

# COUPLES RESEARCH AND THERAPY

<https://abctcouples.org/>

*This Spring 2023 Newsletter is published by the Couples SIG. The contents of this publication have not been reviewed, approved, or endorsed by the Association for Behavioral and Cognitive Therapies.*

VOL. 30 NO.1 PAGE 1

04.21.2023

## CONTENTS OF THIS ISSUE

Letter from the Editors .....	1	Kudos.....	4-6
Letter from the SIG Co-Leaders.....	2-3	Lab Updates.....	6-12
Letter from the Treasurer.....	3	Hot off the Press.....	12-15
Letter from the Student Co-Leaders.....	4		
Letter from the DEI Committee.....	4		

### Letter from the Editors

Happy spring, Couples SIG! It was a real pleasure connecting with many of you at the ABCT convention this past November. Attending your symposia and poster sessions was encouraging—it made evident the productive year the Couples SIG had!

This April we are incredibly excited to publish the Spring 2023 Edition of the Couples SIG newsletter. We are eager to share with you all the updates from members who generously shared their lab accomplishments with us.

Finally, we encourage you to forward this to anyone who you think might be interested in joining our SIG!

***Thank you for making the Couples SIG Newsletter possible!***

- Alyssa Miville, B.A. | Binghamton University (SUNY)  
([amivill1@binghamton.edu](mailto:amivill1@binghamton.edu))
- Melissa Gates, M.S. | Binghamton University (SUNY)  
([mgates5@binghamton.edu](mailto:mgates5@binghamton.edu))



## Letter from the SIG Co-Leaders

*Drs. Kayla Knopp & Shelby Scott*

### **Hello and Welcome from your new co-leaders!**

Hello Couples SIG! As your newly appointed co-leaders, we are honored to serve all of you for the next two years. For those of you who have yet to meet us, Dr. Kayla Knopp is a Research Psychologist at the VA San Diego Healthcare System and a clinical psychologist in private practice in San Diego, CA. Dr. Knopp's research and clinical interests center around understanding the reciprocal associations between intimate relationship functioning and mental health, supporting diverse relationship types and structures, and using novel and creative methods to improve both access to and impacts of interventions for couples. Dr. Shelby Scott is an Assistant Professor in the Department of Psychology at the University of Texas at San Antonio. Her PRIDE Family Studies Lab focuses on building the basic science of sexual and gender minority families and integrating these findings into relationship interventions. We are also former lab mates from the Clinical Psychology PhD program at the University of Denver.

### **ABCT 2022 Convention Update**

It was wonderful to see everyone in person at last November's ABCT convention and SIG Business Meeting. Congratulations to Robert L. Weiss Student Poster Award winners **Emily Taverna (1<sup>st</sup> place)** and **Frances Calkins (2<sup>nd</sup> place)**, and to the Early Career Awardee **Dr. Feea Leifker!** A huge thank-you to the volunteers on each of those awards committees. We also welcomed the addition of the DEI Committee as formal elected positions within the SIG.

### **ABCT 2023 Convention Planning**

Submissions are in for ABCT's 2023 convention that will take place in Seattle, WA this November. This year, we piloted a new process to help build connections and symposia submissions between students, early career, and senior faculty. This included an electronic spreadsheet for members to upload their research project ideas and a virtual convention planning meeting. We received anecdotal reports that this process helped several symposia presenters find collaborators that led to submissions for this year's convention. If any members have feedback or ideas on how we can further facilitate connections, please reach out to us.

This year, we also implemented a new process for selecting SIG sponsorship for symposia submissions. We continue to sponsor one student symposium led by our SIG student leader, Mollie Shin. Starting this year, we also sponsored a DEI-focused submission chosen by the SIG DEI committee. We appreciate Mollie's work on putting together the student symposium and the DEI committee for their work in selecting the DEI symposium for sponsorship.

Looking ahead to this year's convention, we are open to suggestions for topics and/or speakers for the Couples SIG Preconference Event. Keep an eye out for an email from us soon, and in the meantime, send any suggestions to [kayla.knopp@gmail.com](mailto:kayla.knopp@gmail.com) and [shelby.scott@utsa.edu](mailto:shelby.scott@utsa.edu).

### **Let's Support Our Students!**

In the past several years, we have noticed a marked decline in student participation in the SIG (very likely due in large part to changes brought on by COVID-19). Student members of our SIG are down from 120 in early 2020 to just 81 this year (a 33% decrease!), and we're having trouble filling all the elected student leadership positions. **We need your help to increase student involvement in the SIG!** Please support your students to attending ABCT and the Couples SIG events, and encourage students to nominate themselves for leadership positions.

We also want your feedback: How can we better support students at ABCT and in the SIG? Students are the future of our field, and it's important for us to nurture their involvement to keep our SIG vibrant for years to come. ABCT is already pushing forward an initiative to allow student members of ABCT full voting rights, which we think is great. What else can we in the Couples SIG do? We have made a Qualtrics link for you all to submit any feedback quickly and easily: [https://utsa.az1.qualtrics.com/jfe/form/SV\\_0j6r1BFo2iFfdvU](https://utsa.az1.qualtrics.com/jfe/form/SV_0j6r1BFo2iFfdvU)

Thank you to all officers and members for your important work. We look forward to connecting again later this year as we prepare for the convention in Seattle!

*Dr. Kayla Knopp (kayla.knopp@gmail.com)*  
*Dr. Shelby Scott (shelbybscott@gmail.com)*

### Letter from the SIG Treasurer

*Dr. McKenzie Roddy*

Hello SIG Members!

This is my first official update as your Treasurer. If we haven't had the chance to meet, my name is McKenzie Roddy and I hope you'll say hello - my contact information is at the bottom.

An update on our membership status and dues:

- ◆ We have 178 active members (98 professional, 80 students). We have seen a drop in student membership - likely due to virtual conferences - so please forward this to your students and colleagues and encourage them to join!
- ◆ Our current balance is \$3,301. Since assuming the role, I have collected \$245 in dues and paid \$39 to maintain our website security.
- ◆ The Underrepresented Scholar Fund has a balance of \$955. Since assuming the rule, I have collected \$60 from dues towards this fund.

A reminder that it is not too late to pay dues for the 2022-23 academic year. Dues are \$30 for professional members and \$5 for students, first-year post-docs, and retired members. For every professional membership, \$5 of dues automatically goes toward the Couples SIG Underrepresented Scholars Fund.

Please complete the **membership form** <https://forms.gle/3xustNBLzbfApjgT8> and send your **dues electronically** via Venmo (send to @McKenzie-Roddy) or via PayPal (send to [mckroddy@gmail.com](mailto:mckroddy@gmail.com)). It is important to designate the payment as "*Send to friends and family*" to avoid processing fees. For all dues, indicate "ABCT Couples SIG" in the note.



**venmo**

Please don't hesitate to contact me with any questions or concerns about dues or membership.

My best,  
McKenzie

McKenzie K. Roddy, PhD  
[McKenzie.Roddy@vumc.org](mailto:McKenzie.Roddy@vumc.org)

**Letter from the SIG Student Co-Leaders**

*Mollie Shin*

I hope everyone has had a great year thus far! I'm excited and honored to serve as your student leader for a second term. It was wonderful to see so many of you in New York last November, and I'm looking forward to seeing everyone in Seattle this year!

**ABCT Student Symposium:**

Thank you to everyone who submitted an abstract to be considered for the SIG sponsored student symposium! It's always great to receive updates on the different research fellow students are working on. We selected four talks that discuss the role of sexual identity, race, and income on individual and relationship functioning. All of the studies comprise diverse couples, include widely used measures of individual and relationship functioning, and discuss minority stress. We are excited about this symposium and hope the reviewers are too!

- Mollie

[mollie.shin@ucdenver.edu](mailto:mollie.shin@ucdenver.edu)

=====

**Letter from the DEI Committee**

Hello from your Couples SIG DEI Committee! We are excited to continue our work to promote diversity, equity, and inclusion in the SIG over the coming year. We were thrilled to have been able to help select a diversity-focused symposium for SIG sponsorship this year. Fingers crossed it will be accepted so we can share that exciting news with you all!

We are also requesting donations for the USF for our next cycle! The Couples SIG recognizes that our field is stronger when all voices are represented, and we are committed to increasing diversity within our field. We know that the cost of applying to programs, networking at conferences, and interviewing for graduate school or internship is a significant barrier to entry within our field, particularly for those young scholars from minoritized backgrounds, and we created the Underrepresented Scholars Fund to help close the gap. This fund is open to all students and potential students from underrepresented groups (broadly defined) to cover any costs associated with getting into graduate school, getting through graduate school, and internship.

Last year, we were able to fund three new scholars! We will be accepting applications again in August for our second cycle and would love to be able to help as many new scholars as possible. Please consider donating to this important cause - any amount helps! Email us at [underrepresentedscholarsfund@gmail.com](mailto:underrepresentedscholarsfund@gmail.com) with any questions.

All donations can be sent through our Couples SIG Treasurer, McKenzie Roddy, via Venmo (send payment to @McKenzie-Roddy) or via PayPal.com (send to [mckroddy@gmail.com](mailto:mckroddy@gmail.com)).

**Please include USF in the description.**

Best,

Nick Perry, Michelle Ramos, Colin Adamo, and Jasara Hogan

=====

**KUDOS!**

**We'd like to celebrate amazing milestones from our SIG members. Congratulations on your accomplishments!**

=====

Dr. Steffany Fredman's  
Penn State Couple and Family Adaptation to Stress Lab

© **Emily Taverna** won the Couples SIG's Robert L. Weiss Graduate Student Award. Congrats, Emily!

Dr. Donald Baucom’s Couples Lab at UNC Chapel Hill

☺ **Alexandra Wojda-Burlij** (6th year) matched to the Durham VA Medical Center for internship. She is also a recipient of the 2023 UNC Tanner Award—an annual University-wide award given to a graduate teaching assistant for excellence in undergraduate teaching. Way to go on both fronts, Alexandra!

☺ **Emily Carrino** (4th year) passed her comprehensive exams in March. Congratulations, Emily!!

=====

Dr. Melanie Fischer’s Family Psychology and Therapy at the University of Marburg, Germany

☺ **Melanie Fischer** has started her position as Assistant Professor of Family Psychology and Therapy, Department of Psychology, University of Marburg in Germany following her maternity leave (baby Pia Maeve says hi!).

☺ We received a research grant from the German Research Foundation (DFG) to study accommodation and interpersonal emotion regulation in couples with OCD (“Predictors and consequences of accommodation as an interpersonal maintenance factor of obsessive-compulsive disorder in daily life: A multi-method investigation.”)

=====

Dr. Amy Holtzworth-Munroe’s Relationships Lab

☺ **Clair Tomlinson** matched for internship at the Rackham Center at University of Michigan.

☺ **Lily Jiang** matched for internship at the Palo Alto, VA.

=====

Drs. Howard Markman, Galena Rhoades, and Scott Stanley’s Center for Marital and Family Studies

☺ **Dr. Perry** was awarded an R01 from NIMHD to longitudinally examine newlywed sexual minority couples’ relationships and health in early marriage using quantitative, qualitative, and physiological methods.

☺ **Dr. Le** was awarded a grant from the Mental Research Institute to adapt an online transition to parenthood prevention program to prevent postpartum depression for couples at elevated risk.

=====

Drs. Richard Mattson and Matthew Johnson’s Center for Transdisciplinary Research on Intimate Relationships (CTROIR) Lab:

☺ **Alyssa Miville** (2nd year) successfully defended her masters thesis, *“The Observation of Facial Affect Communicated During Dyadic Interaction: Comparing Human vs. Computer Coding”*.

☺ **Quinn Hendershot** (3rd year) is one of the first recipients of the \$4 million mental health scholarship program in New York state!

=====

Dr. Sarah Whitton’s Today’s Couples and Families Research Program

☺ **Margaret Lawlace, M.A.**, matched to internship at the Cincinnati VA Medical Center and successfully passed her dissertation proposal defense, *“Perceived Family Support for Latina Survivors of Intimate Partner Violence: Implications for Well-Being, Help-Seeking, and Healing”*

☺ **Emily Devlin, M.A.** defended her master’s thesis, “Understanding Obesity Among SGM-AFAB: Developmental Trajectories and Risk Factors”

☺ **Sabrina Bothwell, B.S.**, received a University Research Council Graduate Fellowship for her project, “Sexual and Gender Minority Perspectives of Intimate Partner Violence Prevention Programs”

☺ **Austin Simon**, an undergraduate McNair Scholar, received an Undergraduate Research Fellowship award to support his work exploring the experiences of young adults who identify as asexual.

=====

Dr. Shelby Scott’s Promoting Resilience In DiversE (PRIDE)  
Family Studies Lab, University of Texas at San Antonio

☺ **Quyên Do** will defend her dissertation in April and graduate in May before leaving us for her postdoctoral fellowship at the Family Institute at Northwestern University!

☺ **Kwame Gatlin** submitted a grant to the Lesbian Health Fund for his thesis project "Don't Ask Don't Tell in Black Community Spaces and Associations with Queer Black Women's Relationship Quality.”

☺ **Kaitlin Brunett** presented two posters on her master’s thesis at the 2023 Southwestern Psychology Association convention. She also recently had a paper accepted for publication from her time in her master’s program. This paper is on increasing rates of Generalized Anxiety Disorder among college students during COVID and the importance of early screening.

☺ **Zenetta Hinojosa** was inducted into the McNair Scholars Program at UTSA and was accepted into the Leadership Alliance Summer Research Program at Columbia University for Summer 2023. She will be working at the Zuckerman Institute for Mind, Brain, and Behavior.

☺ **Yobana Solorzano** has submitted a poster to present at the Department of Psychology Symposium over the impacts that discrimination, ethnic-racial identity, and U.S. identity have on academic motivation. She will also be graduating with her bachelor’s degree in May 2023 with Honors.

=====

Dr. Tea Trillingsgaard’s The Couple and Family Lab, Denmark

☺ **Tea Trillingsgaard** and **Hanne Nørr Fentz** received funding from TrygFonden’s Centre for Child Research to conduct a three-armed randomized controlled trial of the OurRelationship program versus bibliotherapy and waitlist.

☺ **Astrid Bjørn Leth-Nissen** started her post doc position at The Couple and Family Lab, Denmark.

=====

**Lab Updates**

**Lab Name:** Relationships Lab, Indiana University Dept of Psychological and Brain Sciences

**Head of Lab:** Amy Holtzworth-Munroe

**Lab Update:**

Amy Holtzworth-Munroe may retire in summer 2024, so she is no longer accepting applications from prospective graduate students.

**Lab Name:** Couples Lab at UNC Chapel Hill

**Head of Lab:** Donald Baucom, Ph.D.

Richard Lee Simpson Distinguished Professor of Psychology  
University of North Carolina at Chapel Hill

**Lab Update:** 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.

**Treatment research, therapist training, and dissemination efforts:**

- ◆ *Eating disorders:* Dr. Baucom and Emily Carrino (4th year student) continue collaborative efforts with Dr. Cynthia Bulik at UNC evaluating the effectiveness of a couple-based intervention for binge eating disorder in our community clinic—analyses from an RCT comparing individual- and couple-based treatments are ongoing. To further disseminate therapist training of our empirically-supported interventions in eating disorders, we have partnered 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 eating disorders (anorexia nervosa and binge eating disorder (UNiting couples In the Treatment of Eating disorders – UNITE)
- ◆ *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.

**Basic research:**

- ◆ Our lab's commitment to research focused on understanding underserved couple populations continues. Emily Carrino and Alexandra Wojda-Burlij are co-leading investigations on (a) differences in relationship schematic processing (RSP) among same-sex female couples across couple therapy and (b) relationship schematic processing (RSP) in long-distance relationships. Observational coding for both projects is complete, and analyses are underway. Alexandra's dissertation focuses on better understanding the cognitive processes associated with individual and relationship functioning in low-income couples. Data collection and analyses are complete. She is set to defend her dissertation this May. Additionally, for her comprehensive exams, Emily proposed a novel conceptual framework for understanding functioning in mixed-orientation couples with one bisexual+ partner and one heterosexual partner.
- ◆ Towards the goal of better understanding underserved couples, our lab has also pursued collaborations with investigators within and outside of UNC. Our lab has forged a collaboration with Stacey Daughters, PhD, and her 4th year doctoral student, Louisa Kane, to develop a couples-based intervention for dual substance-use couples. The treatment manual is currently being written, and Louisa is set to propose this study as her dissertation project this May. Furthermore, Alexandra is currently working on two projects with Mariana Falconier, Ph.D. of the University of Maryland, College Park—one on understanding dyadic coping and financial strain among low-income couples, and another on the impact of observed emotion- and problem-focused support on relationship functioning among Latinx couples. Manuscripts for these projects are underway.

- ◆ Our lab continues its broad-based exploration of dynamics of emotional arousal within communication 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 and are currently working on multiple projects at various stages. A paper on therapy-seeking couples with experiences of bidirectional physical and psychological intimate partner violence is in preparation. Furthermore, 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. The paper based on the primary set of findings has been invited for resubmission.

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. Drs. Melanie Fischer and Danielle Weber 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. A recent paper overviewing the study has been recently published. Danielle also took the lead on a paper examining these couples' vocally-expressed emotional arousal within their communication, which has been resubmitted for review.

=====

**Lab Name:** Family Psychology and Therapy, Department of Psychology, University of Marburg, Germany

**Head of Lab:** Melanie Fischer, PhD

**Lab Update:** Our new lab at the University of Marburg started up in February 2023. Research foci include psychopathology in couples and families (basic and intervention research) as well as topics related to couple relationships more broadly (understanding, preventing, and treating relationship distress). Current major projects include a new study of accommodation and interpersonal emotion regulation in couples with OCD (funded by the German Research Foundation) and the development of a psychoeducational website and online training for couples/parents considering separation (funded by the German Federal Ministry for Family Affairs, Senior Citizens, Women and Youth and the Klaus-Grawe Foundation, with Beate Ditzen), along with a variety of other ongoing research efforts and collaborations.

These include projects with a focus on interpersonal dynamics of vocally encoded emotional arousal, such as in a sample of >400 couples to examine associations with depression, anxiety, and relationship distress (with Don Baucom and Brian Baucom), in families presenting for behavioral parent training (with Deborah Jones), in trauma-exposed couples (with Steffany Fredman) and in couples coping with cancer (with Shelby Langer, Laura Porter). Other efforts focus on relationship experiences of sexual and gender minorities (with Ashley Randall, Pamela Lannutti), the validation of a German version of the CSI (with Anne Milek), and on relationship distress and cardiac/metabolic health in rural Burkina Faso (with Beate Ditzen, Till Bärnighausen).

Dr. Fischer also continues her dissemination efforts for couple therapy for depression in the National Health Service, England and will establish a specialty clinic for the treatment of OCD in couples and families at the University of Marburg.

We welcome our first two doctoral students Sophie Blum, M.Sc., and Laura Weber, M.Sc., whose research will focus on OCD and its treatment in a couple and family context and look forward to continuing to grow the lab over the coming months!

=====

**Lab Name:** Penn State Couple and Family Adaptation to Stress Lab

**Head of Lab:** Steffany Fredman, Ph.D.

**Lab Update:** Our lab continues to be busy with a variety of basic and translational research projects focused on couples, stress, and trauma. Jeesun Lee is leading work on the role of parental mental health in the daily spillover from interparental conflict to parent-adolescent relationship quality. Our lab is also hard at work doing start up for our DoD-funded study to compare abbreviated, intensive, multi-couple group cognitive-behavioral conjoint therapy for PTSD (AIM-CBCT for PTSD) to the Prevention and Relationship Education Program (PREP) for the treatment of PTSD in active duty military and veteran couples. In addition, we're delighted to continue our collaborations with CFAS alums Annie Le and August Jenkins for lab projects focused PTSD and emotion dynamics, associations among parental PTSD symptoms, couple functioning, and parenting, and the study and treatment of individual mental health concerns among partnered Black adults.

=====

**Clinic/Lab Name:** Center for Marital and Family Studies / Family Research Center

**Head of Clinic/Lab:** Howard Markman, Galena Rhoades, and Scott Stanley

**Lab Update:** Dr. Rhoades's community-based MotherWise program continues to serve pregnant or postpartum women and teens and is funded through her nonprofit, Thriving Families. Dr. Markman continues with his international efforts in disseminating PREP, the latest being that PREP will soon be disseminated in the Czech Republic. Dr. Stanley continues working on various evaluations as well as basic science papers and reading about statistics whenever he can. Dr. Le continues to coordinate several large relationship education evaluation projects (related to the ACF's Healthy Marriage and Responsible Fatherhood initiative), while continuing to conduct basic and translational research on couples. Dr. Perry also assists with those evaluation projects, while continuing to grow his research program focused on LGBTQ+ couples and families.

=====

**Lab Name:** Promoting Resilience In DiversE (PRIDE) Family Studies Lab, University of Texas at San Antonio

**Head of Lab:** Shelby B. Scott, Ph.D.

**Lab Update:**

The PRIDE Family Studies lab has been hard at work this last year. The March issue of the Behavior Therapist features our article "'The sense of falling in love again': Transgender and nonbinary individuals' positive experiences in romantic relationships during gender transitions." We also submitted our first paper from our Transgender Dyadic Study that collected data from over 100 transgender/nonbinary individuals and their intimate partners. This manuscript focuses on actor-partner effects of relationship satisfaction, dyadic coping, and partner support in association with IPV. The results of this paper provide some of the first evidence of relational factors in association with IPV victimization among TNB adults and their intimate partners.

Both of these papers are in collaboration with Dr. Kimberly Balsam (Co-I) at Palo Alto University and Lex Pulice-Farrow (project manager), a doctoral student at the University of Tennessee, Knoxville.

We have published two more articles from our data access award to the American Association of Medical Colleges biannual Consumer Survey of Healthcare Access. One paper presents findings on differing rates of healthcare discrimination across race/ethnicity among sexual minority women. Another paper demonstrates that delayed care partially mediates the association between healthcare discrimination and poor health outcomes among sexual minority women.

Doctoral student, Quyen Do, has completed data collection and analyses for her dissertation on relationship functioning, intimate partner violence, and individual wellbeing of sexual minority adults in consensual non-monogamous relationships. Quyen Do and Kaitlin Brunett have submitted a poster presentation from these data to ABCT for this fall focusing on sexual coercion in CNM relationships.

=====

**Lab Name:** The Today’s Couples and Families Research Program

**Head of Lab:** Sarah Whitton

**Lab Update:**

We are thrilled that we have just been awarded a 5year R01 grant to continue FAB400, a longitudinal cohort study of sexual and gender minority youth assigned female at birth (SGM-AFAB), including cis-gender sexual minority women, transmen, and gender nonbinary youth AFAB. In the first phase of the study we collected 7 waves of data and now we plan to collect 6 additional waves, across ages 21-28. We will use the prospective data to help understand risk and protective factors for mental health and healthy relationship functioning among SGM-AFAB youth from adolescence through young adulthood.

We have just completed data collection on the ACE study, a qualitative study on the identity disclosure and concealment experiences of individuals who identify as asexual.

Charlie Giraud joined our lab as a first-year student in UC’s Clinical Psychology Ph.D. program.



=====

**Lab Name:** UVic Healthy Relationships Lab

**Head of Lab:** Dr. Erica Woodin

**Lab Update:**

Our lab’s focus is supporting families at risk for intimate partner violence, mental health concerns, and addictions. We are currently running a study using Motivational Enhancement Therapy (MET) via telehealth to support new parents at risk of intimate partner violence. We have had great feedback so far from participants and hope to continue a steady pace of onboarding and recruitment!

In addition, we have become involved in a research collaboration entitled, “Consensus Building Days”, with Dr. Mauricio Garcia-Barrera’s UVic CORTEX lab, the Constable Gerald Breese Centre for Traumatic Life Losses, and the University of British Columbia to host three events at UVic aimed at gathering perspectives and values of healthcare providers, community stakeholders, and individuals/families with lived experience of the intersections of brain injury, mental health, addictions, and intimate partner violence.

Another exciting project we will be working on is the creation of a lab knowledge translation team to help bring our various research findings to light in accessible ways.

Finally, we would like to welcome our new graduate student, **Sean Morgan**, who joined us in September! Sean’s primary research interest is close relationships and health outcomes.




---

**Lab Name:** The Couple and Family Lab, Denmark

**Head of Lab:** Tea Trillingsgaard

**Lab Update:**

Dr. Trillingsgaard, Dr. Fentz, Dr. Hansen, and Dr. Leth-Nissen began data collection for the 4-year implementation study of a stepped-care model in the treatment of couple distress funded by the Danish foundation, Samfonden. The stepped-care model is targeting parenting couples in four municipalities and includes low to high intensity services: digital relationship health promotion, guided use of self-help literature, web-based intervention (the OurRelationship program), brief face-to-face assessment and feedback consultation (the Marriage Checkup) and face-to-face couple therapy (IBCT).

Together with distinguished research professor Andrew Christensen and his team of trainers, Dr. Trillingsgaard organized and held the first full 5-day international training in Integrative Behavioral Couple Therapy with 77 participants from 7 different countries. Look out for the next iteration of this course which is expected for 2024.

Anne Klode is examining the relationship between co-parent support and fathers’ sense of parental competence as part of her dissertation research.

Lea Greve enjoys her 2-months research exchange internship at the child and adolescent psychiatric research unit, Aarhus University Hospital.

**Lab Name:** Research on Attachment and Relationships (ROAR)

**Head of Lab:** Tatiana D. Gray, Ph.D.

**Lab Update:**

Beginning in February 2022, the Research On Attachment & Relationships (ROAR) lab, led by Dr. Tatiana Gray at Springfield College, is now 10 graduate students strong! The lab has primarily been focused on conducting a study adapting the Relationship Checkup (a brief two session intervention) for couples facing breast cancer together, and with data collection complete, we've moved into the process of analysis and interpretation of the results.

ROAR had a blast presenting a symposium and poster on an adaptation of the Relationship Checkup for LGBTQ+ couples in New York 2022 and have since submitted to present another poster and symposium related to the BCRC at ABCT 2023.




---



---

## Hot off the Press

### *Recent or Upcoming Contributions to the Couples Literature*

Allen, E. S., Renshaw, K. D., & Fredman, S. J. (2023). An exploration of potential pressures to engage in parenting accommodation of PTSD symptoms for military couples. *Family Process*. Advance online publication. <http://doi.org/10.1111/famp.12858>

Allen, M. O. T., Rhoades, G. K., & Mazzoni, S. E. (in press). Individual-oriented relationship education and postpartum depression: The impact of the MotherWise program. *Couple and Family Psychology: Research and Practice*.

Barton, A. W., Gong, Q., Stanley, S. M., & Rhoades, G. K. (2023). Changes in couple, parenting, and individual functioning following participation in the Family Expectations program. *Journal of Marital & Family Therapy*, 49(1), 169-185. doi: 10.1111/jmft.12613

Baucom, D.H., Epstein, N.B., Fischer, M.S., Kirby, J.S., & LaTailade, J.J. (2023). Cognitive-behavioral couple therapy. In J. Lebow, & D. K. Snyder (Eds.), *Clinical handbook of couple therapy* (6th ed.) (pp. 53-78). New York: Guilford.

Fischer, M. S., Baucom, D. H., Abramowitz, J. S., & Baucom, B. R. W. (2022). Interpersonal emotion dynamics in obsessive-compulsive disorder: Associations with symptom severity, accommodation, and treatment outcome. *Couple and Family Psychology: Research and Practice*. Advance online publication. <https://doi.org/10.1037/cfp0000218>

Fischer, M. S. (in press). Paar- und familienbasierte Therapie. In U. Voderholzer, N. Kathmann, & B. Reuter (Eds.), *Praxishandbuch Zwangsstörung*. München: Urban & Fischer.

Fredman, S. J., Fischer, M. S., Baucom, D. H., Le, Y., Taverna, E. C., Chow, S.-M., Ram, N., & Marshall, A. D. (2023). PTSD symptom cluster severity predicts momentary emotion dynamics during couple conversations. *Behavior Therapy*, 54(2), 330-345. <https://doi.org/10.1016/j.beth.2022.09.004>

Fredman, S. J., Le, Y., Renshaw, K. D., & Allen, E. S. (2022). Longitudinal associations among service members' PTSD symptoms, partner accommodation, and partner distress. *Behavior Therapy*, 53(6), 1161-1174.

Godfrey, L. M., James-Kangal, N., Newcomb, M. E. & Whitton, S.W. (2022). Aspirations for relationships, marriage, and parenting among sexual and gender minority youth assigned female at birth. *Journal of Family Psychology*. <http://dx.doi.org.uc.idm.oclc.org/10.1037/fam0000990>

Gordon, K. C., Mitchell, E.A., Baucom, D.H., & Snyder, D.K. (2023). Couple therapy and the treatment of affairs. In J. Lebow, & D. K. Snyder (Eds.), *Clinical handbook of couple therapy (6th ed.)* (pp. 413- 433). New York: Guilford.

Hatch, S. G., Goodman, Z. T., Hatch, H. D., Le, Y., Guttman, S., & Doss, B. D. (2023). Web-based relationship education and pornography-related behaviors: A single-group design during the COVID-19 pandemic. *Archives of Sexual Behavior*. Advance online publication. <https://doi.org/10.1007/s10508-022-02518-x>

Heyman, R. E., Lorber, M. F., Kim, S., Wojda-Burlij, A. K., Stanley, S. M., Ivic, A., Snyder, D. K., Rhoades, G. K., Whisman, M. A., & Beach, S. R. H. (2023). Overlap of relationship distress and intimate partner violence in community samples. *Journal of Family Psychology*, 37(1), 37-44. <http://dx.doi.org/10.1037/fam0001031>

Jenkins, A. I. C., Fredman, S. J., Gamaldo, A. A., King, V. E., & Almeida, D. M. (in press). Love, health, and the 'hood: An examination of romantic relationship adjustment and perceived neighborhood quality as predictors of partnered Black Americans' long-term psychological health. *Journal of Psychopathology and Clinical Science*. <http://doi.org/10.1037/abn0000821>

Jiang, L. J., Rossi, F. S., Beck, C. J., Applegate, A. G., Adams, J. M., & Holtzworth-Munroe, A. (2022). Predictors of attendance at court-referred shuttle or videoconferencing mediation among separating or divorcing parents reporting high levels of intimate partner violence. *Family Court Review*, 60(1), 98-114. <https://doi.org/10.1111/fcre.12577>

Johnson, M. D., Stanley, S. M., & Rhoades, G. K. (2022). Does income moderate basic relationship processes? *Journal of Marriage and Family*. Advance online publication. <https://doi.org/10.1111/jomf.12877>

Katz-Wise, S. L., Perry, N. S., Nelson, K. M., Gordon, A. R., & Ybarra, M. L. (In press). Sexual fluidity in identity and behavior among cisgender adolescents: Findings from the longitudinal Growing Up with Media Study, *Journal of Pediatrics*.

Kluwer, E. S. & Trillingsgaard, T. (accepted/in press). Psychological Perspectives on Partnering. In: D. Mortelmans, L. Bernardi & B. Perelli-Harris (eds), *Research Handbook on Partnering across the Life Course* edited by. Edward Elgar Publishing: Research Handbooks in Sociology.

Lawlace, M., Newcomb, M.E., & Whitton, S.W. (2022). Minority stressors and suicidal ideation in sexual and gender minority youth assigned female at birth: Prospective associations and racial differences. *Suicide and Life-Threatening Behavior*, 00, 1-10. DOI: 10.1111/sltb.12912

Mazzoni, S. E., Allen, M. O. T., Hyer, J., Peña, R. & Rhoades, G. K. (in press). Impact of prenatal group healthy relationship education on postpartum contraception. *Women's Health Reports*.

Newcomb, M. E., Swann, G., Macapagal, K., Sarno, E. L., Whitton, S. W., & Mustanski, B. (in press). Biomedical and behavioral outcomes of 2GETHER: An RCT of a telehealth HIV prevention program for young male couples. *Journal of Consulting and Clinical Psychology*.

Perry, N. S., Goldenberg, T., Huebner, D. M., Brown, A., Ware, D., Meanley, S., Haberlen, S., Brennan-Ing, M., Egan, J. E., Teplin, L., Ho, K., Detels, R., Friedman, M., & Plankey, M. W. (2022). Longitudinal associations of relationship support and strain and internalized homophobia with mental health among middle-aged and older gay and bisexual men, *Aging and Mental Health*.

Rossi, F. S., Applegate, A.G., & Beck, C. J., Timko, C., & Holtzworth-Munroe, A. (2022). Screening for intimate partner violence in family mediation: An examination of multiple methodological approaches using item response theory. *Assessment*. <https://doi.org/10.1177/10731911211022843>

Sarno, E., Newcomb, M.E., & **Whitton, S.W.** (in press) Minority stress and intimate partner violence among sexual and gender minorities assigned female at birth. *Psychology of Violence*.

Sarno, E., Dyar, C., Newcomb, M. E., & Whitton, S. W. (2022). Relationship quality and mental health among sexual and gender minorities. *Journal of Family Psychology*, 36 (5), 770-779. <http://dx.doi.org.uc.idm.oclc.org/10.1037/fam0000944>

Scheer, J. R., Lawlace, M., Cascalheira, C. J., Newcomb, M. E., & Whitton, S. W. (2022). Help-seeking for severe intimate partner violence among sexual and gender minority adolescents and young adults assigned female at birth: A latent class analysis. *Journal of Interpersonal Violence*. <https://doi.org/10.1177/08862605221137711>

Scott, S. B., Pulice-Farrow, L., Do, Q. A., Garibay, B., & Balsam, K. F. (2023). "The sense of falling in love again": Transgender and non-binary individuals' positive experiences in romantic relationships during gender transitions. *The Behavior Therapist*, 46(3), 113-122.

Scott, S. B., Knopp, K., Yang, J., Gaska, K., Do, Q. A. (2022). Sexual minority women, health care discrimination, and poor health outcomes: A mediation model through delayed care. *LGBT Health*.

Scott, S. B., Gaska, K., Knopp, K., Do, Q. A., & Yang, J. (2022). Sexual minority women and discriminatory healthcare experiences: An intersectional evaluation across race and ethnicity. *Women's Health Issues*.

Siegel, M., Randall, A. K., Lannutti, P. J., Fischer, M. S., Gandhi, Y., Lukas, R., Meuwly, N., Filep, O., van Stein, K., Ditzen, B., Martos, T., Schneckenreiter, C., Totenhagen, C., & Zemp, M. (2022). Intimate pride: A tri-nation study on associations between positive minority identity aspects and relationship quality in sexual minorities from German-speaking countries. *International Journal of Applied Positive*

*Psychology*. Advance online publication. <https://doi.org/10.1007/s41042-022-00070-6>

Snyder, D.K., Gordon, K.C., & Baucom, D.H. (2023). *Getting past the affair: A program to help you cope, heal, and move on-- Together or apart (2<sup>nd</sup> ed.)*. New York: Guilford Press.

Stanley, S.M., Barton, A.W., Ritchie, L.L., Allen, M.O.T., & Rhoades, G.K. (2023). The Stable Low-Conflict Index: A policy-relevant outcome in government-funded relationship education efforts. *Family Relations*, 1-17. Advance Online. <https://doi.org/10.1111/fare.12845>

Swann, G., Crosby, S., Newcomb, M. E., & Whitton, S. W. (in press). Intersectional stigma and mental health: Interactions with identity authenticity and SGM community in sexual and gender minoritized young adults of color. *Cultural Diversity and Ethnic Minority Psychology*.

Swann, G., Bettin, E., Ryan, D. T., Clifford, A., Newcomb, M. E., Whitton, S. W., & Mustanski, B. (2022). The sexual orientation microaggression inventory short form (SOMI-SF): Validation in three samples of racially/ethnically diverse sexual minority youth. *Sexuality Research and Social Policy*. <http://dx.doi.org.uc.idm.oclc.org/10.1007/s13178-022-00695-x>

Tomlinson, C.S., Rudd, B.N., Applegate, A.G, Diaz, A., & Holtzworth-Munroe, A. (2022 online). Evaluation of a Court Initiated Randomized Controlled Trial of Online Parent Programs for Divorcing and Separating Parents. *Journal of Family Psychology*.

Tomlinson, C. S., Rudd, B. N., Applegate, A. G., Diaz, A., & Holtzworth-Munroe, A. (2022). Lessons for a COVID-19 era: Barriers and facilitators to court ordered online parenting programs for divorcing and separating parents. *Family Court Review*, 1–18. <https://doi.org/10.1111/fcre.12643>.

Weber, D. M., Baucom, B. R. W., Baucom, D. H., Fischer, M. S., Ramos, K., Romano, J. M., Porter, L. S., & Langer, S. L. (provisionally accepted for publication). Concurrent and prospective associations between communicated emotional arousal and adjustment among couples coping with cancer. *Annals of Behavioral Medicine*.

Whitton, S.W., Sarno, E., Josza, K., Garcia, C. P., & Newcomb, M.E. (in press) Recruiting and retaining sexual and gender minority couples intervention research: Lessons learned from trials of tailored relationship education programs. *Family Process*.

Whitton, S. W., Bothwell, S., Crosby, S., & Newcomb, M. E. (2023). Sexual and Gender Minority Individuals' Perspectives on How the COVID-19 Pandemic Has Affected Their Couple Relationships. *Couple and Family Psychology*.