators of primary hypotheses. Second, we discuss how the COVID-19 pandemic represents a scientifically important context for understanding how families adjust and adapt to change and adversity. Increased stress precipitated by the pandemic, varying from acute stress associated with job loss to more chronic and enduring stress, will undoubtedly take a toll. We discuss ways that family scientists can contribute to pandemic-related research to promote optimal family functioning and protect the health of family members.

The novel coronavirus disease 2019 (COVID-19) has profoundly impacted society at large. In addition to economic disruptions and significant burden placed on healthcare systems, the COVID-19 pandemic has undermined—and will continue to undermine—the physical and mental health of individuals across the globe. As family scientists, we must navigate unforeseen challenges as we abruptly pivot to salvage ongoing research and make plans for the future of our research programs. Moreover, we are uniquely positioned to investigate how to best build resiliency in families amidst large-scale systemic changes that can undermine family functioning. The primary aims of this article were to (a) present a range of potential solutions to problems threatening the rigor of ongoing research and (b) propose new directions in family science aimed at understanding how families adapt to change and adversity arising from the pandemic.

Strategies for Preserving Ongoing Research

One of the most pressing questions facing many family scientists is how to preserve the rigor of ongoing research that has been derailed by the pandemic (e.g., longitudinal studies put on hold, resulting in missed assessments during critical periods of development). There are numerous challenges to address that could require sweeping changes to research designs. In-person data collection might not be advisable when considering participant safety—or could be expressly prohibited at times—which limits the feasibility of certain methods commonly employed in family research (e.g., behavioral observations in controlled laboratory settings, neuropsychological testing, biological measures, in-person interventions or experimental manipulations). Additionally, both researchers and participants might be coping with elevated stress and adversity while adapting to altered roles and routines. Consequently, research participants might be less engaged in research or unwilling to participate altogether, thereby threatening the reliability and validity of scores and contributing to elevated rates of missing data. Researchers may not have as much time or energy to devote to data collection efforts as in the past and may feel overburdened in anticipation of potential budget cuts or limits on extensions to grant funding in the upcoming months and years. Another challenge faced by investigators is restricted access to offices, laboratory spaces, and on-site resources. As such, difficult decisions must be made about which aspects of carefully constructed research designs, if any, can be changed to accommodate new constraints and loss of resources. We now turn to a discussion of possible adaptations to consider for ongoing research, drawing largely from existing tools and approaches that are established in the literature.

Scale back existing laboratory-based protocols and apply technology in innovative ways

Online data collection has become relatively mainstream, particularly for administering questionnaires. As such, a relatively straightforward adaptation to laboratory-based research involves asking participants to complete surveys from home rather than in the laboratory. Of course, even this is not a simple transition, as it requires institutional review board approval, an appropriate device (e.g., smartphone) and reliable access to internet connection in participants' homes, and clear instructions to minimize confounds (e.g., asking participants to complete the survey in a private location with minimal distractions). However, research has demonstrated psychometric equivalence of paper-and-pencil and Internet formats of questionnaires often used in family research (Brock et al., 2012, 2015). As such, validity and reliability concerns associated with this shift in approach are minimal.

For investigators who routinely use laboratory-based methods such as behavioral observation paradigms in carefully controlled environments, experimental manipulation, inperson interventions, or methods that require equipment that is not easily transported, new ways of measuring constructs of interest should be considered. Of course, these changes will not be feasible in all circumstances. For example, neuroimaging in the home is not an option. But, by stepping back and thinking creatively, there is the potential for considerable innovation in family science. Fortunately, many laboratory-based measures and protocols can be adapted for online administration. Telehealth and video conferencing are increasingly used for clinical interventions and are viable options for investigators conducting treatment outcome research (e.g., Arnberg et al., 2014; Perle & Nierenberg, 2013). Further, prior to the pandemic, researchers were already effectively transitioning to video chat platforms for administering assessment tools that require interactions with investigators (e.g., Bridgers et al., 2020; Sheskin & Keil, 2018). There are numerous benefits inherent to home-based assessments, including increased ecological validity, more diversity in samples, reduced barriers such as travel and parking costs, and enhanced participation rates. Further, in the context of safety concerns related to COVID-19, participants might experience elevated stress and anxiety when attending in-person appoint-

ments, which could introduce significant confounds. Further, it is unlikely that participants who are at greater risk of complications from contracting COVID-19 (e.g., those who are immunocompromised or pregnant) will be receptive to attending lab appointments which could decrease generalizability of findings. As such, the benefits of remote assessments that allow for research participation from the comfort and safety of one's home are not trivial.

Of course, there are also drawbacks to consider when collecting data remotely and adapting laboratory-based protocols for use on video platforms. Most notably, participants must have reliable internet access and a device that can be used with the required software. There are also extra steps that need to be taken in service of standardization and preserving the internal validity of scores derived from these approaches. For example, observational paradigms of family interactions can be implemented by stipulating where and for how long the interaction will take place, asking if the parent and child can be alone in a room together so that other family members do not interrupt or influence relationship dynamics, and standardizing the props used during interactions as much as possible (e.g., perhaps you mail or deliver a toy in advance of the interaction that the child can then keep as a gift). As is customary with laboratory-based paradigms, we carefully track and record any potential confounds (e.g., the presence of significant distractors, technology failures) that emerge and account for these in the data analysis stage; however, this becomes absolutely essential when altering study protocols mid-study. When analyzing data, it will also be important to control for where and when participants complete the study procedures (e.g., in the home post-COVID versus in the lab pre-COVID) if these changes are made in the context of an ongoing project.

Plan for higher rates of missing data and smaller sample sizes

Careful planning goes into research to ensure (a) adequate power to test hypotheses and (b) maximum retention and participation rates. These considerations are particularly important to family scientists who often employ advanced quantitative techniques that require larger sample sizes. Yet, in the context of the COVID-19 pandemic, the reality is that we might not reach our original goals for recruitment and participation. Fortunately, numerous scholars have laid valuable groundwork for navigating these challenges. Planned missing data designs can help to guide this process (Little & Rhemtulla, 2013). An example with particular relevance to family science is the Two-Method Missing Design, an approach used when there is a gold standard measure of a construct (e.g., behavioral observations of family interactions) that cannot be administered to all participants due to time, money, resources, or, in the case of COVID-19, social distancing guidelines. Consider whether there is a more feasible or inexpensive measure to administer (e.g., an online questionnaire) that is intended to assess the same construct. If so, a random subgroup of the sample will complete the more intensive, gold standard measure whereas the entire sample will complete the "inexpensive" measure. The gold standard measure completed by the subset of the sample enhances the validity of scores, and the inclusion of the inexpensive measure allows for a larger sample size and the corresponding benefits (e.g., power, generalizability). This design could be particularly useful if in-person data has already been collected from a subsample of a cohort using an intensive protocol (e.g., behavioral observations of parental responsiveness). If there is an inexpensive measure that was used with that subsample (e.g., a parenting questionnaire), and it is correlated with scores from the more intensive measure, the inexpensive measure can be administered remotely (e.g., online survey) with subsequent participants.

In the context of longitudinal research, a Wave Missing Design (Little & Rhemtulla, 2013) could help reduce participant burden and provide a solution for salvaging ongoing data collection that has been put on hold or now has insufficient funding. In these designs, some participants are intentionally omitted from certain waves; as such, not all participants are required to complete every time point of data collection. Finally, a Multiform Design (Little & Rhemtulla, 2013) involves randomly assigning participants to complete different versions of a survey that contain different combinations of items rather than administering a full battery of questionnaires to everyone. This approach can minimize participant burden while still providing rigorous assessments of your study constructs by using otherwise lengthy questionnaires with strong psychometric properties.

Finally, in anticipation of reduced sample sizes, we must carefully consider which of our hypotheses will still be sufficiently powered (for a brief guide to power and a list of resources, see Murray et al., 2017). Are there empirical questions we can adequately address with a smaller N? If not, are there analytic approaches that well-suited for smaller samples to which we can turn? For example, although Bayesian methods are not currently mainstream in family science, they are effective in addressing small sample problems. Specifically, Bayesian methods may be better suit-

ed to producing accurate parameter estimates in smaller samples relative to more traditional frequentist methods. For a detailed discussion of considerations when implementing a Bayesian analytic framework with small samples, please refer to McNeish (2016).

Assess COVID-19 relevant factors for contextualizing research questions

A final recommendation for ongoing research is to routinely assess the numerous ways that families are impacted by the pandemic. These measures will provide important contextual information for including as controls in hypothesis testing and for determining whether study effects are altered (i.e., moderated) by features of the pandemic. For example, our lab has been conducting a large-scale longitudinal study of families who completed numerous waves of data collection prior to a national emergency being declared in the United States (where the research is being conducted) as a result of COVID-19. One of the primary goals of the study is to examine trajectories of change in family processes and the mental health of family members over several years and identify factors predicting adaptive versus maladaptive trajectories. Yet, the global nature of the pandemic—and corresponding stress and expected changes to family functioning—could greatly alter the nature of those trajectories if we include new data collected in the context of COVID-19. As such, we are asking parents to complete home surveys to assess the various ways they have been impacted as a family to measure potential confounds.

We acknowledge that, in some ways, this recommendation contradicts our earlier suggestion to scale back protocols; however, accounting for potential confounds that could alter your results is so essential that making concessions in other elements of your study to accommodate these measures might be advisable. Further, these COVID-19 specific assessments do not necessarily need to be time-consuming or expensive. For example, the Epidemic-Pandemic Impacts Inventory (EPII; Grasso et al., 2020) is a relatively comprehensive measure of pandemic impacts that only takes 8–10 minutes to complete and assesses multiple domains of functioning (e.g., work and employment, education and training, home life, social activities, economic, emotional health and well-being, physical health problems, physical distancing and quarantine, infection history, positive change). If administering a questionnaire is not feasible, even a brief phone conversation with research participants about how they have been impacted by the pandemic could subsequently be used for a thematic analysis (Braun & Clarke, 2006), and quantitative codes could be assigned to reflect degree of impact and adversity.

Summary

We have presented several potential solutions for adapting to the current circumstances to preserve the quality of ongoing research. However, there might ultimately be certain research questions that are not well-suited to the current circumstances and, as such, it might be better to postpone data collection until life returns to a state of relative normalcy (e.g., routine access to facilities and resources is restored; social distancing guidelines are relaxed and research personnel and participants feel safe attending in-person appointments). If it is not feasible to collect data remotely, and you are navigating pauses in ongoing data collection, consider staying in touch with participants while things are on hold to keep them invested. Something we have implemented in our research is maintaining a study website to keep participants in our longitudinal projects engaged, which has helped to minimize attrition. We share results as they are published, provide resources, and postanswers to common questions. In the wake of the COVID-19 pandemic, we adapted our website to include status updates on the study and a list of resources for helping families talk to their children about COVID-19 and manage stress. Finally, there might be ways to adapt and evolve a research program in new directions, pursuing empirical questions that had not been previously considered. Indeed, we now turn to a discussion of how the COVID-19 pandemic represents a scientifically meaningful context for studying families.

COVID-19 Pandemic as a Scientifically Important Context for Understanding How Families Adjust and Adapt to Change and Adversity

COVID-19 represents not only a global public health emergency, but also the beginning of a major mental health crisis (United Nations, 2020). Exposure to adversity and stress is a robust predictor of mental health difficulties across the lifespan (e.g., Benjet et al., 2010; Juster et al., 2011; McLaughlin, 2016), and research examining causal pathways of risk and modifiable factors that interrupt those pathways (e.g., high-quality support, access to resources) is vital to inform prevention and early intervention efforts. Experimental manipulation is touted as the gold standard approach for examining causality; however, as family scientists, we abide by ethical standards that prohibit us from subjecting individuals to extreme levels of stress and

adversity. In the absence of experimental manipulation, disaster-based research offers an alternate approach for understanding the impact of stress on the family system. Because they emerge suddenly and are outside of human control, natural disasters approximate the randomization of a true experiment, with stress quasi-randomly “assigned” to individuals (King et al., 2012). Further, Norris (2006) states that “disasters generate an array of individually and collectively experienced stressors of varying degrees of intensity that interact with multiple characteristics of the person and environment to produce diverse outcomes that evolve over time” (p. 173). Thus, the COVID-19 pandemic represents a scientifically important context for elucidating temporal relations between stress and family functioning. Before we explore potential avenues for research, it is important to acknowledge the factors that make the pandemic a unique context for studying the effects of stress and adversity.

What is unique and significant about the COVID-19 pandemic?

Relative to more isolated natural disasters (e.g., floods, tornadoes), the COVID-19 pandemic will affect individuals across the world. As of July 1, 2020, COVID-19 had impacted nearly every country or region (188 of 195), with over 10 million confirmed cases and half a million deaths worldwide (Johns Hopkins University, 2020; United Nations, 2020). Further, the pandemic has triggered a collective experience of acute stress and psychological distress. Social distancing measures, albeit varied in scope, have been implemented in 187 countries and territories to help prevent the spread of COVID-19 (International Energy Agency, 2020). Though certainly effective in minimizing the spread of the virus, these measures have also resulted in significant occupational, educational, and personal disruptions that warrant further attention.

In particular, the COVID-19 pandemic has prompted acute, unprecedented job loss and disruption. As of April 7, the International Labour Organization, a specialized agency of the United Nations, reported that full or partial lockdown measures impacted 81% of the global workforce (International Labour Organization, 2020). Unemployment rates in the United States rose sharply to nearly 15% in April, reflecting the economic impact of the pandemic and efforts to contain it (U.S. Bureau of Labor Statistics, 2020). Lower socioeconomic status (SES) is associated with an increased risk for mental health problems across the lifespan (Reiss, 2013; Santiago et al., 2011). In particular, childhood SES predicts long-term physical and mental health outcomes (Cohen et al., 2010; Conroy et al., 2010). SES is also a robust predictor of relationship quality and stability, parenting, and child development (see Conger et al., 2010 for a review). Thus, as more and more individuals worldwide experience job disruption and financial instability, we should expect the economic challenges spurred by the COVID-19 pandemic to exert a toll on both individual and family functioning (e.g., Gilman et al., 2003; Kingston, 2013). Further, certain populations might be at particular risk for adversity stemming from COVID-19. For example, Black Americans not only suffer from higher rates of unemployment, but they are also more likely to work in front-line jobs deemed essential (Gould & Wilson, 2020). COVID-19 has also disproportionately impacted Black Americans, and race is associated with mortality rates (Ferdinand & Nasser, 2020). As such, underrepresented and marginalized populations warrant particular attention amidst the pandemic.

Beyond the acute stress and uncertainty associated with job disruption, the COVID-19 pandemic has the potential to contribute to chronic stress burden (e.g., Baum et al., 1999; Lantz et al., 2005). There are enduring sources of stress related to COVID-19 that will vary across individuals and families, including fear of becoming infected or infecting others; inadequate supplies to meet basic needs; insufficient information from health and government officials; and the potential for stigma (Brooks et al., 2020). A robust body of literature demonstrates that stress and adversity impact family functioning (e.g., Masarik & Conger, 2017; Randall & Bodenmann, 2009; Story & Bradbury, 2004). Indeed, stress resulting from external (e.g., occupational) demands can spill over into the family system and undermine individual mental health, relationship satisfaction, and parenting behaviors (e.g., Bakker & Demerouti, 2013; Bass et al., 2009; Bolger et al., 1989; Brock & Lawrence, 2008). For couples, stress experienced by one person may cross over to impact their partner. Increased stress might also result in one person demonstrating increased family involvement to compensate for their partner’s decreased involvement (Nelson et al., 2009). Amidst the COVID-19 pandemic, parents may be at increased risk for role strain as they adapt to changing—and potentially conflicting—occupational and family demands. For instance, some families may be navigating job loss and economic adversity, while others might have job security but are adjusting to new roles and expectations, such as working from home while providing childcare or homeschooling. For some families in dual parenting households, one parent may be leaving the home to work, potentially in a high-risk environment (e.g., hospitals, pharmacies), while the other parent navigates responsibilities at home. Thus, the pandemic will generate high levels

of between-subject variability in objective and subjective stress, as all families will experience adversity but to different degrees and in diverse ways.

Further, social distancing measures enacted to minimize the spread of the virus may interfere with important social connections that help us to regulate and cope with our emotions (Van Bavel et al., 2020; Williams et al., 2018). Social distancing can also contribute to feelings of isolation and frustration (Brooks et al., 2020). In addition to the stress associated with major transitions and role changes, many families have been forced into proximity with one another for an extended period of time (Van Bavel et al., 2020). In combination with elevated levels of stress, forced proximity may be detrimental to family functioning. Indeed, research demonstrates that stress experienced by one partner often places a heavy burden on caregiving partners, who report poor marital adjustment and increased subjective distress (Dekel et al., 2005). The COVID-19 pandemic may prevent family members from accessing external sources of social support that help mitigate distress (e.g., Ergh et al., 2002; Rodakowski et al., 2012). In addition, partner support, which buffers the association between stress and mental health trajectories (Brock et al., 2014), may be compromised if both partners are experiencing high levels of subjective stress. Conversely, research demonstrates that partners who boast strong support skills may experience greater relationship satisfaction, particularly during times of increased stress (Brock & Lawrence, 2008). Further, forced proximity may be beneficial for some families by increasing time spent together to establish family rituals that were not previously feasible due to competing demands. As such, it is important to identify the factors that contribute to adaptive versus maladaptive outcomes in the context of pandemic stress (e.g., communication, support processes, intrapersonal coping resources, division of labor, conflict management skills). Further, the consequences of forced proximity of family members—and reduced connection with important social contacts outside of the household (e.g., grandparents, extended family members, friends, coworkers)—represents a novel area of research worth closer attention. This might be of particular relevance among families with adolescent children given that adolescence is characterized by an increased need for autonomy and independence and, in turn, the potential for increased parent–child conflict (McElhaney et al., 2009; Steinberg, 1990).

Finally, with no clear end in sight, the chronic nature of the COVID-19 pandemic is particularly notable. Indeed, longer durations of confinement are associated with poorer mental health, particularly trauma-related symptoms (Brooks et al., 2020). Currently, there is a tremendous amount of ambiguity about the future, including which businesses will survive, future job prospects (e.g., for recent graduates), and how much the way we work and live will be altered for the long-term. This chronic uncertainty poses a significant risk to mental health and the family system more broadly (Afifi et al., 2012). Finally, it has become apparent that there are diverse perspectives about the pandemic, the threat associated with the COVID-19 disease, and what constitutes appropriate and reasonable safety measures. Disagreements about the best way to proceed as a family could increase conflict, put strain on collective decision-making efforts, and undermine vital coping resources originating within the family (e.g., high-quality support, a sense of belonging and shared values).

What does the COVID-19 pandemic mean for family scientists?

Though COVID-19 is a biological disease by nature, mental health research has emerged as an immediate priority (Holmes et al., 2020), as evidenced by numerous calls for research by various funding agencies. In fact, the National Institutes of Health has devoted existing resources and emergency funding to support administrative supplements and competitive revisions that would allow active grants to investigate urgent research questions related to COVID-19, such as how remotely delivered stress management strategies impact mental and physical health outcomes, resilience to COVID-19 infection, or symptom severity (NOT-AT-20-011).

As family scientists, we are uniquely poised to contribute to pandemic-related research. Drawing on past research and theory, we can investigate the specific impact of the stress and adversity arising from COVID-19 on individual mental health and family functioning and identify modifiable risk and resiliency factors to target in interventions. Leveraging ongoing longitudinal data collection will be vital to determine causal mechanisms associated with poor mental health outcomes (e.g., depression, anxiety) and family dysfunction (e.g., couple conflict, child neglect, decreased responsiveness during parenting). Indeed, research utilizing existing cohorts, among whom mental health and family functioning have been previously assessed, offers a unique opportunity to examine the longitudinal impact of COVID-19 and to identify a range of risk and protective factors that can be harnessed to promote family functioning. Further, integrating quantitative and qualitative data, often staples in family science, allows researchers to explore the specific family processes and relation-

ships that contribute to adaptive and maladaptive outcomes amidst the pandemic. In the absence of ongoing longitudinal studies, the COVID-19 pandemic presents another avenue for family scientists to pursue new research on the impact of stress and adversity on family functioning. For example, prospective studies can be designed to study the immediate and long-term effects of exposure to varying levels of stress from the pandemic on family functioning, especially for high-risk populations.

In sum, we have identified several key themes at the intersection of family science and the COVID-19 pandemic. Building off of these themes, there is a range of unique questions to consider in pursuit of a more nuanced understanding of family processes. Some of these questions include, but are not limited to:

How do stress and adversity impact couples in different relationship stages? Are dating couples impacted in unique ways relative to more established, long-term couples?

How has forced proximity and lack of access to social contacts outside of the family impacted sibling relationships?

How are divorced and remarried family systems navigating custody agreements and shared responsibilities in the context of social distancing and travel restrictions?

How are families impacted when a family member tests positive for COVID-19? What if certain family members are at higher risk for complications resulting from COVID-19?

How are individuals working in essential jobs maintaining family relationships? What impact has this had on parenting?

How has COVID-19 uniquely affected pregnant women and their partners? How might this contribute to the intergenerational transmission of stress and psychopathology?

Conclusion

In this article, we have presented (a) a series of potential solutions to problems arising when conducting ongoing research during the COVID-19 pandemic and (b) ideas for new directions in research that explicitly address issues related to the experience of the pandemic for families. It is important to recognize that the time, energy, and resources available to devote to research will vary across investigators, and perhaps by region, as some areas of the world have been impacted by the pandemic more than others. Thus, our intention was to present a series of potential solutions and ideas ranging from more intensive, time-consuming efforts to relatively small, but meaningful, steps that can be taken in family science in response to the pandemic. We also acknowledge that this is by no means an exhaustive list of strategies or approaches. We have shared some of the key considerations made in our own research, along with ideas shared by colleagues who are navigating similar challenges. We look forward to learning more about the new and innovative ways that family scientists respond to this crisis and move the field forward.

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KUDOS!

We'd like to celebrate these special events in the lives of the following SIG members. Congratulations to you!

Dr. Christina Balderrama-Durbin's Couple Adjustment to Stress and Trauma (CAST) Lab

- ☉ Congratulations to **Dr. Balderrama-Durbin** who recently had a baby boy – Welcome, baby Adrian!
- ☉ Welcome to **Melissa Gates**, first year graduate student, who joined the CAST lab!
- ☉ Congratulations to Seigie Kennedy for beginning her predoctoral internship at the Syracuse VA!

Dr. Brian Baucom's Couples Laboratory for Observational Studies (CLOSE)

- ☉ Congratulations to **Alex Crenshaw**, who is beginning a postdoc with Candace Monson at Ryerson University!
- ☉ Congratulations to **Jasara Hogan** who has accepted an NIAAA-funded T32 fellow working with Julianne Flanagan at MUSC!
- ☉ Congratulations to **Karena Leo** who is doing her internship year at Kansas University Medical Center and will be doing a postdoc with Shelby Langer and Laura Porter at Arizona State University and Duke University next year!

Dr. Donald Baucom's UNC Couples Lab

☉ **Kim Pentel, PhD**, a recent graduate of Dr. Don Baucom's UNC Couples Lab, successfully defended her dissertation in May and is now a postdoctoral fellow at the Seattle VA Hospital. Congrats, Kim!

☉ **Danielle Weber, MA**, from Dr. Don Baucom's UNC Couples Lab, is a finalist for UNC's Three Minute Thesis competition. She presented on a longitudinal project examining couples' vocally-encoded emotional arousal as predictors of couple outcomes 25 years later. Congratulations and good luck, Danielle!

☉ **Danielle Weber, MA**, from Dr. Don Baucom's UNC Couples Lab, earned the 2020 ABCT Elsie Ramos Memorial Student Poster Award for her project titled, "Patterns of emotional communication in same-sex female couples before and after couple therapy." Congrats, Danielle!

☉ **Alexandra Wojda, MA**, from Dr. Don Baucom's UNC Couples Lab, passed her Comprehensive Exams! Congrats, Alexandra!

Dr. Crystal Dehle of University of Oregon

☉ **Dr. Dehle** is happy to report that she was recently promoted to Clinic Professor at the University of Oregon and is taking her first sabbatical in about 25 years of academic work.

Drs. Howard Markman, Scott Stanley, and Galena Rhoaes' Center for Marital and Family Studies, University of Denver

☉ Congratulations to recent lab graduates **Kayla Knopp** and **Lane Ritchie**, who are entering their second years as postdoctoral research fellows at the VA San Diego Healthcare System and the VA of Greater Los Angeles, respectively

☉ And congratulations to less recent graduate **Shelby Scott**, who recently joined UT-San Antonio as a tenure-track assistant professor. Kayla also started her own private practice in the San Diego area.

☉ Congratulations also to **Maggie O'Reilly Treter**, who won 2nd place in the International Marcé Society for Perinatal Mental Health Conference poster competition for her dissertation work examining relationship education as a novel postpartum depression prevention.

Drs. Richard E. Mattson & Matthew D. Johnson's Center for Interdisciplinary Relationship Research/ The Marriage & Family Lab

☉ Our Lab Manager, **Angela Candrilli** received \$2000 for the Kaschak Institute for Women and Girls Fellowship!

☉ **Allison McKinnon, M.S.** was nominated for the Graduate Excellence Award in Undergraduate Teaching!

Dr. Gregory L. Stuart's RAAD LAB (Relationship Aggression and Addictive Disorders), University of Tennessee-Knoxville

☉ **Autumn Rae Florimbio** successfully defended her dissertation entitled, "Associations between implicitly assessed attitudes, laboratory aggression, and dating violence," funded by the Thomas Graduate Research Fellowship (\$10,000). Autumn Rae Florimbio is completing her predoctoral internship at the VA Ann Arbor Healthcare System.

☉ **Autumn Rae Florimbio** received the Departmental Teaching Award, a student teaching award that is based primarily on nominations directly from undergraduate students.

☉ **Alisa Garner** received a Ruth L. Kirschstein National Research Service Award (NIAAA F31; \$136,560) to support her dissertation entitled "Extending a Risk-taking Model of Alcohol-facilitated Consensual and Sexually Coercive Hook-up Behaviors Using a Daily Diary Design among College Men." She also received the Thomas Fellowship (\$10,000) from the University of Tennessee to support her dissertation.

☉ **Meagan Brem** defended her NIH-funded dissertation (also a Ruth L. Kirschstein National Research Service Award, NIAAA F31) entitled, "Extending a Conceptual Model of Alcohol-Related Violence to Cyber Dating Violence Using a Daily Diary Design with College Students." This research was also supported by a Thomas Fellowship (\$10,000) from the University of Tennessee and a grant from the American Psychological Foundation (\$13,400). Meagan Brem is currently a predoctoral intern in the substance abuse track at the Charleston Consortium/Medical University of South Carolina.

☉ **Hannah Grigorian** received funding by the Student-Faculty Research Award (\$4940) to examine her research project entitled: "The Interaction between Sleep Quality, Emotion Regulation, Alcohol Use, and Partner Violence: A Daily Diary Study." Hannah Grigorian received the University of Tennessee Chancellor's Extraordinary Professional Promise Award.

Lab Updates

Director: **Christina Balderrama-Durbin, Ph.D.**

Couple Adjustment to Stress and Trauma (CAST) Laboratory
Binghamton University – SUNY

The CAST lab has been busy with new projects and welcoming new additions to the lab including first year graduate student, Melissa Gates, and Dr. Balderrama-Durbin added another member to her family with a baby boy, Adrian, this past October!

Melissa Gates is a new graduate student in the CAST Lab. Prior to joining the CAST Lab, Melissa spent the last two years working as a research coordinator at Massachusetts General Hospital. Melissa is interested in exploring dyadic emotion regulation and couple functioning following a traumatic event. Dana is a fourth-year student, currently collecting data for her dissertation, examining the relation between individual- and couple-level experiences of minority stress and relationship distress while also examining adaptive processes, such as growth, in couples who identify with marginalized sexual identities. Fourth-year graduate student, Eileen Barden, is working on her dissertation examining comorbid PTSD and alcohol use on dyadic coping and emotion regulation, and recently submitted a grant for this project. Alex Wang is a fifth-year graduate student currently working on completing his dissertation project examining physiological coregulation and the moderating effect of attachment. Alex and Dana are also working on applying to predoctoral internships this year.

The CAST lab continues to engage in federally funded projects including intervention development with Veterans in primary care and military couples. Additionally, the lab is completing behavioral coding and transcription with data from community couples that underwent an acute stress induction. Data collection is underway for the pilot project examining couple-level minority stress and barriers to couple therapy help-seeking for community couples who identify as lesbian, gay, or bisexual. We also plan to finish cleaning and analyzing psychophysiological data to examine sympathetic responses within and between couples. Thank you to all the incredible research assistants involved! We look forward to continuing our work and exciting projects!

Director: **Brian Baucom, PhD**

Couples Laboratory for Observational Studies (CLOSE)
University of Utah

We're approaching the end of an era in the CLOSE lab as we wrap up our DoD project on suicide risk prediction, and the final member of our first graduate student cohort, Colin Adamo, is on the internship market. We'll be presenting some of the initial findings of our DoD project in DJ Garcia's symposium (#shameless_plug). As our next chapter begins, we are excited to shift to a heavier focus on couple-based intervention trials and couple therapy training. We'll miss seeing you all in-person this year and look forward to renewing that tradition in New Orleans.

Director: **Donald Baucom, Ph.D., Richard Lee Simpson Distinguished Professor of Psychology**

UNC Couples Lab
University of North Carolina at Chapel Hill

Our lab continues both its treatment outcome research and basic research on various couple processes. We believe that both of these approaches are valuable in themselves and interact in a synergistic manner to contribute to our knowledge in the field of intimate relationship functioning.

Cognitive-behavioral couple therapy- working with relationship distress and psychopathology:

Dr. Baucom, Dr. Melanie Fisher, and Dr. Sara Boeding (both former lab members) recently published a new book on cognitive-behavioral couple therapy and adult psychopathology, along with colleagues from England. Here's the reference for our latest thinking about cognitive-behavioral couple therapy:

Baucom, D. H., Fischer, M. S., Corrie, S., Worrell, M., & Boeding, S. E. (2020). Treating relationship distress and psychopathology in couples: A cognitive-behavioural approach. Abingdon, England: Routledge.

Treatment research:

Eating disorders: Dr. Baucom and the lab continue their collaborative efforts with Dr. Bulik at UNC evaluating the effectiveness of a couple-based intervention for binge eating disorder in our community clinic. To further disseminate therapist training of our empirically-supported interventions in eating disorders, we are partnering with 3-C Family Services and the UNC Center for Excellence in Eating Disorders to take therapist training online for our couple-based treatment for anorexia nervosa (Uniting Couples in the treatment of Anorexia Nervosa - UCAN) and our couple-based intervention for binge eating disorder (UNiting couples In the Treatment of Eating disorders – UNITE; an RCT comparing individual- and couple-based treatments are ongoing).

Insomnia: Our lab is collaborating with Dr. Sean Drummond in Australia and Dr. Melissa Jenkins, a former UNC doctoral student, on a randomized controlled trial to treat insomnia with a couple-based intervention, expanding our couples and psychopathology work to a new disorder. The RCT is ongoing.

Depression: Our lab continues a long-standing collaboration with the National Health Service in England to offer training and supervision to therapists in our couple-based interventions for couples in which one partner is depressed. This is part of England's nationwide IAPT program to provide empirically-supported interventions to the public.

Same sex relationship distress: Kim Pentel successfully defended her dissertation project on the ACCESS Program (Affirming Couples Counseling to Engage Same-Sex Partners), a couple therapy tailored for same-sex couples, drawing upon the CBCT framework and sexual minority stress literature. The manuscript based on this study is now under review.

Basic research:

In response to the rapid onset of COVID-19, our lab collaboratively designed and completed an online survey study to examine changes to individual and couple functioning as a result of "stay-at-home" orders across the US in May 2020. We also investigated differences in functioning for populations who are at higher risk of a poor health outcome from the virus. Our main outcome manuscript is under review. A poster presenting these main findings will be presented as part of the Couples SIG poster expo at this year's virtual conference.

Our lab continues its broad-based exploration of interpersonal emotion regulation by examining couple conversations using dynamic systems modeling and other intensive time series methods. We have been interested in vocal features of emotional arousal within multiple populations of couples, including couples where one member has significant psychopathology or a medical problem, distressed couples who engage in psychological violence, couples in a longitudinal study of relationship functioning, long-distance couples, and same-sex couples. We are currently working on multiple projects at various stages. The manuscript based on the longitudinal study of relationship functioning, led by Danielle Weber (5th year student), has now been published. Other manuscripts which are currently under review or in preparation focus on interpersonal emotion regulation in couples with a focus on (a) physical and/or psychological violence, led by Alexandra Wojda (4th year student), and (b) longitudinal symptoms of psychopathology, led by Danielle Weber (5th year student).

Dr. Baucom and Dr. Melanie Fischer are co-Principal Investigators on a funded effort to explore how symptoms of anxiety and depression relate to various interpersonal emotion dynamics in couples. This effort uses data across multiple samples of couples using integrative data analysis, in collaboration with Dr. Dan Bauer and Dr. Brian Baucom, along with several other couple researchers who have provided invaluable data sets. Data analysis is ongoing.

Our lab is collaborating with Dr. Shelby Langer and Dr. Laura Porter in a large investigation of communication among couples experiencing different forms of cancer. Dr. Baucom is involved in procedures for observational coding of couple interactions and emotional arousal. Dr. Melanie Fischer and Danielle Weber (5th year student) have provided consultation regarding procedures for processing and analyzing vocal features of emotional arousal within couple interactions, and Dr. Brian Baucom is overseeing comprehensive behavioral coding efforts. Data collection has recently concluded and data will soon be ready for analysis.

Led by Danielle Weber (5th year student) in collaboration with Dr. Steve Du Bois and Dr. Tamara Goldman Sher, our study of community long-distance couples in comparison to geographically-close couples is complete and data analyses are ongoing. We aim to better understand times of transitions within these couples; that is, when partners transition from functioning individually to times when the couple is together. Danielle Weber (5th year student)

is using components of these data as her dissertation and is on track to defend her dissertation in the spring. Emily Carrino (2nd year student) has led two investigations about long distance couples (LDCs): one examining trajectories and predictors of conflict avoidance across time for LDCs and one mixed-methods (qualitative and quantitative) analysis to explore differences in remote and in-person communication topics. Publications are in preparation for these investigations.

Our lab continues to be committed to conducting research on underserved populations of couples. Emily Carrino (2nd year student) is currently conducting secondary data analyses to compare differential patterns of relationship functioning between subgroups of sexual and gender minority couples, with a focus on couples in which one or both partners is bisexual+. Alexandra Wojda's (4th year student) dissertation will focus on better understanding risk and resilience in low-income couples.

Director: **Katie Baucom, PhD**

HEalth & Adaptation in Relationships Team (HEART Lab)
University of Utah

Our lab's primary focus is on a couple-based adaptation of the CDC's Diabetes Prevention Program. We are wrapping up a 2-year collaboration with community members to gather feedback on how this adaptation can be broadly applicable to couples across culture, race, and ethnicity (see Aguirre et al., 2020 in the Behavior Therapist for the details). Monique Aguirre, who presented at ABCT as an undergraduate last year, returned to the lab as our Lab Manager. We welcomed Manny Gutierrez Chavez as a PhD student in our lab (he also is a member of Dr. Anu Asnaani's lab). Finally, we welcomed a dynamite team of research assistants to work with us and our long-time Project Coordinator Yanina Nemirovsky. In addition to this work, we regularly collaborate with the NYU Family Translational Research Group. We hope to have another PhD student join our team beginning Fall 2021.

Directors: **Howard Markman, PhD, Scott Stanley, PhD, and Galena Rhoades, PhD**

Center for Marital and Family Studies
University of Denver

Howard is pleased to report the completion of the translation of PREP 8.0 into Arabic and the launching of ePREP in Israel. Scott has been working on program evaluations, numerous basic science projects, and other projects with PREP. Galena has just completed several evaluation contracts with the Administration for Children and Families (ACF). She recently received several new evaluation contracts for colleagues' successful submissions to the ACF's Healthy Marriage and Responsible Fatherhood grant program, as well as new funding to expand her MotherWise (www.motherwisecolorado.org) program to teens.

Maggie O'Reilly Treter, now a fifth-year student, is in her second year of her ACF Family Strengthening Scholars dissertation grant evaluating the impact of relationship education on postpartum depression. She is applying to internship this year.

Fourth-year Charlie Huntington recently submitted an NRSA application, published the results of his MA thesis, and looks forward to continued efforts to secure funding for his dissertation project.

Steven R. H. Beach, Ph.D. and Justin A. Lavner, Ph.D.

Directors: UGA Couple and Family Lifespan Health Lab
University of Georgia

The lab continues to work on several projects aimed at understanding and promoting health among rural African American families. The first round of data collection is wrapping up for a follow-up study of middle-aged couples who participated in the ProSAAF intervention to examine longer-term impact on relationship functioning and health (PI: Beach; R01AG059260-06). Data collection is entering its final year for an RCT examining a responsive parenting intervention for first-time mothers and their infants (PI: Lavner; R01DK112874).

Richard E. Mattson and Matthew D. Johnson

Directors: Lab Name: Center for Interdisciplinary Relationship Research/
The Marriage & Family Lab
Binghamton University – SUNY

The lab has been busy transitioning to an online format! We continue to explore subjects of intimate partner violence, sexual assault, and relationship functioning from a socially- distanced perspective. Graduate students Allison McKinnon (fifth year) and Maggie Parker (fourth year) continue work on their respective dissertation projects examining sexual assault. Erin Alexander (third year) is also beginning work on her dissertation which focuses on intimate partner violence assessment. Several undergraduate honors theses are also underway. We have also welcomed a new graduate student, Quinn Hendershot who will be working primarily with Matthew Johnson.

Gregory L. Stuart, PhD

Director: RAAD LAB (Relationship Aggression and Addictive Disorders),
University of Tennessee-Knoxville
Binghamton University – SUNY

We are elated that **Alyssa Medenblik** joined our lab this Fall!

Hot off the Press

In Press and Recently Published Literature

Adamo, C., Leo, K., Hogan, J.N., Crenshaw, A.O., Baucom, K.J.W., & Baucom, B.R.W. (in press). Negative partner attributions moderate the association of between heart rate reactivity during relationship conflict and relationship distress. *Family Process*

Aguirre, M. C., Brown, H., Gershenoff, D., Hinton, K. L., Huntzinger, O. M., Klein, N., Ramos, C., Tavake-Pasi, O. F., Witte, B., Wolfsfeld, M., Sher, T., Simmons, D., Smith, T. W., Clark, L., & Baucom, K. J. W. (2020). The role of advocacy in adapting the Diabetes Prevention Program for couple-based delivery that reaches marginalized groups. *the Behavior Therapist*, 43(7), 261-265.

Allen, E., Fredman, S., Rhoades, G., Markman, H., Loew, B., & Stanley, S. (2020). Male service members' and civilian wives' perceptions of partner connection regarding deployment and PTSD symptoms. *Couple and Family Psychology: Research and Practice*. Advance online publication.

Balderrama-Durbin, C., Wang, B. A., Barden, E., Kennedy, S., Ergas, D., & Poole, L. (in press). Reactivity and recovery in romantic relationships following a trauma analog: Examination of respiratory sinus arrhythmia in community couples. *Psychophysiology*.

Barton, A. W., Lavner, J. A., Stanley, S. M., Johnson, M. D., & Rhoades, G. K. (2020). "Will you complete this survey too?" Differences between individual versus dyadic samples in relationship research. *Journal of Family Psychology*, 34(2), 196-203.

Baucom, K. J. W., Giresi, J., Heyman, R. E., & Smith Slep, A. M. (2020). Associations between self-rated physical health and relationship satisfaction in couples with children. *Health Psychology Open*, 7(2). <https://doi.org/10.1177/2055102920959527>

Baucom, K. J. W., & Ritchie, N. D. (2019). Including partners in the National Diabetes Prevention Program: Rationale and practical considerations. *American Association of Diabetes Educators in Practice*, 7(6), 46-47. <https://doi.org/10.1177/2325160319877569>

Brock, R. L., & Laifer, L. M. (2020). Family science in the context of the COVID-19 pandemic: Solutions and new directions. *Family Process*, 59(3), 1007-1017. <https://doi.org/10.1111/famp.12582>

Carter, S. P., Renshaw, K. D., Allen, E. S., Markman, H. J., & Stanley, S. M. (2020). Everything here is fine: protective buffering by military spouses during a deployment. *Family Process*, 59(3), 1261-1274.

Crenshaw, A.O., Leo, K., Christensen, A., Hogan, J.N., Baucom, K.J.W., & Baucom, B.R.W. (in press). Relative importance of conflict topics for within-couple tests: The case of demand/withdraw interaction. *Journal of Family Psychology*. <https://doi.apa.org/doi/10.1037/fam0000782>

Doss, B. D., Knopp, K., Roddy, M. K., Rothman, K., Hatch, S. G., & Rhoades, G. K. (2020). Online programs improve relationship functioning for distressed low-income couples: Results from a nationwide randomized controlled trial. *Journal of Consulting and Clinical Psychology*, 88(4), 283-294.

Fangmeier, T. L., Stanley, S. M., Knopp, K., & Rhoades, G. K. (2020). Political party identification and romantic relationship quality. *Couple and Family Psychology: Research and Practice*, 9(3), 167-180. <https://doi.org/10.1037/cfp0000141>

Fischer, M. S., Zietlow, A.-L., Ditzen, B., *Cohen, M. J., & Baucom, D. H. (in press). Paarasierte Psychotherapie: Ein Review der Wirksamkeit kognitiv-verhaltenstherapeutischer Ansätze mit Paaren bei psychischen Störungen [Couple-based psychotherapy: A review of the efficacy of cognitive-behavioral approaches with couples to treat psychopathology]. *Zeitschrift für Psychiatrie, Psychologie und Psychotherapie [Journal of Psychiatry, Psychology, and Psychotherapy]*.

Florimbio, A. R., Brem, M. J., Grigorian, H., Garner, A. R., & Stuart, G. L. (in press). Sexting and substance use among women arrested for domestic violence: A brief report. *Substance Abuse: Research and Treatment*. <https://dx.doi.org/10.1177/1178221820946332>

Garner, A. R., Gilbert, S. E., Shorey, R. C., Gordon, K. C., Moore, T. M., & Stuart, G. L. (2020). A Longitudinal investigation on the relation between self-compassion and alcohol use in a treatment sample: A brief report. *Substance Abuse: Research and Treatment*, 14, 1-5. <https://doi.org/10.1177/1178221820909356>

Garner, A. R., Johansson-Love, J., Romero, G., Grigorian, H. L., Florimbio, A. R., Brem, M. J., Wolford-Clevenger, C., & Stuart, G. L. (in press). Risk of revocation among batterers: A preliminary analysis of criminogenic, intimate partner violence, and mental health risks. *Violence Against Women*.

Garner, A. R., Shorey, R. C., Anderson, S., & Stuart, G. L. (2020). Risky sexual behaviors among men in residential treatment for substance misuse: The role of compulsive sexual behavior. *Sexual Addiction & Compulsivity*. Advance online publication. <https://doi.org/10.1080/10720162.2020.1751363>

Gremore, T.M., Brockstein, B.B., Porter, L.S., Brenner, S., Benefield, T., Baucom, D.H., *Sher, T.G., Atkins, D. (in press). Couple-based communication intervention for head and neck cancer: A randomized pilot trial. *Supportive Care in Cancer*.

Grigorian, H., Brem, M. J., Shorey, R. C., Anderson, S., & Stuart, G. L. (in press). Mindfulness and Early Maladaptive Schemas among Men in Treatment for Substance Use Disorder. *Mindfulness*.

Guyon-Harris, K. L., Madigan, S., Bronfman, E., Romero, G., & Huth-Bocks, A. C. (2020). Prenatal identification of risk for later disrupted parenting behavior using latent profiles of childhood maltreatment. *Journal of Interpersonal Violence*.

Holtzworth-Munroe, A., Beck, C. J., Applegate, A. G., Adams, J. M., Rossi, F. S., Jiang, L. J., Tomlinson, C. S., & Hale, D. F. (2020). Intimate partner violence (IPV) and family dispute resolution: A randomized controlled trial comparing shuttle mediation, videoconferencing mediation, and litigation. *Psychology, Public Policy, and Law*. Advance online publication. <https://doi.org/10.1037/law0000278>

Huntington, C., Markman, H., & Rhoades, G. (in press). Watching pornography alone and together: longitudinal associations with romantic relationship quality. *Journal of Sex & Marital Therapy*.

Joel, S., Eastwick, P. W., Allison, C. J., Arriaga, X. B., Baker, Z. G., Bar-Kalifa, E., Bergeron, S., Birnbaum, G., Brock, R. L., Brumbaugh, C. C., Carmichael, C. L., Chen, S., Clarke, J., Cobb, R. J., Coolsen, M. K., Davis, J., de Jong, D. C., Debrot, A., DeHaas, E. C., Derrick, J. L., Eller, J., Estrada, M. J., Faure, R., Finkel, E. J., Frazier, R. C., Gable, S. L., Gadassi, R., Girme, Y. U., Gordon, A. M., Gosnell, C. L., Hammond, M. D., Hannon, P. A., Harasymchuk, C., Hofmann, W., Horn, A. B., Impett, E. A., Jamieson, J. P., Keltner, D., Kim, J. J., Kirchner, J. L., Klewer, E. S., Kumashiro, M., Larson, G., Lazarus, G., Logan, J. M., Luchies, L. B., MacDonald, G., Machia, L. V., Maniaci, M. R., Maxwell, J. A., Mizrahi, M., Muise, A., Niehuis, S., Ogolsky, B. G., Oldham, C. R., Overall, N. C., Perrez, M., Peters, B. J., Pietromonaco, P. R., Powers, S. I., Prok, T., Pshedetzky-Shochat, R., Rafeeli, E., Ramsdell, E., Reblin, M., Reicherts, M., Reifman, A., Reis, H. T., Rhoades, G. K., Rholes, W. S., Righetti, F., Rodriguez, L. M., Rogge, R., Rosen, N. O., Saxbe, D., Sened, H., Simpson, J. A., Slotter, E. B., Stanley, S. M., Stocker, S., Surra, C., Vaughn, A. A., Vicary, A. M., Visserman, M. L., & Wolf, S. (2020). Machine learning uncovers the most robust self-report predictors of relationship quality across 43 longitudinal couples studies. *Proceedings of the National Academy of Sciences*. Advance Online Publication. doi: <http://www.pnas.org/cgi/doi/10.1073/pnas.1917036117>

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Kennedy, S., & Balderrama-Durbin, C. (in press). Risky casual sex and posttraumatic stress in college females: An

examination of assault history, self-esteem, and social support. *Violence Against Women*.

Knopp, K., Rhoades, G.K., Stanley, S.M., and Markman, H.J. (2020). "Defining the Relationship" in adolescent and young adult romantic relationships. *Journal of Social and Personal Relationships*, 37(7), 2078-2097. <https://doi.org/10.1177/0265407520918932>

Leifker, F.R., Leo, K., Adamo, C., & Baucom, B.R.W. (in press). Suicide as an interpersonal phenomenon: Dyadic methodological and statistical considerations. *Suicide and Life-Threatening Behaviors*.

Leo, K., Crenshaw, A.O., Hogan, J.N., Baucom, K.J.W., & Baucom, B.R.W. (in press). Affective expression moderates the association between affective experience and demand/withdraw behavior. *Journal of Family Psychology*.

McIntosh, J. E., Tan, E. S., Greenwood, C., Lee, J., & Holtzworth-Munroe, A. (in press). Profiling mother and father reports of safety risks in a post-separation cohort. *Psychology of Violence*.

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O'Reilly Treter, M., Rhoades, G.K., Scott, S.B., Markman, H.J., Stanley, S.M. (2020). Having a baby: Impact on married and cohabiting parents' relationships. *Family Process*, 1-18.

Ramos K, Langer S, Romano J, Todd M, Ghosh N., Keefe F.J., Baucom D.H., Syrjala K, & Porter, L. S. (in press). Attachment Style, Partner Communication, and Physical Well-Being among Couples Coping with Cancer. *Personal Relationships*. DOI: 10.1111/perc.12330

Ritchie, N., Baucom, K. J. W., & Sauder, K. A. (2020). Benefits of participating with a partner in the National Diabetes Prevention Program. *Diabetes Care*, 43(2), e20-e21. <https://doi.org/10.2337/dc19-1489>

Ritchie, L. L., Stanley, S. M., Rhoades, G. K., & Markman, H. J. (in press). Romantic alternative monitoring increases ahead of infidelity and break-up. *Journal of Social and Personal Relationships*.

Romero, G., Huth-Bocks, A., Puro-Gallagher., & Riggs, J. (2020). Maternal prenatal depression, prenatal PTSD symptoms, and problematic parenting: The mediating role of maternal perceptions of infant emotion. *Journal of Reproductive and Infant Psychology*.

Rossi, F. S., Holtzworth-Munroe, A., Applegate, A.G., & Beck, C. J. (online in Dec 2019; in press for 2020). Subtypes of violent separating or divorcing couples seeking family mediation and their association with personality and criminality characteristics. *Psychology of Violence*. <http://dx.doi.org/10.1037/vio0000271>

Rudolf von Rohr, I., Corrie, S., *Fischer, M.S., Baucom, D.H., Worrell, M., & Pote, H. (in press). Behavioural Couple Therapy: Measuring therapist competence. *The Cognitive Behaviour Therapist*.

Rudd, B.N., Holtzworth-Munroe, A., D'Onofrio, B.M., & Waldron, M. (2019). Parental relationship dissolution

and child development: The role of child sleep quality. *Sleep*, 42(2), 1-10. doi: 10.1093/sleep/zsy224

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