

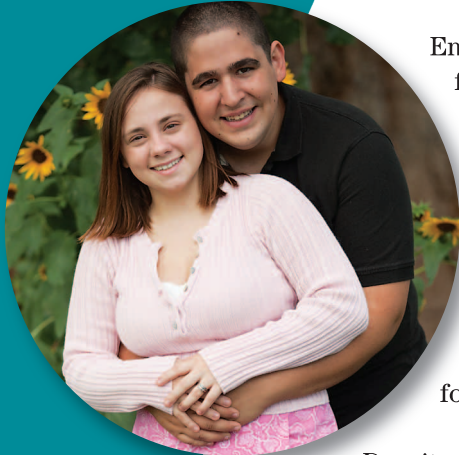


Family Link

FALL 2012

<http://McClellandInstitute.arizona.edu>

Emily Butler, Ph.D., Receives Grant to Study Factors Involved in Obesity



Emily Butler, Ph.D., received funding from the National Institute of Health to test a model that predicts the combined effects of relationship dynamics, emotions, and autonomic physiology on eating, activity, and short term weight gain in newly formed families.

Despite extensive research and intervention efforts the percentage of overweight Americans has continued to climb, putting a large segment of the population at risk for chronic disease. One reason for this failure may be that traditional research is not well suited for tackling the dynamic complexity of factors that result in a person becoming overweight.

During the early years of marriage couples establish shared eating and activity habits that will subsequently be passed on to their children. Interrupting the obesity epidemic requires research focused on how couples develop shared obesity relevant behaviors. These mechanisms are open to behavioral intervention, but a key challenge for developing such interventions is our lack of understanding about how these factors interact.

The study will focus on two patterns:

1 **System-Symptom Fit (SSF)** refers to an unhealthy behavior, such as excessive eating, helping to preserve relationship well-being by increasing positive emotion or couple closeness.

2 **Demand-Withdraw (DW)** occurs when one partner demands change in the other partner's health behaviors, which causes the "nagged" partner to withdraw from the interaction and to resist change.

This project hypothesizes that the presence of SSF or DW in newly formed couples will predict increases in weight and deteriorating health habits six months later. To test their hypotheses the research team will recruit 100 heterosexual couples who are within their first year of cohabiting and will follow-up with these couples six months later to determine whether either of these patterns are present. The results from this study would inform research and practice regarding optimal, targeted ways to integrate family systems, emotion regulation, and biofeedback approaches to understanding and treating obesity.



"This study will give us important information about how romantic partners influence each others' eating and activity habits, which could suggest ways to help people live healthier lives."

— Emily Butler, Ph.D.,
Associate Professor,
Family Studies &
Human Development



From the Director

Happy new school year, and welcome to Family Link for fall 2012!

We have many changes at the Norton School: We are sorry that Soyeon Shim stepped down as School Director, but pleased for her new role as Dean at the University of Wisconsin. I am honored to accept the role of Interim Director of the Norton School. While I will continue in the role of Director of the Institute, I am pleased to announce that Associate Professor Noel Card has accepted the role of Assistant Director, and will be taking on many of the responsibilities for the leadership of the Institute during the interim period.

Dr. Card is regarded as an international leader in developmental sciences and quantitative methods: during his career to date he has made cutting-edge contributions to the literature on adolescent aggression and bullying and



to the literature on contemporary statistical methods in developmental sciences. He has received several early career awards, and his research has been funded by the National Science Foundation (NSF) and the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD).

This is an extraordinary time for the School and the University: In the context of unprecedented changes I can confidently say that we are stronger than ever. Stay tuned and thank you for your continued support of our mission to improve basic understanding to enhance the lives of the people of Arizona and the world.

Stephen T. Russell

Stephen T. Russell, Ph.D., Director
Distinguished Professor, Fitch Nesbitt Endowed Chair

Congratulations to the 2012 Primate Studies Field School Alumni!



(Left to Right) Top row – Netzin Steklis and Dieter Steklis; Middle row – Chelsea Johnson, Amanda Vincent, Maya Clifford, Lana Dionne, and Aya Yokotsuka; Bottom row – Grace Davis, Sara Fee, Katy McDowell, and Bernd Steklis.

I can't describe how much I benefitted from attending the Primate Field Studies School. Not only did I learn a great deal about primates and primatology, but I learned that global travel is within my reach. The field school also helped me to focus my academic and career interests, which has made decisions about grad school much easier.

– Katy McDowell

Snapp Receives Grant to Study School-to-Prison Pipeline

Recent studies suggest that LGBTQ (Lesbian, Gay, Bisexual, Transgender, and Questioning) youth may be treated differently in school discipline, including suspension and expulsion. With funding from Indiana University for \$40,000,

Dr. Shannon Snapp and Institute colleagues will examine possible reasons for the “school-to-prison pipeline” for LGBTQ youth.

An Intern's Perspective of the Crossroads Collaborative by Joanna Sanchez-Avila



As a California State University Sally Casanova Pre-Doctoral Scholar I had the opportunity to visit the University of Arizona and spend my summer working with Drs. Licona, Russell, and Snapp at the Crossroads Collaborative as a research intern. In my internship I learned about intradisciplinary approaches to research and gained training in both qualitative and quantitative research methods. Some of my tasks included: extracting data from surveys and inputting them into SPSS; reading interview transcripts for an ongoing research project on Ethnic Studies and LGBTQ Curriculum Inclusion; learning the APA citation style, and lastly presenting my observations and findings to the primary researchers of the study. I also participated in Kore Press's Grrls Literary Activism Workshops which also collaborates with Crossroads, where youth learn about

media technologies, social justice, and places the agency in youth's hands to be agents of social change. Being able to participate in both spaces allowed me to learn new skills and also see how to bridge links between academia and the various communities that exist.

Even though my internship is over and I will return to school at California State University, Long Beach to finish my last semester as an undergraduate, I feel honored having been part of the Crossroads Collaborative team. The experiences I had with the fabulous people I met and the new skills I acquired through my internship motivate me to continue to pursue education and keep a curious and open mind for people yet doing it in a loving manner where their lived experiences are acknowledged and honored.

Great news: Before we went to press we learned that funding for the Crossroads Collaborative has been extended for another 2 years!

A Message from the MRP President —

Moving Researching Into Practice Student Group Plans Depression Research



Moving Research into Practice (MRP) is beginning preparations for our fourth semester as a club within the Norton School. For the past year and a half, this group of very motivated students has been working with Campus Health to help promote depression awareness in college students. MRP has done this by administering our own questionnaire to about 2,000 UA students, analyzing the results of the questionnaire, and presenting our findings to various campus groups.

For the upcoming school year MRP is planning to do a more in-depth study on how depression impacts college students. The first step is to develop a questionnaire and have it approved by the Institutional Review Board (IRB). Then, we will work to obtain data from a representative sample of the UA population. With these results we are hoping to gain better insight as to how many college students are affected

by depression and to what degree they are affected. We are also hoping to gather information regarding the kinds of services and programs that would most benefit students. The ultimate goal is to find out what problems most students are encountering and then develop an intervention plan in order to alleviate or eliminate the difficulties that students face. The main purpose of pursuing IRB approval is so we can share our results in an academic setting and hopefully attend poster sessions and conferences. In addition to our current research goals, MRP is actively involved in the community and participates in events with Tucson Medical Center, Habitat for Humanity, and Ben's Bells.

MRP will also be participating in the Tucson Out of Darkness Walk this year. Please join us on October 7th This walk is held to save lives, honor loved ones lost by suicide, and raise funds for the American Foundation for Suicide Prevention.

Megan Curry
President, Moving Research into Practice

2012-2013 Pamela J. Turbeville Speaker Series

All presentations are held in McClelland Park from 3-4:30 pm.

Peter Likins, Ph.D., University of Arizona
"Implications of A New American Family"
Friday, October 12, 2012

FSHD Graduate Student Poster Session:
Previewing NCFR
Friday, October 26, 2012

John Schulenberg, Ph.D., University of Michigan
"Conceptual and Empirical Issues in the Study of Substance Use Across the Transition from Adolescence to Adulthood: Continuity, Turning Points, and Developmental Disturbances"
Friday, February 8, 2013

Hobart 'Bo' Cleveland, Ph.D., Penn State University
"Combining Intervention and Candidate Gene Research to Investigate Gene-Environment Transactions Affecting Adolescent Substance Use"
Friday, February 22, 2013

Laura Scaramella, Ph.D., New Orleans University
"What Matters More, What Parents Do or When They Do It? Clarifying the Mechanics of Parenting Toddlers"
Friday, March 29, 2013

FSHD Graduate Student Poster Session:
Previewing SRCD
Friday, April 12, 2013

Rick Gibbons, Ph.D., University of Connecticut
"Racial Discrimination and Health Behavior: Risks, Buffers, and Genetic Modification"
Friday, April 26, 2013

For more information, please visit our website, McClellandInstitute.arizona.edu.



Friday, November 9, 2012
11:00 - 11:45 am
McClelland Park, Room 105

Join us for the 2012 Norton School "Back-to-School" Lecture featuring Dr. Charles Raison. Dr. Raison will present on "Compassion Training as a Pathway to Lifelong Health and Well-Being."

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The Frances McClelland Institute for Children, Youth, and Families is housed in The John and Doris Norton School of Family and Consumer Sciences, College of Agriculture and Life Sciences at the University of Arizona. The Institute serves as a catalyst for cross-disciplinary research dealing with children, youth, and families.



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