

# Jessica P. Lougheed, PhD

## Assistant Professor

Department of Human Development and Family Studies  
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### EDUCATION

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

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### PROFESSIONAL POSITIONS

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

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### SELECTED FELLOWSHIPS AND AWARDS

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

#### Monetary Awards

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

\$10,428 (CDN) Queen's Graduate Award 2010-2011  
Queen's University

### **Other Recognition**

Outstanding Ally Award 2019  
*Purdue University LGBTQ Center*

Dissertation Award in Developmental Psychology 2018  
*American Psychological Association, Developmental Psychology (Division 7)*

SRCD Outstanding Dissertation Award 2017  
*Society for Research in Child Development*

Andrew McGhie Prize in Psychology (Most Outstanding Dissertation of the Year) 2017  
*Department of Psychology, Queen's University*

Certificate of Academic Excellence for best Master's thesis 2013  
*Canadian Psychological Association*

Nominated for the Teaching Assistantship Prize in Psychology 2012  
*Queen's University*

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## **RESEARCH FUNDING**

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### **Funded projects**

\$9,828 (USD) Project: Interpersonal Associations between Mothers' and Adolescents' Emotional Functioning and Internalizing Symptoms 2019  
Burkhart Faculty Fellowship  
*Center for Families, Purdue University*  
Role: Principal Investigator

\$8,000 (USD) Summer Faculty Grant 2019  
*Executive Vice President for Research and Partnerships, Purdue University*  
Role: Principal Investigator

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

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## **PUBLICATIONS**

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### **Peer-Reviewed Research**

Cole, P. M., **Lougheed, J. P.**, Chow, S-M, & Ram, N. (In press). Development of emotion regulation dynamics across early childhood: A multiple time-scale approach. *Affective Science*.

**Lougheed, J. P.**, Main, A., & Helm, J. L. (In press). Mother-adolescent conflict dynamics and associations with adolescent perspective taking. *Journal of Family Psychology*. doi: 10.1037/fam0000632.

**Lougheed, J. P.** (In press). Parent-adolescent dyads as temporal interpersonal emotion systems. *Journal of Research on Adolescence*. doi: 10.1111/jora.12526

**Lougheed, J. P.**, Brinberg, M., Ram, N., & Hollenstein, T. (2020). Emotion socialization as a dynamic process across emotion contexts. *Developmental Psychology*, 56(3), 553-565. doi: 10.1037/dev0000801

Yang, X., Ram, N., **Lougheed, J. P.**, Molenaar, P. C. M., & Hollenstein, T. (2019). Adolescents' emotion system dynamics: Network-based analysis of physiological and emotional experience. *Developmental Psychology*, 55, 1982-1993. doi: 10.1037/dev0000690

- Main, A., **Lougheed, J. P.**, Disla, J., & Kashi, S. (2019). Timing of adolescent emotional disclosures: The role of maternal emotions and adolescent age. *Emotion, 19*(5), 829-840. doi: 10.1037/emo0000483
- Lougheed, J. P.**, Benson, L., Cole, P. M., & Ram, N. (2019). Multilevel survival analysis: Studying the timing of children's recurring behaviors. *Developmental Psychology, 55*(1), 53-65. doi: 10.1037/dev0000619
- Davis, W. E., Giner-Sorolla, R., Lindsay, D. S., **Lougheed, J. P.**, Makel, M. C., Meier, M. E., Sun, J., Vaughn, L., & Zelenski, J. M. (2018). Peer review guidelines promoting replicability and transparency in psychological science. *Advances in Methods and Practices in Psychological Science, 1*(4), 556-673. doi: 10.1177/2515245918806489.
- 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**

- Lougheed, J.P.** (2019). Conflict dynamics and the transformation of the parent-adolescent relationship. In S. Kunnen, M. van der Gaag, N. de Ruiter-Wilcox, & B. Jeronimus (Eds.), (69-82). *Psychosocial Development in Adolescence: Insights from the Dynamic Systems Approach*. New York: Routledge.
- 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.), (70-87). *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.), (75-92). *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.

## **Non Peer-Reviewed Publications**

**Lougheed, J. P.** (2019). A dynamic systems perspective of emotion in the parent-adolescent relationship. Feature article in the *Emotion Researcher Spotlight* series of *Emotion Researcher*, the sourcebook and newsletter for the International Society for Research on Emotion. Retrieved from <http://emotionresearcher.com/a-dynamic-systems-perspective-of-emotion-in-the-parent-adolescent-relationship/>

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## **RESEARCH TOOLS**

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- Lougheed, J. P.,** & Benson, L. (2016). [Survival analysis](#). A series of tutorials using the R statistical program. *Quantitative Developmental Systems Methodology Core, The Pennsylvania State University*.
- Lougheed, J. P.,** Brinberg, M., & Ram, N. [Growth models with nonlinearity in parameters](#). A tutorial using the R statistical program. *Quantitative Developmental Systems Methodology Core, The Pennsylvania State University*.
- 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.
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## **PRESENTATIONS AT REFEREED CONFERENCES**

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### **Chaired Symposia**

- Lougheed, J. P.** (2019). Dynamic approaches to parent-child interactions from infancy to adolescence. *Society for Research on Child Development Biennial Meeting*, Baltimore, MD.
- 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**

- Yung, S. T., Disla, J., Main, A., Wiebe, S., Cameron, L., Raymond, J., & **Lougheed, J. P.** (submitted). Associations between parental coregulatory responses to observed adolescent disclosures with physical and mental health in Latinx adolescents with Type 1 diabetes. Paper presentation submitted to *Society for Research on Adolescence Biennial Meeting*, San Diego, CA.
- Lougheed, J. P.,** Main, A., & Helm, J. L. (2020). Mother-adolescent emotion dynamics during conflicts: Insights from grid-sequence analysis. *Society for Research on Adolescence Biennial Meeting*, San Diego, CA.
- Lougheed, J. P.,** Tighe, A. B., & Hollenstein, T. (2019). Emotion spillover across social interactions: The emotional rollercoaster task captures the ups and downs of interpersonal emotions across contexts. *Association for Psychological Science* convention, Washington, DC.
- Yang, X., Ram, N., **Lougheed, J. P.,** Molenaar, P. C. M., & Hollenstein, T. (2019). Adolescents' emotion system dynamics: Network-based analysis of physiological and emotional experience. *Society for Research on Child Development Biennial Meeting*, Baltimore, MD.
- Lougheed, J. P.,** Brinberg, M., Ram, N., & Hollenstein, T. (2019). An examination of emotion socialization dynamics in mother-daughter dyads using grid-sequence analysis. *Society for Research on Child Development Biennial Meeting*, Baltimore, MD.

- 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. Catherines, 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.

## INVITED PRESENTATIONS AND PANEL DISCUSSIONS

### Invited presentations

- Lougheed, J. P.** (2020). Title TBD. Invited flash talk at *Society for Affective Science Conference*, San Francisco, CA.
- Lougheed, J. P.** (2019). Grid-sequence analysis: A quantitative approach for categorical time series. Flash talk presented at *Advanced Methods at Purdue*, College of Liberal Arts and College of Health and Human Sciences, September 17, 2019, *Purdue University*.
- Lougheed, J. P.** (2019). A dyadic systems view of emotion dynamics and internalizing symptoms in adolescence. Clinical Psychology Colloquium, March 1, 2019, *Purdue University*.

### Participation on panel discussions

- Teaching Sensitive Topics*, presented at the Human Development and Family Studies Colloquium series, September 20, 2019, *Purdue University*.
- [Purdue Innovative Learning's Tech Today series on Gradescope](#), September 6, 2019, *Purdue University*.

## TEACHING EXPERIENCE

### Instructor of Record

- Research Design and Program Evaluation (HDFS 346)* S 2019, S 2020  
 Students enrolled: 8-12  
 Department of Human Development and Family Studies, Purdue University
- Introduction to Family Process (HDFS 201)* F 2018, S 2019, F 2019, S 2020  
 Students enrolled: 74-120  
 Department of Human Development and Family Studies, Purdue University

### Teaching Fellowship (Sole Instructor)

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

## ADDITIONAL TRAINING AND PROFESSIONAL DEVELOPMENT

- [Faculty Success Program](#) 2019  
 National Center for Faculty Development & Diversity
- [Trans Inclusion Training](#) 2019  
 Purdue LGBTQ Center; Purdue University

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| <a href="#"><u>Safe Zone Training</u></a>  | 2018 |
| Purdue LGBTQ Center; Purdue University   |      |
| <i>Statistical Power Analysis for Intensive Longitudinal Studies</i>                               | 2017 |
| Methodology Center at Pennsylvania State University; J-P Laurenceau & Niall Bolger                 |      |
| <i>Social Relations Modeling of Dyadic Data</i>  | 2017 |
| Association for Psychological Science workshop; Thomas E. Malloy                                   |      |
| <i>Analyzing Ambulatory Assessment Data using Multilevel Modeling</i>                              | 2017 |
| Methodology Center at Pennsylvania State University; Michael Russell                               |      |
| <i>Introduction to Time-Varying Effect Modeling</i>  | 2017 |
| Methodology Center at Pennsylvania State University; Stephanie Lanza                               |      |
| <i>Introduction to Growth Curve Modeling: An Overview and Recommendations for Practice</i>         | 2016 |
| Society for Research on Adolescence post-conference workshop; Patrick Curran & Daniel J. Bauer     |      |
| <i>Multilevel Modeling workshop</i>  | 2015 |
| Queen's University, Department of Psychology; Elizabeth Page-Gould                                 |      |
| <i>Multilevel Modeling course</i>  | 2015 |
| Institute for Measurement, Methodology, Analysis and Policy; Texas Tech University; James P. Selig |      |
| <i>Workshop on Computationally Intensive Modeling of Social Interaction</i>                        | 2014 |
| University of Arizona  |      |
| <i>Dynamic Mediation Workshop: Methodological Advances in Modeling Real Time Data</i>              | 2014 |
| Arizona State University   |      |

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## PROFESSIONAL ACTIVITIES AND AFFILIATIONS

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### **Funding Reviewer**

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| Review Committee Member, Center for Families Annual Funding Program,<br><i>Center for Families, Purdue University</i>             | 2020      |
| Ad hoc grant reviewer, <i>Natural Sciences and Engineering Research Council of Canada, Biological Systems and Functions Group</i> | 2020      |
| Ad hoc grant reviewer, <i>National Science Foundation</i>   | 2019      |
| Grant reviewer, <i>Deutsche Forschungsgemeinschaft (German Research Foundation)</i>   | 2019      |
| Insight Grant Application Assessment, <i>Social Sciences and Humanities Research Council of Canada</i>                            | 2019      |
| Doctoral Research Awards-B Committee Member, <i>Canadian Institutes of Health Research</i>  | 2016-2017 |

### **Conference Submission Reviewer**

Panel reviewer (Emotional Development), *Society for Research on Adolescence 2020 Biennial Meeting* 2019

### **Journal Ad-Hoc Reviewer**

Applied Developmental Science | Biological Psychology | Child Development | Cognition and Emotion | Depression and Anxiety | Developmental Psychology | Development and Psychopathology | 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 Child and Family Studies | Journal of Clinical Child and Adolescent Psychology | Journal of Early Adolescence | Journal of Family Psychology | Journal of Research on Adolescence | Proceedings of the National Academy of Sciences of the United States of America | Social and Personality Psychology Compass | Social Development

### **Membership in Academic Societies**

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

### **Other Affiliations**

Affiliated scientist, *The Military Family Research Institute at Purdue University*  
 Faculty partner, *Center for Families at Purdue University*  
 Faculty affiliate, *Advanced Methods at Purdue*

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## SELECTED MEDIA COVERAGE

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

- Wallace, J. B. (November 23, 2018). The right way for parents to question their teenagers. *The Wall Street Journal*. Retrieved from <https://www.wsj.com/articles/the-right-way-for-parents-to-question-their-teenagers-1542982858>.
- 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>