

**CURRICULUM VITAE**

**1. Personal Details**

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**2. Higher Education**

**A. Undergraduate and Graduate Studies**

<b>Year of Approval of Degree</b>	<b>Degree</b>	<b>Name of Institution and Department</b>	<b>Period of Study</b>
2011	PhD (Direct route to PhD as part of the Bar-Ilan doctoral fellowships of excellence program).	Bar-Ilan University, Department of Psychology	2005-2011
2005	BA	Bar-Ilan University, Department of Psychology	2002-2005

**B. Post-Doctoral Studies**

<b>Year of Completion</b>	<b>Degree</b>	<b>Name of Institution, Department and Host</b>	<b>Period of Study</b>
2016	Post doctorate	University of Minnesota, Department of Psychology (host – Jeffrey Simpson)	2013-2016

### **3. Academic Ranks and Tenure in Institutes of Higher Education**

<b>Dates</b>	<b>Name of Institution and Department</b>	<b>Rank/Position</b>
2020-present	The Max Stern Yezreel Valley College, Department of Education and Educational Counseling	Associate Professor (tenured)
2024-2025	University of California, Irvine, Department of Psychology	Visiting Research Scholar (sabbatical)
2018-2020	The Max Stern Yezreel Valley College, Department of Education and Educational Counseling	Senior Lecturer (proposed rank)
2017-2018	The Hebrew University of Jerusalem, School of Social Work and Social Welfare	Teaching Fellow
2016-2018	Interdisciplinary Center Herzliya, School of Psychology	Adjunct Lecturer
2014-2016	University of Minnesota, Department of Psychology	Lecturer
2008-2013	Interdisciplinary Center Herzliya, School of Psychology	Adjunct Lecturer

### **4. Offices in Academic Administration**

2025-present	Head of the Thesis program of the Department of Educational Counseling, The Max Stern Yezreel Valley College
2024-present	Head of the Senior Faculty Union, The Max Stern Yezreel Valley College
2023-present	Member of the Research Committee, The Max Stern Yezreel Valley College
2021-2022	Member of the Computing Committee, The Max Stern Yezreel Valley College

### **5. Scholarly Positions and Activities outside the Institution**

#### **Memberships in Academic Professional Associations**

2025-present	Human Behavior and Evolution Society (HBES)
2012-present	The Society for Personality and Social Psychology (SPSP)
2010-present	International Association for Relationship Research (IARR)

#### **Memberships in Editorial Boards**

2021-present	Infant and Child Development
2021-2023	Journal of Social and Personal Relationships
2020-2021	Journal of Counseling Psychology

## Associate Editor for Refereed Journals

2021-2023	Journal of Social and Personal Relationships
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## Guest Editor for Refereed Journals

2021	Personality and Social Psychology Bulletin
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## Reviewing for Refereed Journals

- Personal Relationships
- Journal of Social and Personal Relationships
- Personality and Individual Differences
- Self and Identity
- Basic and Applied Social Psychology
- Journal of Obsessive-Compulsive and Related Disorders
- Personality and Social Psychology Bulletin
- Evolutionary Behavioral Sciences
- International Journal of Psychology
- European Journal of Social Psychology
- Clinical Psychological Science
- Journal of Counseling Psychology
- PLOS One
- Journal of Affective Disorders
- Child Development
- Development and Psychopathology
- Infancy
- Current Research in Ecological and Social Psychology
- Infant and Child Development
- Journal of Research on Adolescence
- Journal of Drug Issues
- Evolutionary Psychological Science
- Journal of Personality
- Social Psychological and Personality Science
- Applied Psychology: Health and Well-Being
- Obesity Reviews

## 6. Participation in Scholarly Conferences

### a. Active Participation

#### International conferences

<b>Date</b>	<b>Name of Conference</b>	<b>Place of Conference</b>	<b>Subject of Lecture/Discussion</b>	<b>Role</b>
Sep, 2025	International Society for Traumatic Stress Studies (ISTSS) 41st Annual Conference	Baltimore, MD	<ol style="list-style-type: none"> <li>1. Childhood maltreatment and intimate partner violence: A dyadic latent profile analysis</li> <li>2. Dyadic insights into the longitudinal effect of war on parental distress and the promotive process of social support</li> </ol>	<ol style="list-style-type: none"> <li>1. Oral presentation (co-author)</li> <li>2. Oral presentation (co-author)</li> </ol>
Jun, 2025	The 36th Conference of the Human Behavior & Evolution Society (HBES)	Atlantic City, NJ	The effects of childhood and recent unpredictability on parental hostility: Interactions and congruence effects in a dyadic design	Oral Presentation
Feb, 2025	The Society for Personality and Social Psychology (SPSP) Annual Conference  <i>Leading conference in social psychology – 17% acceptance rate for oral presentations.</i>	Denver, CO	<ol style="list-style-type: none"> <li>1. Early unpredictability and parenting: A dyadic approach</li> <li>2. Participation in parental work of liberal vs. conservative fathers: Effects on mothers' perceived relationship quality, parental satisfaction, and parental self-efficacy</li> </ol>	<ol style="list-style-type: none"> <li>1. Oral presentation</li> <li>2. Poster Presentation</li> </ol>
Sep, 2024	International Society for Traumatic Stress Studies (ISTSS) 40th Annual Conference	Boston, MA	The protective power of spousal emotional support in mitigating the link between childhood maltreatment and PTSD symptoms	Oral presentation (co-author)
Jul, 2024	International Association for Relationship Research (IARR) Biannual Conference	Boston, MA	<ol style="list-style-type: none"> <li>1. Implicit and explicit parenting-related attitudes serially mediate the association between early childhood exposure to morbidity-mortality cues and observed parenting behaviors in women</li> <li>2. A history of childhood maltreatment hinders marital satisfaction of both dyad members: A new dyadic mechanism</li> <li>3. Beyond the ballot: the association between men's political views, division of parental work, women's relationship quality and parental satisfaction,</li> </ol>	<ol style="list-style-type: none"> <li>1. Oral Presentation</li> <li>2. Oral presentation (co-author)</li> <li>3. Oral presentation (co-author)</li> <li>4. Oral presentation (co-author)</li> </ol>

			and the moderating role of social support. 4. Impact of child temperament and discrepancies of parent supportiveness on child agency.	
Feb, 2024	The Society for Personality and Social Psychology (SPSP) Annual Conference  <i>Leading conference in social psychology – 17% acceptance rate for oral presentations.</i>	San Diego, CA	Having many close friends buffers childhood maltreatment effects on parents	Oral presentation
July, 2023	Stress, Trauma, Anxiety, and Resilience Society (STAR) 44th International Conference	Faro, Portugal	The effects of childhood maltreatment on socio-emotional development and adult parenting: a protective function for social network size	Oral presentation
July, 2023	International Psycho-Oncology Society (IPOS) World Congress	Milan, Italy	Mothers during breast cancer treatments: A mediation model involving emotion regulation, post-traumatic distress, and coercive parenting practices	Oral presentation (co-author)
Jun, 2023	The 19th General Meeting of the European Association of Social Psychology (EASP)	Krakov, Poland	The Relationship Gaslighting Victimization Inventory: Reliability and validity in two cultures	Oral presentation (co-author)
Aug, 2022	International Association for Relationship Research (IARR) Biannual Conference	Virtual	Special session: Publications town hall	Panel discussant
Feb, 2022	Society for Personality and Social Psychology (SPSP) Annual Conference  <i>Leading conference in social psychology – 17% acceptance rate for oral presentations.</i>	San Francisco, CA, and virtual	Childhood unpredictability and harshness predict diminished sleep quality and worse physical health in adulthood: Mediation through emotion regulation difficulties	e-Poster presentation
Jul-Sep, 2021	International Association for Relationship	London, GB (virtual)	The effect of childhood unpredictability on coparenting relationships	Oral presentation

	Research (IARR) Biannual Conference		during the transition to parenthood: A life history approach	
Feb, 2020	Society for Personality and Social Psychology (SPSP) Annual Conference  <i>Leading conference in social psychology – 17% acceptance rate for oral presentations.</i>	New Orleans, LA	The effect of childhood unpredictability on co-parenting relationships: A life history approach	Poster presentation
Feb, 2019	Society for Personality and Social Psychology (SPSP) Annual Conference  <i>Leading conference in social psychology – 17% acceptance rate for oral presentations.</i>	Portland, OR	The effects of morbidity-mortality and economic unpredictability on parental distress	Poster presentation
July, 2018	International Association for Relationship Research (IARR) Biannual Conference	Fort Collins, CO	The effect of childhood unpredictability on emotional control and relationship quality: A life history perspective	Oral presentation
Mar, 2018	Society for Personality and Social Psychology (SPSP) Annual Conference  <i>Leading conference in social psychology – 17% acceptance rate for oral presentations.</i>	Atlanta, GA	The effect of childhood unpredictability on emotional control and relationship quality: A life history perspective	Poster presentation
Jan, 2017	Society for Personality and Social Psychology (SPSP) Annual Conference  <i>Leading conference in social psychology – 17% acceptance rate for oral presentations.</i>	San Antonio, TX	The effect of predictable early childhood environments on sociosexuality in early adulthood.	Oral presentation

July, 2016	International Association for Relationship Research (IARR) Biannual Conference	Toronto, Canada	<ol style="list-style-type: none"> <li>1. The effect of unpredictable early childhood environments on parenting in adulthood</li> <li>2. The effect of predictable early childhood environments on sociosexuality in early adulthood</li> </ol>	<ol style="list-style-type: none"> <li>1. Oral presentation</li> <li>2. Oral presentation (co-author)</li> </ol>
Sep, 2015	The Society of Experimental Social Psychology (SESP) Relationships Pre-Conference	Denver, CO	The effect of unpredictable early childhood environments on parenting in adulthood	Oral presentation (co-author)
Aug-Sep, 2015	The 45th Annual Congress of the European Association for Behavioural and Cognitive Therapies (EACBT)	Jerusalem, Israel	I obsess about my child's flaws: Impact and correlates of parent-child obsessive-compulsive symptoms	Oral presentation (co-author)
Jul, 2015	International Association for Relationship Research (IARR) Conference on Self-regulation and Close Relationships	Amsterdam, The Netherlands	The social and developmental origins of impulse control	Oral presentation (co-author)
May, 2015	The 27th annual meeting of the Association for Psychological Science (APS)	New York, NY	The effect of unpredictable early childhood environments on parenting orientation in adulthood	Oral presentation (co-author)
Feb, 2015	Society for Personality and Social Psychology (SPSP) Annual Conference  <i>Leading conference in social psychology – 17% acceptance rate for oral presentations.</i>	Long Beach, CA	Early stress and parenting: The effect of unpredictability experienced in early childhood on parenting orientations in adulthood	Oral presentation
July, 2014	International Association for Relationship Research (IARR) Biannual Conference	Melbourne, Australia	Attachment anxiety as a vulnerability factor for relationship-related obsessive-compulsive phenomena in emerging relationships: a longitudinal dyadic investigation	Oral presentation

Jul, 2013	The 7th World Congress of Behavioral and Cognitive Therapies	Lima, Peru	<ol style="list-style-type: none"> <li>1. Relationship-centered obsessive-compulsive symptoms: Evidence for the double-vulnerability hypothesis</li> <li>2. Scrupulosity in religious Jews is linked with attachment anxiety and over-reliance on the morality self-domain for self-worth</li> <li>3. Dysfunctional beliefs and relationship-centered obsessive-compulsive symptoms in non-clinical and clinical samples</li> </ol>	<ol style="list-style-type: none"> <li>1. Oral presentation (co-author)</li> <li>2. Oral presentation (co-author)</li> <li>3. Oral presentation (co-author)</li> </ol>
May, 2013	European Association for Behavioural and Cognitive Therapies (EACBT), 3rd SIG meeting on OCD	Assisi, Italy	Relationship-related obsessive-compulsive phenomena: A one-year follow-up study	Oral presentation (co-author)
Jan, 2013	Society for Personality and Social Psychology (SPSP) Annual Conference  <i>Leading conference in social psychology – 17% acceptance rate for oral presentations.</i>	New Orleans, LA	<ol style="list-style-type: none"> <li>1. Fatal suppression: The detrimental effect of sexual deactivation within romantic relationships</li> <li>2. Sexual healing: Can sex repair attachment insecurities?</li> </ol>	<ol style="list-style-type: none"> <li>1. Poster presentation</li> <li>2. Oral Presentation (co-author)</li> </ol>
2012	Research Consortium on Intrusive Fear (RCIF)	Montreal, Canada	Relationship-related obsessive compulsive phenomena: What we know and what we don't know	Oral presentation (co-author)
Aug-Sep, 2012	The 42nd Annual European Association for Behavioural and Cognitive Therapies (EACBT) Congress	Geneva, Switzerland	Relationship-related obsessive-compulsive (OC) symptoms: the case of partner-focused OC phenomena	Oral presentation (co-author)
July, 2012	International Association for Relationship Research (IARR) Biannual Conference	Chicago, IL	<ol style="list-style-type: none"> <li>1. Fatal suppression: The detrimental effect of sexual deactivation within romantic relationships</li> <li>2. Sexual healing: Can sex repair attachment insecurities?</li> </ol>	<ol style="list-style-type: none"> <li>1. Oral presentation</li> <li>2. Oral presentation (co-author)</li> </ol>

May, 2012	The European Association for Behavioural and Cognitive Therapies (EACBT), 2nd SIG meeting on OCD	Assisi, Italy	Relationship-related obsessive compulsive phenomena: Is it worth a systematic investigation?	Oral presentation (co-author)
Jan, 2012	Society for Personality and Social Psychology (SPSP) Annual Conference  <i>Leading conference in social psychology – 17% acceptance rate for oral presentations.</i>	San Diego, CA	The role of the sexual behavioral system in moderating mating preferences	Poster presentation
July, 2010	International Association for Relationship Research (IARR) Biannual Conference	Herzliya, Israel	Mating preferences: the moderating role of the sexual behavioral system	Oral presentation

### Local Conferences

Date	Name of Conference	Place of Conference	Subject of Lecture/Discussion	Role
June 2022	Yezreel Valley College Research and Teaching Fair	Yezreel Valley, Israel	Childhood unpredictability and harshness predict diminished sleep quality and worse physical health in adulthood: mediation through emotion regulation difficulties	Oral presentation
2007	The 11th conference of the Israel Society for Biological Psychiatry (ISBP)	Kfar Giladi, Israel	Empathy deficits in bipolar disorder	Oral presentation

### b. Organization of Conferences or Sessions

Date	Name of Conference	Place of Conference	Subject of Conference/Role at Conference/Comments	Role
July 2018	International Association for Relationship Research (IARR) Biannual Conference	Fort Collins, CO	The Symptom and the Cure: The Reciprocal Relations between Negative Emotions and Relationship Functioning in the Context of Stressful Life Events (Symposium)	Symposium Chair

## 7. Research Grants

**a. Grants Awarded**

**External Grants**

<b>Role in Research</b>	<b>Co-researchers</b>	<b>Title</b>	<b>Funded by (C=Competitive Fund)</b>	<b>Amount</b>	<b>Years</b>
PI		The effects of unpredictability and morbidity-mortality on parental investment	Israel Science Foundation (ISF) (C)	678,000 ILS	2021-2025
Co-PI	Jeffrey A. Simpson (PI), Vldas Griskevicius (Co-PI)	Developmental and interpersonal antecedents of parenting orientations and behavior: A life history perspective	National Science Foundation (NSF) (C)	330,000 USD	2018-2021

**Internal Grants**

<b>Role in Research</b>	<b>Co-researchers</b>	<b>Title</b>	<b>Funded by (C=Competitive Fund)</b>	<b>Amount</b>	<b>Years</b>
PI		Examining the emotional and cognitive mechanisms that mediate the relationship between exposure to gender equality at work and willingness to share housework and childcare equally	Yezreel Valley College Research Committee	15,000 USD	2025-2026
PI		The effect of exposure to gender equality at work on the willingness to participate equally in housework and childcare	Yezreel Valley College Research Committee	15,000 USD	2024-2025
PI		The effect of political attitudes and exposure to gender diversity on gender inequality in the division of domestic labor and childcare among parents	Yezreel Valley College Research Committee	14,970 USD	2023-2024
PI		The effects of unpredictability and morbidity-mortality priming on implicit attitudes toward children and parental feelings	Yezreel Valley College Research Committee	14,508 USD	2018-2019

**b. Submission of Research Proposals – Pending**

<b>Role in Research</b>	<b>Co-Researchers</b>	<b>Title</b>	<b>Funded by (C=Competitive Fund)</b>	<b>Years</b>
Co-PI	Jessica Borelli (PI), Osnat Zamir (Co-PI)	Enhancing virtues in couples through relational savoring: A healing intervention for partners with histories of childhood maltreatment	John Templeton Foundation (c)	2026-2029

**c. Submission of Research Proposals – Not Funded (In the Last 5 Years)**

<b>Role in Research</b>	<b>Co-Researchers</b>	<b>Title</b>	<b>Funded by (C=Competitive Fund)</b>	<b>Year</b>	<b>Score</b>
Partner	An international group of scholars (Israel, Italy, Greece, Iceland). Lead partner: Abigail Gewirtz	A personalised approach to holistic support for migrant and non-immigrant children and their parents (4CHILD)	Stage 1 Horizon Europe grant proposal (c)	2023	
PI	Jeffry A. Simpson (PI), Vladas Griskevicius (PI), Osnat Zamir (PI)	The effects of exposure to unpredictability and morbidity-mortality on parents and children: Mediating mechanisms and protective factors	United States – Israel Binational Science Foundation (BSF) (c)	2022	Excellent and eligible for support (N3E letter)
PI	Jeffry A. Simpson (PI), Vladas Griskevicius (PI)	The effects of exposure to unpredictability and morbidity-mortality on parenting: A life history approach	United States – Israel Binational Science Foundation (BSF) (c)	2020	Excellent and eligible for support (N3E letter)
PI	Jeffry A. Simpson (PI), Vladas Griskevicius (PI)	The effects of exposure to unpredictability and morbidity-mortality on parenting: A life history approach	US-Israel Binational Science Foundation (NSF-BSF Joint Funding) (c)	2020	

**8. Scholarships, Awards, and Prizes**

- 2025 – YVC reward for academic excellence, 7.45%
- 2024 – YVC reward for academic excellence, 7.4%
- 2023 – YVC reward for academic excellence, 7.26%
- 2022 – YVC reward for academic excellence, 7%
- 2021 – YVC reward for academic excellence, 12.5%

- 2020 – YVC reward for academic excellence, 12.5%
- 2017 – Teaching excellence award, School of Social Work & Social Welfare, Hebrew University of Jerusalem, Israel
- 2005 – 2009: Recipient of the Bar-Ilan doctoral fellowship of excellence, 160000 ILS.  
*One of two yearly recipients in experimental psychology*

## 9. Teaching

### a. Courses Taught in Recent Years

Year	Name of Course	Type of Course	Degree	Number of Students
2023-2024, 2025-2026	Statistics and research methods for thesis students	High learn course	MA	6-12
2023-2024, 2025-2026	Thesis workshop	Workshop	MA	6-12
2019-2020, 2025-2026	Emotion regulation in the educational counseling arena	Seminar	MA	12
2018-2021, 2025-2026	Research methods for advanced students	Lecture	MA	25-35
2018-2024, 2025-2026	Statistics for the social sciences/ Educational research and statistics	Introductory course (mandatory)	BA	42-52
2023-2024	Self-regulation in the educational counseling arena	Seminar	MA	13
2018-2023	Self-regulation in the educational arena	Seminar	BA	20-25
2018-2020	Scientific writing	Introductory course (mandatory)	BA	40
2018-2019	Qualitative research in education	Introductory course (mandatory)	BA	68
2018-2019	At risk youth	Lecture	BA	30
2017-2018	The organizational survey: development and assessment	Lecture	MA	35

2017-2018	Social Psychology	Introductory course (mandatory)	BA	~120
2009-2013, 2016-2017	Multivariate statistics recitation (Hebrew)	Recitation	BA	~25
2015-2016	Introduction to psychological measurement and data analysis	Lab	BA	~40
2014	Introduction to research methods	Lab	BA	~35
2011-2013	Probability (English)	Introductory course (mandatory)	BA	~80
2009-2013	SPSS workshop (English)	Workshop	BA	~25
2009-2013	Introduction to statistics recitation (English)	Recitation	BA	~25
2007-2013	SPSS workshop (Hebrew)	Workshop	BA	~25
2007-2013	Introduction to statistics recitation (Hebrew)	Recitation	BA	~25
2012	Multivariate statistics (English)	Introductory course (mandatory)	BA	~80
2011	Research and measurement methods (Hebrew)	Lab	BA	~25
2011	Proseminar (Hebrew)	Seminar	BA	~20
2010-2011	Proseminar (English)	Seminar	BA	~20
2010-2011	Multivariate statistics recitation (English)	Recitation	BA	~25

**b. Supervision of Graduate Students**

**Honor Students**

<b>Name of Student</b>	<b>Name of Co-Supervisors</b>	<b>Title of Thesis</b>	<b>Degree</b>	<b>Date of Completion /in Progress</b>	<b>Students' Achievements</b>
Sonia Zilberman		"You don't sound Russian":	BA honors	8/2023	

		The influence of accent and anticipatory cues on the arousal of stereotypes about former Soviet immigrants in Israel			
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### MA Students with Thesis

Name of Student	Name of Co-Supervisors	Title of Thesis	Degree	Date of Completion /in Progress	Students' Achievements
Ghadeer Nakhly		The associations between childhood unpredictability, attachment patterns, and parental emotion regulation	MA thesis - educational counseling	3/2025	
Sabreen Eghbaria		The associations between childhood parenting styles, attachment patterns, and social self-efficacy in adulthood in the Arab society in Israel	MA thesis - educational counseling	1/2025	
Aviv Perach Avitan		Childhood life events and their effects on co-parenting	MA thesis - educational counseling	1/2025	
Mran Haj		The associations between unpredictability and harshness in the childhood environment and authoritarian parenting among Arabs and Jews	MA thesis - educational counseling	10/2024	
Ofri Kerklis		Parental orientations and parental burnout during the "Iron Swords" war	MA thesis - educational counseling	9/2024	
Carmel Israely	Iris Haimov and Ghadir Zreik	Maternal mentalization and child's sleep: Emotional regulation and	MA thesis - educational psychology	8/2022	

		anxiety level as a mediator			
Natali Mishli	Iris Haimov and Ghadir Zreik	The relationship between life events in early childhood, impulsivity and sleep quality among teenagers	MA thesis - educational psychology	7/2022	

### MA Students without Thesis

Name of Student	Name of Co-Supervisors	Title of Thesis	Degree	Date of Completion /in Progress	Students' Achievements
Atara Shlomyok		Does children's exposure to the division of labor between their parents in childhood predict how they will divide labor in their adult lives, depending on gender?	MA in educational psychology (final paper)	7/2025	
Amit Ben-Uri		The relationship between attention deficit/hyperactivity disorder, attachment patterns, and emotion regulation	MA in educational counseling (final paper)	12/2024	
Einav Kol Bloch		The effect of the quality of the relationship with parents on the intergenerational transmission of parenting styles	MA in educational counseling (final paper)	9/2024	
Asmaa Marrid		The relationship between attention deficit/hyperactivity disorder and the social, academic, and emotional functioning of students	MA in educational counseling (final paper)	9/2024	
Bayan Zoabi		The relationship between parenting styles, emotion regulation, and	MA in educational counseling (final paper)	9/2024	

		academic performance in students			
Saja Khatib		The link between emotional eating, depression, and weight gain	MA in educational counseling (final paper)	9/2024	
Tzhay Mkuraye		The relationship between a sense of meaning and satisfaction and burnout among special education teachers	MA in educational counseling (final paper)	3/2024	
Gili Galindez		The association between parental divorce and children's degree of satisfaction with marital relationships: Attachment style as a moderating variable	MA in educational counseling (final paper)	2/2024	
Aseel Haj ali		The association of childhood abuse with emotional abuse and gaslighting in adult relationships	MA in educational counseling (final paper)	2/2024	
Tom Sharon Gershon		The shared accommodation experience and how it affects mothers in the context of attachment and intergenerational transmission	MA in educational counseling (final paper)	1/2024	
Anastasia Nitchporuk		The relation of gaslighting in a relationship with low self-esteem and low self-efficacy in parenting	MA in educational counseling (final paper)	1/2024	
Ayat Younis		How is the quality of parental care in childhood related to the level of self-esteem and social adjustment in adulthood?	MA in educational counseling (final paper)	12/2023	

Lin Josefsberg		The differences between new parents and experienced parents in self-competence and emotional regulation	MA in educational counseling (final paper)	10/2023	
Neri Shitrit		The relationship between the quality of the father's parental care in childhood and the attachment between him and his daughter and her romantic relationships in adulthood	MA in educational counseling (final paper)	9/2023	
Daniel Tassa		Parental divorce in childhood and symptoms of relationship-related obsessive-compulsive disorder in adulthood	MA in educational counseling (final paper)	12/2022	
Liron Marom		The relationship between the quality of parental care, attachment, and ADHD	MA in educational counseling (final paper)	12/2022	
Maria Diab		The relationship between attachment anxiety and victimization to psychological abuse and gaslighting among women and men	MA in educational counseling (final paper)	12/2022	
Sapir Shaul Kadosh		The relationship between adverse childhood experiences and symptoms of general anxiety and attention deficit and hyperactivity disorder	MA in educational counseling (final paper)	12/2022	
Adi Noy		The relationship of parenting styles and	MA in educational counseling	12/2022	

		attachment orientations with trait anxiety	(final paper)		
Fadi Elshech		The relationship between generalized anxiety disorder and emotion regulation: differences between the Arab and Jewish societies	MA in educational counseling (final paper)	12/2022	
Perach Levy		The relationship between the early childhood environment and the development of empathy in adulthood among men and women	MA in educational counseling (final paper)	12/2022	
Alaa Abu Khalaf		Childhood trauma, generalized anxiety disorders and emotion regulation	MA in educational counseling (final paper)	12/2021	
Aseel Abo Nemer		The link between the loss of a parent in childhood and the development of emotion regulation problems and depressive symptoms	MA in educational counseling (final paper)	12/2021	
Jwan Rashed		Attachment, loneliness and depression	MA in educational counseling (final paper)	12/2021	
Christeen Marji		Is there a link between childhood instability, emotional regulation, and couple attachment?	MA in educational counseling (final paper)	12/2021	
Luna Shahtoot		The relationship between mindfulness, emotional regulation and the level of depression in	MA in educational counseling (final paper)	12/2021	

		Arab and Jewish societies			
Tal Lapid		The association between emotion regulation difficulties in parents and emotion regulation difficulties and poor adjustment in their children	MA in educational counseling (final paper)	12/2021	
Salam Abo Esmael		The effects of attachment and early parental care on willingness to seek therapy after relationship conflict	MA in educational counseling (final paper)	12/2020	
Reem Nabelsi		The relation between family environment and test anxiety as mediated by self-esteem among Arab adolescents	MA in educational counseling (final paper)	12/2020	
Ortal Atia		Health promoting behaviors and their relation to self-differentiation, relationship quality, and romantic attachment	MA in educational counseling (final paper)	12/2020	
Gal Keinan		Personality and environmental factors influencing the involvement of parents in the education of their children	MA in educational counseling (final paper)	12/2020	
Victoria Kalantarov		Health promoting behaviors and their relation to emotion regulation skills and affective symptoms	MA in educational counseling (final paper)	12/2020	
Ali Shadafneh		The relation between parenting styles and effortful control in	MA in educational counseling (final paper)	12/2020	

		children: A comparison between Arab and Jewish families			
Omary Sondos		The relations between parenting styles, emphatic response, and callus-unemotional behavior in children	MA in educational counseling (final paper)	12/2019	
Ziva Nadeqdin		Childhood experiences of adopted children	MA in educational counseling (final paper)	12/2019	
Hend Mansur-Bisan		Coping with bereavement and loss in Druze Families who believe in reincarnation	MA in educational counseling (final paper)	12/2019	
Jonathan Rein-Bloom		Secure attachment as a moderating factor in compulsive sexual behavior in the LGBTQ+ community	MA in educational counseling (final paper)	12/2019	

### Supervision of Postdocs

Name of Student	Name of Co-Supervisors	Title of Project	Degree	Date of Completion /in Progress	Students' Achievements
Tair Tager-Shafir		The effects of unpredictability and morbidity-mortality on parental investment	Postdoc	In progress	B4, D1

### 10. Non-Academic Community Service (Volunteer Activities, pro-bono)

- Founding member and treasurer of a non-profit organization dedicated to improving the employment conditions of academic faculty in Israeli public colleges ("Union of heads of committees of academic staff in public colleges").

## PUBLICATIONS

### A. Ph.D. Dissertation

**Title:** The role of the sexual behavioral system in regulating the use of evolutionary strategies for mate selection

**Date of submission:** October, 2010

**Number of Pages:** 182

**Language:** English

**University:** Bar Ilan University

**Name of Supervisor:** Mario Mikulincer

**Publications:** B35, B40

### B. Articles in Refereed Journals

H-index = 21 and total sum of citations = 1517 (1422 without self-citations) from Web of Science.

H-index = 27 and total sum of citations = 3654 (from Google Scholar)

- The order of the listed authors is according to their relative contribution (unless otherwise specified)
- Journal ranking (R), quartile (Q), 2-year impact factor (IF), and 5-year impact factor (5Y IF) were taken from Journal Citation Reports (JCR) 2024, Clarivate Analytics.
- For journals not indexed by JCR, citation data were taken from Scopus, 2024.
- The number of citations of each MS was taken from Web of Science, Clarivate Analytics (updated to December 22, 2025).

### Published

1. **Szepsenwol, O.** (2025). The challenge of incorporating unpredictability into a two-tiered model [open peer commentary]. *Behavioral and Brain Sciences*, 48, e125.  
<https://doi.org/10.1017/S0140525X25101039>  
(IF = 13.7, 5Y IF = 16.4, R2/57 in Behavioral Sciences, Q1, Cited 0 times)  
**Role in the publication:** I wrote the commentary
2. **Szepsenwol, O.**, Zamir, O., Griskevicius, V., & Simpson, J. A. (2025). Early maltreatment, socioemotional competence, and parenting in adulthood: The moderating role of social network size. *Development and Psychopathology*, 37, 2694-2705.  
<https://doi.org/10.1017/S0954579425100345>  
(IF = 3.7, 5Y IF = 4.3, R17/94 in Developmental Psychology, Q1. Cited 0 times)  
**Role in the publication:** I developed the theoretical predictions, created the measures, analyzed the data, and wrote the paper
3. Zreik, G., Haimov, I.\*, & **Szepsenwol, O.\*** (2025). Parental childhood adversity and emotional functioning: Associations with child's emotion regulation. *Family Relations*, 74(1), 144-162.  
<https://doi.org/10.1111/fare.13120>  
(IF = 1.8, 5Y IF = 2.2, R18/94 in Social Work, Q1. Cited 1 time)  
\* Equal contributions  
**Role in the publication:** I helped conceptualize and write the paper and analyzed the data.
4. Cohen, A., Haimov, I.\*, & **Szepsenwol, O.\*** (2024). Associations of sleep quality with war-related anxiety, childhood stressors, and war-related stressors in a sample of adult Israeli civilians during the Hamas-Israel war. *Journal of Psychiatric Research*, 180, 394-401.  
<https://doi.org/10.1016/j.jpsychires.2024.11.003>  
(IF = 3.2, 5Y IF = 4.1, R91/288 in Psychiatry, Q2. Cited 2 times)  
\* Equal contributions

- Role in the publication:** I helped conceptualize and write the paper and analyzed the data.
5. Tager-Shafir, T., **Szepsenwol, O.**, Dvir, M., & Zamir, O. (2024). The Gaslighting Relationship Exposure Inventory: Reliability and validity in two cultures. *Journal of Social and Personal Relationships*, *41*(10), 3123-3146.  
<https://doi.org/10.1177/02654075241266942>  
(IF = 2.3, 5Y IF = 2.9, R14/66 in Family Studies, Q1. Cited 3 times)  
**Role in the publication:** I helped conceptualize and write the paper and analyzed the data.
  6. Zamir, O., Oved, N., **Szepsenwol, O.**, Estlein, R., Borelli, J. L., Granger, D. A., & Shai, D. (2024). The intersection between alexithymia, testosterone reactivity, and coparenting in fathers predicts child's prosocial behavior. *Hormones and Behavior*, *164*, 105565.  
<https://doi.org/10.1016/j.yhbeh.2024.105565>  
(IF = 2.4, 5Y IF = 2.6, R20/57 in Behavioral Sciences, Q2. Cited 1 time)  
**Role in the publication:** I helped conceptualize and write the paper and analyzed the data.
  7. Gorelik, M., **Szepsenwol, O.**, & Doron, G. (2023). Promoting couples' resilience to relationship obsessive compulsive disorder (ROCD) symptoms using a CBT-based mobile application: A randomized controlled trial. *Heliyon*, *9*, e21673.  
<https://doi.org/10.1016/j.heliyon.2023.e21673>  
(IF = 3.6, 5Y IF = 3.9, R29/135 in Multidisciplinary Sciences, Q1. Cited 5 times)  
**Role in the publication:** I helped conceptualize and write the paper and analyzed the data.
  8. Shai, D., **Szepsenwol, O.**, & Lassri, D. (2023). The emotional pathway to parenthood: Parental mentalizing mediates the association between alexithymia and parental emotion regulation in the transition to parenthood. *Journal of Affective Disorders Reports*, *14*, 100622.  
<https://doi.org/10.1016/j.jadr.2023.100622>  
(Cited 5 times [Scopus])  
**Role in the publication:** I helped in the conceptualization of the paper and the analysis of the data.
  9. Cohen, A., **Szepsenwol, O.**, & Haimov, I. (2023). Insomnia severity mediates the association between Covid-19 related anxiety and increase in tobacco smoking during the Covid-19 pandemic among adults. *Behavioral Sleep Medicine*, *21*(5), 608-619.  
<https://doi.org/10.1080/15402002.2022.2147934>  
(IF = 1.6, 5Y IF = 2.8, R194/288 in Psychiatry, Q3. Cited 1 time)  
**Role in the publication:** I helped in the conceptualization and writing of the paper and the analysis of the data.
  10. Zamir, O., **Szepsenwol, O.**, Shahar, B., Lassri, D., & Shai, D. (2023). The multifaceted role of empathy in the transmission of postpartum depressive symptoms between parents. *Family Process*, *62*(2), 851-864.  
<https://doi.org/10.1111/famp.12814>  
(IF = 2.2, 5Y IF = 3.2, R16/66 in Family Studies, Q1, Cited 3 times)  
**Role in the publication:** I participated in the conceptualization of the study, the data analysis, and the writing.
  11. Haimov, I., **Szepsenwol, O.**, & Cohen, A. (2022). Associations between childhood stressors, Covid-19-related anxiety, and sleep quality of adults during the third wave of the Covid-19 pandemic in Israel. *Nature and Science of Sleep*, *14*, 1665-1675.  
<https://doi.org/10.2147/NSS.S378271>  
(IF = 3.4, 5Y IF = 3.5, R78/285 in Clinical Neurology, Q2. Cited 6 times)  
**Role in the publication:** I helped in the conceptualization and writing of the paper and the analysis of the data.
  12. **Szepsenwol, O.** (2022). Identifying developmental adaptations to early-life stress. *Infant and Child Development*, *31*(1). e2290.  
<https://doi.org/10.1002/icd.2290>  
(IF = 2.9, 5Y IF = 2.8, R31/94 in Developmental Psychology, Q2. Cited 1 time)  
**Role in the publication:** I conceptualized and wrote the paper.
  13. **Szepsenwol, O.**, Simpson, J. A., Griskevicius, V., Zamir, O., Young, E. S., Shoshani, A., & Doron, G. (2022). The effects of childhood unpredictability and harshness on emotional control and relationship quality: A life history perspective. *Development and Psychopathology*, *34*(2), 607-620.  
<https://doi.org/10.1017/S0954579421001371>  
(IF = 3.7, 5Y IF = 4.3, R17/94 in Developmental Psychology, Q1. Cited 33 times)

- Role in the publication:** I developed the theoretical predictions, created the measures, collected part of the data, analyzed the data, and wrote the paper.
14. Witte, A. M., de Moor, M. H., **Szepsewol, O.**, van IJzendoorn, M. H., Bakermans-Kranenburg, M. J., & Shai, D. (2021). Developmental trajectories of infant nighttime awakenings are associated with infant-mother and infant-father attachment security. *Infant Behavior and Development*, *65*, 101653.  
<https://doi.org/10.1016/j.infbeh.2021.101653>  
(IF = 2.0, 5Y IF = 2.5, R56/94 in Developmental Psychology, Q3. Cited 2 times)  
**Role in the publication:** I assisted in the conceptualization of the study, data analysis, and writing.
  15. **Szepsewol, O.**, Shai, D., Zamir, O., Simpson, J. A. (2021). The effects of morbidity-mortality and economic unpredictability on parental distress: A life history approach. *Journal of Social and Personal Relationships*, *38*(1), 189-209.  
<https://doi.org/10.1177/0265407520959719>  
(IF = 2.3, 5Y IF = 2.9, R14/66 in Family Studies, Q1. Cited 10 times)  
**Role in the publication:** I developed the theoretical predictions, created the measures, collected part of the data, analyzed the data, and wrote the paper.
  16. **Szepsewol, O.** (2020). The effect of childhood unpredictability on co-parenting relationships during the transition to parenthood: a life history approach. *Journal of Social and Personal Relationships*, *37*(8-9), 2438-2458.  
<https://doi.org/10.1177/0265407520918670>  
(IF = 2.3, 5Y IF = 2.9, R14/66 in Family Studies, Q1. Cited 8 times)  
**Role in the publication:** I developed the theoretical predictions, created the measures, collected part of the data, analyzed the data, and wrote the paper.
  17. Levy, A., Tibi, L., **Szepsewol, O.**, Doron, G. (2020). Why do I obsess about my child's flaws?": Assessing the role of parental self-vulnerabilities in parent-child ROCD symptoms. *Clinical Psychologist*, *24*(3), 285-293.  
<https://doi.org/10.1111/cp.12217>  
(IF = 1.4, 5Y IF = 2.1, R119/185 in Clinical Psychology, Q3. Cited 10 times)  
**Role in the publication:** I assisted in the conceptualization of the study and data analysis, and was involved along with the last author in guiding the students who wrote the paper.
  18. Witte, A. M., Bakermans-Kranenburg, M. J., van IJzendoorn, M. H., **Szepsewol, O.**, & Shai, D. (2020). Predicting infant-father attachment: the role of pre- and postnatal triadic family alliance and paternal testosterone levels. *Attachment and Human Development*, *22*(6), 653-667.  
<https://doi.org/10.1080/14616734.2019.1680713>  
(IF = 2.4, 5Y IF = 3.4, R37/94 in Developmental Psychology, Q2. Cited 20 times)  
**Role in the publication:** I was involved in the conceptualization of the paper and the theoretical predictions. I analyzed the data. I collaborated in the writing of the paper and in the revision process.
  19. **Szepsewol, O.**, Zamir, O., & Simpson, J. A. (2019). The effect of early-life harshness and unpredictability on intimate partner violence in adulthood: A life history perspective. *Journal of Social and Personal Relationships*, *36*(5), 1542-1556.  
<https://doi.org/10.1177/0265407518806680>  
(IF = 2.3, 5Y IF = 2.9, R14/66 in Family Studies, Q1. Cited 30 times)  
**Role in the publication:** I developed the theoretical predictions, created the measures, analyzed the data, and wrote the paper.
  20. **Szepsewol, O.**, & Simpson, J. A. (2019). Attachment within life history theory: An evolutionary perspective on individual differences in attachment. *Current Opinion in Psychology*, *25*, 65-70.  
<https://doi.org/10.1016/j.copsyc.2018.03.005>  
(IF = 6.9, 5Y IF = 8.2, R12/221 in Multidisciplinary Psychology, Q1. Cited 76 times)  
**Role in the publication:** In this theoretical paper, I developed the theoretical model and wrote the paper.
  21. Huelsnitz, C. O., Farrell, A. K., Simpson, J. A., Griskevicius, V., & **Szepsewol, O.** (2018). Attachment and Jealousy: Understanding the dynamic experience of jealousy using the response escalation paradigm. *Personality and Social Psychology Bulletin*, *44*(12), 1664-1680.  
<https://doi.org/10.1177/0146167218772530>  
(IF = 2.9, 5Y IF = 4.5, R20/78 in Social Psychology, Q2. Cited 8 times)

- Role in the publication:** I was deeply involved in the conceptualization of the paper and the theoretical predictions. I analyzed the data with the first two authors. I collaborated in the writing of the paper and in the revision process.
22. Zamir, O., Szepeswol, O., Englund, M., Simpson, J. A. (2018). The role of dissociation in revictimization across the lifespan: A 32-year prospective study. *Child Abuse and Neglect*, 79, 144-153.  
<https://doi.org/10.1016/j.chiabu.2018.02.001>  
 (IF = 3.4, 5Y IF = 4.6, R5/66 in Family Studies, Q1. Cited 38 times)  
**Role in the publication:** I was deeply involved in the conceptualization of the paper. I analyzed the data with the first author. I assisted in the writing of the paper and in the revision process.
23. Shai, D., Dollberg, D., Szepeswol, O. (2017). The importance of parental verbal and embodied mentalizing in shaping parental experiences of stress and coparenting. *Infant Behavior and Development*, 49, 87-96.  
<https://doi.org/10.1016/j.infbeh.2017.08.003>  
 (IF = 2.0, 5Y IF = 2.4, R56/94 in Developmental Psychology, Q3. Cited 34 times)  
**Role in the publication:** I was deeply involved in the conceptualization of the paper. I analyzed the data. I co-wrote the paper with the other authors.
24. Marshall, E. M., Kuijer, R. G., Simpson, J. A., & Szepeswol, O. (2017). Standing on shaky ground? Dyadic and longitudinal posttraumatic stress effects on relationship quality post-earthquake. *Journal of Family Psychology*, 31(6), 721-733.  
<https://doi.org/10.1037/fam0000305>  
 (IF = 2.0, 5Y IF = 3.3, R21/66 in Family Studies, Q2. Cited 24 times)  
**Role in the publication:** I helped analyze the data and write the Results section in the paper.
25. Doron, G., Derby, D., & Szepeswol, O. (2017). "I can't stop thinking about my child's flaws": An investigation of parental preoccupation with their children's perceived flaws. *Journal of Obsessive-Compulsive and Related Disorders*, 14, 106-111.  
 (#Corresponding author)  
<https://doi.org/10.1016/j.jocrd.2017.06.007>  
 (IF = 1.5, 5Y IF = 2.0, R200/288 in Psychiatry, Q3. Cited 9 times)  
**Role in the publication:** I was deeply involved in the conceptualization, preparation, and administration of the research. I analyzed the data. I co-wrote the paper with the first author. As the corresponding author, I oversaw the revision process.
26. Szepeswol, O., Griskevicius, V., Simpson, J. A., Young, E. S., Fleck, C., & Jones, R. E. (2017). The effect of predictable early childhood environments on sociosexuality in early adulthood. *Evolutionary Behavioral Sciences*, 11(2), 131-145.  
<https://doi.org/10.1037/ebs0000082>  
 (IF = 1.4, 5Y IF = 1.4, R65/93 in Psychology, Q3. Cited 55 times [Scopus])  
**Role in the publication:** I developed the theoretical predictions, created the measures, analyzed the data, and wrote the paper.
27. Szepeswol, O., Shahar, B., & Doron, G. (2016). Letting it linger: Exploring the longitudinal effects of relationship-related obsessive-compulsive phenomena. *Journal of Obsessive-Compulsive and Related Disorders*, 11, 101-104.  
<https://doi.org/10.1016/j.jocrd.2016.10.001>  
 (IF = 1.5, 5Y IF = 2.0, R200/288 in Psychiatry, Q3. Cited 15 times)  
**Role in the publication:** I developed the theoretical predictions, collected and analyzed the data, and wrote the paper.
28. Doron, G., Derby, D., Szepeswol, O., Nahaloni, E., & Moulding, R. (2016). Relationship obsessive compulsive disorder (ROCD): Interference, symptoms and maladaptive beliefs. *Frontiers in Psychiatry*, 7, 58.  
<https://doi.org/10.3389/fpsy.2016.00058>  
 (IF = 3.2, 5Y IF = 4.0, R91/288 in Psychiatry, Q2. Cited 41 times)  
**Role in the publication:** I was deeply involved in the conceptualization, preparation, and administration of the research. I analyzed the data. I co-wrote the paper with the first author.
29. Mizrahi, M., Hirschberger, G., Mikulincer, M., Szepeswol, O., & Birnbaum, G. E. (2016). Reassuring sex: Can sexual desire and intimacy reduce relationship-specific attachment insecurities? *European Journal of Social Psychology*, 46(4), 467-480.  
<https://doi.org/10.1002/ejsp.2184>  
 (IF = 2.7, 5Y IF = 3.9, R26/78 in Social Psychology, Q2. Cited 24 times)  
**Role in the publication:** I analyzed the data and collaborated in writing the paper.

30. **Szepsenwol, O.**, Simpson, J. A., Griskevicius, V., & Raby, K. L. (2015). The effect of unpredictable early childhood environments on parenting in adulthood. *Journal of Personality and Social Psychology, 109*(6), 1045-1067.  
<https://doi.org/10.1037/pspi0000032>  
 (IF = 6.7, 5Y IF = 8.0, R3/78 in Social Psychology, Q1. Cited 91 times)  
**Role in the publication:** I developed the theoretical predictions, created the measures, collected part of the data, analyzed the data, and wrote the paper.
31. Doron, G., & **Szepsenwol, O.** (2015). Partner-focused obsessions and self-esteem: An experimental investigation. *Journal of Behavior Therapy and Experimental Psychiatry, 49*, 173-179.  
<https://doi.org/10.1016/j.jbtep.2015.05.007>  
 (IF = 2.2, 5Y IF = 2.1, R78/185 in Clinical Psychology, Q2. Cited 20 times)  
**Role in the publication:** I was deeply involved in the conceptualization, preparation, and administration of the research. I analyzed the data. I co-wrote the paper with the first author.
32. Shahar, B., Doron, G., & **Szepsenwol, O.** (2015). Childhood maltreatment, shame-proneness, and self-criticism in social anxiety disorder: A sequential mediational model. *Clinical Psychology and Psychotherapy, 22*(6), 570-579.  
<https://doi.org/10.1002/cpp.1918>  
 (IF = 2.7, 5Y IF = 3.4, R50/185 in Clinical Psychology, Q2. Cited 109 times)  
**Role in the publication:** I analyzed the data and co-wrote the paper with the other authors. My primary contribution was to the Results section.
33. Shahar, B., **Szepsenwol, O.**, Zilca-Mano, S., Haim, N., Zamir, O., Levi-Yeshuvi, S., & Levit-Binun, N. (2015). A wait-list randomized controlled trial of loving-kindness meditation program for self-criticism. *Clinical Psychology and Psychotherapy, 22*(4), 346-356.  
<https://doi.org/10.1002/cpp.1893>  
 (IF = 2.7, 5Y IF = 3.4, R50/185 in Clinical Psychology, Q2. Cited 98 times)  
**Role in the publication:** I analyzed the data and co-wrote the paper with the first author. My primary contribution was to the Results section.
34. **Szepsenwol, O.**, Mizrahi, M., & Birnbaum, G. E. (2015). Fatal suppression: The detrimental effects of sexual and attachment deactivation within emerging romantic relationships. *Social Psychological and Personality Science, 4*(5), 504-512.  
<https://doi.org/10.1177/1948550615572636>  
 (IF = 3.3, 5Y IF = 4.8, R14/78 in Social Psychology, Q1. Cited 14 times)  
**Role in the publication:** I developed the theory, analyzed the data, and wrote the paper.
35. Levit-Binnun, N., **Szepsenwol, O.**, Stern-Ellran, K., & Engel-Yeger, B. (2014). The relationship between sensory responsiveness profiles, attachment orientations, and anxiety symptoms. *Australian Journal of Psychology, 66*(4), 233-240.  
<https://doi.org/10.1111/ajpy.12064>  
 (IF = 1.6, 5Y IF = 4.0, R103/221 in Multidisciplinary Psychology, Q2. Cited 27 times)  
**Role in the publication:** I analyzed the data and co-wrote the paper with the first author.
36. Birnbaum, G. E., Mikulincer, M., **Szepsenwol, O.**, Shaver, P. R., & Mizrahi, M. (2014). When sex goes wrong: A behavioral systems perspective on individual differences in sexual attitudes, motives, feelings, and behaviors. *Journal of Personality and Social Psychology, 106*(5), 822-842.  
<https://doi.org/10.1037/a0036021>  
 (IF = 6.7, 5Y IF = 8.0, R3/78 in Social Psychology, Q1. Cited 69 times)  
**Role in the publication:** This paper includes findings from my Ph.D. along with other findings. I co-wrote the paper with the other authors. My main contribution was writing the Method and Results sections, but I also assisted in the other parts of the paper and in the revision process.
37. Doron, G., Derby, D., **Szepsenwol, O.** (2014). Relationship Obsessive Compulsive Disorder (ROCD): A conceptual framework. *Journal of Obsessive-Compulsive and Related Disorders, 3*(2), 169-180.  
<https://doi.org/10.1016/j.jocrd.2013.12.005>  
 (IF = 1.5, 5Y IF = 2.0, R200/288 in Psychiatry, Q3. Cited 55 times)  
**Role in the publication:** I co-wrote this theoretical paper with the first author.
38. Doron, G., Mizrahi, M., **Szepsenwol, O.**, & Derby, D. (2014). Right or Flawed: Relationships obsessions and sexual satisfaction. *Journal of Sexual Medicine, 11*(9), 2218-2224.

<https://doi.org/10.1111/jsm.12616>

(IF = 3.3, 5Y IF = 3.5, R28/133 in Urology & Nephrology. Cited 33 times)

**Role in the publication:** I was involved in the conceptualization, preparation, and administration of the research. I helped analyze the data. I co-wrote the paper with the other authors.

39. Doron, G., **Szepsenwol, O.**, Elad-Strenger, J., Hargil, E., & Bogoslavsky, B. (2013). Entity perceptions of morality and character are associated with obsessive compulsive phenomena. *Journal of Social and Clinical Psychology, 32*(7), 733-752.  
<https://doi.org/10.1521/jscp.2013.32.7.733>  
(IF = 0.9, 5Y IF = 1.7, R142/185 in Clinical Psychology, Q4. Cited 6 times).  
**Role in the publication:** I was deeply involved in the conceptualization, preparation, and administration of the research. I analyzed the data. I co-wrote the paper with the first author.
40. Doron, G., **Szepsenwol, O.**, Karp, E., & Gal, N. (2013). Obsessing about intimate-relationships: Testing the double relationship-vulnerability hypothesis. *Journal of Behavior Therapy and Experimental Psychiatry, 44*(4), 433-440.  
<https://doi.org/10.1016/j.jbtep.2013.05.003>  
(IF = 2.2, 5Y IF = 2.1, R78/185 in Clinical Psychology, Q2. Cited 52 times).  
**Role in the publication:** I was deeply involved in the conceptualization, preparation, and administration of the research. I analyzed the data. I co-wrote the paper with the first author.
41. **Szepsenwol, O.**, Mikulincer, M., & Birnbaum, G. E. (2013). Misguided attraction: The contribution of normative and individual-differences components of the sexual system to mating preferences. *Journal of Research in Personality, 47*(3), 196-200.  
<https://doi.org/10.1016/j.jrp.2013.01.002>  
(IF = 3.1, 5Y IF = 3.5, R16/78 in Social Psychology, Q1. Cited 6 times)  
**Role in the publication:** This paper is based on my Ph.D. dissertation. I developed the theory, planned and conducted the research, analyzed the data, and wrote the paper.
42. Shahar, B., Carlin, E. R., Engle, D., Hegde, J., **Szepsenwol, O.**, & Arkowitz, H. (2012). A pilot investigation of emotion-focused two-chair dialogue intervention for self-criticism. *Clinical Psychology and Psychotherapy, 19*(6), 496-507.  
<https://doi.org/10.1002/cpp.762>  
(IF = 2.7, 5Y IF = 3.4, R50/185 in Clinical Psychology, Q2. Cited 100 times)  
**Role in the publication:** I analyzed the data and wrote the Results section.
43. Doron, G., Derby, D., **Szepsenwol, O.**, & Talmor, D. (2012). Flaws and all: Exploring partner-focused obsessive-compulsive symptoms. *Journal of Obsessive-Compulsive and Related Disorders, 1*(4), 234-243.  
<https://doi.org/10.1016/j.jocrd.2012.05.004>  
(IF = 1.5, 5Y IF = 2.0, R200/288 in Psychiatry, Q3. Cited 58 times)  
**Role in the publication:** I was deeply involved in the conceptualization, preparation, and administration of the research. I analyzed the data. I co-wrote the paper with the first author.
44. Britton, W. B., Shahar, B., **Szepsenwol, O.**, & Jacobs, J. W. (2012). Mindfulness-based cognitive therapy improves emotion reactivity to social stress: Results from a randomized controlled trial. *Behavior Therapy, 43*(2), 365-380.  
<https://doi.org/10.1016/j.beth.2011.08.006>  
(IF = 3.8, 5Y IF = 4.3, R27/185 in Clinical Psychology, Q1 Cited 178 times)  
**Role in the publication:** I analyzed the data and wrote the Results section.
45. Doron, G., Derby, D., **Szepsenwol, O.**, & Talmor, D. (2012). Tainted Love: Exploring relationship-centered obsessive compulsive symptoms in two non-clinical cohorts. *Journal of Obsessive-Compulsive and Related Disorders, 1*(1), 16-24.  
<https://doi.org/10.1016/j.jocrd.2011.11.002>  
(IF = 1.5, 5Y IF = 2.0, R200/288 in Psychiatry, Q3. Cited 68 times)  
**Role in the publication:** I was deeply involved in the conceptualization, preparation, and administration of the research. I analyzed the data. I co-wrote the paper with the first author.
46. Shamay-Tsoory, S., Harari, H., **Szepsenwol, O.**, & Levkovitz, Y. (2009). Neuropsychological evidence of impaired cognitive empathy in euthymic bipolar disorder. *Journal of Neuropsychiatry and Clinical Neurosciences, 21*(1), 59-67.  
<https://doi.org/10.1176/jnp.2009.21.1.59>  
(IF = 2.9, 5Y IF = 2.7, R112/285 in Clinical Neurology, Q2. Cited 130 times)  
**Role in the publication:** As a graduate student, I conceived and carried out some of the research in the paper.

## C. Articles or Chapters in Scientific Books

### Published

1. **Szepsewicz, O.**, & Simpson, J. A. (2021). Early attachment within a life history theory perspective. In R. A. Thompson, J. A. Simpson, & L. Berlin (Eds.), *Attachment: The fundamental questions* (pp. 219-226). Guilford Press.  
**Role in the publication:** I conceptualized and wrote the chapter.
2. Simpson, J. A., Griskevicius, V., **Szepsewicz, O.**, & Young, E. S., (2017). An evolutionary life history perspective on personality and mating strategies. In A. T. Church (Ed.), *The Praeger handbook of personality across cultures* (pp. 728-757). Praeger/Greenwood.  
**Role in the publication:** I assisted in the conceptualization and writing of the chapter.

### Accepted for publication

3. **Szepsewicz, O.**, & Simpson, J. A. (in press). Evolutionary lifespan models of attachment and reproductive strategies. In S. Kanazawa (Ed.), *Genes, environments, and differential susceptibility: Current topics and controversies in evolutionary developmental psychology*. Cambridge University Press.  
**Role in the publication:** I conceptualized and wrote the chapter.

## D. Submitted Publications

1. Tager-Shafir, T., **Szepsewicz, O.**, Griskevicius, V., & Simpson, J. A. (submitted). *Beyond the ballot: The associations between political ideology, division of parental work, social support, and the relational and parental experiences of mothers*. Submitted for publication to the Journal of Social and Personal Relationships.  
**Role in the publication:** I helped in the conceptualization of the paper, analyzed the data, and participated in the writing.
2. Zamir, O., **Szepsewicz, O.**, Charak, R., Schalinski, I., Lassri, D., & Borelli, J. L. (submitted). *Childhood maltreatment and marital functioning: A dyadic latent profile analysis*. Manuscript submitted for publication to the Journal of Social and Personal Relationships.  
**Role in the publication:** I helped in the conceptualization and writing of the paper and in the analysis of the data.
3. Lord, K. M., Boyce, H., Fortier, M. A., **Szepsewicz, O.**, Zamir, O., Tan, P., Hajal, N., Mogil, C., & Borelli, J. L. (submitted). *Increasing parental well-being after the NICU through relational savoring*. Manuscript submitted for publication to Family Process.  
**Role in the publication:** I helped with the analysis of the data.
4. **Szepsewicz, O.**, Shmulewitz, D., Svirsky, V., & Mikulincer, M. (submitted). *Associations between early-life unpredictability and mental health during the Israel-Hamas war*. Submitted for publication to the Journal of Affective Disorders.  
**Role in the publication:** I conceptualized and wrote the paper, as well as analyzed the data.
5. Zamir, O., **Szepsewicz, O.**, Tager-Shafir, T., & Borelli, J. L. (submitted). *Stress, support, and resilience during wartime: A dyadic longitudinal study of parental burnout*. Manuscript submitted to Journal of Marriage and Family  
**Role in the publication:** I helped conceptualize and write the paper. I also analyzed the data.
6. **Szepsewicz, O.**, Cohen, A., & Haimov, I. (submitted). *Trajectories of insomnia and war-related anxiety during prolonged armed conflict: The moderating role of early-life unpredictability and morbidity-mortality*. Manuscript submitted for publication to Sleep.  
**Role in the publication:** I conceptualized and wrote the paper, as well as analyzed the data.
7. Daniels, S., Zalsman, G., Itzhaky, L., **Szepsewicz, O.**, Mahlev, E. S., Benatov, J. (submitted). *Suicidality calls to a national helpline: One year post the Oct 7th terror attack and amidst a prolonged war*. Manuscript submitted to the Journal of Psychiatric Research.  
**Role in the publication:** I analyzed the data and wrote the results.

8. Itzhaky, L., Gratch, I., Bechor, U., Rotschild, J., **Szepesenwol, O.**, Mann, J., Shelef, L. (submitted). *Latent profile analysis of mental health symptoms and suicidal ideation in outpatient veterans exposed to war traumas*. Manuscript submitted to the Journal of Traumatic Stress.  
**Role in the publication:** I analyzed the data and wrote the results.

## **E. Summary of My Activities and Future Plans**

I study the role of childhood and current environments in shaping adult interpersonal functioning, specifically in the context of romantic and parent-child relationships. In particular, I study how risky and unpredictable rearing environments shape important psychological capabilities during development, such as emotional control, self-regulation, and attachment orientations. This process, which is interactively informed by current levels of risk and unpredictability, culminates in the development of cognitions, emotions, and behaviors that shape personal and interpersonal functioning in adulthood.

Children are inclined to adapt cognitively, emotionally, and behaviorally to their environment. When this environment is risky and/or unpredictable, children tend to develop deep-rooted traits, capacities, and interpersonal orientations that can help them thrive in risky and unpredictable conditions (e.g., insecure attachment, short-term orientations, impulsivity, aggression). Hence, seemingly maladaptive behaviors can sometimes reflect the child's conscious or unconscious attempts to make the best of a bad situation. In my research, I identify such adaptations and study their roots in early experience and their long-term consequences for individual and interpersonal adjustment. I employ longitudinal, dyadic, and experimental designs, and use diverse methodologies, including behavioral observations, multi-informant surveys, diary studies, and controlled experiments. My theoretical approach is informed by social psychology, evolutionary psychology, developmental psychology, clinical psychology, and family science.

## **Research Findings**

One of my primary interests in recent years has been the longitudinal effects of chaotic and unpredictable early family environments on interpersonal and parental functioning in adulthood. Together with colleagues from the Psychology Department and the Institute of Child Development at the University of Minnesota, I analyzed prospective data from the Minnesota Longitudinal Study of Risk and Adaptation (MLSRA) and found that men who grew up in a chaotic and unpredictable family environment (measured prospectively when they were 0-4 years old) were less sensitive and investing parents at age 32. This was partially explained by them receiving less sensitive parenting from their own parents, and developing insecure attachment orientations (Szepesenwol et al., 2015; *Journal of Personality and Social Psychology*). In a second study, we found that men and women who grew up in a chaotic family environment (again, measured prospectively when they were 0-4 years old) were less likely to have stable committed intimate relationships as young adults, again mediated by insecure attachment (Szepesenwol et al., 2017). Women who grew up in a chaotic family environment also struggled to form and maintain co-parenting relationships with their partners when they became parents (Szepesenwol, 2020).

In a recent paper, my collaborators and I demonstrated that emotional control difficulties play an important role in the association between unpredictable childhood environments and interpersonal difficulties in adulthood. In our study, unpredictable childhood environments were found to be associated with difficulties in emotional control in adolescents and adults, indirectly predicting low relationship quality in adulthood. Early-life unpredictability (ages 0-4) also prospectively predicted poor emotional control at age 32, and indirectly, lower relationship quality. Moreover, early-life unpredictability forecasted greater distress in observed conflict interactions with romantic partners in adulthood (Szepesenwol et al., 2022; *Development and Psychopathology*). These findings are consistent with prior research showing that unpredictable childhood environments prospectively predict having more conflictual relationships with peers in adolescence, which in turn predicts experiencing and perpetrating more intimate partner violence in adulthood (Szepesenwol et al, 2019).

These were the first prospective longitudinal studies demonstrating a process through which experiencing a chaotic family environment at a very young age can hamper personal and interpersonal functioning 20 and 30 years into the future by promoting insecure attachment and emotional control difficulties. Together, these findings indicate that the childhood family environment may have long-lasting psycho-social effects.

In order to expand our research on this topic, my collaborators (Jeffrey Simpson & Vlad Griskevicius) and I received a grant of \$330,000 from the National Science Foundation in the United States. This grant supported a triadic observation study on the effects of early environments on the co-parental relationship and implicit and explicit parental attitudes of parents to preschool children, and the associations of these parental variables with children's adjustment. The study took longer than expected due to Covid-19 but is now completed. The results of this study are currently being analyzed and prepared for publication. We have found, for example, that early exposure to morbidity-mortality cues among women was associated with more negative implicit attitudes toward children (assessed with a single-category implicit association test), as well as their partners' more negative implicit attitudes toward children. These negative implicit attitudes, in turn, were associated in women with more negative explicit parenting attitudes, which were then associated with more negative parenting behaviors observed in a play and instruction task with their child (Szepsenwol et al., in preparation). In another interesting result from this study, early and recent unpredictability interacted to predict more negative parenting attitudes in men.

The NSF grant also supported additional analyses on the MLSRA dataset. These analyses showed that early-life exposure to parental maltreatment (ages 0-5) predicts lower teacher-rated emotional and peer competence (ages 6-18), which, in turn, predicts lower parental investment (age 32). However, the analysis also showed that this effect is completely offset when individuals have a broader network of friends in adulthood (Szepsenwol et al., in preparation). Thus, adult friendships may serve an important protective function against the longitudinal effects of childhood maltreatment on parenting.

These recent results from the NSF grant point to the importance of the parent's current environment. Indeed, in a triadic longitudinal study focusing on parental psychopathology in couples transitioning into parenthood, my colleagues and I have found that exposure to unpredictability and morbidity-mortality during the critical period in which couples adjust to their new roles as parents spills over to the family system and is associated with new fathers' parental psychopathology (postpartum depression and parental stress), above and beyond the effects of preexisting psychopathology (Szepsenwol et al., 2021). Thus, exposure to stressful and unpredictable environments has proximate effects on parental functioning, in addition to longitudinal effects. Continuing this line of research, I received a grant of 678,000 ILS from the Israel Science Foundation (ISF) to conduct experimental and longitudinal studies that will investigate the interaction between current and early-life environmental stressors in their effect on parenting. This grant supports both experimental studies, in which perceptions of the current environment are being manipulated, and a longitudinal field study, which will follow parents for one year over multiple assessments. After the October 7<sup>th</sup> attack, I diverted some of the funds to conduct a short-term longitudinal study following parenting dyads during the Israel-Hamas war. All of these studies are ongoing.

## **Future Plans**

My research thus far indicates that early-life experiences can have lasting effects on the social lives of individuals. In the near future, I plan to continue investigating how early risk and unpredictability are internalized and represented in cognitive schemas and patterns of emotional responding (Szepsenwol & Simpson, 2019). My current work, however, focuses mainly on understanding how early and current environments interact to affect parenting and close relationships in adulthood (NSF & ISF grants). I am also considering implicit cognitions regarding parenting and close relationships as possible mechanisms for such effects, and am currently conducting several experimental studies looking into this possibility.

At the same time, I have begun looking at the health implications of risky and unpredictable early environments. In a recent study, my collaborators and I found that various dimensions of early life stress (adverse childhood experiences, unpredictability, exposure to morbidity and mortality, poverty) have unique associations with poor sleep quality in adulthood, partially mediated by greater anxiety (Haimov, Szepsenwol, & Cohen, 2022). I am

also planning to examine underlying physiological mechanisms (e.g., HPA reactivity), to get a sense of how early-life stress “gets under the skin” to affect how people respond to everyday stressful situations in interpersonal contexts.

In conclusion, I am constantly expanding the scope of my research on how specific dimensions of early and current environments are predictive of psychological and physiological characteristics in adulthood. My ongoing research promises to provide valuable information on the nature of these effects, the mechanisms underlying them, and the conditions and contexts in which they emerge.