

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 Studies, Purdue University	2018-2020
Banting Postdoctoral Fellow	Department of Psychology, The Pennsylvania State University <i>Advisors:</i> Pamela M. Cole, PhD, and Nilam Ram, PhD	2016-2018

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. 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.
2. 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.
3. 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.
4. 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.
5. 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.
6. *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.
7. *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.
8. 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.
9. *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.
10. 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.
11. **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)

12. **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.
13. 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.
14. **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.
15. 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.
16. 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.
17. **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.
18. **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.
19. **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.
20. **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.
21. **Lougheed, J. P.** (2015). Social baseline theory and interpersonal emotion regulation. *Emotion Preconference at the Society for Research on Child Development*, Philadelphia, PA.
22. **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.
23. **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.
24. 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
25. 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
26. **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
27. 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.
28. 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 emotion diversity 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. Catherines, 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.** (2025). Applications of multilevel survival analysis in the psychological sciences. Invited presentation to the Department of Psychology, Queen's University. July 16, 2025.
2. **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.
3. **Lougheed, J. P.** (2021). Emotion dynamics in parent-adolescent dyads. Invited flash talk at *Society for Affective Science Conference*, online
4. **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*.
5. **Lougheed, J. P.** (2019). A dyadic systems view of emotion dynamics and internalizing symptoms in adolescence. Clinical Psychology Colloquium, March 1, 2019, *Purdue University*.

Participation on panel discussions

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

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

TEACHING EXPERIENCE

Instructor of Record

<i>Socioemotional Development (PSYO 380S)</i> Students enrolled: 120 Department of Psychology, University of British Columbia Okanagan	F 2021
<i>Introduction to Family Processes (PSYO 380J)</i> Students enrolled: 85 Department of Psychology, University of British Columbia Okanagan	S 2020
<i>Adolescent Development (PSYO 322)</i> Students enrolled: 200 Department of Psychology, University of British Columbia Okanagan	F 2020, 2021
<i>Research Design and Program Evaluation (HDFS 346)</i> Students enrolled: 8-12 Department of Human Development and Family Studies, Purdue University	S 2019, 2020
<i>Introduction to Family Process (HDFS 201)</i> Students enrolled: 74-120 Department of Human Development and Family Studies, Purdue University	F 2018, S 2019, F 2019, S 2020

Teaching Fellowship (Sole Instructor)

<i>Social and Emotional Development (PSYC 351)</i> Students enrolled: 122 Department of Psychology, Queen's University	Winter 2016
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ADDITIONAL TRAINING AND PROFESSIONAL DEVELOPMENT

<u>Sexual Health Educator Certification</u> Program Graduate Options for Sexual Health	2026
<u>Faculty Success Program</u> National Center for Faculty Development & Diversity	2019
<u>Trans Inclusion Training</u> Purdue LGBTQ Center; Purdue University	2019
<u>Safe Zone Training</u> Purdue LGBTQ Center; Purdue University	2018
<i>Statistical Power Analysis for Intensive Longitudinal Studies</i> Methodology Center at Pennsylvania State University; J-P Laurenceau & Niall Bolger	2017
<i>Social Relations Modeling of Dyadic Data</i> Association for Psychological Science workshop; Thomas E. Malloy	2017
<i>Analyzing Ambulatory Assessment Data using Multilevel Modeling</i> Methodology Center at Pennsylvania State University; Michael Russell	2017
<i>Introduction to Time-Varying Effect Modeling</i> Methodology Center at Pennsylvania State University; Stephanie Lanza	2017
<i>Introduction to Growth Curve Modeling: An Overview and Recommendations for Practice</i> Society for Research on Adolescence post-conference workshop; Patrick Curran & Daniel J. Bauer	2016
<i>Multilevel Modeling workshop</i> Queen's University, Department of Psychology; Elizabeth Page-Gould	2015
<i>Multilevel Modeling course</i> Institute for Measurement, Methodology, Analysis and Policy; Texas Tech University; James P. Selig	2015
<i>Workshop on Computationally Intensive Modeling of Social Interaction</i> University of Arizona	2014
<i>Dynamic Mediation Workshop: Methodological Advances in Modeling Real Time Data</i> Arizona State University	2014

PROFESSIONAL ACTIVITIES AND AFFILIATIONS

Funding Reviewer

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 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, *Developmental Psychology*
Member, *Journal of Emotion and Psychopathology*
Consulting Editor, *Journal of Family Psychology*

2022-current
2021-current
2022-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*, 2022-2026
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>