

Ellen Stephenson

Postdoctoral Research Fellow
Centre for Research in Family Health
IWK Health Centre
5850/5980 University Avenue
Halifax, NS B3K 6R8
ellen.stephenson@iwk.nshealth.ca

EDUCATION

PhD	University of British Columbia Health Psychology & Quantitative Methods	2014-2019
MA	University of British Columbia Health Psychology	2012-2014
BSc	McGill University Honors Psychology, <i>First Class Honors with Distinction</i>	2007-2011

ACADEMIC EMPLOYMENT

Postdoctoral Research Fellow Centre for Research in Family Health, IWK Health Centre, Halifax, NS Supervised by Dr. Patrick McGrath	2019-present
--	--------------

SCHOLARSHIPS & AWARDS

Major fellowships

\$105,000	Canada Graduate Scholarship Doctoral Award <i>Social Sciences and Humanities Research Council of Canada</i>	2014-2017
\$30,000	Killam Doctoral Scholarship (in name only due to other awards) <i>Izaak Walton Killam Memorial Fund</i>	2014-2016
\$72,800	Doctoral Fellowship <i>University of British Columbia</i> (declined 2014-2017 due to other awards)	2014-2018
\$17,500	Canada Graduate Scholarship Master's Award <i>Social Sciences and Humanities Research Council of Canada</i>	2013-2014
\$17,500	Graduate Entrance Fellowship <i>University of British Columbia</i>	2012-2013
\$5,625	Undergraduate Student Research Award <i>Natural Sciences and Engineering Research Council of Canada</i>	2010

Other recognition

- 2015 **Graduate Research Award**, *University of British Columbia*
- 2014 **Certificate of Academic Excellence**, *Canadian Psychological Association*
- 2014 **Coren Prize for Best Master's Thesis in Psychology**, *University of British Columbia*
- 2013 **Graduate Research Award**, *University of British Columbia*

PUBLICATIONS

- Müller, F., Hagedoorn, M., Soriano, E. C., **Stephenson, E.**, Smink, A., Hoff, C., DeLongis, A., Laurenceau, J.-P., & Tuinman, M. A. (2019). Couples' catastrophizing and co-rumination: dyadic diary study of patient fatigue after cancer. *Health Psychology*. doi: 10.1037/hea0000803
- Stephenson, E.** & DeLongis, A. (2019). A 20-year prospective study of marital separation and divorce in stepfamilies: Appraisals of family stress as predictors. *Journal of Social and Personal Relationships*, *36*, 1600-1618. doi: 10.1177/0265407518768445
- Pow, J., **Stephenson, E.**, Hagedoorn, M., & DeLongis, A. (2018). Spousal support for patients with rheumatoid arthritis: Getting the wrong kind is a pain. *Frontiers in Psychology*, *9*, 1760. doi: 10.3389/fpsyg.2018.01760
- Müller, F., Tuinman, M. A., **Stephenson, E.**, Smink, A., DeLongis, A., & Hagedoorn, M. (2018). Associations of daily partner responses with fatigue interference and relationship satisfaction in colorectal cancer patients. *Health Psychology*, *37*(11), 1015-1024. doi: 10.1037/hea0000664
- DeLongis, A., Levere, D. D., & **Stephenson, E.** (2018). Arthritis and Musculoskeletal Disease. In T. A. Revenson & R. G. Gerung (Eds.), *Handbook of Health Psychology*. New York, NY: Taylor & Francis Routledge.
- Stephenson, E.** & DeLongis, A. (2018). Coping strategies. In L. Cohen (Ed.), *The Wiley Encyclopedia of Health Psychology*. Hoboken, NJ: John Wiley and Sons Ltd.
- Stephenson, E.**, DeLongis, A., Bruel, B., & Badr, H. (2018). Outpatient pain medication use: An electronic daily diary study in metastatic breast cancer. *Journal of Pain and Symptom Management*, *55*, 1131-1137. doi: 10.1016/j.jpainsymman.2017.11.032
- Müller, F., **Stephenson, E.**, DeLongis, A., Smink, A., Van Ginkel, R. J., Tuinman, M. A., & Hagedoorn, M. (2018). The reciprocal relationship between daily fatigue and catastrophizing following cancer treatment: Affect and physical activity as potential mediators. *Psycho-Oncology*, *27*, 831-837. doi: 10.1002/pon.4574
- Stephenson, E.**, DeLongis, A., Steele, R., Cadell, S., Andrews, G., & Siden, H. (2017). Siblings of children with a complex chronic health condition: Maternal posttraumatic growth as a predictor of changes in child behavior problems. *Journal of Pediatric Psychology*, *42*, 104-113. doi: 10.1093/jpepsy/jsw053
- Pow, J., King, D. B., **Stephenson, E.**, & DeLongis, A. (2017). The impact of daily occupational stress on sleep among shift workers: Social support as a buffer. *Journal of Occupational Health Psychology*, *22*, 71-85. doi: 10.1037/a0040107.
- Stephenson, E.**, King, D. B., & DeLongis, A. (2016). Coping Process. In G. Fink (Ed.), *Stress: Concepts and Cognition, Emotion, and Behavior* (pp. 359-364). Cambridge, MA: Academic Press.

Rosberger, Z., Krawczyk, A., **Stephenson, E.**, & Lau, S. (2014). HPV vaccine education: Enhancing knowledge and attitudes of community counselors and educators. *Journal of Cancer Education, 29*, 273-277. doi: 10.1007/s13187-013-0572-z.

Stephenson, E., DeLongis, A., Esdaile, J. M., & Lehman, A. J., (2014) Depressive symptoms and rheumatoid arthritis: Spouse empathic responding as a buffer. *Arthritis Care and Research, 66*, 532–541. doi: 10.1002/acr.22161.

Krawczyk, A., **Stephenson, E.**, Perez, S., Lau, E., & Rosberger, Z. (2013). Deconstructing Human Papillomavirus (HPV) knowledge: Objective and perceived knowledge in males' intentions to receive the HPV vaccine. *American Journal of Health Education, 44*, 26–31. doi: 10.1080/19325037.2012.749714

Manuscripts under review and in preparation (manuscript available upon request)

Levere, D.D., **Stephenson, E.**, Pow, J., King, D. B., Dekel, R., & DeLongis, A. (under review). Predicting posttraumatic stress symptomology in individuals frequently exposed to trauma: The role of perceived stress and rumination.

Stephenson, E., Lam, M., Cadell, S. & DeLongis, A., (under review). Is there someone who can help? Perceived social support availability and daily pain catastrophizing in people with spinal cord injury

Brown, S., Jenstad, L.M., Rydall, A., **Stephenson, E.** (in preparation). Changes in the prevalence and characteristics of hearing loss in a noise-exposed population between 1980 and 2015.

PRESENTATIONS

Dhonde, R., **Stephenson, E.**, Wozney, L., Pierce, J., Gardner, D., MacLean, C., & McGrath, P. (2019). Health enSuite Insomnia: App-based treatments for chronic insomnia designed for use in primary care. Primary Healthcare Research Day. BRIC NS. Halifax, NS, Canada.

Stephenson, E., Dhonde, R., Wozney, L., Keefe, J., Fancey, P., McKenzie, R., MacIntyre, S., MacLean, C., & McGrath, P. (2019). Health enSuite Caregivers: App-based intervention for distressed caregivers of people with dementia. Primary Healthcare Research Day. BRIC NS. Halifax, NS, Canada.

Dong, J., **Stephenson, E.**, King, D.B., & DeLongis, A. (2019). You're stressed, I'm stressed: Spillover and crossover effects of work stress among paramedics and their spouses. American Psychosomatic Society's annual meeting, Vancouver, BC, Canada.

Zhang, J., **Stephenson, E.**, Levere, D., & DeLongis, A. (2019). Social support and pain among persons with spinal cord injury. American Psychosomatic Society's annual meeting, Vancouver, BC, Canada.

Jenstad, L.M., Singh, G., DeLongis, A., Pang, F., Huen, M., Meyer, V., Ho, R., & **Stephenson, E.** (2018). Ecological momentary assessment: A field evaluation of subjective ratings of speech in noise as a function of acoustic and task variables. International Hearing Aid Research Conference, Tahoe City, CA, USA.

Stephenson, E., Lam, M., Cadell, S. & DeLongis, A., (2018). Pain, catastrophizing, and caregiver support in people living with spinal cord injury. European Health Psychology Society Conference, Galway, Ireland.

DeLongis, A., & **Stephenson, E.** (2018). Early family stress predicts divorce in stepfamilies: Findings from a 20-year prospective study. European Health Psychology Society Conference, Galway, Ireland.

- Müller, F., Hagedoorn, M., Soriano, E. C., **Stephenson, E.**, Smink, A., DeLongis, A., Laurenceau, J.-P., & Tuinman, M. A. (2018). Better not talk about it? Association of couple's daily co-rumination with cancer patient's fatigue severity. European Health Psychology Society Conference, Galway, Ireland.
- DeLongis, A., & **Stephenson, E.** (2018). Early family stress predicts divorce in stepfamilies: Findings from a 20-year prospective study. International Congress of Applied Psychology, Montreal, Canada.
- Stephenson, E.**, Lam, M., & DeLongis, A. Examining stress and coping among individuals with spinal cord injury and their caregivers. ICORD Trainee Seminars, Blusson Spinal Cord Centre, Vancouver, BC, Canada.
- Müller, F., Tuinman, M. A., Smink, A., **Stephenson, E.**, DeLongis, A., & Hagedoorn, M. (2017). Daily partner responses have divergent effects on cancer patient's fatigue interference and relationship satisfaction. European Health Psychology Society Conference, Padova, Italy.
- Stephenson, E.** (2017). Maintaining relationships in times of stress: Integrating daily diary and longitudinal findings. Health Psychology Research Group, University Medical Center Groningen, Groningen, the Netherlands.
- Stephenson, E.** & DeLongis, A. (2017). Combining daily diary with longitudinal data: 20-year prospective study of divorce among couples in stepfamilies. Society for Ambulatory Assessment's biennial meeting, Luxembourg.
- Müller, F., **Stephenson, E.**, DeLongis, A., Smink, A., Tuinman, M. A., & Hagedoorn, M. (2017). The interplay of spouse support, patient catastrophizing and daily fatigue in post-treatment cancer patients. Society for Ambulatory Assessment's biennial meeting, Luxembourg.
- Stephenson, E.**, Hope, S., & DeLongis, A. (2017). Stress, coping, and divorce: Findings from a prospective study of stepfamilies. International Dyadic Coping Conference, Milan, Italy.
- Stephenson, E.** & DeLongis, A. (2016). Couples coping with stress: A prospective study of stepfamilies. International Association for Relationship Research Conference, Toronto, Canada.
- Stephenson, E.** & DeLongis, A. (2016). Couples coping with stress: Long-term effects on relationship stability. UBC-FU Linkage Workshop: Free University of Berlin, Berlin, Germany.
- Stephenson, E.**, DeLongis, A., Steele, R., Cadell, S., Andrews, G., & Siden, H. (2015). Siblings of children with a complex chronic illness: Maternal posttraumatic growth as a predictor of changes in child behavior problems. Association for Psychological Science's annual convention, New York, NY, USA.
- Stephenson, E.**, King, D. B., Holtzman, S., Hagedoorn, M., & DeLongis, A. (2014). Dyadic coping with rheumatoid arthritis: The role of spouse responses. International Congress of Behavioral Medicine, Groningen, the Netherlands.
- Stephenson, E.**, Herriot, H., & DeLongis, A. (2014). Daily dyadic coping predicts changes in marital adjustment among couples in stepfamilies across 2 years. European Health Psychology Society's annual conference, Innsbruck, Austria.
- Stephenson, E.**, Senften, P., & DeLongis, A. (2014). Income matters: Marital satisfaction and income interact to predict separation and divorce 20 years later. Canadian Psychological Association's annual convention, Vancouver, Canada.
- Pow, J. L., King, D.B., **Stephenson, E.**, & DeLongis, A. (2014). Predictors and outcomes of sleep quality in paramedics and their spouses: A daily process model. Canadian Psychological Association's annual convention, Vancouver, Canada.
- Herriot, H., **Stephenson, E.**, & DeLongis, A. (2014). Marital adjustment in stepfamilies: Effects of daily dyadic coping. Canadian Psychological Association's annual convention, Vancouver, Canada.

- Stephenson, E.** & DeLongis, A. Couples coping with stress: A 20-year prospective study of stepfamilies. (2014). Western Psychological Association's annual meeting, Portland, OR, USA.
- Pow, J. L., King, D. B., **Stephenson, E.**, & DeLongis, A. (2014). Dyadic coping and sleep in paramedics and their spouses. Western Psychological Association's annual meeting, Portland, OR, USA.
- Pow, J., King, D. B., **Stephenson, E.**, & DeLongis, A. (2014). Personality, mood, and sleep quality in paramedics: The role of the spouse. American Psychosomatic Society's annual meeting, San Francisco, CA, USA.
- Stephenson, E.**, King, D. B., Holtzman, S., Hagedoorn, M. & DeLongis, A. (2014). Couples coping with rheumatoid arthritis: How spouse support moderates the effect of patient catastrophizing on subsequent pain. American Psychosomatic Society's annual meeting, San Francisco, CA, USA.
- DeLongis, A., King, D. B., & **Stephenson, E.** (2014). Dyadic coping with rheumatoid arthritis: spouse responses moderate the effect of patient coping on pain. Society of Personality and Social Psychology's annual meeting, Austin, TX, USA.
- Stephenson, E.**, Lehman, A. J., & DeLongis, A. (2013). Couples coping with chronic pain: Spouse empathic responding as a moderator of depressive symptoms. International Dyadic Coping Conference, Louisville, KY, USA.
- Stephenson, E.**, DeLongis, A., & Lehman, A. J. (2013). Depressive symptoms and rheumatoid arthritis: Spouse empathic responding as a moderator. Society of Behavioral Medicine's annual meeting, San Francisco, CA, USA.
- Krawczyk, A., **Stephenson, E.**, Perez, S., Lau, E., & Rosberger, Z. (2012). Deconstructing the role of knowledge in men's HPV vaccination intentions. International Papillomavirus Conference, San Juan, Puerto Rico, USA.
- Rosberger, Z., **Stephenson, E.**, Di Dio, P., Rosen, N., Knauper, B., Maynard, M.-H. & Franco, E. (2012). Acceptability of HPV testing to screen for cervical cancer. International Papillomavirus Conference, San Juan, Puerto Rico, USA.
- Drummond, N., Lau, S., Gold, L., Caplan, R., Rosberger, Z., Gotlieb, W., & **Stephenson, E.** (2012). Standardized screening for distress for women with gynecological cancer: A review of trends in patients' concerns. Biennial Meeting of the International Gynecological Cancer Society, Vancouver, Canada.
- Andrews, J., **Stephenson, E.**, & Pruessner, J. (2011). Physiological versus psychological stress reactivity in healthy men and women with high and low self-esteem. World Congress on Biological Psychiatry, Prague, Czech Republic.
- Andrews, J., **Stephenson, E.**, & Pruessner, J. (2011). Physiological versus psychological stress reactivity in healthy men and women with high and low self-esteem. International Psychoneuroendocrinology Conference, Berlin, Germany.
- Dunkley, D., **Stephenson, E.**, Schattler, A-L., & Ma, D. (2010). Perfectionism as a predictor of depressive and anxious symptoms over 3 years: Daily stress and avoidant coping as mediators and moderators. World Conference on Stress & Anxiety Research, Galway, Ireland.

TEACHING & MENTORSHIP

Instruction

Psychological Tests and Measures 2019

Course Instructor
Dalhousie University

Aging and Psychology Disorders 2019

Guest lecturer for course in Abnormal Psychology
Dalhousie University

Health Psychology

Teaching Assistant and Co-Instructor 2013-2018
University of British Columbia

Supervision and mentorship

University of British Columbia

Jean Dong (co-supervised); undergraduate directed studies project 2018-2019

Sally Hope (co-supervised); undergraduate directed studies project 2015-2016

Jonathon Naylor; undergraduate research assistant 2015-2016

Heather Herriot (co-supervised); undergraduate honours thesis 2013-2014

Peter Senften (co-supervised); undergraduate directed studies project 2013-2014

Benjamin Shulman (co-supervised); undergraduate directed studies project 2012

Formal student engagement activities

Psychology Undergraduate Research Conference, poster judge 2018

"How to get in to grad school?": workshop series for psychology undergraduates, panelist 2012

ADVANCED QUANTITATIVE AND METHODOLOGICAL TRAINING

Psychological Measurement 2017

University of British Columbia; Dr. Victoria Savalei

Exploratory Data Analysis and Visualization in R 2016

University of British Columbia; Dr. Jenny Bryan

Structural Equation Modeling 2016

University of British Columbia; Dr. Victoria Savalei

Multivariate Statistics 2015

University of British Columbia; Dr. Victoria Savalei

Longitudinal Structural Equation Modeling 2015

Portland State University; Dr. Jason Newsom

<i>Analysis of Big Data</i>	2015
Association for Psychological Science workshop; Dr. Richard Gonzalez	
<i>Statistical Issues Relevant to Relationship Research</i>	2015
Association for Psychological Science workshop; Dr. Patrick Shrout (chair)	
<i>Multilevel Modeling</i>	2014
University of British Columbia; Dr. Jeremy Biesanz	
<i>Applied Multiple Regression</i>	2013
University of British Columbia; Dr. Jeremy Biesanz	
<i>Analyzing Intensive Longitudinal Data</i>	2013
University of Massachusetts Amherst; Drs. Niall Bolger & Jean-Philippe Laurenceau	

PROFESSIONAL ACTIVITIES AND AFFILIATIONS

Ad hoc reviewer

Arthritis Care & Research
 Canadian Journal of Behavioural Sciences
 Health Psychology
 Journal of Marriage and Family
 Journal of Personal and Social Relationships
 Journal of Psychosocial Oncology
 Journal of Relationship Research
 Society for Philosophy and Psychology

Committee Memberships

Psychology Graduate Student Council, University of British Columbia	2014-2017
Department of Psychology Colloquium Committee, University of British Columbia	2013
Department of Psychology Faculty Search Committee, University of British Columbia	2012

Professional Affiliations

Canadian Psychological Association
 Association for Psychological Science
 International Association for Relationship Research
 Society for Health Psychology (APA Division 38)
 Society for the Improvement of Psychological Science

Community engagement

Coach and Reviewer for MicroResearch Nova Scotia	2019-ongoing
--	--------------

CONSULTING WORK

Statistical consultant

2017-2019

Department of Psychology, University of British Columbia, Vancouver, BC

Advising faculty and graduate students on research design and statistics, including:

- Multiple regression
- Mediation analysis
- Multilevel modeling
- Structural equation modelling
- Power analysis & simulation studies
- Longitudinal and repeated measures designs

Statistical consultant & research collaborator

2018-present

Department of Audiology, University of British Columbia, Vancouver, BC

Ongoing projects involving ecological momentary assessment and longitudinal data analysis.