

## **M. Rosie Shrout, Ph.D.**

Purdue University  
West Lafayette, IN 47907  
Shrout@Purdue.edu  
August 2024

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### **EDUCATION**

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2019 Ph.D. Interdisciplinary Social Psychology, University of Nevada, Reno  
2013 M.A. Experimental Psychology, Towson University  
2011 B.A. Psychology with Honors, *Summa Cum Laude*, State University of New York at Potsdam

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### **ACADEMIC APPOINTMENTS**

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2021 – Present Tenure-Track Assistant Professor  
Human Development and Family Science Department  
Purdue University

2021 – Present Courtesy Appointment  
Department of Psychological Sciences  
Purdue University

2021 – Present Faculty Associate  
Center on Aging and the Life Course  
Purdue University

2019 – 2021 Ohio State Presidential Postdoctoral Scholar in Psychoneuroimmunology  
Institute for Behavioral Medicine Research  
The Ohio State University College of Medicine

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### **FELLOWSHIPS**

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2020 – 2021 President's Postdoctoral Scholars Program (NIH salary, benefits, \$10,000 research support), The Ohio State University

2018 – 2019 Russell J. and Dorothy S. Bilinski Dissertation Fellowship (\$30,000), University of Nevada, Reno

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### **HONORS AND AWARDS**

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2023 *Top 50 Reviewer, Journal of Social and Personal Relationships*  
2023 *Editor's Choice Article, Psychoneuroendocrinology*  
2023 *Top Cited Article in the Publishing Year, Psycho-Oncology*  
2023 *Success Mentors Faculty Favorites, Purdue University College of Health and Human Sciences*  
2023 *Editor's Choice Article, Psychoneuroendocrinology*  
2023 *KL2 Visiting Scholar, University of Kentucky-Lexington*  
2022 *Top 50 Reviewer, Journal of Social and Personal Relationships*  
2022 *Outstanding Student/New Professional Paper Award, National Council on Family Relations' Families and Health Section*  
2022 *Emerging Scholar Award, Society for Personality and Social Psychology*

- 2022 *Inaugural Early Career Editorial Board Member, Psychosomatic Medicine*
- 2022 *KL2 Early Career Investigator Award, National Institutes of Health, Indiana Clinical and Translational Sciences Institute*
- 2022 *Lorene Burkhart Award for Excellence in Research about Families, Purdue University's Center for Families*
- 2021 *Top 50 Reviewer, Journal of Social and Personal Relationships*
- 2020 *Editor's Choice Article, Psychoneuroendocrinology*
- 2020 *Young Scholar Award, American Psychosomatic Society*
- 2019 *Most Outstanding Graduate Student Researcher, University of Nevada, Reno Graduate Student Association*
- 2019 *Best Paper Award, Social Psychology PhD Program, University of Nevada, Reno*
- 2019 *2<sup>nd</sup> Place in the Regional Three Minute Thesis Competition, University of Nevada, Reno*
- 2019 *1<sup>st</sup> Place in the University of Nevada, Reno Three Minute Thesis (3MT) Competition, University of Nevada, Reno*
- 2018 *Best Paper Award, Social Psychology PhD Program, University of Nevada, Reno*
- 2018 *Graduate Student Registration Award, Society for Personality and Social Psychology*
- 2018 *Student Scholarship Award, International Association for Relationship Research*
- 2017 *Advanced Training Institute Financial Assistance Award, American Psychological Association*
- 2016 *Student Scholarship Award, International Association for Relationship Research*
- 2016 *Service Award, Social Psychology PhD Program, University of Nevada, Reno*
- 2011 *Psychology Achievement Award for the Most Outstanding Senior, State University of New York at Potsdam*
- 2011 *Award of Valor, State University of New York Athletic Conference*
- 2011 *PACES Award for Academic Excellence and Exceptional Service, State University of New York at Potsdam*
- 2011 *All-Academic Team, State University of New York Athletic Conference*
- 2010 *Psychology Canfield Award for the Most Outstanding Junior, State University of New York at Potsdam*
- 2008 *Freshman Scholar, State University of New York at Potsdam*
- 2008 *First Year Scholar Award, State University of New York at Potsdam*

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## FUNDED RESEARCH GRANTS

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### Current Grants

- Consultant  
2023-2025 *Understanding Dynamic Correlates of Children's Telomere Length: The Interplay Between Cumulative Risk Exposure and Relational Processes.* NIH grant R03HD112639 (Jeremy Kanter, PI) from the National Institute of Child Health and Human Development.
- PI  
2024 *Aging couples with concordant cardiovascular conditions: Dyadic and age-related risk and protective factors for cardiometabolic biomarkers and inflammation.* Faculty Research Development Award, Purdue University Center on Aging and the Life Course. Partial matching funds provided by the Purdue University Human Development and Family Science Department.  
Total award: \$16,545.57

### Completed Grants

- PI  
2023-2024 *Thriving Together: A Daily Study on Breast Cancer Survivors' and Their Partners' Cardiovascular Health.* Clifford B. Kinley Trust Award, Purdue University.  
Total award: \$25,000

- PI  
2022-2024 *HRV and Inflammation in Breast Cancer Survivors and Their Partners: A Daily Study on Biobehavioral Health and Cardiovascular Disease Risks.* Indiana Clinical and Translational Sciences Institute KL2/K12 Early Career Investigator Award funded by the National Center for Advancing Translational Sciences.  
Total award: \$383,460
- Co-PI  
2022-2024 *Can We Talk about My Chronic Illness? A Daily Study of Chronic Illness Disclosure and Concealment at Work and Home.* Purdue University College of Health and Human Sciences Healthy Lifestyles and Vital Longevity Research Grant (Robertson, M. M., Co-PI).  
Total award: \$5,000.
- Co-PI  
2022-2023 *At Home Objective Health and Functioning Assessments Seminar.* Purdue University College of Health and Human Sciences Healthy Lifestyles and Vital Longevity Research Grant (Melissa Franks, Jeff Haddad, Daniel Foti, Co-PIs).  
Total award: \$5,000.
- PI  
2020-2022 *Applying Psychoneuroimmunology to Couple Relationships.* Ohio State University Presidential Postdoctoral Fellowship. Year 2 awarded but not used.  
Total award: \$148,000
- PI  
2018-2019 *Couples and Nonvisible Chronic Illness: An Integrated Model of Dyadic Coping.* University of Nevada, Reno Russell J. and Dorothy S. Bilinski Fellowship.  
Total award: \$30,000
- PI  
2018-2019 *Couples and Nonvisible Chronic Illness: An Integrated Model of Dyadic Coping.* Foundation for American Psychological Association for Rehabilitation Psychology Dissertation Award.  
Total award: \$2,000.
- Co-PI  
2018-2019 *Validation of a Relationship Sense of Coherence Measure.* University of Nevada, Reno College of Education Scholarly Research Grant (William Evans, Co-PI).  
Total award: \$2,000.
- PI  
2017-2018 *Stigma and Dyadic Coping among Couples with Nonvisible Chronic Illness: A Longitudinal Examination.* University of Nevada, Reno Graduate Student Association.  
Total award: \$2,500.
- PI  
2017-2018 *Stigma and Dyadic Coping among Couples with Nonvisible Chronic Illness.* Society for the Psychological Study of Social Issues, American Psychological Association, Grant-in-Aid.  
Total award: \$1,000.
- PI  
2017-2018 *Stigma and Nonvisible Chronic Illness.* University of Nevada, Reno Graduate School Research Grant.  
Total award: \$1,000.
- PI  
2016-2017 *Effects of Nonvisible Health Conditions on Academic Success and Health: A Two-Wave Study.* University of Nevada, Reno Graduate Student Association Research Grant Program.  
Total award: \$2,500.

PI                    *Exploring the Role of Personality in Romantic Relationships*. State University of  
2010-2011        New York at Potsdam Presidential Scholars Program.  
Total award: \$1,200.

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## PEER-REVIEWED PUBLICATIONS

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<sup>9</sup>denotes graduate student as lead author

55. **Shrout, M.R.**, Renna, M.E., Leonard, M.J., Friedman, E.M., & Miller, K.D. (in press). Couples in breast cancer survivorship: Daily associations in relationship satisfaction, stress, and health. *Comprehensive Psychoneuroendocrinology*. Advance Online Publication. <https://doi.org/10.1016/j.cpnec.2024.100261>
54. Wesier, D.A., & **Shrout M.R.** (2024). Revisiting the Charmed Circle: A reflexive examination of unanswered questions in the infidelity literature. *Social and Personality Psychology Compass*. Advance Online Publication. <https://doi.org/10.1111/spc3.12983>
53. **Shrout, M.R.**, Buehler, E.M., Lee, G.D., & Renna, M.E. (2024). Illness-related partner communication predicts better health, COVID, and social-contextual outcomes amid the COVID-19 pandemic: A longitudinal study of students with concealable chronic health conditions. *Journal of Social and Personal Relationships*. Advance Online Publication. <https://doi.org/10.1177/02654075241264852>
52. Renna, M.E., & **Shrout, M.R.** (2024). You can't spell distress without stress: Expanding our perspective of the intersection between mental and physical health in cancer survivors. *Comprehensive Psychoneuroendocrinology*, 19, 100240. <https://doi.org/10.1016/j.cpnec.2024.100240>
51. Weigel, D.J., & **Shrout, M.R.** (2024). Are you cheating on me? Identifying factors contributing to the use of suspicion confirmation and avoidance factors. *Western Journal of Communication*. Advance Online Publication. <https://doi.org/10.1080/10570314.2024.2324382>
50. **Shrout, M.R.**, Wilson, S.J., Farrell, A.K., Rice, T.M., Weiser, D.A., Novak, J.R., & Monk, J.K. (2024). Dyadic, biobehavioral, and sociocultural approaches to romantic relationships and health: Implications for research, practice, and policy. *Social and Personality Psychology Compass*, 18(2), e12943. <https://doi.org/10.1111/spc3.12943>
49. **Shrout, M. R.**, Weigel, D. J., & Laurenceau, J. P. (2024). Couples and concealable chronic illness: Investigating couples' communication, coping, and relational well-being over time. *Journal of Family Psychology*, 38(1), 136–148. <https://doi.org/10.1037/fam0001136>
48. Liu, H., Chopik, W. J., **Shrout, M. R.**, & Wang, J. (2024). A national longitudinal dyadic analysis of spousal education and cognitive decline in the United States. *Social Science and Medicine*, 343, 116603. <https://doi.org/10.1016/j.socscimed.2024.116603>
47. Payne, P. B., Mitchell, S. N., Lopez, C., DeCount, T., **Shrout, M. R.**, Russell, K. N., Weigel, D. J., Evans, W., & Weiser, D. A. (2024). Young adults' perceptions of morality based messages from parents about sex: An exploratory study. *Family Relations*, 73(2), 935-956. <https://doi.org/10.1111/fare.12942>
46. Madison<sup>9</sup>, A.A., Wilson, S. J., **Shrout, M. R.**, Malarkey, W.B., & Kiecolt-Glaser, J.K. (2024). Intimate partner violence and inflammaging: Conflict tactics predict inflammation among

middle-aged and older adults. *Psychosomatic Medicine*, 86(5), 379-386.  
<https://doi.org/10.1097/PSY.0000000000001179>

45. Renna, M.E., Madison, A.A., Peng, J., **Shrout, M.R.**, Lustberg, M., Ramaswamy, R., Wesolowski, R., VanDeusen, J.B., Williams, N.O., Sardesai, S.D., Noonan, A.M., Reibnot, R.E., Stover, D.G., Cherian, M., Malarkey, W.B., Andridge, R., Kiecolt-Glaser, J.K. (2023). Worry and mindfulness differentially impact symptom burden following treatment among breast cancer survivors: Findings from a randomized crossover trial. *Annals of Behavioral Medicine*, 57(10), 888-898. <https://doi.org/10.1093/abm/kaad032>
44. Madison<sup>9</sup>, A.A., Renna, M.E., Andridge, R.A., Peng, J., **Shrout, M.R.**, Sheridan, J., Lustberg, M., Ramaswamy, B., Wesolowski, R., Williams, N.O., Noonan, A.M., Reinbolt, R.E., Stover, D.G., Cherian, M.A., Malarkey, W.B., Kiecolt-Glaser, J.K. (2023). Conflicts hurt: Social stress predicts elevated pain and sadness following mild inflammatory increases. *Pain*, 164(9), 1985-1994. <https://doi.org/10.1097/j.pain.0000000000002894>

#### *Editor's Choice Article*

43. Wilson, S. J., Cole, S. W., **Shrout, M. R.**, Malarkey, W. B., Andridge, R., & Kiecolt-Glaser, J. K. (2023). Your suffering is my stressor: Proinflammatory gene expression rises with spousal distress in middle-aged and older couples. *Psychoneuroendocrinology*, 153, 106116. <https://doi.org/10.1016/j.psyneuen.2023.106116>
42. **Shrout, M. R.**, Wilson, S. J., Renna, M. E., Madison, A. A., & Kiecolt-Glaser, J.K. (2023). "We've got this:" Middle-aged and older couples' satisfying relationships and we-talk promote better physiological, relational, and emotional responses to conflict. *Psychosomatic Medicine*, 85(2), 154-164. <https://doi.org/10.1097/PSY.0000000000001162>
41. **Shrout, M. R.**, Black, A. E., Wilson, S. J., Renna, M. E., Madison, A. A., Kiecolt-Glaser, J. K., & Reis, H. T. (2023). How aging couples' emotional and physiological associations change across positive, supportive, and conflictual discussions: Roles of capitalization and responsive behaviors. *Biological Psychology*, 177, 108500. <https://doi.org/10.1016/j.biopsycho.2023.108500>

#### *Editor's Choice Article*

40. **Shrout, M. R.**, Renna, M. E., Madison, A. A., Malarkey, W.B., & Kiecolt-Glaser, J.K. (2023). Marital negativity's festering wounds: The emotional, immunological, and relational toll of couples' negative communication patterns. *Psychoneuroendocrinology*, 149, 105989. <https://doi.org/10.1016/j.psyneuen.2022.105989>
39. Madison<sup>9</sup>, A.A., Way, B., Ratner, K., Renna, M.E., Andridge, R., Peng, J., **Shrout, M.R.**, Sheridan, J., Lustberg, M., Ramaswamy, B., Wesolowky, R., VanDeusen, J.B., Williams, N.O., Sardesai, S.D., Noonan, A.M., Reinbolt, R.E., Stover, D.G., Cherian, M.A., Malarkey, W.B., Kiecolt-Glaser, J.K. (2023). Typhoid vaccine does not impact feelings of social connection or implicit or explicit social behavior in a randomized, placebo-controlled trial among middle-aged women. *Brain, Behavior, and Immunity*, 107, 124-131. <https://doi.org/10.1016/j.bbi.2022.09.021>

#### *Top read paper in its publishing year*

38. Galovan, A., Orbuch, T. L., **Shrout, M. R.**, Drebit, E., Rice, T. (2023). Taking stock of the longitudinal study of romantic couple relationships: The last 20 years. *Personal Relationships*, 30(1), 174-216. <https://doi.org/10.1111/per.12452>

37. Weiser, D. A., **Shrout, M. R.**, & Thomas, A., Edwards, A., & Cravens, J. (2023). "I've been cheated, been mistreated, when will I be loved": Two decades of infidelity research through an intersectional lens. *Journal of Social and Personal Relationships*, 40(3), 856–898. <https://doi.org/10.1177/02654075221113032>
36. Renna, M. E., **Shrout, M. R.**, Madison, A. A., Lustberg, M., Povoski, S. P., Agnese, D. M., Reinbolt, R. E., Wesolowski, R., Williams, N. O., Ramaswamy, B., Sadesai, S.D., Noonan, A.M., VanDeusen, J.B., Stover, D.G., Cherian, M., Malarkey, W. B., Di Gregorio, M., & Kiecolt-Glaser, J. K. (2022). Distress disorder histories relate to greater physical symptoms among breast cancer patients and survivors: Findings across the cancer trajectory. *International Journal of Behavioral Medicine*, 31(9), 1536-1544. <https://doi.org/10.1007/s12529-022-10115-4>
35. Renna, M.E., **Shrout, M.R.**, Madison, A.A., Alfano, C.M., Povoski, S.P., Lipari, A.M., Carson, W.E., Malarkey, W.B., Kiecolt-Glaser, J.K. (2022). Depression and anxiety in colorectal cancer patients: Ties to pain, fatigue, and inflammation. *Psycho-Oncology*, 31(9), 1536-1544. <https://doi-org.ezproxy.lib.purdue.edu/10.1002/pon.5986>
34. **Shrout, M. R.** & Weigel, D. J. (2022). The impact of concealable chronic health conditions on college students' academic outcomes: A two-wave study. *Journal of Health Psychology*, 27(12), 2860–2872. <https://doi.org/10.1177/13591053211068111>
33. Weigel, D. J. & **Shrout, M. R.** (2022). Examining the emotional costs of violations of fidelity beliefs and suspected infidelity among college students. *Personality and Individual Differences*, 187, 111441. <https://doi.org/10.1016/j.paid.2021.111441>
32. **Shrout, M. R.**, Madison, A. A., Renna, M. E., Alfano, C. M., Povoski, S. P., Lipari, A. M., Agnese, D. Carson III, W. E., Malarkey, W. B., Bailey, M. T., & Kiecolt-Glaser, J. K. (2022). The gut connection: Gut leakiness as a pathway from breast cancer survivors' relationship satisfaction to inflammation across treatment. *Brain, Behavior, and Immunity*, 100, 145-154. <https://doi.org/10.1016/j.bbi.2021.11.012>
31. Renna, M.E., **Shrout, M. R.**, Madison, A.A., Bennett, J.M., Malarkey, W.B., Emery, C.F., Kiecolt-Glaser, J.K. (2022). Distress disorder histories predict heart rate variability trajectories during and after stress. *Psychoneuroendocrinology*, 135, 105575. <https://doi.org/10.1016/j.psyneuen.2021.105575>
30. Weiser, D. A., Lieway, M., Brown, R. D., **Shrout, M. R.**, Russell, K. N., Weigel, D. J., & Evans, W. P. (2022). Parent communication about sexual and relationship violence: Promoting healthy relationships or reinforcing gender stereotypes? *Family Relations*, 71(1), 181-200. <https://doi.org/10.1111/fare.12598>
29. Singer<sup>9</sup>, J., **Shrout, M. R.**, & Papa, A. (2022). Rates and psychosocial correlates of pre-loss grief in cancer and dementia family members. *Journal of Health Psychology*, 27(7), 1547-1555. <https://doi.org/10.1177/1359105321995945>
28. Madison<sup>9</sup>, A. A., Andridge, R., **Shrout, M. R.**, Renna, M. E., Bennett, J. M., Jaremka, L. M., Fagundes, C. P., Belury, M. A., Malarkey, W. B., Kiecolt-Glaser, J. K. (2022). Frequent interpersonal stress and inflammatory reactivity predict depressive-symptom increases: Two tests of the social-signal-transduction theory of depression. *Psychological Science*, 33(1), 152-164. <https://doi-org.ezproxy.lib.purdue.edu/10.1177/09567976211031225>

*Outstanding Student/New Professional Paper Award, National Council on Family Relations' Families and Health Section*

27. **Shrout, M. R.** (2021). The health consequences of stress in couples: A review and new integrated Dyadic Biobehavioral Stress Model. *Brain, Behavior, and Immunity – Health*, 16, 100328. <https://doi.org/10.1016/j.bbih.2021.100328>
26. Madison<sup>9</sup>, A. A., Epel, E. S., Andridge, R. A., Renna, M. E., **Shrout, M. R.**, Malarkey, W. B., Blackburn, E., & Kiecolt-Glaser, J. K. (2021). Omega-3 supplementation and stress reactivity of cellular aging biomarkers: An ancillary substudy of a randomized, controlled trial in midlife adults. *Molecular Psychiatry*, 26, 3034-3042. <https://doi.org/10.1038/s41380-021-01077-2>
25. Renna, M. E., **Shrout, M. R.**, Madison, A. A., Jaremka, L. M., Alfano, C. M., Povoski, S. P., Lipari, A. M., Agnese, D. M., Yee, L. D., Carson III, W. E., & Kiecolt-Glaser, J. K. (2021). Fluctuations in depression and anxiety predict dysregulated leptin among obese breast cancer survivors. *Journal of Cancer Survivorship*, 15(6), 847–854. <https://doi.org/10.1007/s11764-020-00977-6>

*Top Cited Article in the Publishing Year*

*Award for Excellence in Research about Families, Purdue University's Center for Families*

24. **Shrout, M. R.**, Renna, M. E., Madison, A. A., Alfano, C. M., Povoski, S. P., Lipari, A. M., Agnese, D. M., Farrar, W. B., Carson III, W. E., & Kiecolt-Glaser, J. K. (2021). Breast cancer survivors' satisfying marriages predict better psychological and physical health: A longitudinal comparison of satisfied, dissatisfied, and unmarried women. *Psycho-Oncology*, 30(5), 699-707. <https://doi.org/10.1002/pon.5615>
23. Madison<sup>9</sup>, A. A., Peng, M. S., **Shrout, M. R.**, Renna, M. E., Alfano, C. M., Povoski, S. P., Lipari, A. M., Agnese, D. M., Farrar, W. B., Carson III, W. E., Malarkey, W. B. & Kiecolt-Glaser, J. K. (2021). Distress trajectories in Black and White breast cancer survivors: From diagnosis to survivorship. *Psychoneuroendocrinology*, 131, 105288. <https://doi.org/10.1016/j.psyneuen.2021.105288>

*Top Cited Article Since the Publishing Year*

22. Madison<sup>9</sup>, A. A., **Shrout, M. R.**, Renna, M. E., & Kiecolt-Glaser, J. K. (2021). Psychological and behavioral predictors of vaccine efficacy: Considerations for COVID-19. *Perspectives on Psychological Science*, 16(2) 191–203. <https://doi.org/10.1177/1745691621989243>
21. Kiecolt-Glaser, J. K., Wilson, S. J., **Shrout, M. R.**, Madison, A. A., Andridge, R., Peng, J., Malarkey, W. B., & Bailey, M. L. (2021). The gut reaction to couples' relationship troubles: A route to gut dysbiosis through changes in depressive symptoms. *Psychoneuroendocrinology*, 125, 105132. <https://doi.org/10.1016/j.psyneuen.2021.105132>
20. Renna, M. E., Peng, J., **Shrout, M. R.**, Madison, A. A., Alfano, C. M., Povoski, S. P., Lipari, A. M., Agnese, D. M., Carson III, W. E., Malarkey, W. B., Andridge, R., & Kiecolt-Glaser, J. K. (2021). Childhood abuse histories predict steeper inflammatory trajectories across time. *Brain, Behavior, and Immunity*, 91, 541-545. <https://doi.org/10.1016/j.bbi.2020.11.012>
19. **Shrout, M. R.**, & Weigel, D. J. (2021). A two-wave study on the health and relationship consequences of experienced stigma among individuals with concealable chronic health conditions. *Journal of Health Psychology*, 26(6), 860-869. <https://doi.org/10.1177/1359105319849637>
18. Renna, M. E., **Shrout, M. R.**, Madison, A. A., Lustberg, M., Povoski, S. P., Agnese, D. M., Reinbolt, R. E., Wesolowski, R., Williams, N. O., Ramaswamy, B., Sadesai, S.D., Noonan,

A.M., VanDeusen, J.B., Malarkey, W. B., Kiecolt-Glaser, J. K. (2021). Worry and rumination in breast cancer survivors: Perseveration worsens self-rated health. *Journal of Behavioral Medicine*, 44, 253–259. <https://doi.org/10.1007/s10865-020-00192-9>

17. Weigel, D. J. & **Shrout, M. R.** (2021). Suspicious minds: The psychological, physical and behavioral consequences of suspecting a partner's infidelity. *Journal of Social and Personal Relationships*, 38(3), 865-887. <https://doi.org/10.1177/0265407520975851>
16. Davis, B. A., **Shrout, M. R.**, Evans, W. P., & Weigel, D. J. (2021). Relationships, health, and stress: Validation of a relationship sense of coherence measure. *Personal Relationships*, 28(1), 99-120. <https://doi.org/10.1111/per.12358>
15. Weigel, D. J. & **Shrout, M. R.** (2021). Relationship conflict, appraisals, and disillusionment: The moderating role of depression. *Personality and Individual Differences*, 171, 1104942. <https://doi.org/10.1016/j.paid.2020.110494>

#### *Editor's Choice Article*

14. **Shrout, M. R.**, Renna, M. E., Madison, A. A., Jaremka, L. M., Fagundes, C. P., Malarkey, W. B., & Kiecolt-Glaser, J. K. (2020). Cortisol slopes and conflict: A spouse's perceived stress matters. *Psychoneuroendocrinology*, 121. <https://doi.org/10.1016/j.psyneuen.2020.104839>
13. **Shrout, M. R.**, Renna, M. E., Madison, A. A., Alfano, C. M., Povoski, S. P., Lipari, A. M., Agnese, D. M., Yee, L. D., Carson III, W. E., & Kiecolt-Glaser, J. K. (2020). Relationship satisfaction predicts lower stress and inflammation in breast cancer survivors: A longitudinal study of within-person and between-person effects. *Psychoneuroendocrinology*, 118. <https://doi.org/10.1016/j.psyneuen.2020.104708>
12. Weigel, D. J. & **Shrout, M. R.** (2020). Relational turbulence and health-compromising behaviors: Integrating relational turbulence and stress theories. *Personal Relationships*, 27(4), 785-800. <https://doi.org/10.1111/per.12347>
11. **Shrout, M. R.**, & Kiecolt-Glaser, J. K. (2020). Individual, relational, and developmental-contextual pathways linking marriage to health: Reply to Brazeua, Pfund, and Hill (2020). *American Psychologist*, 75(1), 111-112. <https://doi.org/10.1037/amp0000578>
10. Kiecolt-Glaser, J. K., Renna, M. E., **Shrout, M. R.**, & Madison, A. A. (2020). Stress reactivity: What pushes us higher, faster, and longer – and why it matters. *Current Directions in Psychological Science*, 29(5) 492–498. <https://doi.org/10.1177/0963721420949521>
9. Renna, M. E., **Shrout, M. R.**, Madison, A. A., Povoski, S. P., Lipari, A. M., Agnese, D. M., Yee, L. D., Carson III, W. E., & Kiecolt-Glaser, J. K. (2020). Within-person changes in breast cancer survivors' distress predict inflammation over time. *Psychoneuroendocrinology*, 121. <https://doi.org/10.1016/j.psyneuen.2020.104866>
8. **Shrout, M. R.**, & Weigel, D. J. (2020). Coping with infidelity: The moderating role of self-esteem. *Personality and Individual Differences*, 154, 109631. <https://doi.org/10.1016/j.paid.2019.109631>
7. Madison<sup>9</sup>, A. A., Belury, M. A., Andridge, R. A., **Shrout, M. R.**, Renna, M. E., Malarkey, W. B., Bailey, M. T., & Kiecolt-Glaser, J. K. (2020). Afternoon distraction: A high saturated fat meal and endotoxemia impact post-meal attention in a randomized crossover trial. *American Journal of Clinical Nutrition*, 111(6), 1150–1158. <https://doi.org/10.1093/ajcn/nqaa085>



6. Weigel, D. J., Etopio, A. L., **Shrout, M. R.**, & Evans, W. P. (2020). The everyday communication of commitment: Testing an integrated model of self-construal, cognition, affect, motivation, and communication. *Western Journal of Communication*, 84(4), 499-520. <https://doi.org/10.1080/10570314.2020.1739324>

*Best Paper Award, University of Nevada, Reno Social Psychology PhD Program*

5. **Shrout, M. R.**, Brown, R. D., Orbuch, T. L., & Weigel, D. J. (2019). A multidimensional examination of marital conflict and health over 16 years. *Personal Relationships*, 26(3), 490-506. <https://doi.org/10.1111/per.12292>

4. Trotter, P. B., Orbuch, T. L., & **Shrout, M. R.** (2019). Spouses' perceptions of network interference in the early years of marriage. *Interpersona: An International Journal on Personal Relationships*, 13(2), 220-236. <https://doi.org/10.5964/ijpr.v13i2.362>

*Best Paper Award, University of Nevada, Reno Social Psychology PhD Program*

3. **Shrout, M. R.**, & Weigel, D. J. (2019). "Should I stay or should I go?" Understanding the noninvolved partner's decision-making process following infidelity. *Journal of Social and Personal Relationships*, 36(2), 400-420. <https://doi.org/10.1177/0265407517733335>
2. **Shrout, M. R.**, & Weigel, D. J. (2018). Infidelity's aftermath: Attributions, mental health, and health-compromising behaviors following a partner's infidelity. *Journal of Social and Personal Relationships*, 35(8), 1067-1091. <https://doi.org/10.1177/0265407517704091>
1. **Shrout, M. R.**, Voelker, D. K., Munro, G. D., & Kubitz, K (2017). The Associations between sport participation, goal and sportspersonship orientation, and moral reasoning. *Ethics & Behavior*, 27(6), 502–518. <https://doi.org/10.1080/10508422.2016.1233494>

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## BOOK CHAPTERS

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- Weigel, D.J., **Shrout, M.R.**, & Weiser, D.A. (2024). Linking infidelity and health: An integrated stress perspective. In T. Irvine & P.R. Peluso (Eds.), *Infidelity: A practitioner's guide to working with couples in crisis* (2nd ed.). Routledge: Taylor & Francis Group.

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## TECHNICAL REPORTS

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7. Matthews, E., **Shrout, M. R.**, & Hammond, J. (Jan. 2016). Spine care in upstate New York. Corporate Communications, Excellus BlueCross BlueShield.
6. Hammond, J., & **Shrout, M. R.** (Sept. 2015). Overweight and obesity rates among upstate New York adults. Corporate Communications, Excellus BlueCross BlueShield.
5. **Shrout, M. R.**, & Paris, M. (Sept. 2014). Vaccine-preventable diseases in upstate New York. Corporate Communications, Excellus BlueCross BlueShield.
4. Paris, M., & **Shrout, M. R.** (Aug. 2014). Medication adherence among upstate New York adults: A multi-billion dollar health improvement opportunity. Corporate Communications, Excellus BlueCross BlueShield.
3. Davis, S., & **Shrout, M. R.** (July 2014). Organ donor registration in upstate New York. Corporate Communications, Excellus BlueCross BlueShield.
2. Paris, M., & **Shrout, M. R.** (April 2014). Prescription drug use and medication adherence. Corporate Communications, Excellus BlueCross BlueShield.

1. **Shrout, M. R.**, & Paris, M. (Jan. 2014). Health insurance coverage in upstate New York. Corporate Communications, Excellus BlueCross BlueShield.

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## CONFERENCE PRESENTATIONS

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<sup>9</sup>denotes graduate student as lead author

44. Weiser, D. A., & **Shrout, M. R.** (accepted). *Revisiting the Charmed Circle: Pondering unanswered questions in the infidelity literature*. Talk to be given at the National Council on Family Relationships conference in Bellevue, WA.
43. **Shrout, M.R.**, Wilson, S.J., Farrell, A.K., Rice, T.M., Weiser, D.A., Novak, J.R., & Monk, J.K. (accepted). *Dyadic, biobehavioral, and sociocultural approaches to romantic relationships and health: Implications for research, practice, and policy*. Talk to be given at the National Council on Family Relationships conference in Bellevue, WA.
42. Pickett<sup>9</sup>, A. S. M., Weiser, D. A., **Shrout, M. R.**, Russell, K. N., Weigel, D. J., & Evans, W. P. (2024, July). *Family communication patterns and parent-child sex communication as predictors of sexual communication self-efficacy*. Data blitz presented at the International Association for Relationship Research Biennial Conference, Boston, MA.
41. **Shrout, M.R.**, Orbuch, T.L., Aron, A., & Leonard, M.J. (2024, July). *So happy together: Structural and interpersonal contexts of couple-level happiness over the first 16 years of marriage*. Talk given at the International Association for Relationship Research conference, Boston, MA.
40. Franks, M.M., **Shrout, M.R.**, Leonard, M.J., Birditt, K., & Orbuch, T.L. (2024, July). *A little help from our friends: Investigation of couple-level support during tough times*. Talk given at the International Association for Relationship Research conference, Boston, MA.
39. **Shrout, M. R.**, Weigel, D. J., & Laurenceau, J. P. (2023, November). *Couples and concealable chronic illness: A longitudinal investigation of how couples' appraisals, communication, and coping predict relational well-being over time*. Talk given at the National Council on Family Relationships conference in Orlando, FL.
38. Renna, M. E., **Shrout, M. R.**, Madison, A. A., Kiecolt-Glaser, & J. K. (2023, April). *Emotion regulation skills impact cognitive symptoms associated with breast cancer survivorship*. Talk given at the Society of Behavioral Medicine conference in Phoenix, AZ.
37. Wilson, S. J., Cole, S. W., **Shrout, M. R.**, Malarkey, W. B., Andridge, A., & Kiecolt-Glaser, J. K. (2023, March). *The Unique Role of Day-To-Day Loneliness in Biomarkers of Aging and Physical Function*. Talk given at the American Psychosomatic Society Annual Meeting in San Juan, Puerto Rico.
36. **Shrout, M. R.**, Renna, M. E., Madison, A. A., Malarkey, W.B., & Kiecolt-Glaser, J.K. (2023, March). *Marital negativity's festering wounds: The emotional, immunological, and relational toll of couples' negative communication patterns*. Talk given at the American Psychosomatic Society Annual Meeting in San Juan, Puerto Rico.
35. **Shrout, M. R.**, Wilson, S. J., Renna, M. E., Madison, A. A., & Kiecolt-Glaser, J. K. (2022, November). *Aging couples' satisfying relationships and we-talk promote cardiovascular*

- health during conflict*. Talk given at the Gerontological Society of America Annual Scientific Meeting, Indianapolis, IN.
34. **Shrout, M. R.**, Renna, M. E., Andridge, R., Peng, J., Madison, A. A., Jaremka, L. M., Fagundes, C. P., Malarkey, W. B., & Kiecolt-Glaser, J. K. (2022, November). *So anxious together: Concordance in spouses' anxiety promotes negative affect synchrony when couples experience conflict*. Talk given at the National Council on Family Relations Conference, Minneapolis, MN.
  33. Wilson, S. J., **Shrout, M. R.**, & Kiecolt-Glaser, J. K. (2022, November). *Feeling blue with you: Aging couples' reactivity to upsetting personal memories and marital conflict*. Talk accepted but unable to deliver at the Gerontological Society of America Annual Scientific Meeting, Indianapolis, IN, because of COVID-19.
  32. **Shrout, M. R.**, Wilson, S. J., Renna, M. E., Madison, A. A., & Kiecolt-Glaser, J. K. (2022, September). *"We've got this:" Aging couples' satisfying relationships and we-talk promote better physiological, relational, and emotional responses to conflict*. Talk given at The Love Consortium Love Conference, Durham, NC.
  31. **Shrout, M. R.**, Orbuch, T. L., & Aron, A. (2022, July). *Structural and interpersonal factors predict couples' marital happiness over 16 years*. Talk given at the virtual International Association for Relationship Research Conference.
  30. **Shrout, M. R.**, Black, A. E., Renna, M. E., Madison, A. A., Wilson, S. J., Kiecolt-Glaser, J. K., & Reis, H. T. (2022, July). *In sync: Middle-aged and older couples' emotional and physiological synchrony across positive, supportive, upsetting, and contentious discussions*. Talk given at the virtual International Association for Relationship Research Conference.
  29. Renna, M. E., **Shrout, M. R.**, Madison, A. A., Kiecolt-Glaser, & J. K. (2022, July). *The moderating role of depression in the relationship between interpersonal stress and inflammation*. Talk given at the virtual International Association for Relationship Research Conference.
  28. **Shrout, M. R.**, & Weigel, D. J. (2022, July). *It's not right, and I'm not okay: The emotional costs of fidelity belief violation when suspecting infidelity*. Talk given at the virtual International Association for Relationship Research Conference.
  27. Weigel, D. J., & **Shrout, M. R.** (2022, July). *Are you cheating on me? Identifying factors contributing to the use of suspicion confirmation strategies*. Talk given at the virtual International Association for Relationship Research Conference.
  26. Weiser, D. A., **Shrout, M. R.**, & Thomas, A., Edwards, A., & Cravens, J. (2022, May). *"I've been cheated, been mistreated, when will I be loved": Two decades of infidelity research*. Talk given at the virtual European Association of Social Psychology and International Association for Relationship Research Joint Conference.
  25. Wilson, S. J., **Shrout, M. R.**, Andridge, R., Malarkey, W. B., & Kiecolt-Glaser, J. K. (2022, March). *Marital satisfaction, age, and inflammatory responses to a spouse's distress: The downside of a happy marriage in older adulthood*. Talk given at the American Psychosomatic Society Annual Meeting in Long Beach, CA.
  24. **Shrout, M. R.**, Madison, A. A., Renna, M. E., Alfano, C. M., Pivoski, S. P., Lipari, A. M., Agnese, D. Carson III, W. E., Malarkey, W. B., Bailey, M. T., & Kiecolt-Glaser, J. K. (2022, March).

*Physiological benefits of breast cancer survivors' satisfying relationships across treatment: Implications for aging.* Talk given at the American Psychosomatic Society Annual Meeting in Long Beach, CA.

23. **Shrout, M. R.** & Weigel, D. J. (2021, November). *Couples and nonvisible chronic illness: An integrated model of dyadic coping.* Talk given at the virtual National Council on Family Relations Conference.
22. Cole, S. **Shrout, M. R.**, Kiecolt-Glaser, J. K., Wilson, S. J. (2021, November). *Expression of emotions and genes: Proinflammatory gene expression rises with spousal distress.* Talk given at the Gerontological Society of America Annual Scientific Meeting.
21. **Shrout, M. R.**, & Orbuch, T. L. (2021, September). *The effects of within-person changes in marital conflict on marital well-being and health over 16 years.* Talk given at the virtual International Association for Relationship Research Conference.
20. **Shrout, M. R.**, & Weigel, D. J. (2021, June). *Suspicious minds: The relationship and health consequences of suspecting a partner's infidelity.* Talk given at the virtual International Association for Relationship Research Conference.
19. **Shrout, M. R.**, Renna, M. E., Madison, A. A., Jaremka, L. M., Fagundes, C. P., Malarkey, W. B., & Kiecolt-Glaser, J. K. (2021, June). *How do spouses catch each other's stress? The importance of partner stress in cortisol trajectories across the day.* Talk given at the virtual International Association for Relationship Research Conference.
18. **Shrout, M. R.**, Madison, A. A., Renna, M. E., Alfano, C. M., Povoski, S. P., Lipari, A. M., Agnese, D. Carson III, W. E., Malarkey, W. B., Bailey, M. T., & Kiecolt-Glaser, J. K. (2021, May). *The gut connection: Gut leakiness as a pathway from breast cancer survivors' relationship satisfaction to inflammation across treatment.* Talk given at the virtual PsychoNeuroImmunology Research Society annual meeting.
17. Madison<sup>9</sup>, A. A., Malarkey, W. B., **Shrout, M. R.**, Renna, M. E., & Kiecolt-Glaser, J. K. (2021, May). *Social support and perceived stress buffer caregiving's link with antibody responses to hepatitis a vaccine: A test of the stress-buffering hypothesis.* Talk given at the virtual PsychoNeuroImmunology Research Society annual meeting.
16. **Shrout, M. R.**, Renna, M. E., Madison, A. A., Alfano, C. M., Povoski, S. P., Lipari, A. M., Agnese, D. M., Farrar, W. B., Carson III, W. E., & Kiecolt-Glaser, J. K. (2021, April). *Do all marriages promote breast cancer survivors' health over time? A comparison of satisfied, unsatisfied, and unmarried women.* Talk given at the virtual Society of Behavioral Medicine Annual Meeting and Scientific Sessions.
15. Renna, M. E., **Shrout, M. R.**, Madison, A. A., Kiecolt-Glaser, J. K. (2021, April). *Within-person fluctuations in cancer-related distress increases inflammation among breast cancer survivors.* Talk given at the virtual Society of Behavioral Medicine Annual Meeting and Scientific Sessions.
14. **Shrout, M. R.**, Renna, M. E., Madison, A. A., & Kiecolt-Glaser, J. K. (2020, March). *Relationship satisfaction, stress, and inflammation in breast cancer survivors.* Talk accepted but unable to deliver because the American Psychosomatic Society Annual Meeting in Long Beach, CA, was canceled due to COVID-19.

13. **Shrout, M. R.**, Madison, A. A., Renna, M. E., & Kiecolt-Glaser, J. K. (2020, February). *Is marriage good for the brain? Novel neurobiological changes in high-quality marriages*. Talk given at the Society for Personality and Social Psychology Close Relationships Preconference, New Orleans, LA.
12. **Shrout, M. R.**, Orbuch, T. L., Brown, R. D., & Weigel, D. J. (2019, June). *Conflict and marital well-being over 16 years of marriage for black couples and white couples*. Talk given at the International Association for Relationship Research Conference, Ottawa, Canada.
11. **Shrout, M. R.**, Brown, R. D., Orbuch, T. L., & Weigel, D. J. (2019, February). *A multidimensional approach to conflict and health over 16 years of marriage*. Talk given at the Society for Personality and Social Psychology Close Relationships Preconference, Portland, OR.
10. **Shrout, M. R.**, Brown, R. D., Orbuch, T. L., & Weigel, D. J. (2018, July). *Health trajectories and breadth of conflict over the first 16 years of marriage*. Talk given at the International Association for Relationship Research Conference, Fort Collins, CO.
9. Weigel, D. J., & **Shrout, M. R.** (2018, July). *Examining the mental and physical health consequences of relationship turbulence*. Talk given at the International Association for Relationship Research Conference, Fort Collins, CO.
8. Lieway, N., Weiser, D. A., Brown, R. D., **Shrout, M. R.**, Russell, K., Weigel, D. J., & Evans, W. P. (2018, April). *Parent-adolescent communication about sexual and relationship violence: Promoting healthy relationships or reinforcing gender stereotypes?* Talk given at the Texas Council on Family Relations Conference, Dallas, TX.
7. **Shrout, M. R.**, & Weigel, D. J. (2017, June). *Infidelity's aftermath: Attributions, mental health, and health-compromising behaviors following a partner's infidelity*. Talk given at the International Association for Relationship Research Conference, Syracuse, NY.
6. Brown, R. D., **Shrout, M. R.**, Orbuch, T. L., & Weigel, D. J. (2017, June). *Husbands' and wives' sexual satisfaction, communication, and marital happiness: An examination of over-time stability and change*. Talk given at the International Association for Relationship Research Conference, Syracuse, NY.
5. Davis, B. A., **Shrout, M. R.**, Evans, W. P., & Weigel, D. J. (2017, June). *Validation of a relationship sense of coherence measure*. Talk given at the International Association for Relationship Research Conference, Syracuse, NY.
4. **Shrout, M. R.**, Brown, R. D., Orbuch, T. L., & Weigel, D. J. (2016, July). *Marital conflict and health outcomes over time: The role of marital quality and blame*. Talk given at the International Association for Relationship Research Conference, Toronto, Canada.
3. **Shrout, M. R.**, & Weigel, D. J. (2016, July). *Understanding the decision-making process following infidelity: The partner's perspective*. Talk given at the International Association for Relationship Research Conference, Toronto, Canada.
2. Brown, R. D., **Shrout, M. R.**, Orbuch, T. L., & Weigel, D. J. (2016, July). *Husbands' and wives' sexual satisfaction, communication, and marital happiness: An examination of over-time stability and change*. Talk given at the International Association for Relationship Research Conference, Toronto, Canada.

1. **Shrout, M. R.**, & Weigel, D. J. (2016, April). *Should I stay or should I go? Understanding partner's decision-making process following infidelity*. Talk given at the Western Social Science Association, Reno, NV.

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## CONFERENCE POSTERS

<sup>g</sup>denotes graduate student as lead author

<sup>u</sup>denotes undergraduate student as lead author

35. Leonard<sup>g</sup>, M.J., Renna, M.E., Wilson, S.J., Madison, A.A., Jaremka, L.M., Fagundes, C.P., & **Shrout, M.R.** (2024, July). *Does early life adversity predict conflict responses? Effects of childhood maltreatment on emotion regulation and perceived partner responsiveness during marital conflict*. Poster presented at the International Association for Relationship Research conference, Boston, MA.
34. **Shrout, M. R.**, Friedman, E., Miller, K., & Tisdale, J. (2024, April). *Couples' Daily Health in Breast Cancer Survivorship: Dyadic Associations in Psychological, Physical, and Relational Health*. Poster presented at the Association for Clinical and Translational Science annual conference in Las Vegas, NV.
33. Behringer<sup>g</sup>, K. F., Wilson, S. J., **Shrout, M. R.**, Madison, A. A., & Renna, R. E. (2024, March). *Pre-morbid loneliness predicts future fatigue in breast cancer patients over the course of treatment*. Poster presented at the Society of Behavioral Medicine annual meeting & scientific sessions in Philadelphia, PA.
32. Wilbourne<sup>g</sup>, F. N., Behringer, K. F., **Shrout, M. R.**, Madison, A. A., Wilson, S. J., Renna, M. E. (2024, March). *Cancer-related worry predicts poorer physical health across breast cancer survivorship*. Poster presented at the Society of Behavioral Medicine annual meeting & scientific sessions in Philadelphia, PA.
31. Johal<sup>g</sup>, S.K., Fergerson, A.K., **Shrout, M.R.**, Madison, A.A., Wilson, S. J., Renna, M.E. (2024, March). *Trauma exposure corresponds to worse psychological functioning post diagnosis in breast cancer patients*. Poster presented at the Society of Behavioral Medicine annual meeting & scientific sessions in Philadelphia, PA.
30. **Shrout, M. R.**, Buehler, E. M., & Lee, D. E. (2024, February). *Illness-related partner communication predicts better health, covid, and social-contextual outcomes amid the COVID-19 pandemic: A longitudinal study of students with concealable chronic health conditions*. Poster presented at the Society for Personality and Social Psychology annual convention in San Diego, CA.
29. **Shrout, M. R.**, Friedman, E., Miller, K., Tisdale, J., & Adisa, R. (2023, September). *Psychological, physical, and relational health in breast cancer survivors and their partners*. Poster presented at the Indiana Clinical and Translational Sciences Institute annual conference in Indianapolis, IN.
28. **Shrout, M. R.**, Renna, M. E., Madison, A.A., & Kiecolt-Glaser, J. K. (2023, April). *Insomnia and depression trajectories in women with and without breast cancer: Protective effects of satisfying relationships*. Poster presented at the Association for Clinical and Translational Science annual conference in Washington, D.C.
27. Todd<sup>u</sup>, L.M., Staub, E., Lee, D.G., Buehler, E.M., & Shrout, M.R. (2023, February). *Returning to campus during the COVID-19 pandemic with a concealable chronic illness: Social and health*

- challenges*. Poster presented at the Society for Personality and Social Psychology annual convention in Atlanta, GA.
26. **Shrout, M. R.**, Renna, M. E., Madison, A.A., Malarkey, W., & Kiecolt-Glaser, J. K. (2023, February). *How negative communication patterns color marital interactions: Emotional and relational consequences*. Poster presented at the Society for Personality and Social Psychology annual convention in Atlanta, GA.
  25. **Shrout, M. R.**, Renna, M. E., Madison, A. A., Alfano, C. M., Povoski, S. P., Lipari, A. M., Agnese, D. M., Farrar, W. B., Carson III, W. E., & Kiecolt-Glaser, J. K. (2022, September). *Breast cancer survivors' satisfying marriages predict better psychological and physical health: A longitudinal comparison of satisfied, dissatisfied, and unmarried women*. Poster presented at the Indiana Clinical and Translational Institute annual conference in Indianapolis, IN.
  24. Madison, A.A., Renna, M.E., Andridge, R.A., Peng, J., **Shrout, M.R.**, Sheridan, J., Lustberg, M., Ramaswamy, B., Wesolowski, R., Williams, N.O., Noonan, A.M., Reinbolt, R.E., Stover, D.G., Cherian, M.A., Malarkey, W.B., Kiecolt-Glaser, J.K. (2022, June). *Conflicts hurt: Social stress modulates interleukin-1 receptor antagonist's link with pain and sadness*. Poster presented at the Psychoneuroimmunology Research Society Annual Meeting, Zurich, Switzerland.
  23. Todd<sup>u</sup>, L. M., **Shrout, M. R.**, & Weigel, D. J. (2022, February). *Academic, social, and stress outcomes of students with chronic health conditions show the need for resources*. Poster presented at the Society for Personality and Social Psychology Virtual Convention.
  22. Zilber<sup>u</sup>, S. E., **Shrout, M. R.**, & Weigel, D. J. (2022, February). *"My relationship plummeted": Breakup risks increase without partner support among those with concealable chronic health conditions*. Poster presented at the Society for Personality and Social Psychology Virtual Convention.
  21. **Shrout, M. R.**, & Weigel, D. J. (2022, February). *Stigma experiences and academic outcomes among college students with concealable chronic health conditions: A two-wave study across the semester*. Poster presented at the Society for Personality and Social Psychology Convention Virtual Convention.
  20. Robertson<sup>u</sup>, T., Wilson, S. J., Madison, A. A, **Shrout, M. R.**, & Kiecolt-Glaser, J. K. (2022, February). *Vocal stress and negative emotional expression: Can metrics from a single lab-based stressor shed light on marital satisfaction?* Poster presented at the Society for Personality and Social Psychology Virtual Convention.
  19. Cortez, J. I., Wilson, S. J., **Shrout, M. R.**, Kiecolt-Glaser, J. K. (2021, November). *Your suffering is also mine: Older and younger couples' responses to the partner's upsetting memory*. Poster presented at the Gerontological Society of America Annual Scientific Meeting.
  18. Robertson<sup>u</sup>, T., **Shrout, M R.**, Di Gregorio, M. P., & Kiecolt-Glaser, J. K. (2021, February). *Vocal stress after marital conflict*. Poster presented at the Society for Personality and Social Psychology Virtual Convention.
  17. **Shrout, M. R.**, & Weigel, D. J. (2021, February). *Relationship conflict, appraisals, and disillusionment: The moderating roles of depression and gender*. Poster presented at the virtual Society for Personality and Social Psychology Convention.

16. Jones<sup>u</sup>, A. F., Wilson, S. J., **Shrout, M. R.**, & Kiecolt-Glaser, J. K. (2020, November). *Seeing the past through rose-colored glasses? Age differences in recounting a difficult memory*. Poster presented at the virtual Gerontological Society of America Annual Scientific Meeting.
15. Renna, M. E., **Shrout, M. R.**, Madison, A. A., Kiecolt-Glaser, J. K. (2020, November). *Worry and rumination worsen self-rated psychological and physical health among breast cancer survivors*. Poster presented at the virtual Association for Behavioral and Cognitive Therapies Annual Meeting.
14. **Shrout, M. R.**, Madison, A. A., Renna, M. E., & Kiecolt-Glaser, J. K. (2020, March). *Marriage on the Brain: Supportive Marriages Predict Positive Neurobiological Changes*. Poster accepted but unable to deliver because the American Psychosomatic Society Annual Meeting in Long Beach, CA, was canceled due to COVID-19.
13. Renna, M. E., **Shrout, M. R.**, Madison, A. A., & Kiecolt-Glaser, J. K. (2020, March). *Worry and rumination in breast cancer survivors: Perseveration worsens self-rated health*. Poster accepted but unable to deliver because the American Psychosomatic Society Annual Meeting in Long Beach CA, was canceled due to COVID-19.
12. Renna, M. E., Peng, J., **Shrout, M.R.**, Madison, A.A., Andridge, R., & Kiecolt-Glaser, J.K. (2020, March). *Childhood abuse histories contribute to steeper inflammatory trajectories across time*. Citation poster accepted but unable to deliver because the American Psychosomatic Society Annual Meeting in Long Beach, CA, was canceled due to COVID-19.
11. Renna, M.E., Peng, J., **Shrout, M.R.**, Madison, A.A., Andridge, R., & Kiecolt-Glaser, J.K. (2020, March). *How abuse histories influence health: An analysis of inflammatory trajectories across time*. Poster accepted but unable to deliver because the Anxiety and Depression Association of America Annual Conference in San Antonio, TX was canceled due to COVID-19.
10. Madison<sup>9</sup>, A. A., Belury, M. A., Andridge, R. A., **Shrout, M. R.**, Renna, M. E., Malarkey, W. B., Bailey, M. T., Kiecolt-Glaser, J. K. (2019, December). *Afternoon distraction: A high saturated fat meal and endotoxemia impact post-meal attention in a randomized crossover trial*. Poster presented at The Ohio State Center for Clinical and Translational Sciences Research Forum, Columbus, OH.
9. **Shrout, M. R.**, & Weigel, D. J. (2019, February). *Health-related predictors and consequences of relationship breakups among individuals with concealable chronic health conditions*. Poster presented at the Society for Personality and Social Psychology Convention, Portland, OR.
8. Weigel, D. J., Etopio, A. L., **Shrout, M. R.**, & Evans, W. P. (2017, November). *Relational self-construal: Implications for relationship commitment*. Poster presented at the National Council on Family Relations Conference, Orlando, FL.
7. Weigel, D. J., Davis, B. A., **Shrout, M. R.**, Etopio, A. L., & Evans, W. P. (2016, July). *Relationship goals, rewards, and costs: Identifying the relationship motivations underlying the everyday communication of commitment*. Poster presented at the International Association for Relationship Research Conference, Toronto, Canada.
6. **Shrout, M. R.** & Munro, G. D. (2015, April). *Does sport participation or personality predict low levels of moral reasoning?* Poster presented at the Western Psychological Association Convention, Las Vegas, NV.



5. **Shrout, M. R.** & Munro, G. D. (2013, March). *Do positive illusions affect our moral judgments in romantic relationships?* Poster presented at the Eastern Psychological Association Convention, New York, NY.
4. **Shrout, M. R.** (2012, May). *Exploring the role of personality in romantic relationships.* Poster presented at the Association for Psychological Science Convention, Chicago, IL.
3. **Shrout, M. R.** & Munro, G. D. (2012, April). *The role of positive illusions on motivated moral reasoning in romantic relationships.* Poster presented at the Towson University Exposition, Towson, MD.
2. **Shrout, M. R.** & Munro, G. D. (2012, March). *How much evidence is enough? Biased thresholds in judgments of scientific conclusions.* Poster presented at the Eastern Psychological Association Convention, Pittsburgh, PA.
1. **Shrout, M. R.** & Williams, R. W. (2011, March). *Personality traits and ideal partner attraction.* Poster presented at National Conference on Undergraduate Research, Ithaca, NY.

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### CONFERENCE CHAIRED SYMPOSIA AND SESSION FACILITATOR

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\*denotes graduate student as lead author

**Shrout, M. R.**, (session facilitator, speaker), Allsop, D.\* (speaker), Lee, W.\* (speaker), & Cypress, B. (speaker), & Barden, S. (2023, November). *Illness in Couples and Families.* Families and Health Session at the National Council on Family Relations Conference in Orlando, FL.

**Shrout, M. R.**, (chair, speaker), Renna, M. E. (speaker), Cummings, C. (speaker), & Singer, J. (speaker) (2022, July). *Interpersonal relationships and health across contexts: A biopsychosocial approach.* Symposia at the virtual International Association for Relationship Research Conference.

**Shrout, M. R.**, (session facilitator, speaker), Lee, S. (speaker), Fox, K.\* (speaker), & Randall, G. (speaker) (2021, November). *Creating a positive outlook in later life health: Financial strain, COVID-19, chronic illness, and good Memories.* Families and Health Session at the virtual National Council on Family Relations Conference.

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### CAMPUS AND DEPARTMENTAL PRESENTATIONS

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<sup>9</sup>denotes graduate student as lead author

<sup>u</sup>denotes undergraduate student as lead author

\*shared first authorship

30. Francis<sup>u</sup>, E., Leonard, M.J., Dillon, M., York, L., Buehler, E., & **Shrout, M.R.** (2024, March). *Broken hearts and open communication: Unveiling the impact of concealable chronic health conditions on relationship longevity.* Poster presented at the Health and Human Sciences Research Symposium, Purdue University, West Lafayette, IN.
29. Swarens<sup>u</sup>, A., Leonard, M.J., Lingle, C., Moorehead, A., Buehler, E., & **Shrout, M.R.** (2024, March). *College students and concealable chronic health conditions: Examining the association between disclosure strategy and closeness in relationships.* Poster presented at the Health and Human Sciences Research Symposium, Purdue University, West Lafayette, IN.

28. **Shrout, M. R.** (2023, November). *Developing a social media presence as an academic researcher*. Talk given at the Center for Early Learning, Purdue University, West Lafayette, IN.
27. Leonard<sup>9</sup>, M.J., Renna, M.E., Wilson, S.J., Madison, A. A., Jaremka, L.M., Fagundes, C.P., & **Shrout, M.R.** (2023, November). *Does early life adversity predict conflict responses? Effects of childhood abuse and psychological disorder histories on emotion regulation during marital conflict*. Poster presented at the Health and Human Sciences Research Day, Purdue University, West Lafayette, IN.
26. **Shrout, M.R.** (2023, June). *Developing a strategic plan and weekly planning meeting*. Talk given at the Indiana Clinical and Translational Sciences Institute virtual K Scholars Career Development Session.
25. **Shrout, M.R.\***, & Robertson, M.\* (2023, April). *Can we talk about my chronic illness? A daily study of chronic illness disclosure and concealment at work and home*. Talk given at the Lifestyles and Vital Longevity Research Seminar, Purdue University, West Lafayette, IN.
24. Franks, M.M.\*, **Shrout, M.R.\***, Haddad, J.\*,& Foti, D.\* (2023, April). *At home objective health and functioning assessments*. Talk given at the Lifestyles and Vital Longevity Research Seminar, Purdue University, West Lafayette, IN.
23. Todd<sup>u</sup>, L.M., Staub, E., Lee, D.G., Buehler, E.M., & Shrout, M.R. (2023, April). *Returning to campus during the COVID-19 pandemic with a concealable chronic illness: Social and health challenges*. Poster presented at the Purdue Spring Undergraduate Research Conference, Purdue University, West Lafayette, IN.
22. Adisa<sup>9</sup>, R., Lee, D.G., Buehler, E.M., & Shrout, M.R. (2023, March). *Students with Concealable Chronic Illnesses: Illness disclosures to their instructors, friends, and family over the semester*. Poster presented at the Health and Human Sciences Research Symposium, Purdue University, West Lafayette, IN.
21. Todd<sup>u</sup>, L.M., Staub, E., Lee, D.G., Buehler, E.M., & Shrout, M.R. (2023, March). *Returning to campus during the COVID-19 pandemic with a concealable chronic illness: Social and health challenges*. Poster presented at the Health and Human Sciences Research Symposium, Purdue University, West Lafayette, IN.
20. **Shrout, M. R.**, & McDade, T. W. (2022, October). *Collecting biological assessments in the field: Dried blood spot kits*. Research Demonstration given at the Advances in Biobehavioral and Clinical Health Assessments: ABC's of Remote Assessments Conference, Purdue University, West Lafayette, IN.
19. Madison<sup>9</sup>, A.A., Renna, M.E., Andridge, R.A., Peng, J., **Shrout, M.R.**, Sheridan, J., Lustberg, M., Ramaswamy, B., Wesolowski, R., Williams, N.O., Noonan, A.M., Reinbolt, R.E., Stover, D.G., Cherian, M.A., Malarkey, W.B., Kiecolt-Glaser., J.K. (2022, March). *Conflicts hurt: Social stress modulates interleukin-1 receptor antagonist's link with pain and sadness*. Poster presented at the Institute for Behavioral Medicine Research Day, The Ohio State University, Columbus, OH.
18. Robertson<sup>u</sup>, T. , **Shrout, M. R.**, Madison, A., A., Di Gregorio, M. P., & Kiecolt-Glaser, J. K. (2021, July). *Vocal stress and negative emotional expression*. Talk given at the Summer Undergraduate Research Symposium, The Ohio State University, Columbus, OH.

17. **Shrout, M. R.**, Madison, A. A., Renna, M. E., Alfano, C. M., Povoski, S. P., Lipari, A. M., Agnese, D. Carson III, W. E., Bailey, M. T., & Kiecolt-Glaser, J. K. (2021, April). *The gut connection: Gut leakiness as a pathway from breast cancer survivors' relationship satisfaction to inflammation across treatment*. Poster presented at The Ohio State University's Institute for Behavioral Medicine Research Annual Research Day, Columbus, OH.
16. Renna, M. E., **Shrout, M. R.**, Madison, A. A., Jaremka, L. M., Alfano, C. M., Povoski, S. P., Lipari, A. M., Agnese, D. M., Yee, L. D., Carson III, W. E., & Kiecolt-Glaser, J. K. (2021, April). *Fluctuations in depression and anxiety predict dysregulated leptin among obese breast cancer survivors*. Poster presented at The Ohio State University's Institute for Behavioral Medicine Research Annual Research Day, Columbus, OH.
15. **Shrout, M. R.**, Madison, A. A., Renna, M. E., Alfano, C. M., Povoski, S. P., Lipari, A. M., Agnese, D. Carson III, W. E., Bailey, M. T., & Kiecolt-Glaser, J. K. (2021, April). *The gut connection: Gut leakiness as a pathway from breast cancer survivors' relationship satisfaction to inflammation across treatment*. Talk given at The Ohio State University's Institute for Behavioral Medicine Research Annual Research Day, Columbus, OH.
14. **Shrout, M. R.**, Renna, M. E., Madison, A. A., Jaremka, L. M., Fagundes, C. P., Malarkey, W. B., & Kiecolt-Glaser, J. K. (2021, April). *Cortisol slopes and conflict: A spouse's perceived stress matters*. Poster presented at The Ohio State University's Institute for Behavioral Medicine Research Annual Research Day, Columbus, OH.
13. Madison<sup>9</sup>, A.A., Belury, M.A., Andridge, R., Renna, M.E., **Shrout, M.R.**, Malarkey, W.B., Lin, J., Epel, E.S., Kiecolt-Glaser, J.K (2021, April). *Omega-3 supplementation and stress reactivity of cellular aging biomarkers: An ancillary substudy of a randomized, controlled trial in midlife adults*. Poster presented at The Ohio State University's Institute for Behavioral Medicine Research Annual Research Day, Columbus, OH.
12. Madison<sup>9</sup>, A.A., Andridge, R., **Shrout, M.R.**, Renna, M.E., Bennett, J.M., Jaremka, L.M., Fagundes, C.P, Belury, M.A., Malarkey, W.B., Kiecolt-Glaser, J.K. (2021, April). *Chronic interpersonal stress and inflammatory reactivity predict depressive symptom increases: Two tests of the social signal transduction theory of depression*. Talk given at The Hayes Graduate Research Forum at The Ohio State University, Columbus, OH.
11. Robertson<sup>u</sup>, T. , **Shrout, M. R.**, Di Gregorio, M. P., & Kiecolt-Glaser, J. K. (2020, July). *Vocal stress after marital conflict*. Talk given at the Summer Undergraduate Research Symposium, The Ohio State University, Columbus, OH.
10. **Shrout, M. R.**, Renna, M. E., Madison, A. A., Povoski, S. P., Lipari, A. M., Agnese, D. M., Yee, L. D., Carson III, W. E., & Kiecolt-Glaser, J. K. (2020, April). *Relationship satisfaction predicts lower stress and inflammation in breast cancer survivors*. Poster was accepted but unable to be presented because The Ohio State University's Institute for Behavioral Medicine Research Annual Research Day, Columbus, OH, was canceled due to COVID-19.
9. Renna, M. E., Peng, J., **Shrout, M. R.**, Madison, A. A., Andridge, R., & Kiecolt-Glaser, J. K. (2020, April). *Childhood abuse histories contribute to steeper inflammatory trajectories across time*. Talk was accepted but unable to deliver because The Ohio State University's Institute for Behavioral Medicine Research Annual Research Day, Columbus, OH, was canceled due to COVID-19.
8. Madison<sup>9</sup>, A. A., Belury, M., Andridge, R., **Shrout, M. R.**, Renna, M. E., Malarkey, W., Bailey, M., Kiecolt-Glaser, J. K. (2020, April). *Afternoon distraction: A high saturated fat meal and*

*endotoxemia impact post-meal attention in a randomized crossover trial*. Poster was accepted but unable to be presented because The Ohio State University's Institute for Behavioral Medicine Research Annual Research Day, Columbus, OH, was canceled due to COVID-19.

7. **Shrout, M. R.** (2019, April). *Navigating the academic job and postdoc market*. Talk given at the Interdisciplinary Social Psychology PhD Program Brown Bag, Reno, NV.
6. **Shrout, M. R.** (2018, May). *Applying to graduate school*. Talk given at the University of Nevada, Reno GradFIT program, Reno, NV.
5. **Shrout, M. R., & Weigel, D. J.** (2017, November). *Academic, social, and health experiences of students with invisible chronic health conditions*. Talk given at the University of Nevada, Reno Health Campus Conference, Reno, NV.
4. **Shrout, M. R., & Weigel, D. J.** (2017, November). *Infidelity's aftermath: Attributions, mental health, and health-compromising behaviors following a partner's infidelity*. Talk given at the Interdisciplinary Social Psychology PhD Program Brown Bag, Reno, NV.
3. **Shrout, M. R., Brown, R. D., Orbuch, T. L., & Weigel, D. J.** (2016, September). *Marital conflict and health outcomes over time: The role of marital quality*. Talk given at the Interdisciplinary Social Psychology PhD Program Brown Bag, Reno, NV.
2. Brown, R. D., **Shrout, M. R., Orbuch, T. L., & Weigel, D. J.** (2016, September). *Husbands' and wives' sexual satisfaction, communication, and marital happiness: An examination of over-time stability and change*. Talk given at the Interdisciplinary Social Psychology PhD Program Brown Bag, Reno, NV.
1. **Shrout, M. R.** (2015, October). *The effects of sport experience, goal orientation, and sportpersonship orientation on moral reasoning*. Talk given at the Interdisciplinary Social Psychology PhD Program Brown Bag, Reno, NV.

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#### INVITED TALKS AND PANELS

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15. **Shrout, M. R.** (2024, May). *How relationships "get under the skin" to influence health and longevity*. Invited virtual talk for the Indiana Clinical and Translational Sciences Institute K12 Scholar Program.
14. **Shrout, M. R.** (2023, October). *How partners "get under each other's skin" to influence health: An integrated social-health perspective*. Invited talk for Purdue University's Social Psychology Program, West Lafayette, IN.
13. **Shrout, M. R.** (2023, April). *Bridging relationship science and psychoneuroimmunology: How partners "get under each other's skin" to influence health*. Invited talk for the University of Kentucky's Center for Clinical and Translational Science, Lexington, KY.
12. **Shrout, M. R.** (2023, April). *Integrating family science and psychoneuroimmunology: The dyadic biobehavioral stress model*. Invited virtual talk for Texas Tech University's Human Development and Family Science Department.
11. **Shrout, M. R.** (2023, March). *How relationships "get under the skin" to influence health and longevity*. Invited talk for Purdue University's Center on Aging and the Life Course, West Lafayette, IN.

10. **Shrout, M. R.** (2023, January). *Stress and its effects on our relationships and health*. Invited virtual talk for Mount Royal University's Psychology Department.
9. **Shrout, M. R.** (2022, December). *Satisfying relationships: Key to health and longevity*. Invited talk for Purdue University's Center for Families, West Lafayette, IN.
8. **Shrout, M. R.** (2022, February). *PhD Programs and Careers in Academia*. Invited panelist for Towson University's Department of Psychology; Zoom panel during the COVID-19 pandemic.
7. **Shrout, M. R.** (2021, November). *How stress affects couples' relationships and health*. Invited talk for Rice University's Department of Psychological Sciences; Zoom talk during the COVID-19 pandemic.
6. **Shrout, M. R.** (2021, October). *How we catch our partner's stress – and how it affects our relationships and health*. Invited talk for the North Central Region Aging Network; Zoom talk during the COVID-19 pandemic.
5. **Shrout, M. R.** (2021, March). *Relationship dynamics and health across adulthood: Insights from an integrated social-health perspective*. Invited talk for Mississippi State University's Human Development and Family Science Department; Zoom talk during the COVID-19 pandemic.
4. **Shrout, M. R.** (2021, March). *Relationship dynamics and health across adulthood: Insights from an integrated social-health perspective*. Invited talk for Purdue University's Human Development and Family Studies Department; Zoom talk during the COVID-19 pandemic.
3. **Shrout, M. R.** (2021, March). *The health impact of relationships: Insights from an integrated social-health perspective*. Invited talk for The University of Texas at San Antonio's Psychology Department; Zoom talk during the COVID-19 pandemic.
2. **Shrout, M. R.** (2020, November). *The health impact of relationships: Insights from an integrated social-health perspective*. Invited talk for Oakland University's Psychology Department; Zoom talk during the COVID-19 pandemic.
1. **Shrout, M. R.** (2019, January). *Stress and health in relationships: Individual and dyadic consequences*. Invited talk for The Ohio State University College of Medicine's Institute of Behavioral Medicine Research, Columbus, OH.

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## RESEARCH POSITIONS

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2021 – Present	<b>Relationships &amp; Health Lab Director</b> Human Development and Family Studies Department Purdue University
2019 – 2021	<b>Stress and Health Lab Postdoctoral Scholar</b> Institute for Behavioral Medicine Research The Ohio State University College of Medicine
2018 – 2019	<b>Adolescent Development and Biobehavioral Health Lab Member</b> Department of Psychology University of Nevada, Reno

2015 – 2018	<b>Graduate Research Assistant</b> Human Development and Family Studies/Cooperative Extension University of Nevada, Reno
2013 – 2014	<b>Health Policy Analyst</b> Corporate Communications Excellus BlueCross BlueShield
2013 – 2014	<b>Research Assistant</b> Department of Kinesiology State University of New York at Brockport
2012 – 2013	<b>Research Program Assistant</b> Department of Pulmonary and Critical Care Medicine Johns Hopkins University
2012 – 2013	<b>Graduate Assistant</b> Department of Psychology Towson University
2012 – 2012	<b>Graduate Research Assistant</b> Department of Kinesiology Towson University
2011 – 2012	<b>Graduate Assistant</b> Graduate School Marketing Towson University

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## TEACHING EXPERIENCE

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\*denotes graduate students enrolled in class

### Instructor of Record

Fall 2023	Introduction to Family Processes Course enrollment: 116 students Overall instructor rating: 4.6/5
Spring 2023	Introduction to Family Processes Course enrollment: 104 students Overall instructor rating: 4.8/5
Spring 2022	Introduction to Family Processes Course enrollment: 121 students Overall instructor rating: 4.8/5
Fall 2021	Introduction to Family Processes Course enrollment: 92 students Overall instructor rating: 4.8/5
Spring 2018	*Advanced Studies in Human Sexuality Course enrollment: 85 students Overall instructor rating: 3.8/4

Fall 2016 Foundations of Personal Health and Wellness  
 Course enrollment: 64 students  
 Overall instructor rating: 3.8/4

Summer 2016 Introduction to Statistical Methods  
 Course enrollment: 11 students  
 Overall instructor rating: 3.9/4 (lecture and lab)

Summer 2015 Introduction to Statistical Methods  
 Course enrollment: 10 students  
 Overall instructor rating: 3.7/4 (lecture and lab)

#### **Invited Lecturer**

Fall 2021 Orientation to Current Issues in Human Development and Family Studies  
 Spring 2019 \*Clinical Behavioral Medicine  
 Spring 2016 Practical Statistics  
 Spring 2016 Introduction to Statistical Methods  
 Fall 2015 Practical Statistics  
 Fall 2015 Introduction to Statistical Methods

#### **Teaching Assistant**

2016 – 2017 Lead Graduate Teaching Assistant, Applied Statistics Program  
 2015 – 2016 Lead Graduate Teaching Assistant, Introduction to Statistical Methods  
 2014 – 2015 Graduate Teaching Assistant, Introduction to Statistical Methods

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#### **FORMAL MENTORSHIP**

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#### **Doctoral Student Advisees**

Fall 2023 – Present, MiKaila Leonard, Dual Title in Human Development and Family Science and Gerontology, Purdue University

#### **Doctoral Student Committees**

Spring 2023 - Present, Jessica Dupree, Department of Psychological Sciences, Purdue University

#### **Graduate Student Research Assistant Mentees**

Spring 2024 – Present, Carly Ferree, Speech, Language, and Hearing Sciences PhD Student, Purdue University  
 Fall 2023, Aslesha Gupta, Public Health Master's Student, Purdue University  
 Fall 2022 – Summer 2023, Rasheedah Adisa, Public Health Master's Student, Purdue University

#### **Undergraduate Research Assistant Mentees**

Summer 2024 – Present, Katie Kemper, Purdue University  
 Summer 2024 – Present, Ashley Alvarado, Purdue University  
 Spring 2024 – Present, Ella Francis, Purdue University  
 Spring 2024 – Present, Lily York, Purdue University  
 Fall 2023 – Present, Claire Lingle, Purdue University  
 Fall 2023 – Present, Allison Swarens, Purdue University  
 Fall 2022 – Present, Megan Dillon, Purdue University  
 Spring 2023 – Spring 2024, Alexa Spurlock, Purdue University  
 Fall 2022 – Spring 2024, Anna Morehead, Purdue University  
 Spring 2022 – Spring 2024, Abigail Huesca, Purdue University  
 Spring 2022 – Spring 2024, Claire Bilodeau, Purdue University  
 Fall 2021 – Fall 2023, Emily Staub, Purdue University

Fall 2021 – Fall 2023, Shaina Zilber, Purdue University  
Fall 2021 – Spring 2023, Lauren Todd, Purdue University  
Fall 2021 – Spring 2022, Courtney Walter, Purdue University  
Fall 2020 – Spring 2021, Angela Rooks, Ohio State University

**Louis Stokes Alliances for Minority Participation (LSAMP) Undergraduate Research Mentees**

Summer 2021, Tyra Robertson, Ohio State University  
Summer 2020, Tyra Robertson, Ohio State University

**Undergraduate Independent Study Mentees**

Spring 2018, Taryn Bearden, University of Nevada, Reno  
Spring 2018, Tashauna Stewart, University of Nevada, Reno

**Post-Baccalaureate Mentee**

Summer 2019 – Spring 2021, Aidan Ex-Willey, Ohio State University  
Summer 2019 – Fall 2020, Angelina Cardonna, Ohio State University

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**SELECTED PUBLIC SERVICE AND OUTREACH**

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**Video**

**Age Better Podcast.** How you talk with your partner affects your health and happiness. 2/14/2023 <https://podcasts.apple.com/us/podcast/how-you-talk-with-your-partner-affects-your-health/id1623436268?i=1000599519994>

**Associated Press.** Purdue Expert: Stress and Relationships. 05/2022  
<https://www.youtube.com/watch?v=N4RhpPRHt20>

**Tufts University School of Medicine.** Relationships during COVID-19: Medical student considerations informed by relationship science. 4/11/2020  
<https://www.youtube.com/watch?v=M74XzuyjDoE>

**Future Learn.** Understanding Romantic Relationships. Video title: Health benefits of relationships. 2/13/2019 <https://www.futurelearn.com/courses/understanding-romantic-relationships/1/steps/466643#fl-comments>

**Radio**

**Northeast Public Radio.** The Academic Minute. Segment title: Stress is contagious in relationships. 5/5/2022 <https://academicminute.org/2022/05/rosie-shrout-purdue-university-stress-is-contagious-in-relationships/>

**KNPR.** State of Nevada Call-in Radio Show. Segment title: How couples are navigating the tricky waters of coronavirus isolation. 5/1/2020 <https://knpr.org/knpr/2020-05/how-couples-are-navigating-tricky-waters-coronavirus-isolation>

**KNPR.** State of Nevada Call-in Radio Show. Segment title: How does stress impact romantic relationships? 8/20/2018 <https://knpr.org/knpr/2018-08/how-does-stress-impact-romantic-relationships>

**KPFA.** About Health Call-in Radio Show. Segment title: Relationships & health – How relationships can hurt us & how they can help us. 8/13/2018 <https://kpfa.org/episode/about-health-august-13-2018/>



**KCBS.** Radio Midday News with Rebecca Corral. 7/18/2018

**BBC.** Radio 5 Live. 7/16/2018

### Web/Print

**Purdue University's College of Health and Human Sciences.** *Purdue HHS faculty weigh in with tips for a healthy 2024.* 1/29/2024 <https://www.purdue.edu/hhs/news/2024/01/purdue-hhs-faculty-weigh-in-with-tips-for-a-healthy-2024/>

**Discover Magazine.** *How Can You Spot and Avoid These 5 Types of Toxic Relationships?* 6/27/2023 <https://www.discovermagazine.com/mind/how-can-you-spot-and-avoid-these-5-types-of-toxic-relationships>

**The Conversation.** *Marriage provides health benefits – and here's why.* 1/13/2023 <https://theconversation.com/marriage-provides-health-benefits-and-heres-why-190731>

**Fortune.** *Married men are healthier than everyone else. Here's why they get the best end of the deal.* 1/13/2023 <https://fortune.com/2023/01/13/why-are-married-men-healthier-on-average-women-gender-research/>

**The Conversation.** *Stress is contagious in relationships – here's what you can do to support your partner and boost your own health during the holidays and beyond.* 12/22/2021 <https://theconversation.com/stress-is-contagious-in-relationships-heres-what-you-can-do-to-support-your-partner-and-boost-your-own-health-during-the-holidays-and-beyond-173071>

**Purdue University's College of Health and Human Sciences.** *Stay connected: A New Year's resolution to spend more time with loved ones could boost health.* 12/21/2021 <https://www.purdue.edu/hhs/news/2021/12/stay-connected-a-new-years-resolution-to-spend-more-time-with-loved-ones-could-boost-health/>

From: *Marital negativity's festering wounds: The emotional, immunological, and relational toll of couples' negative communication patterns*

**PsyPost.** *Dysfunctional communication patterns can affect immune system function in married couples, study suggests.* 4/18/2023 <https://www.psypost.org/2023/04/dysfunctional-communication-patterns-can-affect-immune-system-function-in-married-couples-study-suggests-77325>

**Ohio State News.** *Negative marital communications leave literal, figurative wounds.* 1/18/2023 <https://news.osu.edu/negative-marital-communications-leave-literal-figurative-wounds/>

From: *The health consequences of stress in couples: A review and new integrated Dyadic Biobehavioral Stress Model*

**Discover Magazine.** *Do Relationships Affect Our Physical Health?* 5/25/2023 <https://www.discovermagazine.com/mind/do-relationships-affect-our-physical-health>

**Medium.** *How to stop stress from infecting your relationship.* 9/27/2022 <https://robertroybritt.medium.com/how-to-stop-stress-from-infecting-your-relationship-bdfc63fe89ae>

**Purdue University's College of Health and Human Sciences.** *Not coping well with stress? It could be affecting your partner's health.* 9/24/2021  
<https://www.purdue.edu/hhs/news/2021/09/not-coping-well-with-stress-it-could-be-affecting-your-partners-health/>

From: *Cortisol slopes and conflict: A spouse's perceived stress matters.*

**Healthline.** *How a Simple 'Thank You' from Your Partner Can Reduce Holiday Stress.* 11/30/2022. <https://www.healthline.com/health-news/how-a-simple-thank-you-from-your-partner-can-reduce-holiday-stress#Long-term-effects-of-stress>

**Psychology Today.** *A partner's stress gets under your skin.* 9/11/2020  
<https://www.psychologytoday.com/us/blog/in-sickness-and-in-health/202009/partner-s-stress-gets-under-your-skin>

From: *Relationship satisfaction predicts lower stress and inflammation in breast cancer survivors: A longitudinal study of within-person and between-person effects.*

**Health Central.** *Your love life can improve your health after breast cancer.* 6/19/2020  
<https://www.healthcentral.com/article/love-life-partner-reduces-inflammation-breast-cancer-survivor>

**Psych Central.** *Breast cancer survivors in happy relationships may have better health outcomes.* 6/14/2020 <https://psychcentral.com/news/2020/06/14/breast-cancer-survivors-in-happy-relationships-may-have-better-health-outcomes/157169.html>

**U.S. News and World Report.** *Loving partners may be key to breast cancer survivors' health.* 6/10/2020 <https://www.usnews.com/news/health-news/articles/2020-06-10/loving-partners-may-be-key-to-breast-cancer-survivors-health>

**Cancer Health.** *Romantic relationships boost breast cancer survivor health.* 6/12/2020  
<https://www.cancerhealth.com/article/romantic-relationships-boost-breast-cancer-survivor-health>

**Breastcancer.org.** *Can satisfying romantic relationships lead to better health for breast cancer survivors?* 6/10/2020 <https://www.breastcancer.org/research-news/romantic-relationships-affect-survivors-health>

**Science Daily.** *A satisfying romantic relationship may improve breast cancer survivors' health.* 6/3/2020 <https://www.sciencedaily.com/releases/2020/06/200603194436.htm>

From: *A multidimensional examination of marital conflict and health over 16 years.*

**SPPSP Character & Context.** *How a disagreement from 16 years ago can affect your health today.* 3/27/2020 <https://www.sppsp.org/news-center/blog/shrout-disagreement-health-effects#gsc.tab=0>

From: *Coping with infidelity: The moderating role of self-esteem.*

**PsyPost.** *New study suggests self-esteem plays a pivotal role in the psychological fallout caused by infidelity.* 12/23/2019 <https://www.psypost.org/2019/12/new-study-suggests-self-esteem-plays-a-pivotal-role-in-the-psychological-fallout-caused-by-infidelity-55106>

From: *Health trajectories and breadth of conflict over the first 16 years of marriage.* (Conference presentation)

**Nevada Today, University of Nevada, Reno.** Ask the Professor: What are the effects of stress on a relationship? 11/13/2018 <https://www.unr.edu/nevada-today/news/2018/atp-relationship-stress>

**U.S. News and World Report.** Is conflict with your spouse undermining your health? 9/4/2018 <https://health.usnews.com/wellness/family/articles/2018-09-04/is-conflict-with-your-spouse-undermining-your-health>

**Voice of America.** Study: Bad marriage, bad health. 8/16/2018 <https://learningenglish.voanews.com/a/study-bad-marriage-bad-health/4509730.html>

**LIVESTRONG.** Relationship drama: Why men suffer more than women. 7/23/2018 <https://www.livestrong.com/article/13714064-relationship-drama-why-men-suffer-more-than-women/#>

**The Guardian.** A bad marriage can seriously damage your health, say scientists. 7/16/2018 <https://www.theguardian.com/lifeandstyle/2018/jul/16/a-bad-marriage-is-as-unhealthy-as-smoking-or-drinking-say-scientists>

**Daily Life.** Marital rows with a spouse are more damaging to men than women. 7/16/2018 <http://www.dailymail.co.uk/health/article-5960965/Marital-rows-spouse-damaging-men-women.html>

**Bustle.** A bad relationship can be more harmful to your health than you thought, study /finds. 7/16/2018 <https://www.bustle.com/p/a-bad-relationship-can-be-more-harmful-to-your-health-than-you-thought-study-finds-9773284>

From: *“Should I stay or should I go?” Understanding the noninvolved partner’s decision-making process following infidelity.*

**Decide to Commit.** My partner cheated on me: Should I leave or should I stay? 2/9/2018 <https://decidetocommit.com/my-partner-cheated-on-me-should-i-leave-or-should-i-stay/>

**Psychology Today.** Should I stay or should I go? Deciding to leave or remain in a relationship after infidelity. 1/29/2018 <https://www.psychologytoday.com/us/blog/attraction-evolved/201801/should-i-stay-or-should-i-go>

**Medium.** Stick or twist: Deciding to leave or remain in a relationship after infidelity. 1/15/2018 <https://medium.com/@RobertBurriss/stick-or-twist-deciding-to-leave-or-remain-in-a-relationship-after-infidelity-7c5306ded5a6>

**Open Forest.** Study examines how people decide to stay in or leave relationships after infidelity. 1/10/2018 <https://openforest.net/study-examines-people-decide-stay-leave-relationships-infidelity/>

**Psychology Today.** My partner cheated on me—should I try to make it work? 10/12/17 <https://www.psychologytoday.com/blog/experimentations/201710/my-partner-cheated-me-should-i-try-make-it-work>

From: *Infidelity's aftermath: Attributions, mental health, and health-compromising behaviors following a partner's infidelity.*

**MSN.** This is how being cheated on affects your health. 6/8/2017

<http://www.msn.com/en-ph/health/medical/this-is-how-being-cheated-on-affects-your-health/ar-BBCffWZ>

**HuffPost UK.** How being cheated on affects your mental health and behaviour. 6/7/2017

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and physically. 6/7/2017 <https://www.bustle.com/p/what-being-cheated-on-does-to-your-body-because-infidelity-can-affect-us-mentally-physically-62683>

**New York Post.** How being cheated on affects your body. 6/7/2017

<http://nypost.com/2017/06/07/how-being-cheated-on-affects-your-body/>

**Medical Daily.** How does infidelity affect your health? cheating victims at higher risk for

mental and physical problems. 6/7/2017 <http://www.medicaldaily.com/how-does-infidelity-affect-your-health-cheating-victims-higher-risk-mental-and-418646>

**Yahoo.** This is what happens to your body when you get cheated on. 6/4/2017

<https://www.yahoo.com/beauty/happens-body-cheated-003000088.html>

**PsyPost.** How psychological distress from being cheated on can harm your physical health.

5/30/2017 <http://www.psypost.org/2017/05/psychological-distress-cheated-can-harm-physical-health-49058>

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## EDITORIAL SERVICE

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### Editorships

Guest Editor, *Biological Psychology*, 2024 – Present

Special Issue on “The Psychobiology of Dyadic and Interpersonal Processes across Adulthood”

### Editorial Board Member

*Personal Relationships*, 2023 – Present

*Psychosomatic Medicine Early Career Editorial Board Member*, 2022 – Present

*Journal of Social and Personal Relationships*, 2021 – Present

### Ad Hoc Reviewer

*Brain, Behavior, & Immunity – Health*

*Clinical Psychological Science*

*Comprehensive Psychoneuroendocrinology*

*Couple and Family Psychology*

*Emotion*

*Ethics & Behavior*

*Family Relations*

*Frontiers in Psychology*  
*Health Psychology*  
*Interpersona: An International Journal on Personal Relationships*  
*Journal of Aging and Health*  
*Journal of Behavioral Medicine*  
*Journal of Clinical Psychology*  
*Journal of Family Issues*  
*Journal of Family Psychology*  
*Journal of Health Psychology*  
*Journal of Marriage and Family*  
*Journal of Occupational Health Psychology*  
*Journal of Sex Research*  
*Journal of Social and Personal Relationships*  
*Personal Relationships*  
*Psychoneuroendocrinology*  
*Psychosomatic Medicine*  
*Stress & Health*  
*The Gerontologist*  
*The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*

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## DISCIPLINE SERVICE

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2024	Single Presenter Abstract Reviewer, Society for Personality and Social Psychology
2024	Sage Emerging Scholar Award Reviewer, Society for Personality and Social Psychology
2024	Abstract Reviewer, Gerontological Society of America Annual Scientific Meeting
2024	Abstract Reviewer, National Council on Family Relations Annual Conference
2024	Abstract reviewer, International Association for Relationship Research
2023	Best Graduate Student Paper Award Reviewer, Relationships Research Interest Group, Society for Personality and Social Psychology
2023	Abstract Reviewer, Close Relationships Preconference, Society for Personality and Social Psychology
2023	Abstract Reviewer, American Psychosomatic Society Annual Meeting
2023	Sage Emerging Scholar Award Reviewer, Society for Personality and Social Psychology
2023	Families and Health Student and New Professional Best Paper Award Reviewer, National Council on Family Relations'
2023	Single Presenter and Undergraduate Poster Abstract Reviewer, Society for Personality and Social Psychology
2023	Single Presenter Abstract Reviewer, Society for Personality and Social Psychology
2023	Abstract Reviewer, Gerontological Society of America Annual Scientific Meeting
2023	Abstract Reviewer, National Council on Family Relations Annual Conference
2022 – Present	Organizing Committee, Close Relationships Preconference, Society for Personality and Social Psychology
2022	Single Presenter Abstract Reviewer, Society for Personality and Social Psychology
2022	Abstract Reviewer, Gerontological Society of America Annual Scientific Meeting
2022	Abstract Reviewer, National Council on Family Relations Annual Conference

2021 – 2022	Mentoring Academy Mentor, National Council on Family Relations
2020 – 2022	Committee Member, Publications Committee, International Association for Relationship Research
2021	Single Presenter Abstract Reviewer, Society for Personality and Social Psychology
2021	Graduate Student Travel Award Reviewer, Society for Personality and Social Psychology
2021	Abstract Reviewer, National Council on Family Relations Annual Conference
2020	Outstanding Research Award Reviewer, Society for Personality and Social Psychology
2020	Graduate Student Award Reviewer, Society for Personality and Social Psychology
2020	Abstract Reviewer, American Psychosomatic Society 2020 Virtual Meeting
2018 – 2020	Awards Committee Member, International Association for Relationship Research

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### UNIVERSITY SERVICE

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2024	Judge, Graduate Student Poster Competition, Purdue University College of Health and Human Sciences Spring Research Event
2024	Reviewer, Family Research Grant, Purdue University Center for Families
2023 – Present	Steering Committee Member, Center on Aging and the Life Course, Purdue University
2023	Reviewer, Burkhart Award for Excellence in Research about Families, Purdue University Center for Families
2022	Co-Organizer for the Advances in Biobehavioral and Clinical Health Assessments: ABC's of Remote Assessments Conference, Purdue University
2022	Invited Panelist, Ethics of Remote Monitoring in Daily Life: Thinking Through Black Mirror, Purdue University
2018	Invited Speaker, GradFIT, University of Nevada, Reno
2016 – 2017	Organizer, National Bone Marrow Donor Drive, University of Nevada, Reno
2015 – 2017	Institutional Review Board Member, University of Nevada, Reno
2010 – 2011	Student Athlete Advisory Committee Member, State University of New York at Potsdam

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### DEPARTMENTAL SERVICE

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2023	Graduate Student Teaching Award Reviewer, Human Development and Family Science Department, Purdue University
2023	Ad Hoc Search Committee, Human Development and Family Science Department, Purdue University
2021	Panelist on Diversity, Equity, and Inclusion: Considerations for research with disadvantaged populations, Human Development and Family Studies Department, Purdue University
2018 – 2019	Admissions Committee Member, Interdisciplinary Social Psychology PhD Program, University of Nevada, Reno
2014 – 2019	Social Psychology Club Member, University of Nevada, Reno
2014 – 2019	Service Committee Member, Social Psychology Club, University of Nevada, Reno
2016 – 2017	Elected External Chair, Social Psychology Club, University of Nevada, Reno
2015 – 2016	Guest Speaker Committee Member, Social Psychology Club, University of Nevada, Reno

2014 – 2015	Website Committee Member, Social Psychology Club, University of Nevada, Reno
2010 – 2011	Elected President, Psi Chi Chapter, State University of New York at Potsdam
2009 – 2010	Elected Secretary, Psi Chi Chapter, State University of New York at Potsdam

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**PROFESSIONAL AFFILIATIONS**

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Gerontological Society of America  
International Association for Relationship Research  
National Council of Family Relations  
Society for Biopsychosocial Science and Medicine  
Society for Personality and Social Psychology