

Jessica P. Lougheed, PhD

Associate Professor

Department of Psychology

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EDUCATION

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

PROFESSIONAL POSITIONS

Associate Professor	Department of Psychology, University of British Columbia Okanagan	2026-current
Assistant Professor	Department of Psychology, University of British Columbia Okanagan	2020-2026
Assistant Professor	Department of Human Development and Family Science, Purdue University	2018-2020
Banting Postdoctoral Fellow	Department of Psychology, The Pennsylvania State University <i>Advisors:</i> Pamela M. Cole, PhD, and Nilam Ram, PhD	2016-2018

RESEARCH FUNDING

Funded projects

\$308,202 (CDN)	Project: Tracking Digital Activities and Parenting Processes that Foster the Development of Adolescent Digital Flourishing Insight Grant, <i>Social Sciences and Humanities Research Council of Canada</i> Principal Investigator: Tom Hollenstein, PhD Role: Co-Investigator	2025-2030
\$67,822 (CDN)	Project: Examining the Role of Perceived Stress and Emotion Regulation in the Association between Poverty and Adolescent Well-Being Insight Development Grant, <i>Social Sciences and Humanities Research Council of Canada</i> Principal Investigator: Kalee De France, PhD Role: Co-Investigator	2024-2026
\$322,113 (CDN)	Project: Emotion Regulation and Well-Being: A Multi-Method Intensive Longitudinal Investigation Insight Grant, <i>Social Sciences and Humanities Research Council of Canada</i>	2024-2029

Role: Principal Investigator

\$450,000 (CDN)	Project: Supporting Mental Health in Adolescents and their Parents: Using Developmental Science to Refine and Promote the Uptake of a Local Community Intervention Scholar Award, <i>Michael Smith Health Research BC</i> Role: Principal Investigator	2023-2028
\$306,849 (CDN)	Project: Interpersonal Up-Regulation of Positive Emotion and Couples' Sexual Well-Being: A Dyadic Observational, Physiological, Daily, and Longitudinal Investigation Insight Grant, <i>Social Sciences and Humanities Research Council of Canada</i> Principal Investigator: Samantha Dawson Role: Co-Investigator	2022-2026
\$74,872 (CDN)	Project: Daily Conflicts in Parent-Adolescent Dyads: Associations with Parent and Adolescent Development Insight Development Grant, <i>Social Sciences and Humanities Research Council of Canada</i> Role: Principal Investigator	2021-2023
\$198,005 (CDN)	Project: Investigating Parent-Adolescent Dynamics in the Emotion Dynamics Lab Canada Foundation for Innovation-John R. Evans Leaders Fund/BC Knowledge Development Fund partnership grant Role: Principal Investigator	2021-2026
\$64,028 (USD)	Project: Temporal Dyadic Processes in Autism Risk and Treatment NICHD F31 HD101282 Principal Investigator: Ashleigh Kellerman, MS Role: Collaborator	2020-2022
\$10,337 (USD)	Project: Identifying Critical Windows of Fluctuations in Parent-Adolescent Conflicts for Adolescent Adjustment Purdue Research Foundation Research Grant <i>Purdue Research Foundation</i> Role: Principal Investigator (declined due to job transition)	2019-2020
\$9,828 (USD)	Project: Interpersonal Associations between Mothers' and Adolescents' Emotional Functioning and Internalizing Symptoms Burkhart Faculty Fellowship <i>Center for Families, Purdue University</i> Role: Principal Investigator	2019
\$8,000 (USD)	Summer Faculty Grant <i>Executive Vice President for Research and Partnerships, Purdue University</i> Role: Principal Investigator	2019
\$179,706 (CDN)	Project: Development of Socioemotional Flexibility across Adolescence Insight Grant, <i>Social Sciences and Humanities Research Council of Canada</i> Principal Investigator: Tom Hollenstein, PhD Role: Co-Investigator	2018-2023

SELECTED FELLOWSHIPS AND AWARDS

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

Monetary Awards

\$140,000 (CDN)	Banting Postdoctoral Fellowship <i>Social Sciences and Humanities Research Council</i>	2016-2018
\$81,000 (CDN)	Postdoctoral Fellowship <i>Social Sciences and Humanities Research Council</i> (declined)	2016-2018
\$15,000 (CDN)	Ontario Graduate Scholarship <i>Ministry of Training, Colleges, and Universities</i>	2015-2016
\$105,000 (CDN)	Joseph-Armand Bombardier Canada Graduate Scholarship <i>Social Sciences and Humanities Research Council</i>	2012-2015
\$15,000 (CDN)	Ontario Graduate Scholarship <i>Ministry of Training, Colleges, and Universities</i> (declined)	2012-2013
\$17,500 (CDN)	Joseph-Armand Bombardier Canada Graduate Scholarship <i>Social Sciences and Humanities Research Council</i>	2011-2012
\$15,000 (CDN)	Ontario Graduate Scholarship <i>Ministry of Training, Colleges, and Universities</i> (declined)	2011-2012
\$10,428 (CDN)	Queen's Graduate Award <i>Queen's University</i>	2010-2011

Other Recognition

Outstanding Faculty Member <i>The Psychological Science Graduate Students of the UBCO Department of Psychology</i>	2023
Outstanding Ally Award <i>Purdue University LGBTQ Center</i>	2019
Dissertation Award in Developmental Psychology <i>American Psychological Association, Developmental Psychology (Division 7)</i>	2018
SRCD Outstanding Dissertation Award <i>Society for Research in Child Development</i>	2017
Andrew McGhie Prize in Psychology (Most Outstanding Dissertation of the Year) <i>Department of Psychology, Queen's University</i>	2017
Certificate of Academic Excellence for best Master's thesis <i>Canadian Psychological Association</i>	2013

PUBLICATIONS

*Indicates graduate or undergraduate student trainee

Peer-Reviewed Research

1. *Gottlieb, M., & Lougheed, J. P. (2026). Perceptions of parenting beliefs and practices in fathers of adolescents. *Family Relations*. Advance online publication. doi: [10.1111/fare.70205](https://doi.org/10.1111/fare.70205)
2. *Keskin, G., Lougheed, J. P., & Hollenstein, T. (In press). Sequences of moment-to-moment emotion dynamics during mother-adolescent conflicts and prospective associations with internalizing problems. *Journal of Emotion and Psychopathology*. (Accepted November 10, 2024). Pre-print [here](#).

3. Galarneau, E., Lischetzke, T., Li, X., De France, K., **Lougheed, J. P.**, & Hollenstein, T. (2026). Developmental stability and change in emotion regulation strategies and strategy repertoires across adolescence. *Journal of Research on Adolescence*, 36, e70161. doi: [10.1111/jora.70161](https://doi.org/10.1111/jora.70161)
4. Li, X., Wylie, M. S., **Lougheed, J. P.**, & Hollenstein, T. (2026). Adolescent emotion polyregulation flexibility: An ecological momentary assessment of emotion-regulation contingency and links to perceived success. *Journal of Research on Adolescence*, 36(1), e70159. doi: [10.1111/jora.70159](https://doi.org/10.1111/jora.70159)
5. *Keskin, G., Sin, N. L., & **Lougheed, J. P.** (2026). Conflict interactions and negative and positive affect in parent-adolescent dyads' daily lives. *Emotion*. doi: 10.1037/emo0001635.
6. Martin, V., **Lougheed, J. P.**, & Hollenstein, T. (2026). Real-time contingencies of emotion socialization during parent-adolescent conflicts. *Social Development*. 35:e70045. <https://doi.org/10.1111/sode.70045>
7. Li, X., **Lougheed, J. P.**, & Hollenstein, T. (2026). From friction to flow: Dyadic affective flexibility during and after conflicts predicts trajectories of mother–adolescent relationships. *Developmental Psychology*, 62(5), 915–931. <https://doi.org/10.1037/dev0001939>
8. *Hodgson, P., *Moore, L., **Lougheed, J. P.** (2025). Sexual health literacy and access to inclusive education: Investigating disparities between cisgender heterosexual and 2SLGBTQIA+ young adults. *Canadian Journal of Human Sexuality*, 34(2), 187-200. <https://doi.org/10.3138/cjhs-2025-0037>.
9. *Keskin, G., Sin, N. L., & **Lougheed, J. P.** (2025). Parental psychological need, parenting practices, and adolescent internalizing mood in parent-adolescent dyads' daily lives. *Journal of Family Psychology*, 39(6), 861-872. <https://doi.org/10.1037/fam0001375> Pre-print [here](#). [Editor's Choice](#) selection.
10. **Lougheed, J. P.**, *Chanut, J., & *Truong, A. K. (2025). The associations between affect and internalizing symptoms in the reporting of stressors in daily life. *Affective Science*, 6, 285-295. doi: 10.1007/s42761-025-00306-z
11. *Forster, K., & **Lougheed, J. P.** (2025). Associations between emodiversity and mental health in university students during the COVID-19 pandemic. *Journal of Emotion and Psychopathology*, 1(2), 489-505. doi: 10.55913/joep.v1i2.40
12. Bülow, A., Boele, S., **Lougheed, J. P.**, Denissen, J. J. A., van Roekel, E., & Keijsers, L. (2025). A matter of timing? Effects of parent–adolescent conflict on adolescent negative affect and depressive symptoms on six timescales. *Journal of Psychopathology and Clinical Science*, 134(4), 414–426. <https://doi.org/10.1037/abn0000987>. [Editor's Choice](#) selection.
13. **Lougheed, J. P.**, *Loveridge, C. F., *Keskin, G., & Sin, N. L. (2025). Associations between caregiver-adolescent emodiversity and internalizing symptoms. *Journal of Research on Adolescence*, 35(1), e13041. <https://doi.org/10.1111/jora.13041>
14. *Truong, A. K., *Keskin, G., & **Lougheed, J. P.** (2024). Within- and between-person associations between social interactions and loneliness: Students' experiences during the COVID-19 pandemic. *Cognition and Emotion*, 38(6), 938-946. doi: [10.1080/02699931.2024.2333920](https://doi.org/10.1080/02699931.2024.2333920)
15. Sheeber, L., **Lougheed, J. P.**, Hollenstein, T., Leve, C., Mudiam, K., Diercks, C., & Allen, N. (2023). Maternal aggressive behavior in interactions with adolescent offspring: Proximal social-cognitive predictors in depressed and non-depressed mothers. *Journal of Psychopathology and Clinical Science*, 132(8), 1019-1030. doi: <https://doi.org/10.1037/abn0000854>.
16. **Lougheed, J. P.**, *Keskin, G., & *Morgan, S. (2023). The hazards of daily stressors: Comparing experiences of sexual and gender minority young adults to cisgender heterosexual young adults during the COVID-19 pandemic. *Collabra: Psychology*, 9(1), 73649. doi: [10.1525/collabra.73649](https://doi.org/10.1525/collabra.73649)
17. *Keskin, G., **Lougheed, J. P.**, & Duncan, R. (2022). Within- and between-person associations among internalizing and externalizing problems during middle childhood. *Social Development*, 32(3), 889-904. 1-16. doi: [10.1111/sode.12660](https://doi.org/10.1111/sode.12660)
18. **Lougheed, J. P.**, Duncan, R., *Keskin, G., & Marceau, K. (2022). Longitudinal associations between mother-child conflict and child internalizing problems in mid-childhood. *Development and Psychopathology*, 34(1), 263-272. doi: 10.1017/S0954579420000863
19. Hollenstein, T., Colasante, T., & **Lougheed, J. P.** (2021). Adolescent and maternal anxiety symptoms decrease but depressive symptoms increase before to during COVID-19 lockdown. *Journal of Research on Adolescence*, 31(3), 517-530. doi: 10.1111/jora.12663

20. **Lougheed, J. P.**, Crowell, S. E., & Vlisides-Henry, R. D. (2021). Advancing models and methods of emotional concordance. *Biological Psychology*, 162, 108-112. doi: [10.1016/j.biopsycho.2021.108112](https://doi.org/10.1016/j.biopsycho.2021.108112)
21. Francis, K., Scholten, H., Granic, I., **Lougheed, J. P.**, & Hollenstein, T. (2021). Insights about screen use conflict from conflict discussions between mothers and pre-adolescents: A thematic analysis. *International Journal of Environmental Research and Public Health*, 18(9). doi: [10.3390/ijerph18094686](https://doi.org/10.3390/ijerph18094686)
22. **Lougheed, J. P.** & *Keskin, G. (2021). Parent-adolescent emotion dynamics at multiple time scales. *Child Development Perspectives*, 15(2), 125-131. <https://doi.org/10.1111/cdep.12409>
23. **Lougheed, J. P.**, Main, A., & Helm, J. L. (2020). Mother-adolescent conflict dynamics and associations with adolescent perspective taking. *Journal of Family Psychology*, 34(5), 566-576. doi: 10.1037/fam0000632.
24. Cole, P. M., **Lougheed, J. P.**, Chow, S-M, & Ram, N. (2020). Development of emotion regulation dynamics across early childhood: A multiple time-scale approach. *Affective Science*, 1(1), 28-41. doi: [10.1007/s42761-020-00004-y](https://doi.org/10.1007/s42761-020-00004-y)
25. **Lougheed, J. P.** (2020). Parent-adolescent dyads as temporal interpersonal emotion systems. *Journal of Research on Adolescence*, 30(1), 26-40. doi: 10.1111/jora.12526
26. **Lougheed, J. P.**, Brinberg, M., Ram, N., & Hollenstein, T. (2020). Emotion socialization as a dynamic process across emotion contexts. *Developmental Psychology*, 56(3), 553-565. doi: 10.1037/dev0000801
27. Yang, X., Ram, N., **Lougheed, J. P.**, Molenaar, P. C. M., & Hollenstein, T. (2019). Adolescents' emotion system dynamics: Network-based analysis of physiological and emotional experience. *Developmental Psychology*, 55, 1982-1993. doi: 10.1037/dev0000690
28. Main, A., **Lougheed, J. P.**, Disla, J., & Kashi, S. (2019). Timing of adolescent emotional disclosures: The role of maternal emotions and adolescent age. *Emotion*, 19(5), 829-840. doi: 10.1037/emo0000483
29. **Lougheed, J. P.**, Benson, L., Cole, P. M., & Ram, N. (2019). Multilevel survival analysis: Studying the timing of children's recurring behaviors. *Developmental Psychology*, 55(1), 53-65. doi: 10.1037/dev0000619
30. Davis, W. E., Giner-Sorolla, R., Lindsay, D. S., **Lougheed, J. P.**, Makel, M. C., Meier, M. E., Sun, J., Vaughn, L., & Zelenski, J. M. (2018). Peer review guidelines promoting replicability and transparency in psychological science. *Advances in Methods and Practices in Psychological Science*, 1(4), 556-673. doi: 10.1177/2515245918806489.
31. **Lougheed, J. P.**, & Hollenstein, T. (2018). Arousal transmission and attenuation in mother-daughter dyads in adolescence. *Social Development*, 27, 19-33. doi: 10.1111/sode.12250
32. Hollenstein, T., Tighe, A., & **Lougheed, J. P.** (2017). Emotional development in the context of mother-child relationships. *Current Opinion in Psychology*, 17, 140-144. doi: 10.1016/j.copsyc.2017.07.010
33. **Lougheed, J. P.**, Hollenstein, T., & Lewis, M. D. (2016). Maternal regulation of daughters' emotion during conflicts from early to mid-adolescence. *Journal of Research on Adolescence*, 26(3), 610-616. doi: 10.1111/jora.12211
34. **Lougheed, J. P.**, & Hollenstein, T. (2016). Socioemotional flexibility in mother-daughter dyads: Riding the emotional rollercoaster across positive and negative contexts. *Emotion*, 16(5), 620-633. doi: 10.1037/emo0000155
35. **Lougheed, J. P.**, Craig, W. M., Pepler, D., Connolly, J., O'Hara, A., Granic, I., & Hollenstein, T. (2016). Maternal and peer regulation of adolescent emotion: Associations with depressive symptoms. *Journal of Abnormal Child Psychology*, 44(5), 963-974. doi: 10.1007/s10802-015-0084-x
36. **Lougheed, J. P.**, Koval, P., & Hollenstein, T. (2016). Sharing the burden: The interpersonal regulation of emotional arousal in mother-daughter dyads. *Emotion*, 16(1), 83-93. doi: 10.1037/emo0000105
37. **Lougheed, J. P.**, Hollenstein, T., Lichtwarck-Aschoff, A., & Granic, I. (2015). Maternal regulation of child affect in externalizing and typically-developing children. *Journal of Family Psychology*, 29(1), 10-19. doi: 10.1037/a0038429
38. Hollenstein, T. & **Lougheed, J. P.** (2013). Beyond storm and stress: Typicality, transactions, timing, and temperament to account for adolescent change. *American Psychologist*, 68(6), 444-454. doi: 10.1037/a0033586

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

Book Chapters

1. **Lougheed, J. P. (2026).** Sexuality. In L. Steinberg & P. Sukhawathanakul (Eds.), *Adolescence (Canadian Edition)*. McGraw-Hill Canada. Published February 10, 2026.
2. **Lougheed, J. P. (2026).** Intimacy. In L. Steinberg & P. Sukhawathanakul (Eds.), *Adolescence (Canadian Edition)*. McGraw-Hill Canada. Published February 10, 2026.
3. **Lougheed, J. P. (2022).** Developmental methods for emotion dynamics. In D. Dukes, A. Samson, & E. Walle (Eds.). *The Oxford Handbook of Emotion Development*. Oxford, UK: Oxford University Press.
4. **Lougheed, J.P. (2019).** Conflict dynamics and the transformation of the parent-adolescent relationship. In S. Kunnen, M. van der Gaag, N. de Ruiter-Wilcox, & B. Jeronimus (Eds.), (69-82). *Psychosocial Development in Adolescence: Insights from the Dynamic Systems Approach*. New York: Routledge.
5. Cole, P. M., **Lougheed, J. P., & Ram, N. (2018).** The development of emotion regulation in early childhood: A matter of multiple time scales. In P. M. Cole & T. Hollenstein (Eds.), (70-87). *Emotion Regulation: A Matter of Time*. Abingdon, UK: Taylor & Francis.
6. **Lougheed, J. P., & Hollenstein, T. (2018).** Methodological approaches to studying interpersonal emotion dynamics. In A. K. Randall & D. Schoebi (Eds.), (75-92). *Interpersonal Emotion Dynamics in Close Relationships*. Cambridge: Cambridge University Press. doi: 10.1017/9781316822944
7. Granic, I., & **Lougheed, J. P. (2016).** The role of anxiety in coercive family processes with aggressive children. In J. Snyder & T. Dishion (Eds.), (231-248). *Oxford Handbook of Coercive Relationship Dynamics*. Oxford, UK: Oxford University Press. doi: 10.1093/oxfordhb/9780199324552.013.18

Conference Proceedings

1. *Keskin, G., **Lougheed, J. P., & Hollenstein, T. (2024).** Moment-to-moment emotion dynamics during mother-adolescent conflicts and their associations with internalizing problems. Abstracts from the 2023 Annual Meeting of the Society for Affective Science: Emotion and Social Interactions, *Affective Science*. <https://doi.org/10.1007/s42761-023-00230-0>
2. Ben-David, S., Biddell, M., **Lougheed, J. P., & Vien, C. (2021).** Youth emotional pathways to mental health services: I came to Foundry to “remember what it feels like to cry”. *International Journal of Qualitative Methods* (Vol. 20, p. 44). Sage Publications, Inc.
3. Gupta, M., **Lougheed, J. P., Tran, T., Borsuk-Gudz, M., Cassidy, S., Hollenstein, T., & Bowie, C.R. (2015, March).** Understanding complex family interactions in early episode psychosis. In *Schizophrenia Bulletin* (Vol. 41, pp. S174-S175). Oxford, England: Oxford University Press.

Non Peer-Reviewed Publications

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

RESEARCH TOOLS

- Lougheed, J. P., & Benson, L. (2018).** [Survival analysis](#). A series of tutorials using the R statistical program. *Quantitative Developmental Systems Methodology Core, The Pennsylvania State University*.
- Lougheed, J. P., Brinberg, M., & Ram, N. [Growth models with nonlinearity in parameters](#).** A tutorial using the R statistical program. *Quantitative Developmental Systems Methodology Core, The Pennsylvania State University*.
- Lougheed, J. P., & Hollenstein, T. (2014).** *Specific Affect Coding System Manual: 5-Code Version*. Unpublished manual.
- Lougheed, J. P., & Hollenstein, T. (2011).** *Co-Regulation Coding Manual*. Unpublished manual.

PRESENTATIONS AT REFEREED CONFERENCES

Chaired Symposia

1. Van Doren, N., & **Lougheed, J. P.** (2022). The adaptive value of emotion coherence: Examining individual differences and risks for psychopathology. *Society for Affective Science Annual Conference* (online).
2. **Lougheed, J. P.** (2019). Dynamic approaches to parent-child interactions from infancy to adolescence. *Society for Research on Child Development Biennial Meeting*, Baltimore, MD.
3. **Lougheed, J. P.** (2017). Methodological approaches for the study of emotion dynamics. *Association for Psychological Science* convention, Baltimore, MD.
4. **Lougheed, J. P.** (2017). Linking family emotion socialization, behavior, and physiological processes: Reward, relationships, and positive contexts. *Society for Research on Child Development Biennial Meeting*, Austin, TX.
5. **Lougheed, J. P.** (2017). Adolescent social and emotion dynamics at multiple time scales and relations to psychosocial adjustment. *Society for Research on Child Development Biennial Meeting*, Austin, TX.
6. **Lougheed, J. P.** (2015). Time series methods for interpersonal emotion processes in childhood and adolescence. *Society for Research on Child Development*, Philadelphia, PA.

Paper Presentations

1. Zhang, X., Li, X., Zhang, X., **Lougheed, J. P.**, & Hollenstein, T. (under review). Dynamic coordination of affect and arousal in mother-adolescent conflict. Symposium presentation submitted to the *Society for Research on Child Development Biennial Meeting*, April 2027.
2. Bülow, A., Boele, S., van Logchem, R., **Lougheed, J. P.**, Kuppens, P., Berkhout, S. W., & Keijsers, L. (2026). Dyadic affect recovery model: Parent-adolescent affect inertia and synchrony as risk factors for depressive symptoms. *European Association for Research on Adolescence*. Utrecht, the Netherlands.
3. Keskin, G., Yu, M., & **Lougheed, J. P.** (2026). Regulating emotion intensity in daily life: The role of emotion regulation strategy variability and depressive symptoms. *The Association for Psychological Science Annual Convention*, Barcelona, Spain. May 2026.
4. Hollenstein, T., Li, X., Wylie, M., & **Lougheed, J. P.** (2026). Investigating adolescent emotion polyregulation flexibility: Strategy switching, effort scaling, and associations with perceived success. *The Society for Research on Adolescence Biennial Meeting*, Toronto, ON. March 2026.
5. Martin, V., **Lougheed, J. P.**, & Hollenstein, T. (2026). Does emotion socialization predict pandemic adjustment? Real-time associations with long-term social and emotional outcomes. *The Society for Research on Adolescence Biennial Meeting*, Toronto, ON. March 2026.
6. Wylie, M., Colasante, T., **Lougheed, J. P.**, & Hollenstein, T. (2026). How effectively do adolescents regulate emotions in daily life? Connecting effort, emotion intensity, and success. *The Society for Research on Adolescence Biennial Meeting*, Toronto, ON. March 2026.
7. *Keskin, G., Sin, N. L., & **Lougheed, J. P.** (2024). Parenting practices mediate the associations between caregiver psychological needs and adolescent mood in daily life. *The Association for Psychological Science Annual Convention*, San Francisco, CA.
8. *Keskin, G., Sin, N. L., & **Lougheed, J. P.** (2024). Conflict interactions and internalizing mood in caregiver-adolescent dyads' daily lives. Flash talk presented at the *Society for Affective Science Annual Conference*, New Orleans, LA.
9. Martin, V., Colasante, T., **Lougheed, J. P.**, & Hollenstein, T. (2023). Emotion socialization and regulation supporting adolescent psychosocial adjustment to the COVID-19 pandemic. *Canadian Psychological Association Annual Convention*, Toronto, ON.
10. *Keskin, G., **Lougheed, J. P.**, & Hollenstein, T. (2022). The up-regulation of maternal and adolescent positive affect during conflicts. *Society for Research on Adolescence Biennial Meeting*, New Orleans, LA.
11. Ben-David, S., Biddell, M., **Lougheed, J. P.**, & Vien, C. (2021). Youth emotional pathways to mental health services: I came to Foundry to "remember what it feels like to cry". 20th Annual Thinking Qualitatively Virtual Conference.

12. **Lougheed, J. P.**, Main, A., & Helm, J. L. (2020). Mother-adolescent emotion dynamics during conflicts: Insights from grid-sequence analysis. *Society for Research on Adolescence Biennial Meeting*, San Diego, CA. (Conference cancelled)
13. **Lougheed, J. P.**, Tighe, A. B., & Hollenstein, T. (2019). Emotion spillover across social interactions: The emotional rollercoaster task captures the ups and downs of interpersonal emotions across contexts. *Association for Psychological Science convention*, Washington, DC.
14. Yang, X., Ram, N., **Lougheed, J. P.**, Molenaar, P. C. M., & Hollenstein, T. (2019). Adolescents' emotion system dynamics: Network-based analysis of physiological and emotional experience. *Society for Research on Child Development Biennial Meeting*, Baltimore, MD.
15. **Lougheed, J. P.**, Brinberg, M., Ram, N., & Hollenstein, T. (2019). An examination of emotion socialization dynamics in mother-daughter dyads using grid-sequence analysis. *Society for Research on Child Development Biennial Meeting*, Baltimore, MD.
16. Tighe, A., **Lougheed, J. P.**, & Hollenstein, T. (2018). Emotion dynamics in mother-daughter relationships across adolescence. *Association for Psychological Science Annual Convention*, San Francisco, CA.
17. Main, A., **Lougheed, J. P.**, & Disla, J. (2018). Dynamics of observed adolescent disclosure during mother-adolescent conflict: The role of maternal emotions and adolescent age. *Society for Research on Adolescence 2018 Biennial Meeting*, Minneapolis, MN.
18. **Lougheed, J. P.**, Benson, L., Cole, P. M., & Ram, N. (2017). Examining emotion dynamics with survival analysis: An application to self-regulation in early childhood. *Association for Psychological Science convention*, Baltimore, MD.
19. **Lougheed, J. P.**, & Hollenstein, T. (2017). Arousal transmission in mother-daughter dyads in negative and positive emotion contexts. *Society for Research on Child Development Biennial Meeting*, Austin, TX.
20. **Lougheed, J. P.**, Tsui, T., & Hollenstein, T. (2017). Socioemotional flexibility in mother-daughter dyads: Associations with psychosocial and physiological adjustment. *Society for Research on Child Development Biennial Meeting*, Austin, TX.
21. **Lougheed, J. P.**, Koval, P., & Hollenstein, T. (2016). The buffering of sympathetic arousal during social stress in mother-daughter dyads. *Society for Research on Adolescence Biennial Meeting*, Baltimore, MD.
22. **Lougheed, J. P.** (2015). Social baseline theory and interpersonal emotion regulation. *Emotion Preconference at the Society for Research on Child Development*, Philadelphia, PA.
23. **Lougheed, J. P.**, Hollenstein, T., Craig, W. M., Pepler, D. J., & Connelly, J. (2015). Real-time multilevel survival analysis of adolescent emotion socialization. *Society for Research on Child Development*, Philadelphia, PA.
24. **Lougheed, J. P.**, Hollenstein, T., & Lewis, M. D. (2014). Event history analysis of mothers' co-regulation of adolescent daughters' affect. *Society for Research on Adolescence*, Austin, TX.
25. Hollenstein, T., Lanteigne, D. M., & **Lougheed, J. P.** (2013). Adolescent social stress and social anxiety: What are they anxious about? *Society for Research on Child Development*, Seattle, WA
26. Lanteigne, D. M., Hollenstein, T., Eastabrook, J., & **Lougheed, J. P.** (2013). Longitudinal patterns among emotional experience, arousal, and expression in adolescence. *Society for Research on Child Development*, Seattle, WA
27. **Lougheed, J. P.**, Hollenstein, T., Lichtwarck-Aschoff, A., & Granic, I. (2013). Multilevel survival analysis of parent regulation and child negative affect in dyads with typically developing and externalizing children. *Society for Research on Child Development*, Seattle, WA
28. Hollenstein, T., Lanteigne, D. M., Eastabrook, J., & **Lougheed, J. P.** (2012). The dynamics of social stress over time: Physiological, behavioral, and psychological trajectories of emotional responsivity. *Society for Research on Adolescence*, Vancouver, BC.
29. Hollenstein, T., Lanteigne, D. M., Eastabrook, J., & **Lougheed, J. P.** (2012). Patterns among emotional experience, arousal, and expression in adolescence. *Society for Research on Adolescence*, Vancouver, BC

Poster Presentations

1. Bülow, A., Boele, S., van Logchem, R., **Lougheed, J. P.**, Kuppens, P., Berkhout, S. W., & Keijsers, L. (2026). Dyadic affect recovery model: Parent-adolescent affect inertia and synchrony as risk factors for depressive symptoms. *Society for Ambulatory Assessment* annual conference. Vienna, Austria.
2. *Jurgenliemk, C. R., Green, F. L. L., Callahan, M. G., Dahlman, M. L., **Lougheed, J. P.**, & Binfet, J. (2026). Customizing an on-campus canine-assisted intervention for autistic university students: Perceptions and recommendations. *International Society for Anthrozoology* annual conference. Paris, France.
3. Galarneau, E., Hollenstein, T., & **Lougheed, J. P.** (2026). Adolescent emotion regulation repertoires: Similarities and differences across ESM and questionnaire data. *Society for Research on Adolescence* biennial meeting, Toronto, ON.
4. **Lougheed, J. P.**, & Sin, N. L. (2026). The associations between emotions and internalizing symptoms in the perception of stressors in daily life in parent-adolescent dyads. *Society for Research on Adolescence* biennial meeting, Toronto, ON.
5. **Lougheed, J. P.**, *Becvar, J., & Sin, N. L. (2026). Diversity of stressors and positive events in daily life: Associations with adolescent and parental internalizing symptoms. *Society for Research on Adolescence* biennial meeting, Toronto, ON.
6. *Keskin, G., Ong, A. D., Sin, N., & **Lougheed, J. P.** (2026). Understanding adolescent negative and positive affect variability in daily life: The role of adolescents' and parents' perceptions of parental warmth. *Society for Research on Adolescence* biennial meeting, Toronto, ON.
7. *Hodgson, P., *Moore, L., & **Lougheed, J. P.** (2025). Sexual health and the role of education. *Inaugural Conference on Critical Social Justice in Psychology*, Vancouver, BC.
8. *Van Vliet, A., & **Lougheed, J. P.** (2025). Associations among positive emotion regulation, depressive symptoms, sympathetic nervous system arousal, and self-reported positive affect. *UBC Okanagan Interdisciplinary Student Health Conference*, Kelowna, BC.
9. *Keskin, G., *Yu, M., & **Lougheed, J. P.** (2025). Regulating negative and positive affect in daily life: The role of emotion regulation strategy variability and depressive symptoms. *Society for Affective Science Annual Conference*, Portland, OR.
10. *Gottlieb, M., & **Lougheed, J. P.** (2025). Perceptions of parenting beliefs and roles in fathers of adolescents. *Society for Research on Child Development Biennial Meeting*, Minneapolis, MN (May 2025).
11. *Chanut, J., & **Lougheed, J. P.** (2024). Exploring the relationship between mood and the perception of daily stressors in relation to depressive and anxious internalizing symptoms. *Western Canadian Conference on Undergraduate Research in Psychology*, Kelowna, BC.
12. *Loveridge, C. F., *Keskin, G., Sin, N. L., & **Lougheed, J. P.** (2024). Associations between caregiver-adolescent emodiversity and internalizing problems. Presented at the *Association for Psychological Science Annual Convention*, San Francisco, CA.
13. **Lougheed, J. P.**, *Truong, A., & *Loveridge, C. F. (2024). The associations between emotions and the perception of interpersonal stressors and positive events in daily life. Accepted to present at the *Association for Psychological Science Annual Convention*, San Francisco, CA.
14. *Hodgson, P., & **Lougheed, J. P.** (2024). Sexual orientation and gender disparities in sexual health education. The *Undergraduate Research Showcase*, Kelowna, BC.
15. *Hodgson, P., & **Lougheed, J. P.** (2024). Queering sexual health education: A review of the literature. The *Okanagan Psychology Undergraduate Research Conference*, Kelowna, BC.
16. *Sangha, R., & **Lougheed, J. P.** (2024). The associations between physiological arousal and facial expressions during social stress. Presented at the *UBC Okanagan Interdisciplinary Student Health Conference*, Kelowna, BC.
17. *Moore, L., & **Lougheed, J. P.** (2024). The associations between trait anxiety, rumination, and emotional responding during acute social stress. Presented at the *UBC Okanagan Interdisciplinary Student Health Conference*, Kelowna, BC.

18. *Sadarangani, G., & **Lougheed, J. P.** (2024). Associations between shame-proneness and negative emotions and their relationship with gender and sexual identity. Presented at the *Multidisciplinary Undergraduate Research Conference at the University of British Columbia*, Vancouver, BC.
19. Li, X., **Lougheed, J. P.**, & Hollenstein, T. (2024). Dynamic and reactive affective flexibility predict changes in mother-adolescent relationship closeness over time. Presented at the *Society for Affective Science Annual Conference*, New Orleans, LA.
20. *Gottlieb, M., Szostak, C., **Lougheed, J. P.** (2023). Exploring fathers' opinions of parenting research: A focus group study. *Canadian Psychological Association Annual Convention*, Toronto, ON.
21. *Yu, M., *Keskin, G., & **Lougheed, J. P.** (2023). The associations between self-reported and experience-based measurements of emotional differentiation and their relation to well-being. *UBC Okanagan Interdisciplinary Student Health Conference*, Kelowna, BC.
22. *Keskin, G., **Lougheed, J. P.**, Yung, S. T., & Main, A. (2023). Moment-to-moment emotion dynamics during triadic family conflicts and their associations with internalizing problems and marital satisfaction. *Society for Affective Science 2023 Annual Conference*, Long Beach, CA.
23. *Keskin, G., **Lougheed, J. P.**, & Hollenstein, T. (2023). Moment-to-moment emotion dynamics during mother-adolescent conflicts and their associations with internalizing problems. *Society for Affective Science 2023 Annual Conference*, Long Beach, CA.
24. **Lougheed, J. P.**, *Keskin, G., & *Morgan, S. (2023). The hazards of daily stressors: Comparing daily mood and stressor reactivity between sexual/gender minority and cisgender heterosexual young adults during the COVID-19 pandemic. *Society for Affective Science 2023 Annual Conference*, Long Beach, CA.
25. *Truong, A., *Keskin, G., & **Lougheed, J. P.** (2022). Associations between loneliness and positive remote interactions: An analysis of students' experiences throughout the pandemic. *Western Canadian Conference on Undergraduate Research in Psychology*, Kelowna, BC.
26. *Morgan, S., *Keskin, G., & **Lougheed, J. P.** (2022). Linking interpersonal emotion dynamics to physical health outcomes: The Health-Emotion TIES model. *Society for Affective Science Annual Conference* (online).
27. Ben-David, S., Biddell, M., Vien, C., Barbic, S., & **Lougheed, J. P.** (2022). Gender perspectives in help-seeking among Canadian youth accessing an integrated youth services centre: Most guys will wait until it's too late. *Society for Social Work and Research Annual Conference*, Washington, DC.
28. *Keskin, G., **Lougheed, J. P.**, & Duncan, R. (2021). Within- and between-person associations among internalizing and externalizing problems during middle childhood. *Society for Research on Child Development* biennial meeting, online conference.
29. **Lougheed, J. P.**, Duncan, R., *Keskin, G., & Marceau, K. (2021). The development of mother-child conflict and child internalizing problems in middle childhood. *Society for Research on Child Development* biennial meeting, online conference.
30. Tighe, A., **Lougheed, J. P.**, & Hollenstein, T. (2018). Mother-daughter socioemotional flexibility remains consistent from mid- to late adolescence. *Association for Psychological Science Annual Convention*, San Francisco, CA.
31. Tsui, T., **Lougheed, J. P.**, & Hollenstein, T. (2018). Dyadic and individual socioemotional flexibility differentially predict psychosocial well-being of mothers and daughters. *Association for Psychological Science Annual Convention*, San Francisco, CA.
32. Tighe, A., **Lougheed, J. P.**, & Hollenstein, T. (2018). Socioemotional flexibility in mother-daughter relationships across adolescence. *Development 2018: A Canadian Conference on Developmental Psychology*, St. Catharines, ON.
33. Tighe, A., **Lougheed, J. P.**, & Hollenstein, T. (2017). Mother-daughter emotion dynamics: Whose relationship is it anyway? *Society for Research on Child Development* biennial meeting, Austin, TX.
34. **Lougheed, J. P.**, Hollenstein, T., Craig, W. M., Pepler, D. J., & Connelly, J. (2014). Parent and peer co-regulation of adolescent positive affect: Associations with sex and internalizing problems. *Development 2014: A Canadian Conference on Developmental Psychology*, Ottawa, ON.

35. **Lougheed, J. P.**, & Hollenstein, T. (2014). Longitudinal patterns of adolescent emotion regulation: Associations with internalizing problems. *Society for Research on Adolescence*, Austin, TX.
36. **Lougheed, J. P.**, Hollenstein, T., Lichtwarck-Aschoff, A., & Granic, I. (2013). Event history analysis of parent regulation of child negative affect in dyads with typically developing and externalizing children. *International Society for Research on Emotion*, Berkeley, CA
37. **Lougheed, J. P.**, & Hollenstein, T. (2013). Patterns among adolescent emotion regulation strategies: Associations with internalizing problems. *Society for Research on Child Development*, Seattle, WA.
38. **Lougheed, J. P.**, & Hollenstein, T. (2012). Emotion regulation profiles in adolescence. *Society for Research on Adolescence*, Vancouver, BC.

INVITED PRESENTATIONS AND PANEL DISCUSSIONS

Invited presentations

1. **Lougheed, J. P.** (2026). Sex ed for every body: Queering sexual health education benefits all. Invited masterclass presentation to the Sexual Health Educator Certification Program Masterclass Workshop Series, *Options for Sexual Health*. October 14, 2026.
2. **Lougheed, J. P.** (2025). Applications of multilevel survival analysis in the psychological sciences. Invited presentation to the Department of Psychology, Queen's University. July 16, 2025.
3. **Lougheed, J. P.** (2023). Parent-adolescent dyads as temporal interpersonal emotion systems: Recent research and future directions. Invited presentation to the Department of Psychology Developmental Area at Simon Fraser University.
4. **Lougheed, J. P.** (2021). Emotion dynamics in parent-adolescent dyads. Invited flash talk at *Society for Affective Science Conference*, online
5. **Lougheed, J. P.** (2019). Grid-sequence analysis: A quantitative approach for categorical time series. Flash talk presented at *Advanced Methods at Purdue*, College of Liberal Arts and College of Health and Human Sciences, September 17, 2019, *Purdue University*.
6. **Lougheed, J. P.** (2019). A dyadic systems view of emotion dynamics and internalizing symptoms in adolescence. Clinical Psychology Colloquium, March 1, 2019, *Purdue University*.

Participation on panel discussions

Teaching Sensitive Topics, presented at the Human Development and Family Studies Colloquium series, September 20, 2019, *Purdue University*.

[Purdue Innovative Learning's Tech Today series on Gradescope](#), September 6, 2019, *Purdue University*.

TEACHING EXPERIENCE

Department of Psychology, UBCO

Advanced Topics in Developmental Psychology (PSYO 420B)
Socioemotional Development (PSYO 380S)
Introduction to Family Processes (PSYO 380J)
Adolescent Development (PSYO 322)

Human Development and Family Science, Purdue University

Research Design and Program Evaluation (HDFS 346)
Introduction to Family Process (HDFS 201)

ADDITIONAL TRAINING AND PROFESSIONAL DEVELOPMENT

[Sexual Health Educator Certification](#) Program Graduate
 Options for Sexual Health

2026

<u>Faculty Success Program</u>	2019
National Center for Faculty Development & Diversity	
<u>Trans Inclusion Training</u>	2019
Purdue LGBTQ Center; Purdue University	
<u>Safe Zone Training</u>	2018
Purdue LGBTQ Center; Purdue University	
<i>Statistical Power Analysis for Intensive Longitudinal Studies</i>	2017
Methodology Center at Pennsylvania State University; J-P Laurenceau & Niall Bolger	
<i>Social Relations Modeling of Dyadic Data</i>	2017
Association for Psychological Science workshop; Thomas E. Malloy	
<i>Analyzing Ambulatory Assessment Data using Multilevel Modeling</i>	2017
Methodology Center at Pennsylvania State University; Michael Russell	
<i>Introduction to Time-Varying Effect Modeling</i>	2017
Methodology Center at Pennsylvania State University; Stephanie Lanza	
<i>Introduction to Growth Curve Modeling: An Overview and Recommendations for Practice</i>	2016
Society for Research on Adolescence post-conference workshop; Patrick Curran & Daniel J. Bauer	
<i>Multilevel Modeling workshop</i>	2015
Queen's University, Department of Psychology; Elizabeth Page-Gould	
<i>Multilevel Modeling course</i>	2015
Institute for Measurement, Methodology, Analysis and Policy; Texas Tech University; James P. Selig	
<i>Workshop on Computationally Intensive Modeling of Social Interaction</i>	2014
University of Arizona	
<i>Dynamic Mediation Workshop: Methodological Advances in Modeling Real Time Data</i>	2014
Arizona State University	

PROFESSIONAL ACTIVITIES AND AFFILIATIONS

Funding Reviewer

Ad hoc grant reviewer, Research Foundation Flanders' support for postdoctoral researchers, <i>European Science Foundation</i>	2023
Ad hoc grant reviewer, <i>Graduate Women in Science National Fellowship Committee</i>	2022
Ad hoc grant reviewer, <i>Israel Science Foundation</i>	2021
Review Committee Member, Center for Families Annual Funding Program, <i>Center for Families, Purdue University</i>	2020
Ad hoc grant reviewer, <i>Natural Sciences and Engineering Research Council of Canada,</i> <i>Biological Systems and Functions Group</i>	2020
Ad hoc grant reviewer, <i>National Science Foundation</i>	2019
Grant reviewer, <i>Deutsche Forschungsgemeinschaft (German Research Foundation)</i>	2019
Insight Grant Application Assessment, <i>Social Sciences and Humanities Research Council of Canada</i>	2019
Doctoral Research Awards-B Committee Member, <i>Canadian Institutes of Health Research</i>	2016-2017

Awards Reviewer

Member, Division 7 Early Career Awards Committee, <i>American Psychological Association</i>	2021
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Conference Submission Reviewer

Panel reviewer (Social, Emotional, Personality), <i>Society for Research on Child Development 2021</i> <i>Biennial Meeting</i>	2020
Panel reviewer (Emotional Development), <i>Society for Research on Adolescence 2020 Biennial Meeting</i>	2019

Journal Editorial Boards

Editorial Board Reviewer, <i>Developmental Psychology</i>	2022-current
Member, <i>Journal of Emotion and Psychopathology</i>	2021-current

Journal Ad-Hoc Reviewer

Applied Developmental Science | Behavior Research Methods | Biological Psychology | BMC Psychology | Child Development | Cognition and Emotion | Depression and Anxiety | Developmental Psychology | Development and Psychopathology | Emotion | European Journal of Psychological Assessment | Frontiers in Psychology, Emotion Science section | Motivation and Emotion | International Journal of Behavioral Development | Journal of Abnormal Child Psychology | Journal of Adolescence | Journal of the American Academy of Child and Adolescent Psychiatry | Journal of Child and Family Studies | Journal of Clinical Child and Adolescent Psychology | Journal of Early Adolescence | Journal of Family Psychology | Journal of Personality and Social Psychology: Interpersonal Relations and Group Processes | Journal of Research on Adolescence | Proceedings of the National Academy of Sciences of the United States of America | Social and Personality Psychology Compass | Social Development

Membership in Academic Societies

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

Other Affiliations

Director, *The Bridge Youth & Family Services*, 2022-current
 Associate, *Institute for Healthy Living and Chronic Disease Prevention, UBC Okanagan*, 2020
 Affiliated scientist, *The Military Family Research Institute at Purdue University*, 2018-2020
 Faculty partner, *Center for Families at Purdue University*, 2018-2020
 Faculty affiliate, *Advanced Methods at Purdue*, 2018-2020

SELECTED MEDIA COVERAGE

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

- Hwang, E. (December 1, 2025). Experts say rising HIV cases highlight need for testing, education on World AIDS Day. Retrieved from: <https://www.chch.com/chch-news/experts-say-rising-hiv-cases-highlight-need-for-testing-education-on-world-aids-day/>
- Cooper, D. (October 11, 2025). Dr. Jessica Lougheed: Sex ed fails queer students. *The Last Show with David Cooper*. Retrieved from <https://podcasts.apple.com/ca/podcast/the-last-show-with-david-cooper/id1168275879>
- Walker, C. (October 9, 2025). Room for improvement in sex ed. *Daybreak South with Chris Walker, CBC Kelowna*. Retrieved from <https://www.cbc.ca/listen/live-radio/1-110-daybreak-south/clip/16174527-room-improvement-sex-ed>
- Wellborn, P. (October 6, 2025). UBCO study finds that sex ed fails 2SLGBTQIA+ students. Retrieved from <https://news.ok.ubc.ca/2025/10/06/ubco-study-finds-sex-ed-fails-2slgbtqia-students/>
- Wellborn, P. (August 30, 2024). UBCO experts provide tips for heading back to school. Retrieved from <https://news.ok.ubc.ca/2024/08/30/ubco-experts-provide-tips-for-heading-back-to-school/>
- Yanga, A. (January 29, 2024). ExpiWell's researcher in focus: Dr. Jessica Lougheed explores COVID-19's impact on sexual and gender minority identities. Retrieved from <https://www.expiwell.com/post/expiwells-researcher-in-focus-dr-jessica-lougheed-explores-covid-19s-impact-on-sexual-and-gender-minority-identities>
- Penner, S. (September 25, 2023). Five UBCO researchers recognized for leading BC's health research. Retrieved from <https://research.ok.ubc.ca/2023/09/25/five-ubco-researchers-recognized-for-leading-bcs-health-research/>
- Wellborn, P. (September 7, 2023). Navigating the middle years and beyond: UBCO experts provide tips on helping students entering middle or high school for the first time. Retrieved from <https://news.ok.ubc.ca/2023/09/07/navigating-the-middle-years-and-beyond/>

- Penner, S. (February 14, 2023). Dr. Jessica Lougheed wants to better understand our emotions: Assistant professor strives to incorporate 2SLGBTQIA+ issues into her research and teaching. Retrieved from <https://news.ok.ubc.ca/2023/02/13/dr-jessica-lougheed-wants-to-better-understand-our-emotions/>.
- Cohen, V. (January 23, 2023). Student-led seminar fills gap in the curriculum. Retrieved from <https://news.ok.ubc.ca/2023/01/20/student-led-seminar-fills-a-gap-in-the-curriculum/>
- Skolski, N. (February 11, 2021). Showing virtual love on Valentine's Day. Retrieved from <https://news.ok.ubc.ca/2021/02/11/showing-virtual-love-on-valentines-day/>
- Smith, J. (November 20, 2020). How to tell your family you're not coming home for the holidays, according to experts. *Prevention.com*. Retrieved from <https://www.prevention.com/life/a34739090/how-to-tell-family-not-coming-home-for-holidays/>
- Wallace, J. B. (November 23, 2018). The right way for parents to question their teenagers. *The Wall Street Journal*. Retrieved from <https://www.wsj.com/articles/the-right-way-for-parents-to-question-their-teenagers-1542982858>.
- Brousseau, E. (October 24, 2016). Queen's psychology graduate Jessica Lougheed, PhD receives Banting fellowship. Retrieved from <http://www.queensu.ca/psychology/feature-story-jessica-lougheed-october-2016>
- Nauert, R. (August 26, 2016). How teens learn to manage their emotions. *PsychCentral*. Retrieved from <http://psychcentral.com/news/2016/08/25/how-teens-learn-to-manage-their-emotions/109040.html>
- Researchers measure emotional flexibility in mother-daughter dyads. (August 24, 2016). *Science Daily*. Retrieved from <https://www.sciencedaily.com/releases/2016/08/160824135517.htm?>
- Armes, C. (August 24, 2016). The mother-daughter dyad: Going with the flow. *Queen's Gazette, Queen's University*. Retrieved from <http://www.queensu.ca/gazette/stories/mother-daughter-dyad-going-flow>
- Micu, A. (September 16, 2015). Close relationships make handling stress easier. *ZME Science*. Retrieved from <http://www.zmescience.com/science/close-relationships-stress-9783823/>
- Cara, E. (September 15, 2015). Family love: Teen girls who are close with their moms may handle socially stressful situations better. *Medical Daily*. Retrieved from <http://www.medicaldaily.com/family-love-teen-girls-who-are-close-their-moms-may-handle-socially-stressful-352748>
- Nauert, R. (September 15, 2015). Mother-daughter closeness can ease stress. *Psyc Central*. Retrieved from <http://psychcentral.com/news/2015/09/15/mother-daughter-closeness-can-ease-stress/92269.html>
- Evidence of emotional 'load sharing' in close relationships. (September 14, 2015). *Science Daily*. Retrieved from <http://www.sciencedaily.com/releases/2015/09/150914220528.htm>
- Vitelli, R. (September 30, 2013). Storming into adulthood: Are adolescents really emotional volcanoes waiting to explode? *Psychology Today*. Retrieved from <http://www.psychologytoday.com/blog/media-spotlight/201309/storming-adulthood>
- Craig, A. (October 24, 2013). A new way of looking at teenage temperament. *Medical Xpress*. Retrieved from <http://medicalxpress.com/news/2013-10-teenage-temperament.html>