

Jessica P. Lougheed, PhD

Assistant Professor

Department of Human Development and Family Studies

Purdue University, West Lafayette, IN • 47906 USA

<http://jplougheed.com>

EDUCATION

PhD	Queen's University Developmental Psychology <i>Advisor:</i> Tom Hollenstein, PhD <i>Thesis:</i> Interpersonal Emotion Dynamics in Mother-Daughter Dyads during Adolescence	2016
MSc	Queen's University Developmental Psychology <i>Advisor:</i> Tom Hollenstein, PhD <i>Thesis:</i> Emotion Co-Regulation in Parent-Child Dyads with Externalizing and Typically-Developing Children	2012
BA (Honours)	University of Victoria Major in Psychology, Minor in Germanic Studies <i>Advisor:</i> Bonnie Leadbeater, PhD <i>Thesis:</i> The Effect of Parent-Adolescent Relationships and Adolescent Mastery on Self-Harming Behaviour	2010

PROFESSIONAL POSITIONS

Assistant Professor (incoming)	Department of Human Development and Family Studies, Purdue University	August, 2018
Banting Postdoctoral Fellow	Department of Psychology, The Pennsylvania State University <i>Advisors:</i> Pamela M. Cole, PhD, and Nilam Ram, PhD	2016-2018

SELECTED FELLOWSHIPS AND AWARDS

Full list available at <http://jplougheed.com/awards>

Monetary Awards

\$140,000 (CDN)	Banting Postdoctoral Fellowship <i>Social Sciences and Humanities Research Council</i>	2016-2018
\$81,000 (CDN)	Postdoctoral Fellowship <i>Social Sciences and Humanities Research Council (declined)</i>	2016-2018
\$15,000 (CDN)	Ontario Graduate Scholarship <i>Ministry of Training, Colleges, and Universities</i>	2015-2016
\$105,000 (CDN)	Joseph-Armand Bombardier Canada Graduate Scholarship <i>Social Sciences and Humanities Research Council</i>	2012-2015
\$15,000 (CDN)	Ontario Graduate Scholarship <i>Ministry of Training, Colleges, and Universities (declined)</i>	2012-2013
\$17,500 (CDN)	Joseph-Armand Bombardier Canada Graduate Scholarship <i>Social Sciences and Humanities Research Council</i>	2011-2012
\$15,000 (CDN)	Ontario Graduate Scholarship <i>Ministry of Training, Colleges, and Universities (declined)</i>	2011-2012

\$10,428 (CDN) Queen's Graduate Award
Queen's University

2010-2011

Other Recognition

Dissertation Award in Developmental Psychology <i>American Psychological Association, Developmental Psychology (Division 7)</i>	2018
SRCD Outstanding Dissertation Award <i>Society for Research in Child Development</i>	2017
Andrew McGhie Prize in Psychology (Most Outstanding Dissertation of the Year) <i>Department of Psychology, Queen's University</i>	2017
Certificate of Academic Excellence for best Master's thesis <i>Canadian Psychological Association</i>	2013
Nominated for the Teaching Assistantship Prize in Psychology <i>Queen's University</i>	2012

RESEARCH FUNDING

\$179,706 (CDN) Development of Socioemotional Flexibility across Adolescence Insight Grant, <i>Social Sciences and Humanities Research Council of Canada</i> Principal Investigator: Tom Hollenstein, PhD Role: Collaborator	2018-2023
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PUBLICATIONS

Peer-Reviewed Research

- Main, A., **Lougheed, J. P.**, Disla, J., & Kashi, S. (In press). Timing of adolescent emotional disclosures: The role of maternal emotions and adolescent age. *Emotion*. doi: 10.1037/emo0000483
- Lougheed, J. P.**, & Hollenstein, T. (2018). Arousal transmission and attenuation in mother-daughter dyads in adolescence. *Social Development, 27*, 19-33. doi: 10.1111/sode.12250
- Hollenstein, T., Tighe, A., & **Lougheed, J. P.** (2017). Emotional development in the context of mother-child relationships. *Current Opinion in Psychology, 17*, 140-144. doi: 10.1016/j.copsyc.2017.07.010
- Lougheed, J. P.**, Hollenstein, T., & Lewis, M. D. (2016). Maternal regulation of daughters' emotion during conflicts from early to mid-adolescence. *Journal of Research on Adolescence, 26*(3), 610-616. doi: 10.1111/jora.12211
- Lougheed, J. P.**, & Hollenstein, T. (2016). Socioemotional flexibility in mother-daughter dyads: Riding the emotional rollercoaster across positive and negative contexts. *Emotion, 16*(5), 620-633. doi: 10.1037/emo0000155
- Lougheed, J. P.**, Craig, W. M., Pepler, D., Connolly, J., O'Hara, A., Granic, I., & Hollenstein, T. (2016). Maternal and peer regulation of adolescent emotion: Associations with depressive symptoms. *Journal of Abnormal Child Psychology, 44*(5), 963-974. doi: 10.1007/s10802-015-0084-x
- Lougheed, J. P.**, Koval, P., & Hollenstein, T. (2016). Sharing the burden: The interpersonal regulation of emotional arousal in mother-daughter dyads. *Emotion, 16*(1), 83-93. doi: 10.1037/emo0000105
- Lougheed, J. P.**, Hollenstein, T., Lichtwarck-Aschoff, A., & Granic, I. (2015). Maternal regulation of child affect in externalizing and typically-developing children. *Journal of Family Psychology, 29*(1), 10-19. doi: 10.1037/a0038429
- Hollenstein, T. & **Lougheed, J. P.** (2013). Beyond storm and stress: Typicality, transactions, timing, and temperament to account for adolescent change. *American Psychologist, 68*(6), 444-454. doi: 10.1037/a0033586

Lougheed, J. P., & Hollenstein, T. (2012). A limited repertoire of emotion regulation strategies predicts internalizing problems in adolescence. *Social Development, 21*(4), 704-721. doi: 10.1111/j.1467-9507.2012.00663.x

Book Chapters

Cole, P. M., **Lougheed, J. P., & Ram, N. (2018).** The development of emotion regulation in early childhood: A matter of multiple time scales. In P. M. Cole & T. Hollenstein (Eds.), *Emotion Regulation: A Matter of Time*. Abingdon, UK: Taylor & Francis.

Lougheed, J. P., & Hollenstein, T. (2018). Methodological approaches to studying interpersonal emotion dynamics. In A. K. Randall & D. Schoebi (Eds.), (79-97). *Interpersonal Emotion Dynamics in Close Relationships*. Cambridge: Cambridge University Press. doi: 10.1017/9781316822944

Granic, I., & **Lougheed, J. P. (2016).** The role of anxiety in coercive family processes with aggressive children. In J. Snyder & T. Dishion (Eds.), (231-248). *Oxford Handbook of Coercive Relationship Dynamics*. Oxford, UK: Oxford University Press. doi: 10.1093/oxfordhb/9780199324552.013.18

Conference Proceedings

Gupta, M., **Lougheed, J. P., Tran, T., Borsuk-Gudz, M., Cassidy, S., Hollenstein, T., & Bowie, C.R. (2015, March).** Understanding complex family interactions in early episode psychosis. In *Schizophrenia Bulletin* (Vol. 41, pp. S174-S175). Oxford, England: Oxford University Press.

RESEARCH TOOLS

Lougheed, J. P., & Hollenstein, T. (2014). *Specific Affect Coding System Manual: 5-Code Version*. Unpublished manual.

Lougheed, J. P., & Hollenstein, T. (2011). *Co-Regulation Coding Manual*. Unpublished manual.

PRESENTATIONS AT REFEREED CONFERENCES

Chaired Symposia

Lougheed, J. P. (2017). Methodological approaches for the study of emotion dynamics. *Association for Psychological Science* convention, Baltimore, MD.

Lougheed, J. P. (2017). Linking family emotion socialization, behavior, and physiological processes: Reward, relationships, and positive contexts. *Society for Research on Child Development Biennial Meeting*, Austin, TX.

Lougheed, J. P. (2017). Adolescent social and emotion dynamics at multiple time scales and relations to psychosocial adjustment. *Society for Research on Child Development Biennial Meeting*, Austin, TX.

Lougheed, J. P. (2015). Time series methods for interpersonal emotion processes in childhood and adolescence. *Society for Research on Child Development*, Philadelphia, PA.

Paper Presentations

Tighe, A., **Lougheed, J. P., & Hollenstein, T. (2018).** Emotion dynamics in mother-daughter relationships across adolescence. *Association for Psychological Science Annual Convention*, San Francisco, CA.

Main, A., **Lougheed, J. P., & Disla, J. (2018).** Dynamics of observed adolescent disclosure during mother-adolescent conflict: The role of maternal emotions and adolescent age. *Society for Research on Adolescence 2018 Biennial Meeting*, Minneapolis, MN.

Lougheed, J. P., Benson, L., Cole, P. M., & Ram, N. (2017). Examining emotion dynamics with survival analysis: An application to self-regulation in early childhood. *Association for Psychological Science* convention, Baltimore, MD.

Lougheed, J. P., & Hollenstein, T. (2017). Arousal transmission in mother-daughter dyads in negative and positive emotion contexts. *Society for Research on Child Development Biennial Meeting*, Austin, TX.

- Lougheed, J. P.**, Tsui, T., & Hollenstein, T. (2017). Socioemotional flexibility in mother-daughter dyads: Associations with psychosocial and physiological adjustment. *Society for Research on Child Development Biennial Meeting*, Austin, TX.
- Lougheed, J. P.**, Koval, P., & Hollenstein, T. (2016). The buffering of sympathetic arousal during social stress in mother-daughter dyads. *Society for Research on Adolescence Biennial Meeting*, Baltimore, MD.
- Lougheed, J. P.** (2015). Social baseline theory and interpersonal emotion regulation. *Emotion Preconference at the Society for Research on Child Development*, Philadelphia, PA.
- Lougheed, J. P.**, Hollenstein, T., Craig, W. M., Pepler, D. J., & Connelly, J. (2015). Real-time multilevel survival analysis of adolescent emotion socialization. *Society for Research on Child Development*, Philadelphia, PA.
- Lougheed, J. P.**, Hollenstein, T., & Lewis, M. D. (2014). Event history analysis of mothers' co-regulation of adolescent daughters' affect. *Society for Research on Adolescence*, Austin, TX.
- Hollenstein, T., Lanteigne, D. M., & **Lougheed, J. P.** (2013). Adolescent social stress and social anxiety: What are they anxious about? *Society for Research on Child Development*, Seattle, WA
- Lanteigne, D. M., Hollenstein, T., Eastabrook, J., & **Lougheed, J. P.** (2013). Longitudinal patterns among emotional experience, arousal, and expression in adolescence. *Society for Research on Child Development*, Seattle, WA
- Lougheed, J. P.**, Hollenstein, T., Lichtwarck-Aschoff, A., & Granic, I. (2013). Multilevel survival analysis of parent regulation and child negative affect in dyads with typically developing and externalizing children. *Society for Research on Child Development*, Seattle, WA
- Hollenstein, T., Lanteigne, D. M., Eastabrook, J., & **Lougheed, J. P.** (2012). The dynamics of social stress over time: Physiological, behavioral, and psychological trajectories of emotional responsivity. *Society for Research on Adolescence*, Vancouver, BC.
- Hollenstein, T., Lanteigne, D. M., Eastabrook, J., & **Lougheed, J. P.** (2012). Patterns among emotional experience, arousal, and expression in adolescence. *Society for Research on Adolescence*, Vancouver, BC

Poster Presentations

- Tighe, A., **Lougheed, J. P.**, & Hollenstein, T. (2018). Mother-daughter socioemotional flexibility remains consistent from mid- to late adolescence. *Association for Psychological Science Annual Convention*, San Francisco, CA.
- Tsui, T., **Lougheed, J. P.**, & Hollenstein, T. (2018). Dyadic and individual socioemotional flexibility differentially predict psychosocial well-being of mothers and daughters. *Association for Psychological Science Annual Convention*, San Francisco, CA.
- Tighe, A., **Lougheed, J. P.**, & Hollenstein, T. (2018). Socioemotional flexibility in mother-daughter relationships across adolescence. *Development 2018: A Canadian Conference on Developmental Psychology*, St. Catharines, ON.
- Tighe, A., **Lougheed, J. P.**, & Hollenstein, T. (2017). Mother-daughter emotion dynamics: Whose relationship is it anyway? *Society for Research on Child Development biennial meeting*, Austin, TX.
- Lougheed, J. P.**, Hollenstein, T., Craig, W. M., Pepler, D. J., & Connelly, J. (2014). Parent and peer co-regulation of adolescent positive affect: Associations with sex and internalizing problems. *Development 2014: A Canadian Conference on Developmental Psychology*, Ottawa, ON.
- Lougheed, J. P.**, & Hollenstein, T. (2014). Longitudinal patterns of adolescent emotion regulation: Associations with internalizing problems. *Society for Research on Adolescence*, Austin, TX.
- Lougheed, J. P.**, Hollenstein, T., Lichtwarck-Aschoff, A., & Granic, I. (2013). Event history analysis of parent regulation of child negative affect in dyads with typically developing and externalizing children. *International Society for Research on Emotion*, Berkeley, CA
- Lougheed, J. P.**, & Hollenstein, T. (2013). Patterns among adolescent emotion regulation strategies: Associations with internalizing problems. *Society for Research on Child Development*, Seattle, WA.
- Lougheed, J. P.**, & Hollenstein, T. (2012). Emotion regulation profiles in adolescence. *Society for Research on Adolescence*, Vancouver, BC.

TEACHING EXPERIENCE

Instructor of Record

Introduction to Family Processes (HDFS 201) September-December 2018
Students enrolled: 65
Department of Human Development and Family Studies, Purdue University

Teaching Fellowship (Sole Instructor)

Social and Emotional Development (PSYC 351) January-April 2016
Students enrolled: 122
Department of Psychology, Queen's University

Teaching Assistantships

Introduction to Statistics, Coordinating TA 2014-2015
Continuing & Distance Studies, Queen's University

Honours Thesis (PSYC 501) 2013-2014
Department of Psychology, Queen's University

Social and Emotional Development (PSYC 351) 2013
Department of Psychology, Queen's University

Introduction to Psychology (PSYC 100) 2011-2012
Department of Psychology, Queen's University

Introduction to Psychology (PSYC 100) 2010-2011
Department of Psychology, Queen's University

OTHER RESEARCH EXPERIENCE

Research Assistant 2010
Department of Leadership Studies
Royal Roads University
Advisor: Lily Dyson, PhD
Topic: Meta-analysis of the literacy skills of children with disabilities

Research Assistant 2009-2010
Island Medical Program
University of Victoria
Advisor: Nichole Fairbrother, PhD
Topic: Perinatal mental health: Services, needs and access in Victoria BC

Research Assistant 2009
Department of Research and Capacity Building
Vancouver Island Health Authority
Advisor: Nichole Fairbrother, PhD
Topic: Perinatal mental health: Services, needs and access in Victoria BC

ADDITIONAL TRAINING

Statistical Power Analysis for Intensive Longitudinal Studies 2017
Methodology Center at Pennsylvania State University; J-P Laurenceau & Niall Bolger

Social Relations Modeling of Dyadic Data 2017
Association for Psychological Science workshop; Thomas E. Malloy

Analyzing Ambulatory Assessment Data using Multilevel Modeling 2017
Methodology Center at Pennsylvania State University; Michael Russell

<i>Introduction to Time-Varying Effect Modeling</i> Methodology Center at Pennsylvania State University; Stephanie Lanza	2017
<i>Introduction to Growth Curve Modeling: An Overview and Recommendations for Practice</i> Society for Research on Adolescence post-conference workshop; Patrick Curran & Daniel J. Bauer	2016
<i>Multilevel Modeling workshop</i> Queen's University, Department of Psychology; Elizabeth Page-Gould	2015
<i>Multilevel Modeling course</i> Institute for Measurement, Methodology, Analysis and Policy; Texas Tech University; James P. Selig	2015
<i>Workshop on Computationally Intensive Modeling of Social Interaction</i> University of Arizona	2014
<i>Dynamic Mediation Workshop: Methodological Advances in Modeling Real Time Data</i> Arizona State University	2014

PROFESSIONAL ACTIVITIES AND AFFILIATIONS

Funding Reviewer

Doctoral Research Awards-B Committee Member, *Canadian Institutes of Health Research* 2016-2017

Journal Ad-Hoc Reviewer

Biological Psychology | Child Development | Cognition and Emotion | Depression and Anxiety | Developmental Psychology | Emotion | European Journal of Psychological Assessment | Frontiers in Psychology, Emotion Science section | Motivation and Emotion | International Journal of Behavioral Development | Journal of Abnormal Child Psychology | Journal of Adolescence | Journal of Early Adolescence | Journal of Family Psychology | Journal of Research on Adolescence | Social Development

Membership in Academic Societies

Association for Psychological Science | Society for Research on Child Development | Society for Research on Adolescence

SELECTED MEDIA COVERAGE

Full list available at <http://jplougheed.com/media/>

Brousseau, E. (October 24, 2016). Queen's psychology graduate Jessica Lougheed, PhD receives Banting fellowship. Retrieved from <http://www.queensu.ca/psychology/feature-story-jessica-lougheed-october-2016>

Nauert, R. (August 26, 2016). How teens learn to manage their emotions. *PsychCentral*. Retrieved from <http://psychcentral.com/news/2016/08/25/how-teens-learn-to-manage-their-emotions/109040.html>

Researchers measure emotional flexibility in mother-daughter dyads. (August 24, 2016). *Science Daily*. Retrieved from <https://www.sciencedaily.com/releases/2016/08/160824135517.htm?>

Armes, C. (August 24, 2016). The mother-daughter dyad: Going with the flow. *Queen's Gazette, Queen's University*. Retrieved from <http://www.queensu.ca/gazette/stories/mother-daughter-dyad-going-flow>

Micu, A. (September 16, 2015). Close relationships make handling stress easier. *ZME Science*. Retrieved from <http://www.zmescience.com/science/close-relationships-stress-9783823/>

Cara, E. (September 15, 2015). Family love: Teen girls who are close with their moms may handle socially stressful situations better. *Medical Daily*. Retrieved from <http://www.medicaldaily.com/family-love-teen-girls-who-are-close-their-moms-may-handle-socially-stressful-352748>

Nauert, R. (September 15, 2015). Mother-daughter closeness can ease stress. *Psyc Central*. Retrieved from <http://psychcentral.com/news/2015/09/15/mother-daughter-closeness-can-ease-stress/92269.html>

Evidence of emotional 'load sharing' in close relationships. (September 14, 2015). *Science Daily*. Retrieved from <http://www.sciencedaily.com/releases/2015/09/150914220528.htm>

Vitelli, R. (September 30, 2013). Storming into adulthood: Are adolescents really emotional volcanoes waiting to explode? *Psychology Today*. Retrieved from <http://www.psychologytoday.com/blog/media-spotlight/201309/storming-adulthood>

Craig, A. (October 24, 2013). A new way of looking at teenage temperament. *Medical Xpress*. Retrieved from <http://medicalxpress.com/news/2013-10-teenage-temperament.html>