





IARR MINI CONFERENCE

Resilience in Interpersonal and Social Environments





Message from the IARR President

On behalf of the IARR Board, I extend a warm welcome to Matthew Rivas-Koehl, who has agreed to serve as Chair of our Diversity, Equity, and Inclusion (DEI) Committee from May 2023 through July 2024. Matthew will have the opportunity to introduce himself in an upcoming e-blast. For now, I hope that you will join me in welcoming Matthew to the new role!

Separately, I wish to share a set of expected behaviors at IARR main conferences and miniconferences, drawing upon language from our Ad Hoc Committee on Misconduct. Given that we are still looking into legal issues concerning the potential implementation of a Code of Conduct (kindly supplied by the DEI Committee, and reviewed by the Ad Hoc Committee on Misconduct), the following guidelines should help ensure safe conference experiences for our attendees at the upcoming mini-conferences in 2023 and the main conference in 2024.

Expected behaviors include, but are not limited to:

- Communicate professionally and constructively, both in-person and online, using language that is welcoming and inclusive. Remain courteous and civil when handling dissent or disagreement, show respect when giving feedback, and be open to alternate points of view.
- Use social media and other online platforms responsibly. Do not share or disseminate any confidential, sensitive, or proprietary information without prior consent.
- Take proactive steps to help prevent or mitigate harassment or harm to other participants, such as informing event staff if you witness a situation where someone may be in danger or being harassed.
- Demonstrate respect for any presentations, panelists, or other speakers by complying with the instructions of the moderator and any other event staff.
- Report any incidents of misconduct as soon as possible.

As I mentioned in the early March 2023 e-blast, (1) the organizers of the 2023 mini-conference on Resilience in Interpersonal and Social Environments during May 18-21 in Phoenix, Arizona have posted a link to Arizona State University's anti-harassment policy

(https://www.asu.edu/aad/manuals/acd/acd401.html) to their conference Web site (https://newcollege.asu.edu/iarr23); and (2) the organizers of the 2023 mini-conference on Dark Side of Relationships during June 8-10 in Tuscaloosa, Alabama similarly have posted a link to the University of Alabama's anti-harassment policy (https://uact.ua.edu/information/harassment) to their conference Web site (https://iarr2023.ua.edu/). Please consult those documents if you wish to report incidents of misconduct during or after those mini-conferences.

STANLEY O. GAINES, JR. (A.K.A. STAN)



INTERNATIONAL ASSOCIATION FOR RELATIONSHIP RESEARCH DIVERSITY, EQUITY & INCLUSION STATEMENT

As an organization focused on social relationships, we at IARR are aware of the value and importance of diversity in both our scholarship and membership. Recognizing that our scholarship is shaped by our historical, cultural, economic, social, and disciplinary contexts, we are striving to achieve a membership that is diverse in identities, nationalities, disciplines, career stages, and all other forms. A diverse membership that encompasses varied perspectives and experiences strengthens our research, scholarship, and practice.

We understand that achieving diversity and inclusion in our organization and scholarship is an ongoing process that requires both commitment and proactive work. Moreover, we believe that it is not enough to have a diverse membership. Groups and disciplines that have been historically underrepresented within our organization must also share in its governance and the shaping of IARR's future. Furthermore, it is imperative that the experiences of diverse people and relationship styles and structures are understood through the lens of a myriad of cultures and disciplines. As such, in addition to our ongoing commitment to diversity and inclusion, we have developed a set of long- and short-term initiatives to focus on how inclusion and diversity can be enhanced at IARR. IARR will be most effective as an organization when its membership reflects the diversity in the world in which we live and we endeavor to become an inclusive organization that respects, values, and honors every member.

IARR is committed to the following principles:

- Diversity of identity and inclusion of underrepresented groups are crucial to the mission and governance of IARR
- International presence and disciplinary diversity are essential to the mission, governance and reach of IARR
- Understanding and addressing the lived experiences of underrepresented groups are intrinsic to understanding interpersonal relationships
- Diversity of membership and perspectives on the IARR Board, standing committees, and the editorial boards of our journals (*Personal Relationships; Journal of Social and Personal Relationships*) ensures all voices are heard

Event Schedule

Thursday, May 18

9 a.m. – 12 p.m. | New Scholars Workshop check-in (West Campus, La Sala Ballroom A and B)

9 a.m. – 4 p.m. | New Scholars Workshop

3 – 5 p.m. | Conference check-in (Westin-Tempe, 1st floor lobby)

5:30 – 6:45 p.m. | Happy hour (Mirabella)

7 – 8 p.m. | Keynote speaker, Silvia Donato (Mirabella)

Friday, May 19

8 a.m. – 4 p.m. | Conference check-in (Westin-Tempe, 2nd floor lobby)

8 – 9 a.m. | Breakfast (Westin-Tempe, 2nd floor, Sunstone Terrace)

9 – 11:45 a.m. | Symposia

11:45 a.m. – 1 p.m.| Lunch (Westin-Tempe, 2nd floor, Sunstone Terrace)

1 – 2:15 p.m. | Keynote speaker, Amie Gordon (Opal East)

2:30 - 5 p.m. | Symposia and Data Blitz

4:45 – 6 p.m. | Poster session and Happy Hour (Carson Ballroom at Old Main, ASU Tempe campus)

Event Schedule

Saturday, May 20

8 – 9 a.m. | Breakfast (Westin-Tempe, 2nd floor, Sunstone Terrace)

9 – 11:45 a.m. | Symposia

11:45 a.m. – 1 p.m. | Lunch (Westin-Tempe, 2nd floor, Sunstone Terrace)

1 – 2:15 p.m. | Symposia

2:15 – 5 p.m. | Break

5 – 10 p.m. | Closing Reception, Dinner and Dance; Keynote speaker, Alycia de Mesa (Desert Botanical Garden)

Sunday, May 21

9 a.m. – 5 p.m. | Optional day tours to Sedona or Northern Arizona Wineries

5 p.m. | Return to Westin-Tempe

View Conference Detailed Schedule

Keynote Speakers

Silvia Donato

Amie Gordon

Alycia de Mesa

Silvia Donato

Forging Resilience: Dyadic Coping Across the Lifespan from Young Adults to Older Couples

Thursday, May 18 7 p.m., Mirabella (Tempe)

Silvia Donato is an Associate Professor of Social Psychology for the Faculty of Psychology at the Università Cattolica del Sacro Cuore (UCSC)- Milano. Member of the Advisory Board of the Family Studies and Research University Centre at UCSC. She teaches "Social psychology", "Psychology of interpersonal and social relationships" at UCSC for undergraduate students and "Clinical and social psychology of aging" and "Psychology of new media" at UCSC for graduate students. She is trainer of the relationship education program: "Groups for Family Enrichment". She's member of the International Association for Relationship Research and chair of the Internationalization Committee for this same association. She's member of the editorial board of the "IARR Advances in Personal Relationships" book series and Associate Editor of the journal "Personal Relationships". Her research interests focus on the study of the couple relationship across the lifespan. In particular, her studies examined stress and dyadic coping in couples, the intergenerational transmission of coping competences, partners' accuracy and similarity in perceptions, partners' support in response to positive events, scale psychometrics, preventive psychosocial interventions and their evaluation. One of her articles on the theme of dyadic coping was awarded by the International Association for Relationship Research as best article in 2018.

Amie Gordon

External Stress in Romantic Relationships: Considering Risk and Resilience

Friday, May 19 1 p.m., Westin-Tempe

Amie M. Gordon is an Assistant Professor of Social Psychology at the University of Michigan where she is the Director of the Well-being, Health and Interpersonal Relationships Lab (WHIRLab) and teaches undergraduate and graduate courses on the psychology of close relationships. She received her PhD in Social-Personality Psychology from UC Berkeley and her BA in Psychology with a minor in Political Science from UCLA. She is a member of the International Association for Relationships Researchers and was recently awarded IARR's Gerald R. Miller Early Career Award. She was also named a "rising star" by the Association for Psychological Science. She is on the editorial board of several journals, including the Journal of Personal and Social Relationships. Her research focuses on understanding the social cognitive, affective, and biological factors that shape our closest relationships. She is particularly interested in identifying prosocial processes that help relationships thrive, as well as uncovering contextual barriers to prosociality, such as stress and poor sleep.



Alycia de Mesa

Cultivating Intergenerational Resilience in Urban Communities

Saturday, May 20 5 p.m., Desert Botanical Garden

Alycia de Mesa is Assistant Director of Digital Equity Institute, Assistant Director of Digital Equity & Social Impact for ASU Enterprise Technology, and has been a faculty instructor for ASU School of Sustainability graduate programs in Sustainability Leadership in communications & storytelling as well as undergraduate courses in core sustainability topics. She is a Senior Global Futures Scholar for the Julie Ann Wrigley Global Futures Laboratory and served as Associate Director of ASU Project Humanities.

Prior to ASU, her 25-year professional focus has been to help companies, organizations, and individual people succeed with brand development, marketing, communications, and storytelling for engaging and positive outcomes. As a national and international brand and marketing advisor, she has worked with all sizes of business from Fortune 100 to start-ups as well as nonprofits and social ventures.

Alycia is currently pursuing her Human and Social Dimensions of Science and Technology (PhD) doctoral degree from ASU School for the Future of Innovation in Society, where she is exploring the ethics and boundaries of Indigenous storytelling and countermapping in context to emerging technologies and smartphones for traditional ecological knowledge restoration within borderlands Indigenous communities.

Sessions



Understanding the Role of Resilience in Military Couples' Romantic Relationships

Jorlanditha T. Austin & Jennifer A. Theiss

Military couples are often faced with unique circumstances, transitions, and stressors that call for partners to adapt and adjust their behaviors to cope with the conditions and expectations of military life. Within the military community, resilience is often highlighted and encouraged as a way for both the servicemember and their spouse to overcome difficult episodes and thrive in the face of challenges. Despite the emphasis placed on resilience in the military, efforts to cultivate resilience behaviors within military dyads remain elusive. The goal of this study is to examine how military couples define and practice resilience within their romantic relationship. Semi-structured interviews were completed individually with 23 romantic dyads (46 individuals), representing the Army, Navy, and Air Force. Responses were coded using thematic analysis to understand the participants' definitions of resilience and the processes they use to enact resilience in their relationship. Drawing on the communication theory of resilience (Buzzanell, 2010) as a sensitizing framework for our analysis, we found evidence of five processes that foster resilience in military relationships: (a) crafting normalcy, (b) affirming identity anchors, (c) maintaining and using communication networks, (d) putting alternative logics to work, and (e) legitimizing negative feelings while foregrounding productive action. The results are discussed in terms of their alignment with the logic of this theory and other perspectives on resilience, as well as the practical implications for helping military couples manage challenging transitions in their relationship.

"We're Each Other's Rock": Resilient Couple Identities in Lower Social Class Contexts

Lydia Emery, Nicole Stephens, & Eli Finkel

Couples in lower social class contexts tend to face more adversity. Although past research has documented strains on relationship quality and persistence among lower-SES couples, less work has examined the potential strengths that lower-SES couples may develop in response to adverse circumstances. We investigate the identities that couples develop together, and whether resilience may be a strength in how lower-SES couples view their identity. We hypothesized that (a) lower-SES couples would be more likely to form resilient identities as a couple, and (b) that resilience would feel more authentic to them, compared to higher-SES couples. In a diverse community sample of couples (Study 1, N = 216), participants were asked to generate 10 words or phrases describing their identity as a couple. Coding revealed that lower-SES couples were more likely to mention themes of resilience when describing their couple identity (e.g., "we're strong"; "we're unbreakable together") than were higher-SES couples, an effect that replicated in a larger sample of Prolific users (Study 2, N = 399). When experimentally primed with resilience compared to a control prime, lower-SES individuals felt more authentic in their relationship, whereas higher-SES individuals did not (Study 3, N = 406). This research suggests that couples in lower-SES contexts develop couple identities more characterized by resilience, and that couples in these contexts feel authentic when feeling resilient.

The Impact of Resilience, School Belonging, and Loneliness on College Students' Psychological Wellbeing Pre- and during COVID-19

Kelly Rossetto, Eric Martin, & Jian Jiao

Based on the mental health crisis across college campuses, it is imperative to better understand what is influencing students' psychological well-being as they experience challenges. Resilience implies exposure to adversity or trigger events (e.g., pandemic conditions) and the demonstration of positive adjustment (Luthar & Cicchetti, 2000) or adaptation to new normals (Buzzanell, 2019; Wilson et al., 2021). A person enacting (or perceiving) resilience should exhibit positive outcomes (e.g., psychological well-being) despite risk factors (e.g., loneliness, pandemic), especially if they have access to protective factors (e.g., sense of belonging). The current study tests these assumptions with undergraduate college students before (n = 686) and during (n = 505) COVID-19 pandemic protocols (e.g., distance learning, social isolation), which could exacerbate feelings of loneliness and decrease sense of school belonging. Compared to participants from pre-Covid, participants from during-Covid reported lower levels of school belonging, resilience, and life satisfaction, and higher levels of loneliness, perceived stress, and distress. All the variables were significantly correlated at both waves of data collection at p < .001. After testing the mediation model, both school belonging and resilience were negatively associated with loneliness, which in turn was negatively associated with psychological well-being. Both school belonging and resilience had total as well as direct and indirect effects through loneliness on psychological well-being. The models did not differ pre- and during COVID. The results are discussed with a focus on a communicated sense of belonging and how college campuses can better attend to student needs.

Family Caregivers' Experiences with Dementia and Resilience

Amanda Cooper

Alzheimer's disease and related dementias are incredibly challenging diseases, both for the individuals diagnosed and their family members. The symptoms of cognitive decline associated with dementia complicate caregiving and make managing relationships more difficult (Evans & Lee, 2014). Despite these challenges, many caregivers report incredible relational resilience in their ability to maintain closeness to their loved one as the disease progresses (Cooper et al., 2022). Dementia family caregivers also report individual resilience in their experiences of personal growth through caregiving (Yu et al., 2018). The goal of this qualitative study is to gain insight into the experiences of dementia family caregivers to better understand their ability to cultivate resilience in the face of dementia. This study applies the theory of resilience and relational load (Afifi et al., 2016) as a sensitizing framework to guide the inquiry. The sample consists of dementia family caregivers to a loved one that has been living with dementia for at least 3 years. The data is being collected through in-depth semi-structured interviews and will be completed by the end of February 2023. This study will shed light on the lived experiences of dementia family caregivers and they ways in which they cultivate resilience despite the challenges of dementia.

Talking Relational Resilience into Being: Midlife Couples Describe Thriving After Adversity

Vincent Waldron & Megan Jacobs Farnworth

Midlife can be a time of stability for long-term romantic couples, but many also experience significant adversity. This study examined the relational practices described by 265 couples who appeared to thrive after midlife challenges, such as severe illness, financial struggles, or infidelity. Qualitative thematic analysis revealed five types of resilience-enhancing practices: renegotiating relational morality, looking outward, relational rearrangements, reimagining the future, and reclaiming intimacy. Findings support and extend the Buzzanell's communication theory of resilience, as well as offer additional reasoning for studying resilience as a process that is enacted through communication practices.

The Role of Differentiation of Self and Couple Relationship Satisfaction on Partners' Emotional Health: Actor-Partner Interdependence Model

Viktorija Čepukienė

Differentiation of self (DoS) is a cornerstone of Bowen family systems theory describing systemic and interactional aspects of a person's intrapsychic and interpersonal characteristics. On the intrapsychic level DoS reflects the balance of emotional reactivity and rational thinking in stress-prone situations, while on the interpersonal level - the balance of autonomy and togetherness. Bowen claimed that individuals tend to create partnerships with those having similar levels of DoS. This means that couple with a higher DoS generates less diffused anxiety in relationships and creates a context for the development of harmony at the dyadic level and psychological well-being at individual level. The study was aimed at investigating this theoretical assumption by employing the actor-partner interdependence model. Forty-seven couples (a total of 94 study participants, aged 21-53 (M(female) = 35.7; M(male) = 37.2), were recruited online and completed the following measures: Differentiation of Self Inventory, Couple Relationship Satisfaction Scale and The RAND 36-Item Health Survey. The results provided some support for the Bowen theory by demonstrating that higher DoS (for both males and females) predicted higher couple relationship satisfaction. Additionally, women's higher DoS predicted not only their own better emotional health but also the better emotional health of their partners. While men's DoS predicted only their partners' emotional health but in a different direction - men's higher DoS predicter worse emotional health of their partners. However, the DoS of the partners was not significantly related, which does not support an assumption that individuals tend to choose partners with a similar level of DoS.

Emotion and Stress: Simplifying the Modeling of Interpersonal Dynamics Over Time

Ashley Kuelz, Savannah Boyd, & Emily Butler

Relationships are seemingly contradictory: They provide an interpersonal context for experiencing and sharing life's highs and lows while functioning to both alleviate and exacerbate stress. Understanding concurrent and temporal relationship-stress associations requires investigation of unfolding emotion dynamics that occur during realtime interactions. Although the study of relationships as regulatory systems has gained traction, the modeling of unfolding dynamics remains stymied largely due to the statistical expertise required. Using video-prompted moment-to-moment recall of emotional experience from romantic couples, we demonstrate how a coupled oscillator model, available in the R package rties, can be feasibly used to quantify and characterize couples' emotion dynamics. We then examine whether patterns of interpersonal emotion dynamics are associated with various sources of stress (e.g., internal/external, acute/chronic) measured at baseline and six months later using both Frequentist and Bayesian approaches. Methods for targeting interpersonal emotion dynamics are discussed in relation to understanding relationship-stress associations.

Using Dynamic Structural Equation Models for Intensive Longitudinal Dyadic Data

Andrea Savord

Gathering intensive longitudinal datasets (ILDs) is becoming easier as technological advances increase accessibility for both researchers and their participants. These dense datasets from designs like ecological momentary assessments or daily diaries offer an opportunity to address research questions related to the moment-to-moment or day-to-day dynamics of individuals as well as relationships within dyads. This increasing popularity has, in turn, necessitated the development of statistical methods that are appropriate to accommodate the unique elements of ILDs.

Dynamic structural equation modeling (DSEM), a relatively new module in Mplus that can also be implemented using Bayesian modeling software, is a method that is ideally suited for modeling data from ILDs by integrating aspects of multilevel modeling (MLM), structural equation modeling (SEM), and time-series analysis. By incorporating these three techniques, DSEM can accommodate repeated measures nested within clusters, multivariate outcomes and latent variables, lagged relations, and either continuous or categorical outcomes. This is especially useful in the context of dyadic ILDs where data collection using daily diary assessments with categorical items is popular. This talk will cover the benefits of using DSEM with dyadic ILDs over MLM and SEM, with an emphasis on the longitudinal actor-partner interdependence model (L-APIM). Additionally, I will discuss the treatment of categorical outcomes in DSEM and present results from a simulation study aimed at assessing under what conditions, if any, categorical outcomes (as depicted by 5-category Likert scale style items) can be modeled as continuous in the DSEM framework.

Constellations of Social Connection and Typologies of Well-Being: Understanding Social Resilience in a Holistic Perspective

Mengya Xia

The importance of social connection (SC) on well-being is highlighted during Covid-19 pandemic. However, there is a lack of clarity and comprehensiveness in their conceptualizations and evaluation of their association from a holistic perspective. This study used a pattern-based approach to (1) identify different constellations of quality. quantity, and need in SC, (2) identify different typologies of well-being (using indicators of life satisfaction, a sense of purpose, depression, and perceived stressed), and (3) investigate their associations holistically. In a sample of 700 individuals (age: 17-33; 79.9% females; 77.1% White), five SC constellations (i.e., low, dissatisfied, satisfied, compensatory, and high [SC]) and four well-being typologies (i.e., distressed, depressed, moratorium, and satisfied [well-being]) were identified. People with dissatisfied social connections were most likely to be in the distressed typology (84%); people with low social connections were most likely to be in the depressed typology (61%). People with high social connections were more likely to be in moratorium typology (34%), while those with low (0%) or dissatisfied (0%) social connections were least likely to be in this typology. People with satisfied (57%) and high (38%) social connections were more likely to be in satisfied well-being typology, while those with dissatisfied (0%) social connections were least likely to be in this typology. Findings highlighted the necessity of multi-faceted conceptualization of SC and well-being, as well as illustrated the importance of high-quality SC and the nuanced role of SC quantity for well-being, as a more comprehensive approach to understanding resilience in interpersonal and social environments.

Modeling Actor, Partner, and Similarity Effects of Adult Attachment on Health and Well-Being

Hyewon Yang, Rebekka Weidmann, Mariah F. Purol, & William J. Chopik

Adult attachment orientations have been hypothesized as antecedents to health and wellbeing through physical activity, stress responses, and interpersonal interactions. However, few studies have examined whether partners having similar attachment orientations is associated with health and well-being, particularly among middle-aged couples. In a study of 1,294 couples (Mage = 58 years), we applied actor-partner interdependence models and dyadic response surface analysis to examine whether partner similarity translates to better health. Higher levels of individual and partner insecurity were associated with lower life satisfaction, depression, and self-rated health but not the number of chronic illnesses. We also found no evidence for similarity effects on the outcomes. The results will be replicated in a secondary data analysis of couples from the Netherlands followed longitudinally over time. Why attachment-related differences are found for evaluative ratings of health but not more objective ratings (i.e., chronic illnesses) raises questions about how and if attachment is associated with longevity. Results are discussed in the context of spousal influences on health and well-being, particularly with respect to how these processes unfold over time and across situations.

Session 3: Trauma 10:30–11:45 a.m., Opal East

Workplace Environmental Factors Contributing to Secondary Traumatic Stress

Anita Barbee, Michael Cunningham, Lisa Purdy, & Becky Antle

Of all workforces that interact with traumatized people, those that work in child welfare experience the highest levels of secondary traumatic stress (Barbee, 2018). Research finds that several factors are associated with high levels of STS including low levels of social support. As part of a larger study on the well-being of the frontline child welfare workforce, HLM analyses (workers nested in supervisor teams) were conducted to examine the role of supervisor and worker attachment and other variables on worker levels of STS. Six variables predicted STS (Chi-Square (77) = 153.274 p < .0001). The workers on teams with stressed supervisors (Beta = .48, p < .01), high in attachment anxiety (Beta = .41, p < .01), and use of authoritarian leadership approaches (Beta = .41, p < .01), who (workers) also experienced high levels of work (Beta = .91, p < .01), and personal stress (Beta = .76, p < .01), and low work engagement (Beta = -.29, p < .01), experienced the most STS. Child welfare is a workplace that primes attachment schemas. For supervisors with anxious attachment orientations this means that they are moody and self-focused and prone to control others which may come off as harsh. Staff look to supervisors for continual input, guidance, and support to less the pressures of working in overly bureaucratic organizations. There are implications of this study for who to promote to supervisory roles, how to prepare and support supervisors and how to hold supervisors accountable for worker well-being outcomes.

Session 3: Trauma 10:30–11:45 a.m., Opal East

Toward a Theoretical Model of Generative Resilience

Kristen Carr

Despite significant evidence that social support forms the foundation for a resilient response to adversity, much less is known about the benefit of providing support to others, particularly when support is offered to people we don't know very well. Anecdotally, we are surrounded by examples of people who provide social support to strangers: Bereaved parents share words of support to others who have also experienced the loss of a child, online communities connect survivors of sexual assault, and individuals in recovery pair with those working to overcome substance abuse. In each of these cases, the person providing support may be partially motivated by a subtle, intangible benefit to themselves. Notably, people are more likely to offer support to strangers who have faced adversity similar to their own experiences. Drawing from the psychosocial framework of generativity, I posit that people who share similar adverse experiences constitute a "generation" of survivors. As such, the provision of social support to a person who has confronted a similar form of adversity as oneself offers a new way of making sense of and coping with one's own past adverse experiences (Erikson, 1959), and may serve as communicative evidence that you have successfully coped with that stressor. Thus, drawing from the communal coping model (Afifi, Hutchinson, & Krouse, 2006) and Erikson's (1959) theory of identity and psychosocial development, I intend to discuss my research toward a theoretical model of generative resilience which seeks to explicate the motivation for, and benefit of, providing support to others.

Session 3: Trauma 10:30–11:45 a.m., Opal East

Adolescent Resilience Post Civil Unrest: Prevalence, Correlates, and Predictors of Self-Reported Depression and Post-Traumatic Stress among Nicaraguan Youth

Paige von Feldt, Sandra Wood, Yu Lu, & Jonathan Pettigrew

In 2018, Nicaragua experienced the "crisis," with widespread protests and violence, including numerous casualties. While positive youth developmental frameworks show youth are resilient in the face of civil unrest, previous studies also demonstrated environmental factors can impact adolescent mental health. This study examines how relationships impact adolescent resilience by answering the following questions: (1) What is the prevalence of self-reported post-traumatic stress (PTSD) and depression among a school-based sample of Nicaraguan youth? (2) What are mental health covariates? and (3) Are there risk and protective factors that predict mental health post-crisis outcomes? Methods: Data were collected pre-crisis in 2017 (W1) and again post-crisis in 2019 (W3) as part of a larger school-based intervention study. Measures include mental health outcomes (W3 PTSD and depression), covariates (W3 exposure to community violence, parental monitoring) potential risk (W1 drug use, externalizing behaviors), and protective (W1 parent education, parent-child relationship quality, social support, prosocial behavior) factors with over 4000 youth (53% female, Mage = 13 years, SD = 1.17). Results: Analysis will include descriptive statistics to report the prevalence of mental health outcomes, correlations to demonstrate W3 covariates, and multiple regression or path modeling to examine both risk and protective factors predicting mental health outcomes, focusing on aspects of relationships and communication that promote youth resilience. Conclusion: This study contributes novel data analysis and exploits a unique opportunity to study relational risk and protective factors related to mental health in a post crisis context.

Fragile or Flexible? Predicting Forgiveness and Friendship Stability After Relational Transgressions

Laura K. Guerrero & Brianna L. Avalos

Although friendships are flexible and can withstand life events such as separations, friendships are more fragile in the face of relational transgressions. The present study uses principles from social exchange and expectancy violations theories to predict when people end or continue a friendship following a transgression. Survey data were collected from 205 undergraduate students who had experienced a relational transgression in a friendship in the past 6 months. Regression analyses showed that full forgiveness was more likely when the transgression was rated as less severe and less intentional, and when the transgressor was perceived to engage in contrite behavior. Conditional forgiveness, in contrast, was most likely when participants perceived that their friendship had been satisfying prior to the transgression occurring, and when they experienced high levels of uncertainty and believed their friend had used high levels of contrite behavior. Compared to those who ended their friendships after the transgression, those who continued their friendship with the transgressor reported that their friendships had been more satisfying and interdependent prior to the transgression, that their friend had more rewarding qualities, that the transgression was less severe and less intentional, that the transgression caused less uncertainty, and that their friend had engaged in more contrite behavior. The accompanying discriminant function analysis demonstrated that severity, intent, contrite behavior, and pre-transgression satisfaction were the best discriminators, with 73% of participants classified into the correct group, representing a 23% improvement over chance. These findings have implications for how resilient friendships are in the face of transgressions.

Loneliness Within a Relationship: Do Gratitude and Forgiveness Mediate Loneliness and Relational and Sexual Wellbeing?

Chelom Leavitt, Amber A. Price, Naomi F. Inman, McKayla Lee, AnnMarie Sandridge, Zoie Harrison, Alyssa Brown, Jeremy B. Yorgason, & Erin K. Holmes

Loneliness is on the rise (Snell, 2017) and is connected to poorer physical and mental health (Hakley & Cacioppo, 2010; Xia & Li, 2018). Although loneliness is negatively linked to relational and sexual outcomes, recent research shows mechanisms that slow negative evaluations, like mindfulness (Leavitt et al., 2023,) gratitude or forgiveness, (Braithwaite et al., 2011: Eyring et al., 2020) may buffer this association. We examined whether gratitude and forgiveness mediate the relationship between loneliness and relational and sexual well-being using an Actor-Partner Interdependence Mediation Model (APIMeM). Hypothesis 1: Actor and partner loneliness will be negatively associated with sexual harmony and relational satisfaction. Hypothesis 2: Actor and partner gratitude and forgiveness will mediate the association between loneliness and sexual harmony and relational satisfaction in that as individuals are more grateful and forgiving the association between loneliness and sexual harmony and relational satisfaction will be weakened. We investigated using heterosexual married couples from a nationally representative sample (CREATE; 2,177 couples). Wives averaged 30.03 years (SD = 5.38), and husbands 31.82 years (SD = 5.69). Results: Both men's and women's forgiveness and gratitude were significantly associated with actor and partner relational and sexual well-being and mediated the association between loneliness and outcomes. Discussion and Implications: Forgiveness and gratitude may help protect the well-being of romantic and sexual relationships. These findings have implications for therapists, researchers, and educator. Despite pernicious effects of loneliness, using gratitude and forgiveness may attenuate the negative associations for relational and sexual well-being.

Gratitude Improves Parents' Well-Being, Parent-Child Relationship Quality, and Family Functioning

Katherine Nelson-Coffey & John Coffey

Raising children is a stressful, decades-long endeavor, and improving caregiver well-being has been identified as one of the most important methods to promote healthy child development. Drawing on the robust literature demonstrating the emotional and relationship benefits of gratitude, we present two studies demonstrating the advantages of gratitude for parents' well-being and family functioning using daily experience and experimental designs. First, in a 9-day daily diary study (N=270 parents; 65% women), daily gratitude predicted greater well-being (positive emotions, negative emotions, life satisfaction, meaning in life, and psychological need satisfaction), parent-child relationship quality (closeness, diary-coded conflict) and family functioning (diary-coded support), controlling for daily happiness, coder-rated care difficulty, and sociodemographic characteristics. Second, in a longitudinal experiment (N=619; 72.5% women) expressing gratitude led to increases in felt gratitude relative to control, which in turn predicted greater well-being (subjective happiness, positive emotions, negative emotions, psychological need satisfaction, meaning in life), relationship quality (closeness), and family functioning (greater parenting satisfaction, more positive perceptions of child's behavior and adjustment, less parental overcontrol) one week later, controlling for increases in social connectedness. The relational benefits of gratitude are often contingent on expressing gratitude within a relationship; however, the results of our study suggest that simply feeling grateful (not necessarily within a relationship) improves parent-child relationships and family well-being. This work provides insights regarding ways to improve parents' wellbeing without requiring greater effort, energy, or attention to one's children, and it suggests that promoting parents' gratitude in general may benefit the entire family.

Relational Mindfulness: Measure Validation and Associations with Resilience in Couple Relationships

Alison Shapiro & Masumi lida

Mindfulness is commonly defined as a state of consciousness involving accepting and non-judging attention to the present moment. Individual mindfulness has been linked to positive physical, psychological, and relationship outcomes. This study extends the construct of mindfulness by validating a relational measure of mindfulness. The Relational Mindfulness Questionnaire (RMQ) assesses mindfulness regarding one's romantic partner's experiences, thoughts, and feelings. Items were adapted from the established Five Facets Mindfulness Questionnaire. Study 1 consists of an online survey given to 398 participants (62% female, 37% male, 38 years old) in serious romantic relationships. The majority was heterosexual (90%) and married (63.3%). Exploratory factor analysis extracted five factors: awareness, non-judging, non-reacting, describing, and holding space for one's partner. All subscales were significantly associated with other mindfulness and self-compassion scales. All subscales, except for non-reacting, were significantly associated with positive mental health (lower depression and anxiety symptoms) and relationship satisfaction. Study 2 examined data from both partners of cohabiting heterosexual couples (N = 47 dyads; 88% married; 45% male meditators, 58% female meditators) to content validate the RMQ. Using Actor-Partner Interdependence Model, we found that the RMQ scales were associated with better relationship satisfaction and mental health for both men and women. More specifically, all RMQ subscales were associated with their own relationship satisfaction (i.e., actor effects). Additional gender-specific partner influences (i.e., partner effect) findings will be discussed. These findings have implications for promoting relational mindfulness as well as individual mindfulness to promote better mental health and wellbeing and relationship satisfaction within couple relationships.

Forgiveness toward Parents in Chinese and American Families: The Influence of Filial Piety and Attribution of Responsibility

Lifan Yu

This study focused on forgiving dynamics in Chinese and American families. Cultural differences in how filial piety toward parents and attribution of responsibility by parents would influence the forgiving process were examined in a parent-hurting-child scenario. One hundred sixty-two Chinese and one hundred sixty-five U.S. adults participated and reported their attitudes toward reciprocal and authoritarian filial piety, attribution of responsibility, and forgiveness regarding their parents in a past hurtful event. Hierarchical regression, mediation, and moderation analyses (Haye's PROCESS macro) were conducted to analyze the cultural differences in forgiveness toward parents. Results showed that Chinese participants had significantly higher scores in forgiving their parents after being hurt, as well as higher scores in both reciprocal filial piety and authoritarian filial piety than their U.S. counterparts. Reciprocal filial piety promotes a person's willingness to forgive whereas authoritarian filial piety leads to less forgiveness, after controlling the effects of attribution of responsibility. Moreover, the more responsibility was attributed to the parent, the less forgiving the adult-child chose to be. Gender and age differences in forgiveness also were found by culture. The moral judgment gap, a kind of attribution bias, was revealed in this study, which showed a negative influence on forgiveness.

Resilience as a Process in the Context of Racial Discrimination

Chalandra M. Bryant, Kadija Mussa, & Doneila McIntosh

Our work addresses resilience as a process (rather than resilience is an outcome). Contextual factors such as culture and chronic adversities must be acknowledged when studying resilience as a process (Anderson, 2019), because the emotional/physical effects of that process (e.g., striving; having unwavering commitment to succeed) may contribute to both positive and negative results for individuals experiencing chronic racism and other marginalizing contextual factors (Chen et al., 2020). Little is known about the role Resilience as a Process has on intimate relationships, particularly when that process occurs within the context of racial discrimination. Instead of focusing on experiences of racial discrimination, our unique work focuses on victims' reactions to those experiences. Do they ignore racist treatment? Do they speak up? Do they work harder to prove the perpetrators wrong? "Working harder" reflects striving and unwavering commitment to succeed. Thus, we examine resilience within the context of both discrimination and marriage. Findings: Analyses were conducted using lavaan, an R package for structural equation modeling which facilitated maximum likelihood estimation. Actor-Partner Interdependence Models were used. For husbands, working harder in reaction to experiencing racial discrimination at work, was significantly associated with greater love for their wives (b = .19, p<.05). Interestingly, the stress of working harder did not have a detrimental impact on marriages. Speaking up about discrimination experiences (also a part of resilience as a process) were significantly associated with their wives criticizing their husbands less (b = -.33, p < .05). Patterns of results were slightly different for wives.

We Gon' Be Alright: Examining Culturally-Relevant Coping Strategies as Protective Factors for Black Romantic Relationships

August I. C. Jenkins, TeKisha M. Rice, Shardé McNeil Smith, Allen W. Barton, & Steven R.H. Beach

Black families frequently encounter racial discrimination, which can compromise romantic relationship functioning (Clavél et al., 2017). In response, partners may mobilize available coping resources to mitigate adverse relationship consequences (Pearlin et al., 2005). Culturally-relevant coping (CRC) strategies are salient for Black Americans' psychological well-being, yet, questions remain regarding their relevance for Black couples' relational well-being, despite theoretical basis for these associations (Murry et al., 2018). This study aims to examine CRC strategies as modifiers of the association between discrimination and relationship functioning using cross-sectional, self-report data from 171 mixed-gender Black couples. Partners completed assessments of discrimination, John Henryism (a higheffort coping strategy; James et al., 1983) and Shift-and-Persist coping strategies (shifting focus and persisting for the future; Chen et al., 2012), as well as negative and positive relationship qualities. Preliminary analyses indicate, only among women, discrimination was negatively correlated with relationship satisfaction (r = -.17). For both men and women, discrimination was not significantly correlated with CRC strategies, but their CRC strategies were positively correlated with each other. For both men and women, CRC strategies were also negatively associated with ineffective arguing (rs from -.16 to -.35) and, for men, positively associated with relationship satisfaction (rs from .29 to .31). Descriptive results suggest some gender differences in the associations among discrimination, CRC strategies, and negative vs. positive relationship gualities. Subsequent analyses will formally test hypotheses via moderated actor-partner interdependence modeling. Future results may hold implications concerning how CRC strategies are leveraged as psychosocial buffers for Black romantic relationships.

Bilingualism with Sense of Belonging and the Role of Identity and Life Satisfaction

Citlalli Hernandez & Kristin D. Mickelson

The current study is focused on how the role of identity and life satisfaction can mediate the relationship between bilingualism and sense of belonging. Language has a huge impact on the world and how everyone interacts. Previous research has shown that immigrants with language barriers struggle feeling as though they belong in their host country. Additionally, having a low sense of identity and life satisfaction can make these negative feelings increase. In the current study, I plan to examine how identity and life satisfaction can moderate the association of bilingualism on sense of belonging. I plan to recruit participants through prolific and the ASU SONA system to take a 20 minute online self-reported survey through Qualtrics. I am focused on all types of bilingual individuals (non-immigrants, immigrants, late bilinguals, early bilinguals, bilingual by choice, bilingual by necessity, and more). Bilingualism in the study will be defined as where a person is fluent in at least one of the four facets of linguistic competences (i.e., speaking, listening, reading, and writing). I propose that identity and life satisfaction will mediate the relationship between bilingualism and sense of belonging, where bilinguals with a high sense of identity and life satisfaction will have a higher sense of belonging, and those with a low sense of identity and life satisfaction will have a low sense of belonging.

Assisting African American Female Clients in Creating a Successful Dating Strategy

Alisha Powell & Christopher Christo

African American women are flourishing in professional circles. They have surmounted numerous obstacles on their ascent that have included racism, sexism, and discrimination. However, many of them wish for meaningful partnership and face significant challenges within romantic relationships. African American women are less likely to marry and more likely to experience marital instability. Many have found that the process of dating has been an additional source of stress and emotional distress. As mental health clinicians, it's important for us to understand the unique needs of this population so that we can provide competent and culturally informed care.

Mothers' Promotion of Equality Messages, Ethnic Identity, and Self-Esteem among Asian American College Students

Selin Saka & Lydia HaRim Ahn

As Asian Americans navigate through the challenges of college, high self-esteem may be an important factor necessary for growth and resilience. Thus, it is important to examine predictors of self-esteem in this population. One potential factor is promotion of equality messages, which are messages from parents that all people deserve equal treatment (Juang et al., 2016). It is plausible that these messages are associated with self-esteem, as messages may lead to equal treatment of others and the reception of that same equal treatment. In addition, promotion of equality may be linked with self-esteem through greater ethnic identity. Thus, the present study examined whether ethnic identity would mediate the link between mothers' and fathers' promotion of equality messages and selfesteem among Asian American college students. The sample included 390 Asian American college students who completed a 25 minute online survey. Results indicated that mothers' promotion of equality messages were positively related to ethnic identity (b = 0.21, p = .009) but not self-esteem (b = -0.04, p = .53). Fathers' promotion of equality messages were unrelated to ethnic identity, but related to higher self-esteem (b = 0.12, p = .05). There were no significant direct effects between ethnic identity and self-esteem (b =0.11, p = .10). In addition, ethnic identity did not mediate the link between promotion of equality for both mothers and fathers and self-esteem. Findings highlight the importance of parental communication and messages to bolster their college students' self-esteem.

Session 6: Communication/Mental Health 2:30–3:45 p.m., Opal West

Examining Communication Theory of Resilience Processes in Dyads Managing Cancer

Maria Venetis, Skye Chernickhy-Karcher, Helen Lille, Jorlanditha Austin, Haley Nolan Cody, & Kristina Scharp

A cancer diagnosis presents a significant stressor to patients and their loved ones. Such stressors disrupt daily lives and often render couples uncertain of how to talk to each other about the disruption. The Communication Theory of Resilience (Buzzanell, 2010) outlines five processes that foster resilience: crafting normalcy, affirming identity anchors, maintaining and using communication networks, putting alternative logics to work, and legitimizing negative feelings while foregrounding productive action. Recent research has examined how these processes occur in dyads but have been studied in samples of nondyadic patients and separately caregiving spouses (Venetis et al., 2020). This current project enhances prior research and examines approximately 200 relationally interdependent dyads in which one partner was diagnosed within the past five years (henceforth, patient). Patients were recruited via Researchmatch.com, and both patients and partners had to consent and provide separate emails addresses before either could proceed. Dyadic partners separately completed electronic surveys; surveys included measures of resilience processes. To further explore how cancer patients and partners communicate in ways to enact resilience, the survey included an open-ended item that asks participants to identify ways that their partner talks to them about the cancer that makes them feel supported. Responses to the open-ended item offer insight for increased nuance of how specific communication patterns promote dyadic wellbeing. Taken together, this research highlights how resilience processes differ among patients and partners. It further identifies how processes differ per gender, illness severity, and time since diagnosis.

Session 6: Communication/Mental Health 2:30–3:45 p.m., Opal West

The Menopause Transition: Uncertainty, Relational Communication, and Identity (Re)Construction

Oluwadamilola Opayemi

The National Menopause Foundation (Home, n.d) reported that women's menopause transition takes up to four years. Research evidence reveals that this period is a stressful experience for women undergoing the transition and their close relationship partners. The proposed study will explore women's perspectives of relational communication during their menopause transition that shape their experience of personal well-being. Through the relational turbulence model and communication theory of identity, the findings from this study will expand our knowledge of how women make sense of the uncertainties that characterize their transitions and relational communication relevant to identity (re)construction. These findings will be relevant for developing practical recommendations for personal relationship partners who support women undergoing the menopause transition or organizations that develop and implement educative programs for couples navigating this period.

Session 6: Communication/Mental Health 2:30–3:45 p.m., Opal West

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Session 6: Communication/Mental Health 2:30–3:45 p.m., Opal West

Parental Emotion Regulation and Offspring Mental Health

Hayley Seely & Kristin D. Mickelson

Emotions are important to the human experience and are strongly connected with mental health. Emotional intelligence (EI) - the ability to properly understand and handle emotions - has been the subject of vast research uncovering associations with numerous benefits including academic achievement, physical and mental health, and success throughout life. While some research suggests EI can be taught, the relation between perceived parent emotionality and offspring EI has yet to be empirically tested. The current study aimed to a) examine the role of perceived parental emotion regulation in adult-offspring internalizing symptoms, b) investigate EI as a mediator, and c) explore gender differences. Participants (N = 866) were recruited from a Southwestern University and Amazon's Mechanical Turk and reported their EI and internalizing symptoms along with their perception of parents' emotion regulation. Using linear regression and PROCESS, we found a significant relationship between perceived parental emotion regulation and internalizing symptoms that was mediated by EI. Additionally, gender served as a significant moderator such that the relationship between perceived maternal emotion regulation, EI, and internalizing symptoms was significant for women, but not for men. Taken together these results suggest, both maternal and paternal regulation play important roles in offspring EI and mental health, but perceived maternal emotion regulation may be particularly beneficial for women. Future research is needed to investigate the intricacies of specific emotions, gender, and culture, as well as the impact of the ratio between a parents engagement in regulation and dysregulation and discrepancies in regulation and dysregulation between parents.

Session 6: Communication/Mental Health 2:30–3:45 p.m., Opal West

Communicating Mental Illness Diagnoses Through Metaphors: An Exploration of Internalized Stigma and Self-Disclosure

Paige A. Von Feldt

This study explores how young adults communicate their mental illness through metaphorical descriptions and manage their private mental health information following disclosure with close friends. Thirteen semi-structured interviews were conducted with young adults currently residing in the United States (ages 18 - 22; $M_{age} = 19.54$) who had disclosed their mental illness to a close friend. Participants were asked to compare their mental illness with a color, object, and occupation. In addition, they were asked about their experiences creating boundaries with close friends following the disclosure of their mental illness. A metaphor analysis revealed five convergent mental models of participants' mental illness (i.e., inescapable, unpredictable, dull, and barrier). The majority of participants also discussed viewing themselves as the sole-owner of their private mental health information following disclosure. Practical and theoretical implications relating to these mental models and the proposed phenomenon of being a sole-owner are discussed.

Empirically Testing the ASEM: Specific Routes to Promote Momentary Security for Insecure Partners

Alexandra Black

Attachment theory is a leading framework for studying interpersonal functioning and helps to explain why high levels of attachment anxiety can make it difficult for committed individuals to navigate threatening situations with attractive alternatives. Two studies assessed three partner buffering strategies hypothesized to help mitigate high levels of momentary anxiety resulting from the threat of the partner's alternatives. Study 1 was a correlational survey and Study 2 involved a 14-day diary survey. Study 1 established that attractive alternatives uniquely activated the attachment fears of people high in attachment anxiety and confirmed that situations with the partner's alternatives are an appropriate context to assess buffering. In Studies 1 and 2, perceiving high levels of partner commitment were shown to buffer anxiety and in Study 2, perceiving high levels of partner devaluation mitigated anxiety. Attachment avoidance was included in all analyses to determine the unique impact of the strategies on anxiety. Unexpectedly, greater levels of perceived partner commitment and relational trust in Study 2 were found to buffer high levels of attachment avoidance. Future studies should continue to explore how insecure people may navigate threatening situations with alternatives in ways that protect their relationships and promote earned security.

Positive Health Promotion in Mother-Daughter Relationships

Tricia Burke, Valerie Young, & Analisa Arroyo

Given the importance of, intimacy among, and observational modeling common in motherdaughter relationships, this study explored how women's well-being (i.e., self-esteem, subjective health, intrinsic exercise attitudes) related to perceptions of their own and their family members' communication (i.e., acceptance, positive social control, esteem support) among 198 mother-young adult daughter dyads. Results from actor partner interdependence models demonstrated significant actor effects among daughters' wellbeing and their perceptions of their mothers' communication. First, daughters' subjective health was positively related to their perceived maternal acceptance and negatively related to their perceived maternal positive social control. Second, daughters' self-esteem was positively related to their perceived maternal acceptance and esteem support and negatively related to their perceived maternal positive social control. Third, daughters' intrinsic exercise attitudes were positively related to their perceived maternal esteem support. Significant partner effects revealed that daughters' subjective health was inversely related to their mothers' perceived positive social control and esteem support from them, whereas daughters' intrinsic exercise attitudes and self-esteem were positively associated with their mothers' perceived acceptance and esteem support from them. These findings demonstrate that young women's well-being is related to their perceived positive health promotion from their mothers. Even young women who reported lower subjective health along with greater perceived maternal positive social control had mothers who reported greater esteem support from them, demonstrating resilience in the form of reciprocal positive health promotion messages.

Individual and Relational Resilience of Dementia Family Caregivers

R. Amanda Cooper

Providing informal care for a parent or spouse who has dementia can be incredibly challenging physically, mentally, and relationally. In these challenging conditions, caregivers experience burden, depression, and burnout (Alves et al., 2019); yet many caregivers also report experiencing satisfaction, increased meaning in life, and personal and relational growth (Ablitt et al., 2009; Yu et al., 2018). Applying the theory of resilience and relational load (TRRL, Afifi et al., 2016), the goal of this study is to explore the ways in which relational factors and communication might play a role in promoting wellbeing and resilience for dementia family caregivers. The TRRL proposes that communal orientation and ongoing patterns of relationship maintenance enable individuals to perceive stressors as less threatening and communicate more positively with their loved ones during times of stress, which ultimately promotes individual and relational wellbeing (Afifi et al., 2016). In line with the TRRL, we hypothesize that pre-onset relationship maintenance and communal orientation likely influence caregivers' perceived stress and communication with their loved one, which in turn influence their individual (depressive symptoms, caregiver burden, personal growth) and relational wellbeing (relationship satisfaction, relational deprivation, and love). These hypotheses will be assessed using a cross-sectional survey design with family caregivers to a person with dementia. Data collection is ongoing for this project but will be completed by the end of March 2023. This study will provide deeper insight into the relational and social aspects of caregiving, and the ways in which relational factors and communication impact caregivers' health and resilience.

Can Positivity Outweigh Negativity in Romantic Relationships? Examining Emotional Experiences during Gratitude and Conflict Discussions

Emily Diamond, Wendy Mendes, & Amie Gordon

Emotional exchanges between romantic relationship partners are an important determinant of relationship quality. Research has primarily focused on negative affect during conflict (Gottman & Levenson, 1992), yet recent research highlights the importance of positive affect (Brown et al., 2022) and interactions (Gable et al., 2006) in relationships. Using dyadic interaction data from 101 couples, we examined the predictive power of both positive and negative affect on relationship quality in both positive (gratitude) and negative (conflict) contexts. Positive emotions were more predictive of relationship quality than negative ones. Across three measures (self-reported affect, observed affect, and perception of partner's affect), positivity during gratitude conversations was the most potent predictor of change in relationship satisfaction. One's own positivity during conflict as well as negativity during gratitude and conflict did not significantly predict relationship satisfaction. However, perceived partner negativity during gratitude did predict change in relationship satisfaction. Results emphasize the potential importance of capitalizing on positive moments in romantic relationships.

Examining the Implications of Adverse Childhood Experiences on Romantic Relationship Functioning among Lesbian, Gay, and Bisexual Individuals: A Scoping Review

Melissa V. Gates, Jessica Hill, & Christina Balderrama-Durbin

Existing research has documented heightened rates of adverse childhood experiences (ACEs) for lesbian, gay, and bisexual (LGB) individuals compared with heterosexual individuals, which may influence adult romantic relationships (Friedman et al., 2011). The current study undertakes a scoping review of the implications of ACEs on romantic relationships among LGB individuals during adulthood. Five electronic databases were utilized to identify papers. Seventeen articles met inclusionary criteria. Five thematic categories (i.e., partner aggression, attachment, cohabitation, relationship strain, methodological considerations) emerged. Many studies discussed the adverse influence of ACEs on adult partner aggression (i.e., intimate partner violence; IPV), demonstrating a positive association among these variables. In addition, avoidant attachment with one's romantic partner was positively associated with ACEs. Findings also revealed individuals with a childhood sexual abuse history were more likely to report cohabitating with a samesex partner. Lastly, ACES exacerbated the effects of daily stressors on marital strain, and same-sex couples demonstrated weaker associations, in comparison to different-sex couples. This is potentially explained by sexual minorities increased likelihood of experiencing stressors daily, often attributed to their sexual identity (Meyer, 1995). Thus, individuals within same-sex couples, who may experience similar sexual identity-related stressors, may better understand their partner's experience compared to different-sex couples. Inconsistencies regarding measurement of ACEs, IPV, and sexual identity should be considered in future research. Research on romantic relationships among LGB individuals with ACEs disproportionately focus on adverse outcomes, consequently neglecting the resilient nature of this population. Future research should explore variables with a potentially buffering role (e.g., dyadic coping).

Understanding the Longitudinal Course of Overall Marital and Sexual Excitement over 16 Years of Marriage

Jeremy Kanter, Terri Orbuch, Arthur Aron, Susan Sprecher & Irene Tsapelas

Background

Intimate relationships are central to health and happiness and can be a source of resilience for individuals. Although extensive research has focused on negative aspects of relationships (e.g., conflict-resolution), tenets of the self-expansion model (Aron & Aron, 1986) emphasize the importance of perceived excitement within a relationship as a catalyst for relationship health and longevity. The present research examines longitudinal changes in two domains of excitement within marriage across a 16-year period.

Methods

Data were from the Early Years of Marriage Project (Orbuch et al., 2002). Couples were assessed at years 1, 3, 7, and 16 of their marriage. Analyses focused on continuously married couples (n=183), utilizing dyadic latent growth curve modeling to assess longitudinal differences in overall marital and sexual excitement over time and between partners.

Results

Both partners reported significant decreases in their perceptions of overall excitement in marriage across 16-years (Mslope = -.03). Both partners also reported a significant decrease in sexual excitement over time, with a de-acceleration pattern during the later years of marriage. At Year 1, men were more likely than women to perceive their spouse as making their life exciting (d = .27). In addition, analyses examining correlates, moderators, and outcomes of marital excitement patterns will be discussed.

Discussion

Feelings of excitement are critical within intimate relationships. Spouses reported decreases in their overall marital and sexual excitement over time, with no differences between partners. Identifying how excitement shapes broader relationship functioning can inform applied work and enhance theory on relational development.

Technically in Love: Individual Differences in Desire for Intimacy with Robots

Connor Leshner

Engineers have begun creating robots that look and act human, with the aim of maximizing the likability of real-life robot partners for friendship and sex. In science fiction, robots often look and act human, and these robot characters usually develop interpersonal relationships with human characters. Researchers have begun creating robots like those depicted in science fiction, gauging the beliefs of participants to maximize the likability of robot partners in real life. This thesis explored how today's Canadian undergraduates view robots, and if they would want to have a robot as a friend, or to have sex with a robot. I measured participant Robosexuality, or participant interest in having sex with a robot, and Robofriendship, or participant interest in having a robot friend. I also measured how sociosexual orientation, social dominance orientation, hostile sexism, and gender relate to Robosexuality and Robofriendship, including a mediation that examined if men are more sexist than women, and if this sexism explain men's higher Robosexuality. Participants varied widely in their expressed interest in close relationships with robots, with almost flat distributions across both scales. Sociosexual orientation, social dominance orientation, gender, and hostile sexism all predicted Robosexuality, but only hostile sexism predicted Robofriendship. Results from the mediation showed that hostile sexism partially explained the relation between gender and Robosexuality. I conclude by discussing the limitations and future directions for this research.

When Do We Seek Security From Our Partners in Tough Times? The Moderating Effects of Perceived Partner Responsiveness

Atara Lonn & Cheryl Harasymchuk

When people experience tough times, seeking security from intimate partners promotes coping. Although security-restorative experiences (e.g., comfort and familiarity) are safe and beneficial in times of stress, there might be hesitation to seek them out. For instance, people may only engage in security-restoration if they perceive their partners will be responsive (i.e., validate, care about, and understand their feelings). The present study examined whether perceived partner responsiveness moderated the associations between needing a partner's support due to stress and both intentions to seek security-restoration and daily experienced security-restoration. We recruited 148 couples for a 21-day daily diary study and measured daily support needed, perceived partner responsiveness, intentions to seek security the following day, and security-restoration experienced that day. APIM multilevel modeling analyses revealed that on days when people reported needing more support, they indicated greater intentions to seek out security, but only when they perceived their partner as more responsive than usual. Conversely, needing support was associated with less security-restorative experiences with the partner, but only when the partner was perceived as less responsive than usual. When people needed support and perceived their partner as more responsive than usual, they reported marginally more security-restorative experiences. The results of the present study suggest that the extent to which people perceive how responsive their partners are on a day-to-day basis can alter whether they will seek security-restorative support from their partners during times of need and, therefore, whether they will engage in constructive coping strategies.

Post Traumatic Growth: The Role of Partners, Events, and Belief

Mariah Purol & William Chopik

Our relationships are an important resource for health and well-being in times of adversity (Prati & Pietrantoni, 2009; Schroevers et al., 2010). Close others may also influence the development of post-traumatic growth (PTG)-positive personality change after experiencing trauma or adversity (Jayawickreme & Blackie, 2014; Jayawickreme et al., 2021; Prati & Pietrantoni, 2009). Social relationships are considered antecedents of how people respond to adversity and malleable to influences from the adversity itself. Further, there have been calls to examine the perceived impact of negative life events instead of the mere presence/absence of one. Among 388 adults (18-99 years old; Mage = 39.26, 72.7% partnered, Mrelationship length = 14 years), we examined how relationship status, trauma event characteristics, and self-reported belief in PTG relate to reports of PTG. Across the five types of PTG measured (relating to others, new possibilities, personal strengths, spirituality, and appreciation of life), relationship status did not influence PTG (all ps > .05). However, how individuals related to others following adversity was associated with belief that an event was externally caused, its impact, and perceived changes in in social status (all β s > .[158], all ps < . 005). Belief in PTG (all β s > .013, all ps < .001) and experiencing events that change perceptions of the world (βs .173-.438, all ps < .012) were related to PTG across all five areas. Results are discussed in the context of close relationships, life event characteristics, and whether relationships affect the enduring ways people change following adversity.

Why Do Things End in a Heartbreak? Identifying Important Variables that Predict Break-Up Using Machine Learning

Maximiliane Uhlich, Daniel Bojar, & Samantha Joel

Ending a relationship is a very painful experience, with many consequences such as an individual's worse mental health or lower productivity at work during the grief stage. Identifying variables that predict break-up is crucial to be able to help couples maintain their relationship and prevent dissolution. So far, the literature relied on traditional statistical approaches to identify relevant predictors. Our goal was to try to replicate previous findings with a large data set (N = 1,281) using a novel methodological approach. We used machine learning (XGBoost Classifier) to predict break-up and reached an overall balanced accuracy of 71% with a high specificity (0.96) and an acceptable sensitivity (0.46), given the degree of data imbalance (i.e. break-up frequency). Important variables were, e.g., commitment, attachment, or relationship certainty. In a second step, we divided the data set into relational and non-relational variables to determine which set of variables were more relevant for the prediction of break-up. Model results indicate that relational variables (balanced accuracy of ~65%) are more important for predicting breakup than non-relational ones (balanced accuracy of ~52%), which is in line with previous research focusing on relationship quality but using similar methodology (Joel et al., 2020). Overall, there is some overlap with previous findings from the break-up literature but also some important differences. These findings have important implications for research and couple therapy.

4:45–6 p.m., ASU Carson Ballroom at Old Main, Tempe

Couple's Reasons for Cohabitation Linked with Satisfaction with Sacrifices

Grace Aroz, Ashley Kuelz, Melissa A. Curran, & Mahek N. Shah

Purpose/Research Question: Drawing from interdependence theory, we know that individuals in romantic relationships can be affected by their partner when it comes to decision making (Kelley, 1979). With this understanding, we tested how couples' reasons for cohabitation was associated with their satisfaction with relational sacrifices.

Method: The data are from 116 heterosexual couples from a larger cross-sectional cohabitation study consisting primarily of white, young adults. Reasons for cohabitation (Rhoades et al., 2009) consisted of three categories: spending time together, testing the relationship, and convenience, all rated on a 1 to 7 scale. Satisfaction with sacrifice (Stanley & Markman, 1992) consisted of 7 items, rated on a 1 to 7 scale. Analyses were conducted using the Actor-Partner Interdependence Model to test whether an individuals' reasons for cohabitation were predictive of their own and their partner's satisfaction with sacrifices. Covariates included age, ethnicity, and education.

Results: We found that greater motivation to begin cohabiting for testing reasons was associated with lower satisfaction in sacrifice for both partners. In contrast, cohabiting based on desire to spend more time together was associated with higher satisfaction in sacrifice.

Conclusion: The results suggest that to be highly satisfied with one's relationship sacrifices, it is important to pay attention to the motivation for cohabitation as time spent together increases satisfaction with sacrifices and testing one's relationship is expected to reduce that satisfaction. These results support the idea, drawing from interdependence theory, that individuals' relational decisions are affected by their partner and affect different relationship aspects.

4:45–6 p.m., ASU Carson Ballroom at Old Main, Tempe

Are Instagram Users More Anxious? An Investigation of Between-Platform Differences in Mental Health and Social Media Use Motives

Natali Barragan, Adel Geow, Deborah Hall, & Yasin Silva

Prior work has investigated correlations among mental health, social media use motives, and the use of specific social media platforms. To our knowledge, however, there have been few, if any, systematic explorations of how mental health and social media use motives may differ between users of specific platforms. In the present study, we explored the extent to which the use of specific platforms predicted differences in depression, anxiety, and a range of potential social media use motives, controlling for age and gender. Specifically, we performed a secondary analysis of online survey data from a sample of (N = 502) cisgender adults in the U.S. (age: M = 32.7, SD = 12.8; 46.2% women) that focused on self-reported use of Twitter, Facebook, Instagram, Snapchat, and TikTok, depression, anxiety, and the strength of a range of motives for using social media. Controlling for age and gender (and adjusting for multiple exploratory analyses), the only significant relation between specific platform use and mental health was that Snapchat users reported higher levels of anxiety than non-users. Notably, the specific motives underlying participants' social media use varied between specific platforms. For instance, Twitter use was associated with stronger motives to use social media for dating, new friendships, social connectedness, social status, self-expression, and news, whereas TikTok use was associated with stronger motives for social information, entertainment, and status. These findings can inform future work aimed at understanding the interrelations among mental health and social media use motives for users of different platforms.

4:45-6 p.m., ASU Carson Ballroom at Old Main, Tempe

The Buffering Role of Emotional Capital against Relationship Threats during a Major Life Stressor

Oyku Ciftci, Marci Gleason, Lisa Neff, & Erin Crockett

Emotional capital theory suggests that when couples accumulate more shared positive experiences together, such as laughing or engaging in leisure together, the harmful effects of conflict on the relationship are reduced. We investigated whether being a parent and economic instability, two stressors that were especially prevalent during the COVID-19 pandemic, may have impeded the accumulation of emotional capital within relationships and alter its effectiveness as a buffer. Two hundred four participants completed a 14-day diary early in the pandemic (April 2020) and again seven months later (Nov. 2020). We found evidence that individuals with young children at home, who were essential workers, and who were higher in SES reported engaging in fewer positive daily activities with their partner across the diary periods. However, emotional capital was equally effective in buffering the link between daily relationship conflict and daily relationship satisfaction for all individuals. These findings suggest that engaging in positive joint activities can protect relationships even during major stressors yet doing so may be more difficult for some couples.

4:45–6 p.m., ASU Carson Ballroom at Old Main, Tempe

Examining Associations between Interpersonal Emotion Regulation, Positive Affect, Relationship Satisfaction, and Attachment Style among Individuals in Romantic Relationships

Sara Cloonan, Lara Ault, Karen Weihs, & Richard Lane

Romantic relationships are an important source of positive affect, which is a core ingredient of resilience. Research has shown that people use different strategies to change their own emotions, which have been associated with positive affect, relationship satisfaction, and attachment style. Given the inherent social nature of relationships, more research is needed to understand if the strategies used to change others' emotions are also linked to these variables. Thus, the present study aimed to examine associations between interpersonal emotion regulation (IER), attachment style, relationship satisfaction, and positive affect. The goal of this research is to better understand (1) the types of IER strategies associated with relationship satisfaction and positive affect, and (2) whether these associations are influenced by attachment style. We plan to analyze self-report data collected from 250 individuals in long-term romantic relationships (>6 months). We expect antecedent-focused IER strategies to be associated with higher relationship satisfaction and more positive affect, while response-focused IER strategies would be associated with lower relationship satisfaction and less positive affect. We also expect these associations to be moderated by attachment style, such that higher attachment avoidance will dampen the benefits of antecedent-focused IER strategies and higher attachment anxiety will amplify the consequences of response-focused IER strategies on relationship satisfaction and positive affect. This research will provide further insight into how interpersonal and emotional processes can be leveraged to increase positive affect and boost resilience among individuals in romantic relationships. These findings can also be used to inform clinical practices such as couples counseling.

4:45–6 p.m., ASU Carson Ballroom at Old Main, Tempe

Relationships with Elementary Education as Critical for Dropout Prevention

Stephanie Cottam, Ana Maria Meléndez Guevara, & Sarah Lindstrom Johnson

Children's early experience with education plays a critical role in their future trajectories in part because of their attitudes and beliefs surrounding education. However, the majority of dropout prevention occurs during high school years. Recently, educators are embracing a more ecologically centered understanding of success. This paper explores the association between educators' views on how much they can do to reduce school dropout and educators' multicultural self-efficacy and trauma-informed attitudes. Data was collected as part of a school-based project which seeks to adapt an evidence-based school parent engagement program to be trauma-informed. Data comes from educators, administrators, and staff at six Arizona based schools (N=178). We used a multivariate regression to examine the association between educators' views on how much they can do to reduce school dropout and educators' multicultural self-efficacy and attitudes related to trauma. Findings indicated that there was a significant association (B=1.24, p < .01) between multicultural self-efficacy and educator's reports on how much they can do to reduce school dropout. No significant association was found between educators' trauma informed attitudes and views on school dropout. By fostering multicultural self-efficacy, we may give educators skills to work with students to support efforts for dropout prevention and build resilient schools.

4:45–6 p.m., ASU Carson Ballroom at Old Main, Tempe

Dealing with the Loss of the Partner: The Case of a French-Speaking Internet-Based Intervention

Liliane Efinger, Anik Debrot, Maya Kheyar, Laurent Berthoud, & Valentino Pomini

Belonging is a basic need, as relevant to our survival as sex, hunger, and thirst, and human's sociality-trust, cooperation, and interdependence-is a key aspect of our survival as a species. The development and maintenance of high-quality social relationships are associated with myriad health benefits. However, how do we move forward when life confronts us with the loss of the partner, the person who provided the main source of support? The loss of a loved one, through death or separation, is a highly stressful event, predictive of mental and physical disorders; 10-15% of people experience significant difficulties in coping with these events. E-interventions are effective in treating multiple mental disorders, including complicated grief. In a first phase of our project, we implemented an e-intervention called LIVIA-FR in an uncontrolled clinical trial. We evaluated its effectiveness and the satisfaction of the 24 participants in a quantitative and gualitative way. In the second phase, we developed an upgraded version, LIVIA 2.0, which should further adapt the content and exercises to more vulnerable people, so that they will be motivated to continue the program even during more emotionally difficult tasks (especially exposure exercises). The changes include, among others, adding guidance-ondemand, providing more individualized recommendations, and promoting participant's own resources. The results of LIVIA-FR as well as first experiences with LIVIA 2.0 will be presented and discussed in light of distressing emotions that may hinder the completion of e-interventions.

4:45–6 p.m., ASU Carson Ballroom at Old Main, Tempe

Sharing Love and Support: Couples' Dynamics and Social Network Services

Manuel Faggiano, Ariela F. Pagani, & Silvia Donato

Around 60% of the world's population is active on Social Networking Services (SNS). SNSs represent an important and widespread tool for social interactions, also in the context of romantic relationships. A growing number of research points out that the use of SNS has both positive and negative consequences on the relationship, although the latter are more represented in the literature. Few studies have focused on couple enhancing behaviours and on dyadic process through SNSs. The aim of the present research was to investigate co-constructed processes of interaction between partners through SNSs, with particular attention to the processes of communication and management of positive and negative events, and the impact that such online interactions have on the couple relationship. Using Grounded Theory framework, around 40 interviews were conducted on individuals having a romantic relationship for at least 6 months. Recursive processes of theoretical sampling and theoretical coding were used to collect and analyse data. Preliminary results suggest that romantic partners deliberately choose to interact on SNSs or instant messaging app to share significantly emotional characterized events, when they are worried of possible consequences for themselves or for their partner reaction. At the same time, interviewees referred to use SNSs to give support to their partner without sharing their emotional part liked to the events. Finally, preliminary results suggest that partners share implicit meanings on SNSs and related to the use of SNSs, that influence both SNSs' usage both the impact that SNSs' have on relationship.

4:45–6 p.m., ASU Carson Ballroom at Old Main, Tempe

The Impact of Emotional Abuse on Closeness and Loneliness in Romantic Relationships: Examining the Moderating Effects of Self-Compassion, Optimism, and Relationship Gratitude

Courtney Goldenberg & Hayley Fivecoat

Abuse in romantic relationships is a persistent public health concern. High levels of emotional abuse (EA) from romantic partners are linked to more depressive symptoms and interpersonal conflict (Gallaty & Zimmer-Gembeck, 2007). Further, childhood EA has lasting consequences, with individuals reporting higher levels of psychological distress and lower relationship satisfaction in adulthood (Dion et al., 2019; Peterson et al., 2018). The current study investigated EA, and moderators of its impact, in a sample of newlywed couples (N = 67 dyads and 12 individual spouses). Couples were recruited from a longitudinal project, where at least one partner identified as Hispanic/Latiné, and couples were invited to complete an optional online survey during the COVID-19 pandemic lockdown phase. We assessed EA by oneself or partner as a primary predictor; measures of self-compassion, optimism, and relationship gratitude as potential moderators; and measures of closeness and loneliness as outcomes. Using multi-level modeling, we found that EA (perpetrated by oneself or partner) generally predicted less closeness and more loneliness in relationships, along with several moderating effects. Partners scoring high in self-compassion, or high on optimism, had even stronger negative effects of EA by the self on closeness. High levels of relationship gratitude seemed to buffer the effects of EA from a partner on closeness (i.e., reported feeling closer), and the effects of EA by the self on loneliness (i.e., felt less lonely). Our results suggest EA has a direct negative effect on levels of closeness and loneliness for newlyweds, but relationship gratitude may buffer this effect.

4:45–6 p.m., ASU Carson Ballroom at Old Main, Tempe

To Block or Not to Block? Differences in Recalled Toxic Relationship Experiences, Continued Focus on an Ex, and Post-Breakup Distress

Callie Graham & Laura K. Guerrero

In the popular press, people are advised to "go no contact" when a toxic relationship ends. This questionnaire study examines the wisdom of this advice by comparing recalled experiences of participants who did and did not block their exes. The participants in this questionnaire study (n= 168, average age = 27.95) considered themselves to be permanently out of a toxic non-marital romantic relationship. Most participants identified as women (n= 139), white (n= 168) and heterosexual (n= 105). Participants responded "yes" (n= 84) or "no" (n= 89)" as to whether they blocked their ex on social media. Results showed that compared to non-blocking participants, blocking participants reported a greater likelihood of having experienced the following toxic behaviors during their relationship: walking on eggshells around their ex, being caught in an intermittent reinforcement pattern, and having a partner who displayed righteous self-centeredness and/or contempt. The blocking participants also reported less continued focus on their ex (such as creeping on their social media and hoping to get back together), as well as less post-breakup emotional distress (such as feeling disbelief, jumpy, empty, and emotionally numb). Emotional distress was positively and strongly correlated with a continued focus on the ex. These results, although cross-sectional, suggest that those who block their exes recall experiencing toxic relationship behavior to a greater extent than those who do not. Moreover, given that blocking one's ex is related to engaging in less continued focus on the ex and less emotional distress, "going no contact" appears to be solid advice.

4:45–6 p.m., ASU Carson Ballroom at Old Main, Tempe

Childhood Trauma and Attachment: Mediating Role of Parental Bonding

Anisiasunta Guzelides & Kristin D. Mickelson

According to the CDC (2022) on average, approximately 60% of Americans have experienced at least one type of traumatic event before the age of 18 years old. Though the multifaceted implications that trauma presents have been widely researched, understanding how parental care and overprotection mediate the internal working models of self and others is one area that should be further explored. In a study of 221 adults recruited through PROLIFIC, we found partial support for our hypothesis. Specifically, we found that maternal care and paternal overprotectiveness mediated the relationship between childhood trauma exposure and reported avoidant attachment in adulthood – such that more reported childhood traumas were predictive of less maternal care and greater paternal overprotectiveness which, in turn, predicted greater avoidant attachment. Interestingly, there was no significant association with anxious attachment. These findings have important implications for understanding how the parental figure can have lasting effects on an individual's attachment in their future relationships and highlight the importance of early intervention.

4:45–6 p.m., ASU Carson Ballroom at Old Main, Tempe

Dyadic Bicultural Competence: Reconceptualizing Cultural Functioning and Strain in Intimate Relationships

Quinn Hendershot & Matthew D. Johnson

Bicultural competence, or the extent to which individuals successfully balance two cultures, has been associated with a variety of positive social and psychological outcomes. I explore how bicultural competence can exist at a dyadic level, where two individuals' respective cultural orientations determine how effectively the dyad engages with their environment and manages challenges associated with navigating two cultures. I review existing literature on this concept, which I call dyadic bicultural competence (DBC), focusing on intimate partners, and outline how different patterns of cultural orientation across partners may be risk or protective factors for couples. Research in this area is limited, and there have been mixed findings regarding how matches or mismatches between partners' cultural orientation relate to their relationship functioning, as well as their coping in multicultural contexts. I present a new model, based on established models of both relational strain and the role of cultural orientation in close relationships, identifying how differing patterns of DBC can be associated with varied relationship trajectories and outcomes. This model depicts how each individual in an intimate relationship is able to take advantage of the cultural facility of their partner in order to cope with a wider range of culturally-based challenges. This model provides a framework that helps to explain mixed findings in this area, and sheds light on the role of couples' ability to successfully navigate contextual challenges related to cultural orientation.

4:45–6 p.m., ASU Carson Ballroom at Old Main, Tempe

Support Behaviors Elicited Within Romantic Couples Following a Laboratory Acute Stress Induction

Jessica E. Hill, Leanna Poole, Juliana Quigley, Melissa V. Gates, & Christina Balderrama-Durbin

Social support is one of the most robust protective factors against negative reactions to trauma. Laboratory trauma analogs are commonly used to mimic real-world traumatic stressors and reliably elicit acute stress reactions. Existing trauma analog studies have primarily investigated individual reactivity and recovery processes largely neglecting the examination of support behaviors in romantic couples following acute stress induction. Observational data were derived from a larger multi-method investigation which gathered data throughout a series of baseline tasks, stressful-film trauma analog, and 10-minute post-film interaction between romantic partners. The current study examined the types of support behaviors elicited in the post-film interaction in 24 community couples. One partner was randomized to the stressed partner (SP) condition, where they watched a 13-minute trauma analog alone before being reunited with the non-stressed partner (NSP) for the post-film recovery period. Two trained behavioral coders watched the post-film interaction and coded the NSP's support behaviors using the Social Support Behaviors Coding system. Minute-by-minute macrocodes (totaling 10 observations per NSP) were extracted to summarize the frequency and the type of support behaviors during the post-film interaction. Results indicated that the most frequent support behavior elicited through the laboratory-induced unilateral stressful-film was esteem support (80.4%), with few support behaviors that may be elicited by a shared or experienced stressor such as instrumental (0.4%) or emotional support (3.4%). Additional research is needed to investigate types of support behaviors elicited by different stressors and traumas (e.g., shared versus unilateral, experienced versus witnessed) and their relative effectiveness at facilitating recovery.

4:45–6 p.m., ASU Carson Ballroom at Old Main, Tempe

Addressing Gaps in Literature: Posttraumatic Growth and Surviving IPV

Lauren Hocker & Ashley K. Randall

In the U.S., intimate partner violence (IPV) impacts millions of people every year, with approximately 11 million heterosexual women, five million heterosexual men, and disproportionately effects sexual minorities (43.8% of lesbian women, 61.1% of bisexual women, 26% of gay men, and 37.3% of bisexual men) (NCADV, 2018; Smith et al., 2018). Numerous researchers have sought to understand the experiences of IPV survivors, with many focusing specifically on the theory of posttraumatic growth (PTG). Posttraumatic growth, first coined in the 1990s by Richard Tedeschi and Lawrence Calhoun, posits that individuals who have survived traumatic events can develop resiliency and continue to grow in positive directions (APA, 2016). Since the introduction of PTG in psychological literature, researchers have sought to understand what factors contribute to growth that can occur for IPV survivors, however many of these studies have centered predominantly on White, heterosexual, cisgender individuals. Although recent IPV literature has begun expanding to include individuals from traditionally underrepresented populations (Brown & Herman, 2015; Garth et al., 2018; King et al., 2019), PTG literature has seemingly only begun to scratch the surface of the experiences of diverse populations. The goal of the present study was to use a content analysis approach (Webber et al., 2017) to examine inclusion of diverse populations in studies between 2012 to 2022 focused on PTG after surviving IPV across three major psychology journals (Journal of Counseling Psychology, Journal of Family Violence, and Journal of Interpersonal Violence). Preliminary results indicate gaps in the literature that will be further discussed.

4:45–6 p.m., ASU Carson Ballroom at Old Main, Tempe

A Visual Exploration of Multiple Dyadic Data Collection Methods

Daniel Hubler, Nathan Bingham, Jakob Fuhriman, & Rachel Hubler

In researching social relationships, accounting for nonindependence continues to be a challenge in the area of data collection. When plausible, online surveys provide a method of efficient data collection that provides insights on relational dynamics. This presentation will provide a visual description (logical pathway) and conversation about two processes used to gather dyadic and other grouped data online. Additionally, we call for more innovative methods that provide dyadic insights while accounting for the threats to validity common to online data collection (e.g., attrition bias). The first method utilizes random number generators and email triggers to generate confidential data linked to partners potentially over long durations of time. Advantages to this method include time flexibility, the ability to collect multiple waves, and the option to schedule specific times for follow up surveys. These methods also come with costs including survey fatigue, satificing risks, and privacy risks. The second method uses a more direct method to generate anonymous data in one sitting. Advantages include reduced privacy risks, fewer survey tasks, and increased likelihood of partnered data. Potential costs include an increased risk for social desirability and decreased likelihood of privacy between partners regarding each other's responses. One key way to explore predictors of relationship resilience is to track them in dyads and other groups over multiple time points, working to isolate casual influences. By exploring these reports of dyadic interactions we can more clearly understand the often complicated dynamics of groups.

4:45–6 p.m., ASU Carson Ballroom at Old Main, Tempe

Does Late Adolescents' Romantic Jealousy Amplify the Association between their Alcohol Use and Digital Dating Abuse?

Olivia Maras, Thao Ha, Selena I. Quiroz, Maciel M. Hernández, & Olga Kornienko

Digital dating abuse (DDA) is prevalent in adolescents, around 65% experience DDA (Ellyson et al., 2021). DDA includes using technology and social media to threaten, monitor, or control romantic partners (Reed et al., 2017). Alcohol use is an established risk factor for in-person dating abuse but under-examined in DDA (Capaldi et al., 2012). Romantic jealousy may amplify adverse effects of alcohol use (Rodríguez-Domínguez et al., 2018). We examined main and interactive effects of alcohol use and romantic jealousy on DDA victimization and perpetration. Participants are 288 late, dating adolescents (51.7% girls; Mage=20.77; 55.2% White, 20.8% Latino/a, 48% Asian American, 10% Other). Multiple regression analyses revealed a significant, positive main effect of alcohol use on DDA victimization (β =0.02, p<.01) and perpetration (β =.02, p<.001). We found a significant interaction between alcohol use and possessive jealousy in predicting DDA victimization (β =0.01, p=.03), but not for reactive or anxious. The effect of alcohol use on DDA victimization was significant at mean and high levels of possessive jealousy, but not low levels. We found possessive jealousy moderated the association between adolescents' alcohol use and DDA victimization. Possessive jealousy includes partnercontrolling behaviors, which may amplify the association between alcohol use and DDA because possessive jealousy may elicit retaliation from romantic partners. Low jealousy may be protective against the negative impacts of alcohol use on DDA involvement. Future studies should investigate trust in partners as a source of resilience against negative relationship behaviors.

4:45–6 p.m., ASU Carson Ballroom at Old Main, Tempe

Selfies and Soul-Searching: Effects of Self-Objectification on Social Media Use and Life Meaning

Alexis Mostoller & Kristin D. Mickelson

With its ever-increasing prevalence throughout the world, social media use has become a primary means of communication and connection with others. Research suggests both positive and negative outcomes for those who are online more frequently. While uploading content and interacting with posts others have created is associated with social comparison and identity formation, one relatively unexplored aspect of social media is the ease with which people can curate their own personal identities. This curation has led to an increase in users-particularly young adults-posting sexualized images of themselves for social gain. Untested in prior research is the relationship between self-objectification via social media and life meaning. In this study, we hypothesized that the association between self-objectification and meaning in life would be strongest among heterosexual women and gay men (i.e., those seeking to attract men). Results from analyses found that while there was no significant relationship between active social media use and meaning in life, there was a significant three-way interaction between objectified social media use, gender and sexual orientation on meaning. Findings from this study provide support for previous research that has found gay men and heterosexual women face the most adverse effects from self-objectification. These results suggest that self-objectified social media use can negatively impact life meaning for certain populations.

4:45–6 p.m., ASU Carson Ballroom at Old Main, Tempe

Examining Buffering Effects of Post-Traumatic Relationship Growth on Combat Exposure and Post-Traumatic Stress Disorder Symptoms

Morgan Nance

Military deployments are highly stressful, and service members (SMs) vary in psychological symptoms post deployment and even in how much they may experience individual post-traumatic growth. However, less is known about how their intimate relationships may similarly experience post-traumatic growth (versus post-traumatic declines), and whether this relationship context may buffer the impact of combat exposure on symptoms of PTSD. Using data from the Army Marriage Project (Stanley et al., 2010), we examined both post-traumatic relationship growth (PTRG) and post-traumatic relationship decline (PTRD), in terms of their associations with PTSD symptoms in 88 married SMs who had deployed in the past year. We used the PTSD Checklist for DSM-IV to determine PTSD symptoms and the Deployment Risk and Resilience Inventory to determine exposure to potentially traumatic combat and post-combat experiences. To examine PTRG and PTRD, we developed questions that assessed potential growth (e.g., trauma led to greater appreciation of spouse) and potential declines (e.g., trauma led to more disconnection from spouse). Surprisingly, we found that the association between combat exposure and PTSD is not significantly buffered by PTRG (p=.38). The association between combat exposure and PTSD symptoms was almost significantly affected by PTRD (p=.054). Surprisingly, at higher levels of PTRD, the association between combat exposure and PTSD was weaker. Thus, PTRD did not exacerbate the impact of combat on PTSD as might be expected, nor did PTRG buffer the impact of combat on PTSD. Limitations include a novel measure of PTRG/PTRD and a small sample of long-term married Army couples.

4:45-6 p.m., ASU Carson Ballroom at Old Main, Tempe

Analyzing Digital Dating Abuse among Young Adults Using Novel Coding System of Smartphone Screenshots

Selena Quiroz, Thao Ha, Emma Calveri, & Shea Saysavanh

Digital dating abuse (DDA) is a recent phenomenon observed among young adults wherein they use technology to perpetrate dating violence against their romantic partners (Reed et al., 2016). As most research on DDA utilizes self-reports, we have developed a coding system for DDA involving participant-uploaded smartphone screenshots depicting romantic relationship events. Objective coding of DDA is needed as it allows for a more ecologically valid assessment, and young adults do not always recognize instances of DDA in their relationships as these behaviors can be viewed as passion or joking behavior (Reed et al., 2021). The current study analyzed 232 smartphone screenshot events from 288 young adults (Mage = 20.77; 51.7% Female, 48.3% Male; 55.2% White, 21.2% Hispanic/Latinx) currently in romantic relationships (Mrelationship duration = 20.25 months). Participants uploaded up to 10 screenshots regarding two relationship events: a stressful event and a jealousy event. Findings demonstrated that 37.1% of screenshot events displayed DDA behaviors. Out of the screenshots displaying DDA, a variety of different behaviors were present including guilt tripping (48.8%), cursing at partner or insulting them (32.6%), and hostile humor (25.6%). Comparing objective codes to selfreports, participants whose screenshots contained DDA reported higher self and partner cyber relationship aggression, self and partner in-person dating violence, and interactional reactivity. This novel methodology is a promising way to objectively analyze the presence of DDA. By understanding the specific ways in which young adults engage in DDA using their own screenshots, interventions aimed at reducing DDA can be more targeted and ecologically valid.

4:45–6 p.m., ASU Carson Ballroom at Old Main, Tempe

Economic Strain and Personal Distress: An Exploration of Relationship Quality as a Moderator

Lizette Sanchez & Christina Balderrama-Durbin

Economic strain is associated with psychological distress, but strong interpersonal relationships may buffer this association. The purpose of this study is to examine whether the level of intimate relationship quality moderates the association between economic strain and personal distress. We hypothesize that individuals with high relationship quality will have weaker associations between economic strain and personal distress, while individuals with low relationship quality will have a stronger association between the two. Our sample consisted of couples who were married or dating, and both partners were between the ages of 18 and 68 (N=215). The racial distribution of our sample was 54.2% White, 23.7% African American, 2.6% Asian, and 19.5% other. We used the PANAS scale to evaluate personal distress, the QMI to examine relationship quality, and the question "During the past 12 months, how much difficulty have you had paying your bills?" to evaluate individual socioeconomic stress (Norton, 1983; Watson, 1988). Results showed that men's reported economic strain was positively correlated to personal distress scores (p=.003); however, this association was not found to be moderated by level of relationship quality (p=.86). Surprisingly, there was no correlation found between women's distress scores and economic strain (p=.50), and there were also no moderation effects found when looking at level of relationship quality (p=.86). Future research should be conducted to identify potential variables that moderate the relationship between economic strain and personal distress in order to support the resilience of individuals through stressful contexts.

4:45-6 p.m., ASU Carson Ballroom at Old Main, Tempe

The Emotionality Stigma Scale: Measurement Development, Reliability, and Validity

Hayley Seely, Kristin Mickelson, & Patrick Pössel

Emotions are biological responses to stimuli that allow individuals to derive meaning, appraise experiences, and prepare to respond. However, individuals perceive emotions differently based on emotion socialization which not only dictates the way emotions are viewed and managed but also has been directly linked with mental health outcomes. Furthermore, research shows emotion socialization is informed by demographic variables such as gender such that the expectations of emotionality differ; where women are taught to express emotions, men are taught to conceal. Given the societal rules regarding emotionality, it is possible that emotionality stigma - the stigma around the experience and expression of emotions - is formed through subtle cues about the deviance or normality of emotionality based upon societal expectations and stereotypes related to gender. To test this theory and develop a measure of emotionality stigma two studies were conducted. Study 1 served to test the factor structure and reliability of the Emotionality Stigma Scale in two separate samples (N \neg = 464, 407, respectively). Using EFA and CFA, the hypothesized factor structure was confirmed with support for the three hypothesized dimensions of emotionality stigma: stigma resistance, stigma endorsement, and discrimination. Utilizing this developed scale, in Study 2, emotionality stigma was investigated in relation to similar constructs including expressive suppression, expression, and concealment, masculinity, and physical and mental health outcomes. Taken together, these studies make strides toward understanding emotionality stigma in diverse populations and the role this stigma may play in mental health and social relationships. Implications for both research and practice are discussed.

4:45-6 p.m., ASU Carson Ballroom at Old Main, Tempe

Attachment Patterns and Satisfaction with Sacrifices and their connections to Relationship Satisfaction in Couples

Mahek Nirav Shah, Ashley Kuelz, Melissa A. Curran, & Grace Aroz

Attachment theory (Bowlby, 1969) and Interdependence theory (Kelley, 1979) guide our understanding of how different attachment patterns can lead to various relationship outcomes considering how partners' influence each other. Therefore, driven by Attachment Theory and Interdependence Theory, we examined how attachment anxiety, attachment avoidance, and satisfaction with sacrifices are associated with relationship satisfaction. The data are from 116 heterosexual couples from a larger cross-sectional cohabitation dataset primarily consisting of White young adults. Attachment was measured using the Experiences in Close Relationships (ECR by Wei et al., 2007; 12 items rated on a 1 to 7 scale) resulting in anxiety and avoidance (6 items each). Satisfaction with sacrifices was assessed (Stanley & Markman, 1992; 6 items; rated on a 1 to 7 scale). Relationship satisfaction was assessed (Hendrick, 1988; 7 items; 1 to 5 scale). Analyses were conducted using Actor-Partner Interdependence Modeling in R (v 4.2.2). We included education, age, and ethnicity as covariates. The analysis revealed that higher relationship satisfaction for each partner was positively associated with their self-report of satisfaction with sacrifices and negatively associated with their self-report of attachment anxiety and avoidance. The results suggest for individuals to be highly satisfied in their relationships, it is important for them to be highly satisfied with making sacrifices and low on insecure attachment patterns. This study lends support to attachment theory by providing evidence of the impact of insecure attachment and pro-relational behavior such as sacrifices on relationship outcomes like relationship satisfaction.

4:45–6 p.m., ASU Carson Ballroom at Old Main, Tempe

Insecure Attachment and Relationship Resilience in the Workplace

Geoff Thomas

We integrate insights from attachment theory and relational ambivalence to develop a novel interpersonal explanation of when and how followers' attachment anxiety and avoidance impacts leader-follower relationship resilience and follower job performance in the workplace. Drawing on the attachment system dynamics model, we posit that attachment avoidance will be negatively related to relationship guality, whereas attachment anxiety will be positively related to relationship ambivalence. Furthermore, we predict that follower's anxious (and avoidant) attachment styles will interact with leader neuroticism leading to a hyperactivation (deactivation) of the attachment system, manifesting in greater relationship ambivalence (and lower relationship quality). Across three studies (N=1102), we found consistent evidence for a positive relationship between follower attachment anxiety and leader-follower relationship ambivalence, as well an indirect effect between attachment anxiety and relationship resilience and job performance. Leader neuroticism was especially likely to induce relationship ambivalence and, in turn, undermine relationship resilience and job performance in anxiously attached followers. Attachment avoidance, though unaffected by leader neuroticism, was negatively related to relationship quality across all three studies and demonstrated an indirect effect on relationship resilience and job performance in studies 2 and 3. Overall, our findings shed light on the unique explanatory power of relational mechanisms, beyond previously examined intrapersonal mechanisms, for understanding the relationship between attachment style and both relationship resilience and job performance as well as the role that partner characteristics play in triggering the attachment system in anxious followers. The implications of these findings for ameliorating risk and building resilience in insecurely attached relationships are discussed.

4:45–6 p.m., ASU Carson Ballroom at Old Main, Tempe

Positive Touch Attitudes and Anxious Attachment Style are Risk Factors for Wellbeing and Loneliness during Periods Lacking Intentional Touch

Aikaterini Vafeiadou, Natalie C Bowling, Claudia Hammond, & Michael J Banissy

Interpersonal touch is known for its beneficial effects on health and its health consequences when it is absent. However, individuals' need for interpersonal touch may vary according to their characteristics. Here, we investigated Touch Recency as a proxy to human touch absence by asking participants, "When was the last time that somebody touched you intentionally, not including formal gestures such as handshaking in meetings". First, we associated individuals' Touch Recency responses with their mental well-being and feelings of loneliness. The results showed that increased periods without intentional touch were associated with a decline in mental well-being and increased feelings of loneliness. Secondly, we investigated the impact of individual differences (touch attitudes, attachment style, interoception) on the relationship between Touch Recency and the two well-being measures. The results showed that individuals with more positive touch attitudes and higher anxious attachment had a steeper decline in mental well-being and increased loneliness from a lack of recent touch. Finally, we were interested in investigating coping strategies that could act as protective factors for well-being in periods lacking human touch. Thus, we studied participants' use of non-social touch substitutes such as materials like wearing soft clothing or taking warm baths and tactile imagery. However, the studied non-social touch substitutes did not result in significant impacts on well-being. Collectively, our findings highlight that some individuals are at higher risk of declined well-being during periods lacking human touch, such as the lockdown of the COVID-19 pandemic.

4:45-6 p.m., ASU Carson Ballroom at Old Main, Tempe

Scaffolding Resilience in Undergraduate Students

Julie Verette-Lindenbaum

Past research suggests that the nature of the academic relationship between students and professors may contribute to effective scaffolding of resilience when grades fall below expectations. Students' evaluation of caring teacher behaviors is expected to be higher when students earn unexpectedly low grades compared to students who meet or exceed their expected performance. Method: Before receiving grades on an exam, introductory psychology students predicted their performance and reported their study strategies prior to the exam. After grades were returned and answers were reviewed, students indicated if their grade was expected. Students then provided information about how they would change their study strategies in preparation for the next exam. This process was repeated for each test throughout the semester for a total of 4 reflections. Although the data collection is not yet complete, resilience, operationalized as incremental success on successive exams, is expected to increase when students' metacognitive perspective is implemented for upcoming exams. The relationship between teachers and students, particularly with regard to caring behaviors following a difficult exam that highlight metacognition, is hypothesized to increase student resilience to the extent that strategies to improve test taking skills are employed.

4:45–6 p.m., ASU Carson Ballroom at Old Main, Tempe

Turning points in Latinx Father-Offspring Relationships: Cultural and Communicative Sources of Relational Resilience

Vincent Waldron & Catalina Cayetano

Fathers play important roles in fostering resilience in their children, but the factors that contribute to resilience in long term father-offspring bonds are less well understood. Research on Latinx families suggests that certain cultural understandings and practices help families sustain and restore stability after disruptive moments in the lifespan, such as children leaving home, fathers seeking work in distant places, or financial difficulties. To explore these influences, turning point interviews were conducted with 20 Latinx fatheroffspring pairs (mean length of relationship = 30 years). In the interviews, participants described moments of positive or negative relational change, plotted relationship trajectories, and discussed perceived influences on the definition and quality of the relationship. Findings suggest that four cultural influences fostered stability at moments of male disruption: enduring messages about influences on familv life (caballerismo/machismo), shared religious commitments, respect for the value of hard work, and stabilizing roles played by grandparents and other relatives. In addition, the turning point interview itself provided, for some pairs, opportunities for relational redefinition and stabilization. Participants questioned their individual understandings of how the relationship had evolved, proposed revised role definitions, and solidified relational commitments. Findings are interpreted in light of the communicative theory of resilience and the generative fathering framework. We call for additional fathering research that centers culture, explores how fathering relationships evolve over the lifespan, and identifies communication practices that fathers and offspring use to both affirm and adapt their relationships.

4:45–6 p.m., ASU Carson Ballroom at Old Main, Tempe

Coping with Political Differences in Interpersonal Relationships

Ellie Weaver & Ioana Cionea

Political polarization has continued to grow since the 2016 Presidential elections. Once forbidden topics have become impossible to evade, causing individuals with differing political views to find themselves fighting about more than just politics. As these once public topics enter the personal sphere, disagreements amongst friends, family members, and romantic partners with differing political views occur more and more frequently. What are the ramifications of such conflicts, and how can people build resilience in the face of what are likely becoming on-going disagreements in our everyday lives? This study examines conflict in interpersonal relationships (i.e., friend, family member, or romantic partner) between individuals who have different political views. A combined sample of U.S. adults and undergraduate students (anticipated sample of 200 individuals, of which half has already been collected) is used to analyze the relationships between political dissimilarity, the frequency of conflicts about politics, and overall well-being (i.e., stress, rumination), perceived resolvability of such conflicts, and relational satisfaction. We hypothesized that dissimilarity and frequency of conflict would have negative associations with well-being, increasing stress, and reducing perceptions of resolvability and satisfaction in individuals' relationships following such conflicts. Preliminary analyses indicate several significant relationships between political dissimilarity and the outcome variables of interest. The study contributes knowledge about the management of interpersonal conflict and how individuals can build coping strategies and resilience to address polarizing, political differences between themselves and close others in their interpersonal relationships.

4:45-6 p.m., ASU Carson Ballroom at Old Main, Tempe

Love and Friendship: Romantic Relationship Homophily and Adolescent Friendship Networks

Haoyang Zhang & Diane Felmlee

As an important relationship in adolescence, friendship is a topic of extensive social network research. However, network research typically focuses on how the development and maintenance of friendships are influenced by larger friendship networks. Less attention has been paid to how friendships are embedded in other intimate relationships, such as romantic relationships. In this study, we investigate the interrelationships between friendship networks and romantic relationships. We examine how similarity in romantic relationship status (both dating or neither dating) is associated with adolescents' dyadic friendship formation. Using centrality measures and Temporal Exponential Random Graph Models (TERGMs), we analyze two waves of data from the "Peers and the Emergence of Adolescent Romance " study. We find that engaging in romantic relationships is a significant factor strongly associated with adolescent friendship formation. Friendships develop between students who share a similar romantic relationship status and those who are dating tend to have a smaller network than those not in a relationship. The findings of this study draw attention to two of the most important aspects of adolescents' daily lives: friendships and romantic relationships. We believe that the findings of this study can further inform theories of romantic relationships as well as highlight the importance of applying a social network perspective to study key transitions during this important stage of the life course in adolescence.

4:45-6 p.m., ASU Carson Ballroom at Old Main, Tempe

"We" are in this Together: Problem Severity and the Benefits of We-Talk among Lower and Higher SES Couples

Yunzhi (Ariel) Zheng, Hannah Williamson, & Lisa Neff

The use of we-talk (i.e., first-person plural pronoun use), which is considered as an indicator of couples' communal orientation when discussing relational problems, has been linked to better relationship well-being. In fact, theoretical perspectives have suggested this type of communal orientation may be especially important when couples are coping with more severe problems. In light of research suggesting that money management is a common source of tension within couples' relationships, the current study examined whether the use of we-talk when discussing financial problems may be more beneficial for lower SES couples' relationship quality compared to higher SES couples, as lower SES couples have relatively fewer economic resources to address their financial issues. To test this, we drew from a diverse sample of 304 newlywed couples who varied in their sociodemographic risk. All couples engaged in a discussion regarding a source of difficulty in their relationship; 23% of couples discussed financial problems. Both couple members also reported their perceived relationship quality with their spouse. Results from multilevel modeling analyses partially confirmed our prediction as there was a significant three-way interaction between husbands' use of we-talk, discussion topic (i.e., financial or not), and couples' sociodemographic risk on wives' relationship quality. That is, lower SES wives reported greater relationship quality when their husbands used more we-talk during their discussions of financial problems. Husbands' we-talk during financial discussions was not significantly associated with wives' relationship quality among higher SES couples.

Letters To Juliet: Self-Worth and Hope in the Context of Relationship Distress

Michele Acker

This exploratory qualitative study examined themes of self-worth and hopefulness in the context of relationship distress. We used the Juliet Club Letters, an archive of letters from 1992-present written to Juliet of Shakespeare's Romeo and Juliet asking for love advice. We purposively sampled from available anonymized English-language letters written in 1992-2012. We selected a sample of 59 letters written by women, where the letter mentioned issues related to the future, and implied hopeful/hopelessness. We used multiple stages of reflexive thematic analysis (Braun, et al., 2019) to identify patterns. We categorized letter writers into those whose self-esteem was tied to the presence of a relationship (RCSE) and those whose self-esteem was independent of relationship status (non-RCSE) (Holden et al., 2018; Knee et al., 2008). We identified some overarching themes: distancing from pain, trouble letting go of negative relationships, and feeling let down. In subsequent coding, it became evident that hopefulness or hopelessness was a distinguishing characteristic in how those themes manifest for those with RCSE vs. non-RCSE, regardless of relationship status. RCSE women in relationships were likely to perceive their partner's love as suspect and likely to end; not being partnered was further evidence of their unworthiness (Murray et al., 1996). Non-RCSE women were more likely exhibit hopefulness about future relationships, even after negative events. Although this study relied on a small and distinct sample, these results demonstrate how RCSE seems to generate more hopelessness, and a greater inability to move forward.

Sexual Communication Self-Efficacy's Influence on Communication during Sex for Young Adults in Romantic Relationships

Maggie Bennett-Brown & Rhett Downing

Background: Communication during sexual activity has been positively associated with relationship and sexual satisfaction (Bennett-Brown & Denes, 2023). Although these positive effects have been demonstrated in research, little is known about how able and willing individuals are to communicate while engaging in sexual activity, or one's self-efficacy for communicating during sex. The current study aims to examine how self-efficacy relates to sexual communication and sexual satisfaction for those in romantic relationships.

Methods: Participants were all in romantic relationships, with a majority in committed romantic relationships with one partner (86%). 157 participants completed questions asking about their talk during sexual activity, their self-efficacy of communication related to sexual activities, sexual satisfaction, and demographic information. Participants were between the ages of 18- 51 (M = 22.12; SD = 6.39) and mostly white, heterosexual women (73.2%, 83.4%, and 87.3%, respectively).

Results: Hayes' PROCESS v. 4 for SPSS v. 28 was used to test a mediation model, which was significant (R2 = 0.07, p = 0.005). The direct effect, with talk during sex predicting sexual satisfaction, (β = 0.11, LLCI = 0.006, ULCI = 0.209) and the indirect effect, with talk during sex predicting sexual satisfaction through the mediator of sexual communication self-efficacy were both significant (β = 0.02, LLCI = 0.000, ULCI = 0.051); this demonstrates a partial mediation.

Conclusions: Sexual communication self-efficacy appears to play a role in the relationship between talk during sex and sexual satisfaction for those in romantic relationships. Future research is needed to examine the intricacies of this association further.

Intercultural Couples Use of Communication Strategies as a Relationship Maintenance Technique: A Qualitative Analysis

Adira Daniel & John Sakaluk

Findings show that intercultural couples do indeed use a variety of communication styles and strategies to varying levels of effectiveness, depending on the context. Specifically, participants used communication styles (developed from previous literature) as well as unique communication strategies: positivity, compromises, assurances, future focus, and unhealthy strategies (developed from current interviews using thematic analysis) in four contexts: (1) recognize and reconcile their cultural differences, (2) navigate stigma and discrimination, (3) navigate regular relationship maintenance, and (4) maximize benefits of the relationship. This suggests that different communication strategies are important tools for everyday maintenance of the relationship as well as navigating the unique aspects of intercultural relationships, advancing theory on the impact of cultural differences on romantic relationship processes.

Lost in Translation: Matching on Love Languages Rarely Explains Variation in Personal and Relational Outcomes

William J. Chopik, Louis Hickman, Rebekka Weidmann, Mariah F. Purol, & Hyewon Yang

Love languages—and the degree to which people "match" on them—have captivated lay audiences searching for explanations for why some relationships do or do not work out. Previous work formally testing whether matching on love languages translates to better relationship success has been relatively rare, provided mixed results, and has tested matching in non-optimal ways. In the current study, we examined whether methodological variation in matching procedures (e.g., difference scores, response surface analysis, and machine learning) can help characterize whether love languages have implications for relationship success in 954 male/female couples (Mage = 55.42, SD = 16.07; MRelationshipLength = 27.39 years). Across all these approaches and all possible love language pairings (via machine learning methods), we found virtually no evidence that matching on love languages explained additional variation in outcomes above and beyond individual and spousal personality traits and attachment orientations. Further, expression (highest r = .795) and preferences (highest r = .774) between love languages were occasionally and problematically, highly correlated. Based on the results of the current study, it is worth revisiting whether love languages tap into distinct relationship preferences and behaviors or if they reflect broader responsiveness or positive relationship behaviors regardless of matching. The presentation will conclude with a critical discussion of the personal and relational characteristics most likely to lead to resilience in the context of close relationships.

Couples' Communication Quality Varies across Different Stressors: Implications for Understanding Resilience in Stressful Contexts

Danielle Weber, Justin Lavner, & Steven Beach

Couples confront a variety of stressors and can benefit from mutually-supportive, highguality communication when dealing with stress. However, research has generally not considered whether couples' communication might vary when couples discuss different stressors. Consistent with the convention theme of resilience in interpersonal environments, this investigation examines how couples communicate about different stressors, including (a) differences in communication guality about different stressors, (b) how communication guality about different stressors is shaped by stress, and (c) how highguality communication around different stressors predicts relationship well-being. Black coparenting couples (N=344) reported on their communication quality for four separate, common relationship stressors: finances, children, racial discrimination, and kinfolk. Communication quality was lowest when discussing finances and kinfolk, significantly higher when discussing children, and highest when discussing racial discrimination. More stress around finances and kids was associated with poorer communication around those specific topics and around other topics. More frequent racial discrimination was not significantly associated with communication quality in any of the four topics. Finally, higher guality communication when discussing finances, kinfolk, and racial discrimination (but not when discussing children) each uniquely predicted higher relationship satisfaction, even after controlling for general communication skills. These findings indicate that communication around certain stressors can vary significantly, encouraging further research on couples' relative strengths and weaknesses when communicating about different stressors. Moreover, given unique associations between topic-specific communication and relationship satisfaction, it may be important to promote healthy communication about a range of stressors in order to enhance couple resilience in stressful contexts.

Session 8: Relationship Maintenance/Satisfaction 9–10:15 a.m., Opal West

Remote Work and Professional Relationships in Relation to Well-Being

Karissa Beesley & Kristin D. Mickelson

This study was conducted to examine how the COVID-19 pandemic changed traditional inperson working environments after the first lockdowns of 2020. Remote work options have become more prevalent than they were pre-pandemic, and analyses of current literature shows that these emergency measures may have more permanence than originally predicted. The current study examines how this change may influence professional relationships in the work place through team flow and communication, and how this in turn could impact employee well-being.

Session 8: Relationship Maintenance/Satisfaction 9–10:15 a.m., Opal West

The Role of Individual- and Interactive-Level Relationship Maintenance on Married Couples' Commitment

Yifan Hu, Brian G. Ogolsky, & Laura Stafford

Committed couples are more likely to be resilient. Thus, studies about commitment as a function of relationship maintenance (RM) interaction can allow us to explore how interpartner interactions create a relationship with resilience. Individual RM processes are critical to commitment, such that both partners enact RM and perceive partners' RM behaviors to strengthen the relationships. Moreover, the interactions of the individual RM processes result in interactive processes of RM, including similarity, accuracy, and perceived equity within or across partners. Such interactive RM processes might contain additional information on couple dynamics beyond the individual level RM. Thus, we investigated how individual and interactive processes of RM relate to commitment and relationship satisfaction. We recruited 193 heterosexual married couples and adopted Actor-Partner Interdependence Models (APIM) to test the actor and partner effects of RM on commitment as moderated by relationship satisfaction. Results demonstrated a positive association between husbands' RM enactment and their commitment, a negative association between the similarity of RM enactment and wives' commitment, and a negative association between husbands' perceived equity and their commitment. Satisfaction was a strong predictor of participants' commitment and moderated the association between RM enactment and commitment for both partners, the association between husbands' RM enactment and wives' commitment, and the association between husbands' perceived equity and wives' commitment.

Session 8: Relationship Maintenance/Satisfaction 9–10:15 a.m., Opal West

Association of Marital Quality with Mental Health in Police Wives

Catherine (Cate) Marken, Sarah Lindstrom Johnson, Lori Burmeister & Nicole Roberts

Previous research on law enforcement officers has not included studies of marital relationships from the spouse perspective, and tend to focus on workplace manifestations of stress and other health concerns. This project fills a gap in current research by surveying wives about their personal experiences of marriage to law enforcement officers. and its relationship with mental health. We examined the association of marital quality with mental health in a sample of 969 police wives. Moderators in this analysis are wives' cognitive reappraisal, positive emotion, stigma about receipt of mental health services, and their perceived value of mental health services. We found that marital quality was significantly associated with mental health (B = 0.55, p < 0.001) after controlling for age, ethnicity, years of education, years of marriage, and having children. While wives' cognitive reappraisal, positive emotion, stigma about receipt of mental health services, and their perceived value of mental health services all showed a significant association with mental health in police wives, none acted as moderators in the association between marital quality and mental health. Preliminary results of this project indicate a need for comprehensive mental health supports for law enforcement families. More research is needed to understand the role of wives' emotional regulation in minimizing negative impacts of workplace stress on mental health and marital quality.

Session 9: Coping/Emotional Support 10:30–11:45 a.m., Opal East

Developing Canadian Social Connection Guidelines

Kiffer Card

In 1942, Canada led the world by developing nutrition guidelines that provided public health guidance for wartime food rationing. Decades later, Canada developed physical activity guidelines to address soaring levels of sedentary behaviour. More recently, Canadian researchers developed lower-risk substance use guidelines for cannabis and alcohol use. These and other evidence-based guidelines have provided straightforward strategies for healthy living and are key tools for clinical and public health practice. In the wake of COVID-19, declines in mental and social well-being have highlighted the urgent need for Social Connection Guidelines. That's why we're developing such guidelines in partnership with the GenWell Project, the Public Health Agency of Canada, and a wide range of community-based organizations and universities across Canada and around the world. Such guidelines, which will be the first of their kind developed globally, will raise awareness regarding the importance of social connection as a key determinant of health and well-being. This presentation will review our progress and plans to develop these guidelines, focusing on results from the Canadian Human Connection Survey, a serial cross-sectional study with longitudinal subcohort that has been monitoring trends in social health to better understand the importance of social connection to health and wellbeing in Canada.

Session 9: Coping/Emotional Support 10:30–11:45 a.m., Opal East

How Helpful was it to Turn to Friends during the Pandemic?

Beverley Fehr, Atara Lonn & Cheryl Harasymchuk

We hypothesized that during the pandemic, people who were single and living alone would be especially reliant on their close friends for support. Data were gathered over a 6-week period from single adults (N = 220) during the early stages of lockdown. Contrary to predictions, neither within-person or between-person stress predicted whether participants spent time with close and best friends. Time spent with best friend was not associated with weekly stress, regardless of whether the interaction was in person or over the phone. Between-person stress predicted more frequent contact with online communities with strangers. Although the benefits of reaching out to friends for support are well-documented, that was not the case in the present study. We conjecture that given this unprecedented situation of a pandemic, perhaps people were simply too stressed to reach out to friends, and when they did, the interaction may not have been helpful because their friend also may have been highly stressed. Thus, the beneficial effects of friendship may not obtain when both individuals are experiencing high levels of stress. Instead, it may be more helpful to turn to online communities for support during such times.

Session 9: Coping/Emotional Support 10:30–11:45 a.m., Opal East

Daily Support Dynamics and Relationship Quality in Adolescent Romantic Relationships: A Dyadic Ecological Momentary Assessment Study

Thao Ha & Masumi lida

We know little about romantic partner support processes in adolescents' day-to-day lives when they are experiencing stressors, which has been shown to be an important predictor of relationship quality among adults. Therefore, we used ecological momentary assessments (EMA) to gain a more fine-grained understanding of how dynamics in partner support in response to daily stressors was associated with adolescents' relationship quality. We further investigated whether stress levels experienced during the stressor was a moderator. In total, N = 97 adolescent romantic couples (age M =16.7, SD = .90) from an ethnically diverse sample (43% Latinx, 45% White) participated in a dyadic EMA. Texts were sent out on Wednesday and Sunday evening for 12 weeks. On average, participants completed 71% of their assessments. Both partners independently completed questions about the (1) the most stressful event experienced that day, (2) levels of stressful and (3) indicate how much support they received from their partner. Results from the dyadic process multilevel model showed that partner support was associated with increased relationship quality on the same day, b3= .091, t(97) = 8.05, p < .001. Results also indicated that this association was moderated by the level of stress, b4 = -.041, t(97) =-3.80, p < .001, such that the association between support receipt and relationship quality was stronger when the event was perceived to be highly stressful. Despite the transient nature of adolescent romantic relationships, it seems that daily partner support are important sources of resilience for adolescents.

Sources of Relational Turbulence and Practices of Resilience in Romantic Relationships Following the Birth of a Child

Jorlanditha T. Austin, Salvador Guzman, & Jennifer A. Theiss

Welcoming a new child can be a source of joy, but also a transition ripe for turmoil in romantic relationships. Conditions during the postpartum period can contribute to relational uncertainty, stress, and turbulence for romantic partners as they adapt their roles and routines to accommodate for the care of a new child. The postpartum period can be marked with instances of distress that can lead to decreases in relationship satisfaction and can be marked by concerns about the overall well-being of the relationship (Pastore et al., 2007). Grounded in the assumptions of relational turbulence theory (Solomon et al., 2016) and the communication theory of resilience (Buzzanell, 2010), this study investigates sources of relational strain during the postpartum period and the relationship maintenance strategies and resilience behaviors that romantic partners employ to cope during this transition. In this study, 500 individuals who were in a romantic relationship and had a baby within the past two years wrote narrative responses to open-ended questions about the effects of the postpartum period on their romantic relationship. Responses were analyzed using thematic analysis to identify sources of relational turbulence and behaviors promoting resilience. The results point to a variety of stressors unique to the postpartum period that can give rise to relational turbulence, and they highlight an array of strategies romantic partners use to bolster their relationship in response to turmoil. Our findings are discussed in terms of their alignment with theory, as well as the practical implications for promoting resilience in postpartum romantic relationships.

Tensions and Resilience in Parent-Caregivers of Medically Complex Children

Tricia Burke

Unpaid family caregiving is growing in the U.S. The vast majority of research in this area focuses on older adults; however, this study highlights tensions and resilience experienced by parents caring for a disabled or medically complex child (DMCC). It is critical to examine this population of caregivers, as caring for their medically complex child is a longterm - and in some cases life-long - circumstance involving financial, medical, social, and emotional challenges that impact their quality of life. Twenty-six parent-caregivers of DMCC participated in semi-structured interviews. Thematic analysis was used to organize, analyze, and interpret the transcribed data. The first review of the data revealed tensions and elements of communicative resilience experienced by the parent-caregivers. Subsequent reviews brought the themes into focus and refined them into the final set of tensions: isolation/connection, positive/negative emotion, and exhaustion/action. The following quote exemplifies the negative/positive emotion tension as well as the communicative resilience work that facilitates the parent's movement from negative to positive emotion within the tension: "It's ok to be sad for what we don't have and it doesn't make you any less happy for what you do have ... " This is one example of the different elements of the communicative theory of resilience (e.g., crafting normalcy, putting alternative logics to work, etc.) that served to facilitate movement within the identified tensions. In sum, this analysis highlights tensions and resilience processes in characterizing the challenges that parents face as they navigate the sometimes isolating and challenging, yet rewarding experience of caring for their DMCC.

Childhood Interpersonal Trauma and Postpartum Depressive Symptoms: Mindfulness as a Resilience Factor

Natacha Godbout, Alison Paradis, Camille Andrée Rassart, & Catherine Herba

Postpartum depression is the most commonly reported mental health issue among parents welcoming a new child, with long-term impacts on the well-being of their family. Survivors of childhood interpersonal trauma (CIT) appear to be more vulnerable, with higher rates of postpartum depressive symptoms. Yet, studies are needed on protective mechanisms that can buffer the link between CIT and postpartum depressive symptoms, to identify factors that can promote resilience in CIT survivors as they navigate this demanding period of family change. This research examined the moderating role of mindfulness, a protective mechanism documented as key for both postpartum mental health and trauma processing, in the association between CIT and postpartum depressive symptoms from a dyadic perspective. This perspective is important in order to consider potential interinfluences between parents. A randomly selected sample of 843 couples who recently welcomed a new child completed self-reported measures of CIT, dispositional mindfulness, and postpartum depression. Path analyses showed that more experience of CIT was associated with higher levels of postpartum depression, but this association was weaker in parents with higher dispositional mindfulness. In addition, more CIT reported by one parent was linked with their partner's higher depressive symptoms. These findings shed light on the protective role of mindfulness during the postpartum period to protect against postpartum depression in parents who are CIT survivors and their partners.

The Experience of New Fathers during the Transition to Parenthood: Associations between Depressive Symptoms and Relational Functioning

Salvador Guzman & Jennifer Theiss

The transition to parenthood is a transformative milestone for many committed couples. Although this experience can be an exciting and fulfilling time for many partners, it may also be marked by increased stress and uncertainty. Prior research highlights some of the negative effects that new parenthood can have on relationship functioning and quality, which often include lower relationship satisfaction, heightened relational uncertainty, and increases in stress, anxiety, and depression. Whereas much research has focused on the experiences of new mothers during the transition to parenthood, relatively fewer studies have examined the experiences of fathers during this transition. Thus, this study aims to explore the experiences of new fathers after the birth of their first child. We draw on assumptions from relational turbulence theory to examine how new fathers' depressive symptoms correspond with heightened relational uncertainty and interference from partners, and how these relationship conditions may undermine fathers' perceptions of social support and relationship satisfaction. As part of a larger dyadic and longitudinal study, we surveyed 79 heterosexual fathers in committed relationships, three months after the birth of their first child. Regression analyses revealed that new fathers' depressive symptoms are associated with heightened relational uncertainty and perceptions of partner interference. Furthermore, conditions of relational uncertainty and interference from partners were associated with less perceived social support from their partner and lower relationship satisfaction. Our findings are discussed in terms of their implications for addressing the challenges faced by new fathers during the transition to parenthood.

Social Wealth and Health: Close Relationships Mitigate Socioeconomic Health Disparities

Rebecca Carey, Lydia Emery, Nicole Stephens, & Hazel Markus

Low socioeconomic status (SES) has powerful and pervasive consequences for health and well-being. We investigated one mechanism of resilience in lower socioeconomic contexts that may improve these outcomes: strong, supportive, and trusting close relationships. Across three studies, we test the role of close relationships in moderating the link between SES and health and well-being. In Study 1, we used video coding and daily diary methods to examine the links among SES, romantic couples' relationship strength, and depression. In Study 2, we used longitudinal survey data to examine the links among SES, social support, health and well-being during the Covid-19 pandemic. In Study 3, we used longitudinal data from the Midlife in the U.S. survey (MIDUS) and meta-analysis to examine the links among SES, supportive and trusting relationships, and health and wellbeing over a decade. Across these three studies, we find that the positive effect of strong, supportive, and trusting relationships on future health and well-being was significantly stronger for people with lower SES compared to those with higher SES. Importantly, in each study, close relationships effectively mitigated SES health and well-being disparities over time. Overall, these findings identify close relationships as potentially critical sources of resilience in low socioeconomic contexts.

The Couples Coping Enhancement Training – Sexual Minority Stress (CCET-SMS) Relationship Education Program: Feasibility, Acceptability, and Preliminary Efficacy

Emma Calveri, Ashley K. Randall, Casey J. Totenhagen, Mel Holman, Courtney Irwin, Guy Bodenmann, Karissa Greving, & Sherry Rostosky

Individuals with diverse and traditionally underrepresented sexual orientations (i.e., those who identify as lesbian, gay, or bisexual [LGB]) experience compounded stress due to their marginalized identity in a heteronormative society. Such stressors, which include discrimination and internalized heterosexism increase risks for various affective disorders and negatively impact relationship functioning. Empirically supported relationship education programs, including the Couples Coping Enhancement Training, have been found efficacious in increasing psychological and relationship-based well-being ; however, this and related education programs do not target how couples can cope with minority stressors. The Couples Coping Enhancement Training-Sexual Minority Stress (CCET-SMS) program seeks to close this gap by teaching couples dyadic coping skills sensitive to sexual minority stressors. This program was developed by translating the original Germanversion of the CCET to English, revising content to include sexual minority stressors, and expert panel feedback. The CCET-SMS is being implemented and pilot tested with 10 same-gender couples to investigate feasibility, acceptability, and preliminary efficacy. Specific to program efficacy, it is hypothesized that participation in the CCET-SMS program will a) decrease the intensity of sexual minority stress and b)increase perceived partner dyadic coping and relationship satisfaction. Preliminary results based on four same-gender couples demonstrate that sexual minority stress had decreased after participation in the CCET-SMS program, while dyadic coping behaviors increased . Preliminary results do not show changes in relationship satisfaction; however, data collection is ongoing and anticipated to be completed early spring 2023. Limitations and future directions will be presented.

Applying Dynamic Dyadic Systems Analysis to Sexual Minority Couples' Conversations

Esther Liekmeier, Emma Calveri, Kai Graham, Casey Totenhagen, & Ashley K. Randall

Sexual minorities face unique and specific challenges in their romantic relationships due to stressors related to living in a heterosexist society (i.e., sexual minority stress). The Couples Coping Enhancement Training – Sexual Minority Stress (CCET-SMS), has been designed for this purpose and is currently being pilot tested in the Phoenix-metro area. As part of the five-module program, couples practice the 3-phase method wherein they learn to effectively verbally communicate their stress to their partner and receive support. Engagement in the original CCET program has yielded positive outcomes, specifically decreased perceptions of stress and increased relationship satisfaction; however, little is known about how couples' communication dynamics (i.e., stress and support) unfold in real-time. The purpose of this study is to apply dynamic dyadic systems (DDS) analysis to understand couples' communication dynamics during the 3-phase method. Ten sexualminority couples will be recruited to participate in the CCET-SMS program, with data collection anticipated to be completed early spring 2023. Following this, couples' conversations will be transcribed and coded by a team of graduate research assistants using the Supportive Conversation Assessment Rubric (SCAR; Bodie et al., 2021) to analyze couples' turn-taking behaviors and conversational dynamics within each conversation. Results, along with implications for applying DDS to longitudinal data to traditionally underrepresented couples, will be discussed.

Interventions for Couples: A Systematic Review of the Research in the Last 20 Years

Terri Orbuch, Adam Galovan, David Schramm, Jae N. Beckmeyer, & Minyeong Cho

A large number of studies have documented that intervention programs for couples can strengthen and promote resilience within relationships (e.g., Hawkins et al., 2012; Liu et al., 2020). In this study, we systematically summarize and review what we have learned from couple intervention research in the last two decades, providing topical trends and approaches in the research. The data for this study come from empirical articles within 16 peer-reviewed journals and reference lists from prominent couple relationships review articles published since 2002. To be included in the review, studies: (a) included either traditional longitudinal or intensive longitudinal studies, and (b) assessed some kind of relationship process or outcome as a result of an intervention program, over at least two time periods. A thorough search produced 75 relationship intervention studies that fit these criteria in the last two decades. The majority of the studies were dyadic in nature (90%), focused on outcomes related to communication (33%) and physical/mental health (32%), and evaluated programs that ran for less than a year (52%). After examining the methods and results sections from each of the 75 studies, we discuss what types of programs were effective and for whom, specific intervention outcomes, theoretical frameworks used for these studies and why this longitudinal work is important. We also address study limitations, samples, methods, and implications for program design and policy.

Romantic Relationships: Protective Factors for Psychological Health among Sexual and Gender Minorities Facing Minority Stress?

Sarah Whitton, Elissa Sarno, Christina Dyar, & Michael Newcomb

Sexual and gender minority (SGM) individuals face many unique stigma-based social stressors, such as victimization, microaggressions, and internalized heterosexism (i.e., minority stressors) that create vulnerability for mental health and substance use problems. Evidence from the general population suggests that high quality romantic relationships are robust protective factors for psychological health; however, little research has explored the role that romantic relationships may play in promoting wellbeing among SGM people facing minority stress. Using multiwave data from a sample of 488 SGM emerging adults assigned female at birth (AFAB), we explored within- and between- persons effects of romantic involvement and relationship quality on mental health and substance use, as well as whether relationship involvement and quality moderated associations between minority stress and these outcomes. Multilevel models indicated that participants reported fewer depressive and anxiety symptoms, alcohol use problems, and cannabis use problems when romantically involved than when single and when reporting higher (vs. lower) relationship quality. Relationship quality, but not involvement, showed stress-buffering effects, attenuating the within-persons association of internalized heterosexism with depression, and of microaggressions with cannabis use problems. Findings highlight the potential for healthy romantic relationships to promote positive wellbeing among SGM young people as they live within a cultural context of stigma and stress.

Is Exercise Sexy? Examining Daily Associations between Exercise Behaviors and Relationship Outcomes in a Sample of U.S. Heterosexual Adults

Matthew Rivas-Koehl & Brian G. Ogolsky

Engaging in physical activity is widely recognized as an important health-promoting behavior. Recently, research has examined exercise in a dyadic context to understand how romantic partners may influence each other's exercise behavior and whether exercising affects romantic relationships. Studies have found people with romantic partners who positively encouraged physical activity were more likely to engage in exercise (Burke & Segrin, 2014; Berzins et al., 2019). In addition, previous research suggests that exercising with one's romantic partner is associated with increased relationship satisfaction (Sackett-Fox et al., 2021). Because literature in this domain is sparse, the current study seeks to replicate and extend previous research to better understand how exercise, including exercising together, affects individuals and their romantic relationships. Our study will use multilevel modeling to analyze daily diary data collected from 139 heterosexual couples (N = 278, Mage = 32.7, SD = 7.8) in the United States Midwest. We will test the association between exercise and relationship outcomes, including relationship and sexual satisfaction, as well as reported positive and negative affect. We will also analyze the moderating effects of whether exercise occurred with one's romantic partner (versus alone) and one's perception of their partner's support for exercise. Preliminary analyses indicated significant, positive relationships between exercise, exercising together, partner support, relationship satisfaction, and sexual satisfaction. Our results can inform relationship science and practice, as well as healthrelated research and practice. We will consider and discuss how exercise, especially with one's partner, may be a source of resilience in romantic relationships.

Understanding the Link between Social Media and Body Image

Albina Letniku & Kristin D. Mickelson

The popularity of social media platforms is only growing with time. It is important to assess how social media affects the well-being of users due to this growing popularity. Many studies have established that social media use is particularly detrimental to women's body image. Social media's negative effects on body image have been attributed to the idealistic portrayal of appearance-based images. Different social networking sites showcase various types of content to their viewers. There is little evidence that shows whether these sites differ in their link to body satisfaction. Although social media's link to body image is evident, it is less evident what factors could moderate this link. This study seeks to assess the relationship between various social networking sites and women's body image. Furthermore, this study aims to answer what factors could mitigate the established link between social media use and body satisfaction.

Parental Incarceration as a Factor Impacting Child Wellbeing

Madeline Jupina & Denise Solomon

Children in the United States experience caretaker incarceration at high rates due to systems of mass incarceration. Incarceration impacts children by damaging their relationships, physical and mental health, and behavioral outcomes. Incarceration also destabilizes families by increasing conflict and reducing quality time. These negative outcomes are particularly prominent in low-income Black families, who experience incarceration at far higher rates than other groups. In this study, I use the Fragile Families and Child Wellbeing Study to examine relationships between incarceration, experiences within the family, and children's wellbeing. I measure all variables except wellbeing when the children are 9 years old. I use wellbeing data collected at age 15 in order to examine the crucial time period between pre-adolescence and adolescence.

Examining the Environmental Influence on Well-Being Similarity in Romantic Couples: Evidence of Five Panel Household Studies

Rebekka Weidmann & Richard E. Lucas

Romantic partners are similar in how satisfied they are with their life. However, only a few study findings can inform about the extent to which this similarity is due to environmental (vs. stable, inherent) factors. Understanding the degree to which couple members' similarity in well-being is influenced by the environment can provide the basis for future studies that identify specific environmental factors underlying spousal similarity in wellbeing (e.g., shared financial situation, conflict, parenting). The present study examines the size of the environmental influence on the similarity of life satisfaction in romantic couples living in Australia (i.e., Household, Income and Labour Dynamics in Australia), Germany (i.e., German Socio-Economic Panel), Great Britain (i.e., Understanding Society), the Netherlands (i.e., Longitudinal Internet Studies for the Social Sciences), and Switzerland (i.e., Swiss Household Panel). Each country contributes approximately 500 couples per country. Using dyadic Stable Trait, Autoregressive Trait, State (STARTS) models, the correlation between both partners' transient State components across time provides an indication of how much the environment influences the well-being similarity between couple members. Based on previous literature, we expect a high correlation ($r \ge .60$) between partners. The findings of pre-registered analyses will be presented, and potential cultural variations discussed.

"All for one and one for all": The Influence of Sociorelational Safety on Perceived Importance of COVID-19 Precautions and Trust in Government Responses

Veronica Lamarche

The COVID-19 pandemic, and shelter in place orders, created tension between immediate social goals (e.g., connecting with others) and broader social goals (e.g., reducing hospital admissions). Past work suggests that when people feel that their social worlds are responsive to their needs, they become more trusting and more willing to sacrifice on behalf of others. The current research examined whether feeling safer in close relationships was associated with endorsing COVID-19 and trust in government responses. UK residents (N=300) who were more satisfied that their close others fulfilled their connectedness needs at the start of the first lockdown, perceived COVID-19 precautions as more important (b=.08, t(295)=3.17, p=.002, η p2=.05) and more effective (b=.17, t(295)=5.77, p<.001, η p2= .12) than those who were relatively dissatisfied in how their connectedness needs were being met. They also reported greater trust in the government's management of the pandemic (b=.13, t(295)=2.97, p=.003, η p2=.06). These effects persisted in a follow-up one month later. Implications for how society can benefit from promoting social resilience by investing in programmes that improve interpersonal connectedness and satisfaction, and future directions, are discussed.

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