

Jessica P. Lougheed, PhD
Assistant Professor
Department of Psychology
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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	Department of Psychology, University of British Columbia Okanagan	2020
Assistant Professor	Department of Human Development and Family Studies, Purdue University	2018-2020
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	2011-2012

Ministry of Training, Colleges, and Universities (declined)

\$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

RESEARCH FUNDING

Funded projects

\$10,337 (USD) Identifying critical windows of fluctuations in parent-adolescent conflicts for 2019-2020
adolescent adjustment
Purdue Research Foundation Research Grant
Purdue Research Foundation
Role: Principal Investigator (declined due to job transition)

\$9,828 (USD) Project: Interpersonal Associations between Mothers' and Adolescents' 2019
Emotional Functioning and Internalizing Symptoms
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

PUBLICATIONS

Peer-Reviewed Research

Lougheed, J. P., Duncan, R., Keskin, G., & Marceau, K. (In press). Longitudinal associations between mother-child conflict and child internalizing problems in mid-childhood. *Development and Psychopathology*.

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.

- Cole, P. M., **Lougheed, J. P.**, Chow, S-M, & Ram, N. (2020). Development of emotion regulation dynamics across early childhood: A multiple time-scale approach. *Affective Science*, 1(1), 28-41. doi: [10.1007/s42761-020-00004-y](https://doi.org/10.1007/s42761-020-00004-y)
- Lougheed, J. P.** (2020). Parent-adolescent dyads as temporal interpersonal emotion systems. *Journal of Research on Adolescence*, 30(1), 26-40. 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/>

RESEARCH TOOLS

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.

PRESENTATIONS AT REFEREED CONFERENCES

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

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. (Conference cancelled)

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). Emotion dynamics in parent-adolescent dyads. Invited flash talk at *Society for Affective Science Conference*, San Francisco, CA. (Conference cancelled)
- 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, 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

<i>Faculty Success Program</i>	2019
National Center for Faculty Development & Diversity	
<i>Trans Inclusion Training</i>	2019
Purdue LGBTQ Center; Purdue University	
<i>Safe Zone Training</i>	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	

PROFESSIONAL ACTIVITIES AND AFFILIATIONS

Funding Reviewer

Review Committee Member, Center for Families Annual Funding Program, <i>Center for Families, Purdue University</i>	2020
Ad hoc grant reviewer, <i>Natural Sciences and Engineering Research Council of Canada,</i> <i>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 | Society for the Improvement of Psychological Science

Other Affiliations

Affiliated scientist, *The Military Family Research Institute at Purdue University*, 2018-2020

Faculty partner, *Center for Families at Purdue University*, 2018-2020

Faculty affiliate, *Advanced Methods at Purdue*, 2018-2020

SELECTED MEDIA COVERAGE

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>