

CURRICULUM VITA
ALLISON S. CARUTHERS

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Child and Family Center
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EDUCATION

- Ph.D. University of Michigan, Ann Arbor, MI, August, 2005
Major: Developmental Psychology
Advisor: L. Monique Ward, Ph.D.
- M.A. University of Michigan, Ann Arbor, MI, December, 2002
Major: Developmental Psychology
Advisor: L. Monique Ward, Ph.D.
- M.A. The College of William and Mary, Williamsburg, VA, May, 1999
Major: Psychology
Advisor: Erika L. Rosenberg, Ph.D.
- B.A. Wake Forest University, Winston-Salem, NC, May, 1997
Majors: Psychology and English
Cum laude

PROFESSIONAL EXPERIENCE

- 2012 – present Director of Operations, Prevention Science Institute- Portland, Univ. of Oregon, Portland, OR
- 2006 – present Senior Research Associate, Prevention Science Institute, Univ. of Oregon, Portland, OR
In this role I collaborate with Eugene-based investigators to plan and implement research on family-based intervention strategies and contextual factors affecting child development. I develop assessment and recruitment strategies, hire and train staff, oversee data collection, and monitor adherence to research protocols, timelines, and budgets. I develop Portland-area community partnerships and contribute scientific writing to manuals, grant proposals, and research reports.
- 2018- present *Family-Centered Intervention in Schools to Reduce Social and Behavioral Problems from Early Elementary School to Adolescence*. Principal Investigator: Beth Stormshak. Funded by Institute of Education Sciences (R324A180037).
- 2018-present *Testing the Efficacy of Mindfulness-Based Stress Reduction Combined with Behavioral Parent Training in Families with Preschoolers with Developmental Delay (AKA The PRO-Parenting Project)*. Principal Investigator: Laura Lee McIntyre. Funded by the National Institute on Child Health and Human Development (HD093661).

- 2018 – present *Nashville Longitudinal Study of Youth Safety and Wellbeing*. Principal Investigator: Maury Nation. Funded by the National Institute of Justice (2016-CK-BX-K002).
- 2015 – present *Prevention of Substance Use in At-risk Students: A Family-centered Web Program*. Principal Investigator: Beth Stormshak. Funded by the National Institute on Drug Abuse (DA 037628).
- 2015 – 2017 *The Family Check-Up Online: Support for Middle School Families in Rural Oregon*. Principal Investigator: Beth Stormshak. Funded by the Ford Family Foundation.
- 2014 - present *Testing the Efficacy of an Ecological Approach to Family Intervention and Treatment During Early Elementary School to Prevent Problem Behavior and Improve Academic Outcomes*. Principal Investigator: Beth Stormshak. Funded by Institute of Education Sciences (R305A140189).
- 2012 - 2018 *Parenting to Prevent Substance Use In Late Adolescence*. Principal Investigator: Beth Stormshak. Funded by National Institute of Child Health and Human Development (HD 075150).
- 2012 - 2015 *Relationship Dynamics and Young Adult Drug Use and Abuse*. Principal Investigator: Tom Dishion. Funded by National Institute on Alcohol Abuse and Alcoholism (AA 022071).
- 2011 - 2015 *Development, Ecology, and Prevention of Adult Addictive Behavior*. Principal Investigator: Tom Dishion. Funded by National Institute on Drug Abuse (DA 007031).
- 2008 - 2012 *A Family Intervention to Prevent Child Maltreatment*. Principal Investigator: Beth Stormshak. Funded by Centers for Disease Control and Prevention (CE 001389).
- 2006 - 2011 *Understanding and Preventing Early Adult Drug Abuse*. Principal Investigator: Tom Dishion. Funded by National Institute on Drug Abuse (DA 007031).
- 2006 - 2011 *A Family Intervention for Adolescent Problem Behavior*. Principal Investigator: Beth Stormshak. Funded by National Institute on Drug Abuse (DA 018374).

2008 Adjunct Faculty, Graduate School of Education and Counseling, Lewis and Clark College

2005- 2006 Visiting Assistant Professor, Department of Psychology, Reed College

2000- 2005 Graduate Research Assistant, Department of Psychology, University of Michigan

2000- 2004 Graduate Student Instructor, Department of Psychology, University of Michigan

1999- 2000 Lab Manager, Sex and Media Research Lab, Department of Psychology, University of Michigan

1997- 1999 Teaching Assistant, Department of Psychology, The College of William and Mary

HONORS, AWARDS, FELLOWSHIPS, AND GRANTS

- 2018 Outstanding Accomplishment NTTF Research Support Award, University of Oregon
- 2013 – 2015 *Relationship Dynamics and Young Adult Drug Use and Abuse*. Principal Investigator: Tom Dishion; **Subcontract Principal Investigator: Caruthers**. Funded by National Institute on

- Alcohol Abuse and Alcoholism (AA 022071). Prevention Science Institute, Univ. of Oregon, Portland, OR
- 2013 - 2015 *Development, Ecology, and Prevention of Adult Addictive Behavior*. Principal Investigator: Tom Dishion; **Subcontract Principal Investigator: Caruthers**. Funded by National Institute on Drug Abuse (DA 007031). Prevention Science Institute, Univ. of Oregon, Portland, OR
- 2005 Rackham One-Term Dissertation Fellowship, University of Michigan
- 2004 Dissertation Thesis Grant, Department of Psychology, University of Michigan
- 2004 Barbara Perry Roberson Summer Research Fellowship, Department of Psychology, University of Michigan
- 2003 Barbara Perry Roberson Summer Research Fellowship, Department of Psychology, University of Michigan
- 2003 University of Michigan/ Rackham Graduate School Teaching Fellow
- 2003 Nominated for Outstanding Graduate Student Instructor Award, University of Michigan
- 2002 Travel Grant, Rackham Graduate School, University of Michigan
- 2000-2001 Pre-Doctoral Traineeship, National Institute of Health
- 2000 Developmental Area Summer Research Grant, Dept. of Psychology, University of Michigan
- 1997 Cum laude, Wake Forest University, Winston-Salem, NC
- 1996-1997 Spires Grant for Faculty-Student Collaborative Research Projects, Wake Forest University, Winston-Salem, NC

RESEARCH INTERESTS

My research interests are broad, but unifying themes include adolescent development, social ecology, and prevention (or reduction) of risk behavior. For over a decade I have facilitated research on family-centered intervention. In this domain, I am particularly interested in adapting evidence-based intervention programs to ease implementation and increase program uptake in diverse contexts, settings, and populations.

A second area of interest is in understanding the characteristics of “good parenting” when it comes to young adult children. Although much is known about links between parenting behaviors in earlier stages of development and various social-emotional, academic, or behavioral outcomes, far less is known about the links between parenting behaviors and the well-being of young adult children. I am currently examining the relationship between parenting behavior during adolescence or early adulthood and young adult risk behavior.

A third area of interest is adolescent gender and sexual socialization, and their relationship to sexual behavior, sexual risk-taking, and emotional well-being in adolescence and adulthood. More specifically, I am interested in how young people integrate notions from a variety of sources (e.g., parents, peers, media) about what it means to be a sexual woman or man, and how these notions relate to both normative and risky sexual exploration/ behavior in adolescence and emerging adulthood. I am currently examining the distinction between normal, healthy sexual exploration and truly problematic behavior, as well as possible mechanisms by which Family Check-up intervention services reduce risky sexual behavior.

PUBLICATIONS (listed in reverse-chronological order)

Stormshak, E., Caruthers, A., & DeGarmo, D. (under review). Prevention of high-risk sexual behavior with a randomized trial of the Young Adult Family Check-Up. *Journal of Consulting and Clinical Psychology*.

Stormshak, E., Caruthers, A., Chronister, K., DeGarmo, D., Stapleton, J., Falkenstein, C., DeVargas, E., & Nash, W. (in press). Reducing risk behavior with family-centered prevention during the young adult years. *Prevention Science*.

- Danaher, B., Seeley, J., Stormshak, E., Tyler, M., Caruthers, A. Moore, K., & Cardenas., L. (2018). The Family Check-Up Online Program for parents of middle school students: Protocol for a randomized controlled trial. *JMIR Research Protocols*, 7 (7), e11106. doi:10.2196/11106
- Stormshak, E., DeGarmo, D., Chronister, K., & Caruthers, A. (2018). The impact of family-centered prevention on self-regulation and subsequent long-term risk in emerging adults. *Prevention Science*, 19 (4), 549-558. doi:10.1007/s11121-017-0852-7
- Ha, T., Kim, H., Christopher, C., Caruthers, A., & Dishion, T. J. (2016). Predicting sexual coercion in early adulthood: The transaction among maltreatment, gang affiliation, and adolescent socialization of coercive relationship norms. *Development and Psychopathology*, 28, 707-720. doi:10.1017/S0954579416000262
- Caruthers, A. S., Van Ryzin, M., & Dishion, T. J. (2014). Preventing high-risk sexual behavior in early adulthood with family interventions in adolescence: Outcomes and developmental processes. *Prevention Science*, 15 (Suppl 1), 59-69. doi:10.1007/s11121-013-0383-9
- Fosco, G. M., Caruthers, A.S., & Dishion T. J. (2012). A six-year predictive test of adolescent family relationship quality and effortful control pathways to emerging adult social and emotional health. *Journal of Family Psychology*, 26 (4), 565-575. doi:10.1037/a0028873
- Walsh, J. L., Ward, L. M., Caruthers, A., & Merriwether, A. (2011). Awkward or amazing: Gender and age trends in first intercourse experiences. *Psychology of Women Quarterly*, 35 (1), 59-71. doi:10.1177/0361684310387781
- Ward, L. M., Epstein, M., Caruthers, A., & Merriwether, A. (2011). Men's media use, sexual cognitions, and sexual risk behavior: Testing a mediational model. *Developmental Psychology*, 47 (2), 592-602. doi:10.1037/a0022669
- Curtin, N., Ward, L. M., Merriwether, A., & Caruthers, A. (2011). Femininity ideology and sexual health in young women: A focus on sexual knowledge, embodiment, and agency. *International Journal of Sexual Health*, 23,(1), 48-62. doi: 10.1080/19317611.2010.524694
- Stormshak, E. A., Connell, A. M., Véronneau, M.-H., Myers, M. W., Dishion, T. J., Kavanagh, K., & Caruthers, A. S. (2011). An ecological approach to promoting early adolescent mental health and social adaptation: Family-centered intervention in public middle schools. *Child Development*, 82 (1), 209-225. doi:10.1111/j.1467-8624.2010.01551.x
- Ward, L. M., Merriwether, A., & Caruthers, A. (2006). Breasts are for men: Media use, masculinity ideology, and men's beliefs about women's bodies. *Sex Roles*, 55 (9-10), 703-714.
- Schooler, D., Ward, L. M., Merriwether, A., & Caruthers, A. (2005). Cycles of shame: Menstrual shame, body shame, and sexual decision-making. *Journal of Sex Research*, 42 (4), 324-334. doi: 10.1080/00224490509552288
- Smiler, A., Ward, L. M., Caruthers, A., & Merriwether, A. (2005). Pleasure, empowerment, and love: Factors associated with a positive first coitus. *Sexuality Research and Social Policy*, 2 (3), 41-55. doi:10.1525/srsp.2005.2.3.41
- Caruthers, A. S. (2005). "Hookups" and "friends with benefits": Nonrelational sexual encounters as contexts of women's normative sexual development. Unpublished doctoral dissertation, University of Michigan, Ann Arbor.
- Schooler, D., Ward, L. M., Merriwether, A., & Caruthers, A. (2003). Who's that girl: Television's role in the body image development of young White and Black women. *Psychology of Women Quarterly*, 28 (1), 38-47. doi:10.1111/j.1471-6402.2004.00121.x
- Stone, E. R., Yates, A., & Caruthers, A. S. (2002). Risk taking in decision making for others versus the self. *Journal of Applied Social Psychology*, 32 (9), 1797-1824. doi:10.1111/j.1559-1816.2002.tb00260.x
- Caruthers, A. S. (2002). *Mixed messages: The divergent nature of sexual communication received from parents, peers, and the media*. Unpublished master's thesis, University of Michigan, Ann Arbor.
- Ward, L. M., & Caruthers, A. S. (2001). Media influences. *Encyclopedia of Women and Gender, Volume Two* (pp.687-701). San Diego, CA: Academic Press.

Caruthers, A. S. (1999). *The emotional consequences of exposure to sexual orientation inappropriate humor on television comedies*. Unpublished master's thesis, The College of William and Mary.

MEDIA ATTENTION

Baxter, S. (2004, October 10). "Hookup" gives US a cooler sex life. *The London Times*, pp. 1/29.

Cooper, C. J. (2004, December 5). Hooking up is harmless, isn't it? *The (Bergen) Record*.

Jayson, S. (2007, February 15). What's up with hookups? *USA Today*, 10D.

McGinn, D. (2004, October 4). Mating behavior 101. *Newsweek*, 144 (14), 44-45.

INVITED ADDRESSES

Caruthers, A. S. (2005, June). "Hooking up 101: College sex with no strings attached." Invited address. Congress on Women's Health sponsored by Journal of Women's Health and University of South Florida School of Medicine, Hilton Head, SC.

CONFERENCE PRESENTATIONS (listed in reverse-chronological order)

Stormshak, E. A., Caruthers, A. S., & Chronister, K. (2017, May-June). *Family-centered prevention during the emerging adult years to reduce risk and support healthy adult adjustment*. Paper presented at the Society for Prevention Research annual meeting, Washington, D.C.

Stormshak, E. A., Caruthers, A., Chronister, K., & Rabinovitch, S. (2015, March). *Developmental consequences of adolescent substance use across the transition to adulthood*. Paper presented at the biennial conference for the Society for Research in Child Development, Philadelphia, PA.

Caruthers, A., & Van Ryzin, M. (2011, April). *Effects of a family-centered intervention on family conflict and risky adolescent sexual behavior*. Paper presented at the annual meeting of the Western Psychological Association, Los Angeles, CA.

Fosco, G., Caruthers, A., & Dishion, T. (2011, March). *Family foundations of self-regulation: Projections into early adulthood*. Paper presented at the biennial meeting of the Society for Research in Child Development, Montreal, Quebec, Canada.

Stormshak, E. A., Connell, A. M., Dishion, T. J., Kavanagh, K., & Caruthers, A. S. (2010, March). A family-centered intervention to reduce substance use during the middle school years. Paper presented at the biennial meeting of the Society for Research on Adolescence, Philadelphia, PA.

Caruthers, A., Connell, A., & Dishion, T. (2009, May). *Mechanisms linking engagement in family-centered intervention to reductions in number of adolescent sexual partners*. Paper presented at the annual meeting of the Society for Prevention Research, Washington, D. C.

Dishion, T., Caruthers, A., Myers, M., & Veronneau, M. H. (2008, May). *Premature autonomy and early adulthood: Drug use and deviant peers and the disruption of adult adaptation*. Paper presented at the annual meeting of the Society for Prevention Research, San Francisco, CA.

- Caruthers, A., Connell, A., & Dishion, T. (2008, March). *An adaptive approach to family-centered intervention: Linking intervention engagement to reductions in risky sexual behavior*. Poster session presented at the biennial meeting of the Society for Research on Adolescence, Chicago, IL.
- Caruthers, A. S. (2007, February). *Why relate? Motives and meanings of women's hookups*. Paper presented at the Third Conference on Emerging Adulthood, Tucson, AZ.
- Caruthers, A. S. (2005, June). "Hooking up 101: College sex with no strings attached." Invited address. Congress on Women's Health sponsored by Journal of Women's Health and University of South Florida School of Medicine, Hilton Head, SC.
- Caruthers, A. S. (2005, February). "Hookups" and "friends with benefits": *Pattern of nonrelational sexual behavior and the "sexually healthy" emerging adult woman*. Paper presented at the Second Conference on Emerging Adulthood, Miami, FL.
- Caruthers, A. S. (2004, March). *The emotional dynamics of mother/ daughter communication about romantic relationships and sexuality*. Paper presented at the Society for Research on Adolescence, Baltimore, MD.
- Caruthers, A. S., & Ward, L. M. (2002, April). *Mixed messages: The divergent nature of sexual communication received from parents, peers, and the media*. Paper presented at the Society for Research on Adolescence, New Orleans, LA.
- Caruthers, A. S. (2002, April). *Contributions of early sexual communication to sexual status, satisfaction, and emotional well-being*. Poster presented at the biennial meeting of the Society for Research on Adolescence, New Orleans, LA.
- Caruthers, A. S., & Ward, L. M. (2001, October). "Just be careful": *Contributions of sexual communication from parents, peers, and the media to sexual risk-taking in adolescence and emergent adulthood*. Poster presented at the biennial meeting of the Society for the Study of Human Development, Ann Arbor, MI.
- Caruthers, A. S. (2000, March). *The emotional consequences of exposure to sexual orientation inappropriate humor*. Poster session presented at the biennial meeting of the Society for Research on Adolescence, Chicago, IL.
- Caruthers, A. S., Jenkins, W., Reid, A., & Solomon, J. (2000, March). *From titillation to sexual orientation: The changing nature of television's sexual content through the 90s*. Paper presented at the biennial meeting of the Society for Research on Adolescence, Chicago, IL.
- Caruthers, A. S., & Dubas, J. S. (1998, October). *Older adolescents and television: Comprehension of implicit and explicit sexual humor*. Poster session presented at the Multidisciplinary Conference on Adolescent Health and Sexuality, Tucson, AZ.

SENIOR THESES SUPERVISED (listed in alphabetical order)

- Blodgett, E. G. (2006). *Women and sexuality in the health care setting*. Senior thesis, Reed College.
- Deen, M. C. (2006). *Hookups and women's social, psychological, and sexual health in college*. Senior thesis, Reed College.

Ungerecht, M. E. (2006). *Gendered power relations and condom use in heterosexual relationships: A critique of the Theory of Reasoned Action*. Senior thesis, Reed College.

TEACHING EXPERIENCE

Adjunct Instructor, Lewis and Clark College, Graduate School of Education and Counseling
Adolescent Development, Learning, and Exceptionality: Summer '08

Visiting Assistant Professor, Reed College
Developmental Psychology: F'05
Gender and Sexuality: F'05
Introduction to Psychology: Sp'06
Children and the Media: Sp'06

Graduate Student Instructor, University of Michigan
Introduction to Developmental Psychology: W'04 (L. M. Ward, instructor)
Advanced Lab in Developmental Psychology: F'02, W'03 (J. Myers, instructor)
Introduction to Psychology: W'00, W'02 (A. Merriwether, instructor)

Teaching Assistant, The College of William and Mary
Introduction to Research Methods: F'97, F'98, Sp'99 (E. Rosen, R. Harcum, instructors)
Intro. to Psychology As a Social Science: F'97, F'98, Sp'99 (E. Rosen, C. Pilkington, instructors)
Intro. to Psychology as a Natural Science: Sp'98 (J. Crystal, instructor)
Research in Developmental Psychology: Sp'98 (J. Dubas, instructor)
Behavior Modification: Su'98 (L. Ventis, instructor)

PROFESSIONAL SERVICE ACTIVITIES

- 2007- present Ad hoc Reviewer for *International Journal of Sexual Health*, *Journal of Adolescence*, *Journal of Social and Personal Relationships*, *Men and Masculinities*, *Psychology of Women Quarterly*, *Sex Roles*, *Sexuality Research and Social Policy*, *Social Service Review*, *Social Work in Health Care*
- 2018- present **Inquiry and Impact Strategic Framework Initiative Leader**, UO Portland
- 2013-2015 **Staff Council**, Prevention Science Institute, University of Oregon
- 2004-2005 **Co-Facilitator of Teen Council**, Planned Parenthood of the Columbia/ Willamette, Salem, OR
- 2004 **Clinic Volunteer**, Planned Parenthood of the Columbia/ Willamette, Beaverton, OR
- 2002- 2003 **Student Representative to the Faculty**, University of Michigan
- 2002- 2003 **Preliminary Exam Reform Committee**, University of Michigan
- 2001- 2002 **Chair of Developmental Student Organization**, University of Michigan
- 2001- 2002 **Graduate Curriculum Committee**, University of Michigan
- 2000- 2001 **Co-Chair of Developmental Psychology Recruitment Committee**, University of Michigan