

Jessica P. Lougheed, PhD

Assistant Professor

Department of Human Development and Family Studies

Purdue University, West Lafayette, IN • 47906 USA

<http://jplougheed.com>

EDUCATION

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

PROFESSIONAL POSITIONS

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

SELECTED FELLOWSHIPS AND AWARDS

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

Monetary Awards

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

\$10,428 (CDN) Queen's Graduate Award 2010-2011
Queen's University

Other Recognition

Outstanding Ally Award 2019
Purdue University LGBTQ Center

Dissertation Award in Developmental Psychology 2018
American Psychological Association, Developmental Psychology (Division 7)

SRCD Outstanding Dissertation Award 2017
Society for Research in Child Development

Andrew McGhie Prize in Psychology (Most Outstanding Dissertation of the Year) 2017
Department of Psychology, Queen's University

Certificate of Academic Excellence for best Master's thesis 2013
Canadian Psychological Association

Nominated for the Teaching Assistantship Prize in Psychology 2012
Queen's University

RESEARCH FUNDING

\$9,828 (USD) Burkhart Faculty Fellowship 2019
Center for Families, Purdue University
Role: Principal Investigator

\$8,000 (USD) Summer Faculty Grant 2019
Executive Vice President for Research and Partnerships, Purdue University
Role: Principal Investigator

\$179,706 (CDN) Development of Socioemotional Flexibility across Adolescence 2018-2023
Insight Grant, Social Sciences and Humanities Research Council of Canada
Principal Investigator: Tom Hollenstein, PhD
Role: Collaborator

PUBLICATIONS

Peer-Reviewed Research

Yang, X., Ram, N., **Lougheed, J. P.**, Molenaar, P. C. M., & Hollenstein, T. (In press). Adolescents' emotion system dynamics: Network-based analysis of physiological and emotional experience. *Developmental Psychology*. doi: 10.1037/dev0000690

Main, A., **Lougheed, J. P.**, Disla, J., & Kashi, S. (In press). Timing of adolescent emotional disclosures: The role of maternal emotions and adolescent age. *Emotion*. doi: 10.1037/emo0000483

Lougheed, J. P., Benson, L., Cole, P. M., & Ram, N. (2019). Multilevel survival analysis: Studying the timing of children's recurring behaviors. *Developmental Psychology*, 55(1), 53-65. doi: 10.1037/dev0000619

Davis, W. E., Giner-Sorolla, R., Lindsay, D. S., **Lougheed, J. P.**, Makel, M. C., Meier, M. E., Sun, J., Vaughn, L., & Zelenski, J. M. (2018). Peer review guidelines promoting replicability and transparency in psychological science. *Advances in Methods and Practices in Psychological Science*, 1(4), 556-673. doi: 10.1177/2515245918806489.

Lougheed, J. P., & Hollenstein, T. (2018). Arousal transmission and attenuation in mother-daughter dyads in adolescence. *Social Development*, 27, 19-33. doi: 10.1111/sode.12250

Hollenstein, T., Tighe, A., & **Lougheed, J. P.** (2017). Emotional development in the context of mother-child relationships. *Current Opinion in Psychology*, 17, 140-144. doi: 10.1016/j.copsyc.2017.07.010

- Lougheed, J. P.**, Hollenstein, T., & Lewis, M. D. (2016). Maternal regulation of daughters' emotion during conflicts from early to mid-adolescence. *Journal of Research on Adolescence*, 26(3), 610-616. doi: 10.1111/jora.12211
- Lougheed, J. P.**, & Hollenstein, T. (2016). Socioemotional flexibility in mother-daughter dyads: Riding the emotional rollercoaster across positive and negative contexts. *Emotion*, 16(5), 620-633. doi: 10.1037/emo0000155
- Lougheed, J. P.**, Craig, W. M., Pepler, D., Connolly, J., O'Hara, A., Granic, I., & Hollenstein, T. (2016). Maternal and peer regulation of adolescent emotion: Associations with depressive symptoms. *Journal of Abnormal Child Psychology*, 44(5), 963-974. doi: 10.1007/s10802-015-0084-x
- Lougheed, J. P.**, Koval, P., & Hollenstein, T. (2016). Sharing the burden: The interpersonal regulation of emotional arousal in mother-daughter dyads. *Emotion*, 16(1), 83-93. doi: 10.1037/emo0000105
- Lougheed, J. P.**, Hollenstein, T., Lichtwarck-Aschoff, A., & Granic, I. (2015). Maternal regulation of child affect in externalizing and typically-developing children. *Journal of Family Psychology*, 29(1), 10-19. doi: 10.1037/a0038429
- Hollenstein, T. & **Lougheed, J. P.** (2013). Beyond storm and stress: Typicality, transactions, timing, and temperament to account for adolescent change. *American Psychologist*, 68(6), 444-454. doi: 10.1037/a0033586
- Lougheed, J. P.**, & Hollenstein, T. (2012). A limited repertoire of emotion regulation strategies predicts internalizing problems in adolescence. *Social Development*, 21(4), 704-721. doi: 10.1111/j.1467-9507.2012.00663.x

Book Chapters

- Lougheed, J.P.** (In press). Conflict dynamics and the transformation of the parent-adolescent relationship. In S. Kunnen, M. van der Gaag, N. de Ruiter-Wilcox, & B. Jeronimus (Eds.), *Psychosocial Development in Adolescence: Insights from the Dynamic Systems Approach*. New York: Routledge.
- Cole, P. M., **Lougheed, J. P.**, & Ram, N. (2018). The development of emotion regulation in early childhood: A matter of multiple time scales. In P. M. Cole & T. Hollenstein (Eds.), (70-87). *Emotion Regulation: A Matter of Time*. Abingdon, UK: Taylor & Francis.
- Lougheed, J. P.**, & Hollenstein, T. (2018). Methodological approaches to studying interpersonal emotion dynamics. In A. K. Randall & D. Schoebi (Eds.), (75-92). *Interpersonal Emotion Dynamics in Close Relationships*. Cambridge: Cambridge University Press. doi: 10.1017/9781316822944
- Granic, I., & **Lougheed, J. P.** (2016). The role of anxiety in coercive family processes with aggressive children. In J. Snyder & T. Dishion (Eds.), (231-248). *Oxford Handbook of Coercive Relationship Dynamics*. Oxford, UK: Oxford University Press. doi: 10.1093/oxfordhb/9780199324552.013.18

Conference Proceedings

- Gupta, M., **Lougheed, J. P.**, Tran, T., Borsuk-Gudz, M., Cassidy, S., Hollenstein, T., & Bowie, C.R. (2015, March). Understanding complex family interactions in early episode psychosis. In *Schizophrenia Bulletin* (Vol. 41, pp. S174-S175). Oxford, England: Oxford University Press.

RESEARCH TOOLS

- Lougheed, J. P.**, & Benson, L. (2016). [Survival analysis](#). A series of tutorials using the R statistical program. *Quantitative Developmental Systems Methodology Core, The Pennsylvania State University*.
- Lougheed, J. P.**, Brinberg, M., & Ram, N. [Growth models with nonlinearity in parameters](#). A tutorial using the R statistical program. *Quantitative Developmental Systems Methodology Core, The Pennsylvania State University*.
- Lougheed, J. P.**, & Hollenstein, T. (2014). *Specific Affect Coding System Manual: 5-Code Version*. Unpublished manual.
- Lougheed, J. P.**, & Hollenstein, T. (2011). *Co-Regulation Coding Manual*. Unpublished manual.

PRESENTATIONS AT REFEREED CONFERENCES

Chaired Symposia

- Lougheed, J. P.** (2019). Dynamic approaches to parent-child interactions from infancy to adolescence. *Society for Research on Child Development Biennial Meeting*, Baltimore, MD.
- Lougheed, J. P.** (2017). Methodological approaches for the study of emotion dynamics. *Association for Psychological Science* convention, Baltimore, MD.
- Lougheed, J. P.** (2017). Linking family emotion socialization, behavior, and physiological processes: Reward, relationships, and positive contexts. *Society for Research on Child Development Biennial Meeting*, Austin, TX.
- Lougheed, J. P.** (2017). Adolescent social and emotion dynamics at multiple time scales and relations to psychosocial adjustment. *Society for Research on Child Development Biennial Meeting*, Austin, TX.
- Lougheed, J. P.** (2015). Time series methods for interpersonal emotion processes in childhood and adolescence. *Society for Research on Child Development*, Philadelphia, PA.

Paper Presentations

- Lougheed, J. P.**, Tighe, A. B., & Hollenstein, T. (2019). Emotion spillover across social interactions: The emotional rollercoaster task captures the ups and downs of interpersonal emotions across contexts. *Association for Psychological Science* convention, Washington, DC.
- Yang, X., Ram, N., **Lougheed, J. P.**, Molenaar, P. C. M., & Hollenstein, T. (2019). Adolescents' emotion system dynamics: Network-based analysis of physiological and emotional experience. *Society for Research on Child Development Biennial Meeting*, Baltimore, MD.
- Lougheed, J. P.**, Brinberg, M., Ram, N., & Hollenstein, T. (2019). An examination of emotion socialization dynamics in mother-daughter dyads using grid-sequence analysis. *Society for Research on Child Development Biennial Meeting*, Baltimore, MD.
- Tighe, A., **Lougheed, J. P.**, & Hollenstein, T. (2018). Emotion dynamics in mother-daughter relationships across adolescence. *Association for Psychological Science Annual Convention*, San Francisco, CA.
- Main, A., **Lougheed, J. P.**, & Disla, J. (2018). Dynamics of observed adolescent disclosure during mother-adolescent conflict: The role of maternal emotions and adolescent age. *Society for Research on Adolescence 2018 Biennial Meeting*, Minneapolis, MN.
- Lougheed, J. P.**, Benson, L., Cole, P. M., & Ram, N. (2017). Examining emotion dynamics with survival analysis: An application to self-regulation in early childhood. *Association for Psychological Science* convention, Baltimore, MD.
- Lougheed, J. P.**, & Hollenstein, T. (2017). Arousal transmission in mother-daughter dyads in negative and positive emotion contexts. *Society for Research on Child Development Biennial Meeting*, Austin, TX.
- Lougheed, J. P.**, Tsui, T., & Hollenstein, T. (2017). Socioemotional flexibility in mother-daughter dyads: Associations with psychosocial and physiological adjustment. *Society for Research on Child Development Biennial Meeting*, Austin, TX.
- Lougheed, J. P.**, Koval, P., & Hollenstein, T. (2016). The buffering of sympathetic arousal during social stress in mother-daughter dyads. *Society for Research on Adolescence Biennial Meeting*, Baltimore, MD.
- Lougheed, J. P.** (2015). Social baseline theory and interpersonal emotion regulation. *Emotion Preconference at the Society for Research on Child Development*, Philadelphia, PA.
- Lougheed, J. P.**, Hollenstein, T., Craig, W. M., Pepler, D. J., & Connelly, J. (2015). Real-time multilevel survival analysis of adolescent emotion socialization. *Society for Research on Child Development*, Philadelphia, PA.
- Lougheed, J. P.**, Hollenstein, T., & Lewis, M. D. (2014). Event history analysis of mothers' co-regulation of adolescent daughters' affect. *Society for Research on Adolescence*, Austin, TX.
- Hollenstein, T., Lanteigne, D. M., & **Lougheed, J. P.** (2013). Adolescent social stress and social anxiety: What are they anxious about? *Society for Research on Child Development*, Seattle, WA

- Lanteigne, D. M., Hollenstein, T., Eastabrook, J., & **Lougheed, J. P.** (2013). Longitudinal patterns among emotional experience, arousal, and expression in adolescence. *Society for Research on Child Development*, Seattle, WA
- Lougheed, J. P.**, Hollenstein, T., Lichtwarck-Aschoff, A., & Granic, I. (2013). Multilevel survival analysis of parent regulation and child negative affect in dyads with typically developing and externalizing children. *Society for Research on Child Development*, Seattle, WA
- Hollenstein, T., Lanteigne, D. M., Eastabrook, J., & **Lougheed, J. P.** (2012). The dynamics of social stress over time: Physiological, behavioral, and psychological trajectories of emotional responsivity. *Society for Research on Adolescence*, Vancouver, BC.
- Hollenstein, T., Lanteigne, D. M., Eastabrook, J., & **Lougheed, J. P.** (2012). Patterns among emotional experience, arousal, and expression in adolescence. *Society for Research on Adolescence*, Vancouver, BC

Poster Presentations

- Tighe, A., **Lougheed, J. P.**, & Hollenstein, T. (2018). Mother-daughter socioemotional flexibility remains consistent from mid- to late adolescence. *Association for Psychological Science Annual Convention*, San Francisco, CA.
- Tsui, T., **Lougheed, J. P.**, & Hollenstein, T. (2018). Dyadic and individual socioemotional flexibility differentially predict psychosocial well-being of mothers and daughters. *Association for Psychological Science Annual Convention*, San Francisco, CA.
- Tighe, A., **Lougheed, J. P.**, & Hollenstein, T. (2018). Socioemotional flexibility in mother-daughter relationships across adolescence. *Development 2018: A Canadian Conference on Developmental Psychology*, St. Catharines, ON.
- Tighe, A., **Lougheed, J. P.**, & Hollenstein, T. (2017). Mother-daughter emotion dynamics: Whose relationship is it anyway? *Society for Research on Child Development* biennial meeting, Austin, TX.
- Lougheed, J. P.**, Hollenstein, T., Craig, W. M., Pepler, D. J., & Connelly, J. (2014). Parent and peer co-regulation of adolescent positive affect: Associations with sex and internalizing problems. *Development 2014: A Canadian Conference on Developmental Psychology*, Ottawa, ON.
- Lougheed, J. P.**, & Hollenstein, T. (2014). Longitudinal patterns of adolescent emotion regulation: Associations with internalizing problems. *Society for Research on Adolescence*, Austin, TX.
- Lougheed, J. P.**, Hollenstein, T., Lichtwarck-Aschoff, A., & Granic, I. (2013). Event history analysis of parent regulation of child negative affect in dyads with typically developing and externalizing children. *International Society for Research on Emotion*, Berkeley, CA
- Lougheed, J. P.**, & Hollenstein, T. (2013). Patterns among adolescent emotion regulation strategies: Associations with internalizing problems. *Society for Research on Child Development*, Seattle, WA.
- Lougheed, J. P.**, & Hollenstein, T. (2012). Emotion regulation profiles in adolescence. *Society for Research on Adolescence*, Vancouver, BC.

INVITED PRESENTATION

- Lougheed, J. P.** (2019). A dyadic systems view of emotion dynamics and internalizing symptoms in adolescence. Clinical Psychology Colloquium March 1, 2019, *Purdue University*.

TEACHING EXPERIENCE

Instructor of Record

Research Design and Program Evaluation (HDFS 346)
Students enrolled: 8
Department of Human Development and Family Studies, Purdue University

Spring 2019

Introduction to Family Process (HDFS 201) Spring 2019
Students enrolled: 102
Department of Human Development and Family Studies, Purdue University

Introduction to Family Processes (HDFS 201) Fall 2018
Students enrolled: 99
Department of Human Development and Family Studies, Purdue University

Teaching Fellowship (Sole Instructor)

Social and Emotional Development (PSYC 351) Winter 2016
Students enrolled: 122
Department of Psychology, Queen's University

Teaching Assistantships

Introduction to Statistics, Coordinating TA 2014-2015
Continuing & Distance Studies, Queen's University

Honours Thesis (PSYC 501) 2013-2014
Department of Psychology, Queen's University

Social and Emotional Development (PSYC 351) 2013
Department of Psychology, Queen's University

Introduction to Psychology (PSYC 100) 2011-2012
Department of Psychology, Queen's University

Introduction to Psychology (PSYC 100) 2010-2011
Department of Psychology, Queen's University

OTHER RESEARCH EXPERIENCE

Research Assistant 2010
Department of Leadership Studies, Royal Roads University
Advisor: Lily Dyson, PhD
Topic: Meta-analysis of the literacy skills of children with disabilities

Research Assistant 2009-2010
Island Medical Program, University of Victoria
Advisor: Nichole Fairbrother, PhD
Topic: Perinatal mental health: Services, needs and access in Victoria BC

Research Assistant 2009
Department of Research and Capacity Building, Vancouver Island Health Authority
Advisor: Nichole Fairbrother, PhD
Topic: Perinatal mental health: Services, needs and access in Victoria BC

ADDITIONAL TRAINING AND PROFESSIONAL DEVELOPMENT

[Faculty Success Program](#) 2019
National Center for Faculty Development & Diversity

[Trans Inclusion Training](#) 2019
Purdue LGBTQ Center; Purdue University

[Safe Zone Training](#) 2018
Purdue LGBTQ Center; Purdue University

Statistical Power Analysis for Intensive Longitudinal Studies 2017
Methodology Center at Pennsylvania State University; J-P Laurenceau & Niall Bolger

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

PROFESSIONAL ACTIVITIES AND AFFILIATIONS

Funding Reviewer

Insight Grant Application Assessment, *Social Sciences and Humanities Research Council of Canada* 2019
 Doctoral Research Awards-B Committee Member, *Canadian Institutes of Health Research* 2016-2017

Journal Ad-Hoc Reviewer

Biological Psychology | Child Development | Cognition and Emotion | Depression and Anxiety | Developmental Psychology | Development and Psychopathology | Emotion | European Journal of Psychological Assessment | Frontiers in Psychology, Emotion Science section | Motivation and Emotion | International Journal of Behavioral Development | Journal of Abnormal Child Psychology | Journal of Adolescence | Journal of Child and Family Studies | Journal of Early Adolescence | Journal of Family Psychology | Journal of Research on Adolescence | Social Development

Membership in Academic Societies

Association for Psychological Science | Society for Research on Child Development | Society for Research on Adolescence

SELECTED MEDIA COVERAGE

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

Wallace, J. B. (November 23, 2018). The right way for parents to question their teenagers. *The Wall Street Journal*. Retrieved from <https://www.wsj.com/articles/the-right-way-for-parents-to-question-their-teenagers-1542982858>.

Brousseau, E. (October 24, 2016). Queen's psychology graduate Jessica Lougheed, PhD receives Banting fellowship. Retrieved from <http://www.queensu.ca/psychology/feature-story-jessica-lougheed-october-2016>

Nauert, R. (August 26, 2016). How teens learn to manage their emotions. *PsychCentral*. Retrieved from <http://psychcentral.com/news/2016/08/25/how-teens-learn-to-manage-their-emotions/109040.html>

Researchers measure emotional flexibility in mother-daughter dyads. (August 24, 2016). *Science Daily*. Retrieved from <https://www.sciencedaily.com/releases/2016/08/160824135517.htm?>

Armes, C. (August 24, 2016). The mother-daughter dyad: Going with the flow. *Queen's Gazette, Queen's University*. Retrieved from <http://www.queensu.ca/gazette/stories/mother-daughter-dyad-going-flow>

- Micu, A. (September 16, 2015). Close relationships make handling stress easier. *ZME Science*. Retrieved from <http://www.zmescience.com/science/close-relationships-stress-9783823/>
- Cara, E. (September 15, 2015). Family love: Teen girls who are close with their moms may handle socially stressful situations better. *Medical Daily*. Retrieved from <http://www.medicaldaily.com/family-love-teen-girls-who-are-close-their-moms-may-handle-socially-stressful-352748>
- Nauert, R. (September 15, 2015). Mother-daughter closeness can ease stress. *Psyc Central*. Retrieved from <http://psychcentral.com/news/2015/09/15/mother-daughter-closeness-can-ease-stress/92269.html>
- Evidence of emotional 'load sharing' in close relationships. (September 14, 2015). *Science Daily*. Retrieved from <http://www.sciencedaily.com/releases/2015/09/150914220528.htm>
- Vitelli, R. (September 30, 2013). Storming into adulthood: Are adolescents really emotional volcanoes waiting to explode? *Psychology Today*. Retrieved from <http://www.psychologytoday.com/blog/media-spotlight/201309/storming-adulthood>
- Craig, A. (October 24, 2013). A new way of looking at teenage temperament. *Medical Xpress*. Retrieved from <http://medicalxpress.com/news/2013-10-teenage-temperament.html>