

**Name: Ohad Szepsenwol**

**Date: 6.11.2023**

## **CURRICULUM VITAE**

### **1. Personal Details**

Permanent Home Address: De Haas 15, apt 4. Tel Aviv 6266212

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### **2. Higher Education**

#### **A. Undergraduate and Graduate Studies**

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

## B. Post-Doctoral Studies

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

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

Dates	Name of Institution and Department	Rank/Position
2020-present	Max Stern Yezreel Valley College, Department of Education and Educational Counseling	Associate Professor
2018-2020	Max Stern Yezreel Valley College, Department of Education and Educational Counseling	Senior Lecturer (suggested rank)
2017-2018	The Hebrew University in Jerusalem, School of Social Work and Social Welfare	Teaching associate
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. Scholarly Positions and Activities outside the Institution**

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

2010 - present	International Association for Relationship Research (IARR)
2012 - present	Society for Personality and Social Psychology (SPSP)

##### **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

## 5. Participation in Scholarly Conferences

### a. Active Participation

#### Conferences held abroad

Date	Name of Conference	Place of Conference	Subject of Lecture/Discussion	Role
Feb 2024	The Society for Personality and Social Psychology (SPSP) Annual Conference	San Diego, CA	Having many close friends buffers childhood maltreatment effects on parents	Presenter
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	Presenter
Aug 2022	International Association for Relationship	Virtual	Special session: Publications town hall	Presenter

Date	Name of Conference	Place of Conference	Subject of Lecture/Discussion	Role
	Research (IARR) Biannual Conference			
Feb 2022	Society for Personality and Social Psychology (SPSP) Annual Conference	San Francisco, CA	Childhood unpredictability and harshness predict diminished sleep quality and worse physical health in adulthood: Mediation through emotion regulation difficulties	Presenter
Jul-Sep 2021	International Association for Relationship Research (IARR) Biannual Conference	London, GB (virtual)	The Effect of Childhood Unpredictability on Coparenting Relationships During the Transition to Parenthood: A Life History Approach	Presenter
Feb 2020	Society for Personality and Social Psychology (SPSP) Annual Conference	New Orleans, LA	The Effect of Childhood Unpredictability on Co-parenting Relationships: A Life History Approach	Presenter
Feb 2019	Society for Personality and Social Psychology (SPSP) Annual Conference	Portland, OR	The effects of morbidity-mortality and economic unpredictability on parental distress	Presenter
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	Presenter
Mar 2018	Society for Personality and Social Psychology (SPSP)	Atlanta, GA	The effect of childhood unpredictability on emotional control and relationship quality: A life history perspective	Presenter

Date	Name of Conference	Place of Conference	Subject of Lecture/Discussion	Role
	Annual Conference			
Jan 2017	Society for Personality and Social Psychology (SPSP) Annual Conference	San Antonio, TX	The effect of predictable early childhood environments on sociosexuality in early adulthood.	Presenter
July 2016	International Association for Relationship Research (IARR) Biannual Conference	Toronto, Canada	The effect of unpredictable early childhood environments on parenting in adulthood	Presenter
Feb 2015	Society for Personality and Social Psychology (SPSP) Annual Conference	Long Beach, CA	Early stress and parenting: The effect of unpredictability experienced in early childhood on parenting orientations in adulthood	Presenter
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	Presenter
Jan 2013	Society for Personality and Social Psychology (SPSP) Annual Conference	New Orleans, LA	Fatal suppression: The detrimental effect of sexual deactivation within romantic relationships	Presenter
July 2012	International Association for Relationship Research (IARR) Biannual Conference	Chicago, IL	Fatal suppression: The detrimental effect of sexual deactivation within romantic relationships	Presenter

Date	Name of Conference	Place of Conference	Subject of Lecture/Discussion	Role
Jan 2012	Society for Personality and Social Psychology (SPSP) Annual Conference	San Diego, CA	The role of the sexual behavioral system in moderating mating preferences	Presenter

- I have been a co-author on 19 additional conference presentations abroad

**Conferences held in Israel**

Date	Name of Conference	Place of Conference	Subject of Lecture/Discussion	Role
June 2022	Yezreel Valley College Research and Teaching Fair	Israel	Childhood unpredictability and harshness predict diminished sleep quality and worse physical health in adulthood: mediation through emotion regulation difficulties	Presenter
2010	International Association for Relationship Research (IARR) Biannual Conference	Herzliya, Israel	Mating preferences: the moderating role of the sexual behavioral system	Presenter
2007	conference of the Israel Society for Biological Psychiatry (ISBP)	Kfar Giladi, Israel	Empathy deficits in bipolar disorder	Presenter

**b. Organization of Conferences or Sessions**

Date	Name of Conference	Place of Conference	Subject of Conference/ Role at Conference/ Comments	Role
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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
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## 8. Research Grants

### a. Grants Awarded

#### External grants

Role in Research	Co-Researchers	Topic	Funded by/ Amount	Year
PI		The effects of unpredictability and morbidity-mortality on parental investment	Israel Science Foundation (ISF) – 678,000 ILS	2021-2025
Co-PI	Jeffrey A. Simpson (PI) Vladas Griskevicius (Co-PI)	Developmental and interpersonal antecedents of parenting orientations and behavior: A life history perspective	National Science Foundation (NSF - USA) – \$330,000	2018-2020



**Internal grants**

<b>Role in Research</b>	<b>Co-Researchers</b>	<b>Topic</b>	<b>Funded by/ Amount</b>	<b>Year</b>
PI		The effect of political attitudes and exposure to gender diversity on gender inequality in the division of domestic labor and child care among parents	Yezreel Valley College Research committee – 14,970 ILS	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 ILS	2018-2019

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

<b>Role in Research</b>	<b>Co-Researchers</b>	<b>Topic</b>	<b>Funded by/ Amount</b>	<b>Year</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. Submission of Research Proposals – Not Funded**

<b>Role in Research</b>	<b>Co-Researchers</b>	<b>Topic</b>	<b>Funded by</b>	<b>Year</b>	<b>Score</b>
PI	Jeffry A. Simpson (PI) 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)	2023-2027	Excellent and eligible for support (N3E letter)
PI	Jeffry A. Simpson (PI) Griskevicius (PI)	The effects of exposure to unpredictability and morbidity-mortality on parenting: A life history approach	United States – Israel Binational Science Foundation (BSF)	2021-2025	Excellent and eligible for support (N3E letter)
PI	Jeffry A. Simpson (PI) Vladas Griskevicius (Co-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)	2021-2023	
PI	Jeffry A. Simpson (PI)	The effects of exposure to unpredictability and morbidity-mortality on parenting: A life history approach	United States – Israel Binational Science Foundation (BSF)	2019-2022	

Co-PI	Guy Doron (Co-PI)	Parent-child ROCD symptoms and their ramifications in young adulthood	Israel Science Foundation (ISF)	2017-2020	
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## 9. Scholarships, Awards and Prizes

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

## 10. Teaching

### a. Courses Taught in Recent Years

Year	Name of Course	Type of Course Lecture/Seminar/ Workshop/High Learn Course/ Introduction Course (Mandatory)	Degree	Number of Students
2023-2024	Statistics and research methods for thesis students	Lecture	MA	12
2023-2024	Self-regulation in the educational counseling arena	Seminar	MA	13
2023-2024	Thesis workshop	Workshop	MA	12

2019-2020	Emotion regulation	Seminar	MA	12
2018-2024	Educational research and statistics	Lecture	BA	42-52
2018-2021	Research methods for advanced students	Lecture	MA	25-35
2018-2023	Self-regulation in the educational arena	Seminar	BA	20-25
2018-2020	Scientific writing	Lecture	BA	40
2018-2019	Qualitative research in education	Lecture	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	Lecture	BA	~120
2015-2016	Introduction to psychological measurement and data analysis	Lab	BA	~40
2014	Introduction to research methods	Lab	BA	~35
2012	Multivariate statistics (English)	Lecture	BA	~80
2011-2013	Probability (English)	Lecture	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
2009-2013, 2016-2017	Multivariate statistics recitation (Hebrew)	Recitation	BA	~25
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

b. Supervision of Graduate Students

Name of Student	Title of Thesis	Degree	Date Completion / of in Progress	Students' Achievements
Lin Josefsberg	The differences between new parents and experienced parents in self competence and emotional regulation	MA (without a thesis)	10/2023	
Neri Shitrit	The relationship between the quality of the father's	MA (without a thesis)	9/2023	

	parental care in childhood and the attachment between him and his daughter and her romantic relationships in adulthood			
Carmel Israely	Maternal mentalization and child`s sleep: Emotional regulation and anxiety level as a mediator	MA thesis - Educational Psychology	8/2022	
Natali Mishli	The relationship between life events in early childhood, impulsivity and sleep quality among teenagers	MA thesis - Educational Psychology	7/2022	
Daniel Tassa	Parental divorce in childhood and symptoms of relationship-related obsessive-compulsive disorder in adulthood	MA (without a thesis)	12/2022	
Liron Marom	The relationship between the quality of	MA (without a thesis)	12/2022	

	parental care, attachment, and ADHD			
Maria Diab	The relationship between attachment anxiety and victimization to psychological abuse and gaslighting among women and men	MA (without a thesis)	12/2022	
Sapir Shaul Kadosh	The relationship between adverse childhood experiences and symptoms of general anxiety and attention deficit and hyperactivity disorder	MA (without a thesis)	12/2022	
Adi Noy	The relationship of parenting styles and attachment orientations with trait anxiety	MA (without a thesis)	12/2022	
Fadi Elshech	The relationship between generalized	MA (without a thesis)	12/2022	

	anxiety disorder and emotion regulation: differences between the Arab and Jewish societies			
Perach Levy	The relationship between the early childhood environment and the development of empathy in adulthood among men and women	MA (without a thesis)	12/2022	
Alaa Abu Khalaf	Childhood trauma, generalized anxiety disorders and emotion regulation	MA (without a thesis)	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 (without a thesis)	12/2021	



Jwan Rashed	Attachment, loneliness and depression	MA (without a thesis)	12/2021	
Christeen Marji	Is there a link between childhood instability, emotional regulation, and couple attachment?	MA (without a thesis)	12/2021	
Luna Shahtoot	The relationship between mindfulness, emotional regulation and the level of depression in Arab and Jewish societies	MA (without a thesis)	12/2021	
Tal Lapid	The association between emotion regulation difficulties in parents and emotion regulation difficulties and poor adjustment in their children	MA (without a thesis)	12/2021	
12/2020	Salam Abo Esmael	The effects of attachment and early parental care on willingness	MA (without a thesis)	12/2020

		to seek therapy after relationship conflict		
12/2020	Reem Nabelsi	The relation between family environment and test anxiety as mediated by self-esteem among Arab adolescents	MA (without a thesis)	12/2020
12/2020	Ortal Atia	Health promoting behaviors and their relation to self-differentiation, relationship quality, and romantic attachment	MA (without a thesis)	12/2020
12/2020	Gal Keinan	Personality and environmental factors influencing the involvement of parents in the education of their children	MA (without a thesis)	12/2020
12/2020	Victoria Kalantarov	Health promoting behaviors and their relation to emotion	MA (without a thesis)	12/2020

		regulation skills and affective symptoms		
12/2020	Ali Shadafneh	The relation between parenting styles and effortful control in children: A comparison between Arab and Jewish families	MA (without a thesis)	12/2020
Omary Sondos	The relations between parenting styles, emphatic response, and callus-unemotional behavior in children	MA (without a thesis)	12/2019	
Ziva Nadeqdin	Childhood experiences of adopted children	MA (without a thesis)	12/2019	
Hend Mansur-Bisan	Coping with bereavement and loss in Druze Families who believe in reincarnation	MA (without a thesis)	12/2019	
Jonathan Rein-Bloom	Secure attachment as a moderating factor in compulsive	MA (without a thesis)	12/2019	

	sexual behavior in the LGBTQ+ community			
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## **PUBLICATIONS**

**Note:** The order of the listed authors is according to their relative contribution (unless otherwise specified)

**Index:**

**IF = 2-year impact factor (Journal Citation Reports 2021, Clarivate Analytics)**

**5Y IF = 5-year impact factor (Journal Citation Reports 2021, Clarivate Analytics)**

**R = Ranking (Journal Citation Reports 2021, Clarivate Analytics)**

**CS = CiteScore (Scopus, 2021) (where IF is unavailable)**

**Citation count = Scopus**

**Q = Quartile (Scientific Journal Rankings 2021 – SJR, SCImago)**

### **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

**Name of Supervisor:** Mario Mikulincer

**University:** Bar Ilan University

**Publications:** B6, B11

### **B. Articles in Refereed Journals**

#### **Published**

1. Gorelik, M., **Szepeswol, O.**, & Doron, G. (in press). Promoting couples' resilience to relationship obsessive compulsive disorder (ROCD) symptoms using a CBT-based mobile application: A randomized controlled trial. *Heliyon*. <https://doi.org/10.1016/j.heliyon.2023.e21673> [IF = 4.0, 5Y IF = 4.1, R34/134 in Multidisciplinary Sciences. Cited 0 times. Q1]  
**I helped in the conceptualization and writing of the paper and the analysis of the data.**
2. Shai, D., **Szepeswol, 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> [CS = 2.3, R151/292 in Clinical Psychology. Cited 0 times. Q2]

**I helped in the conceptualization of the paper and the analysis of the data.**

3. Cohen, A., **Szeppenwol, 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 = 3.1, 5Y IF = 3.4, R91/155 in Psychiatry. Cited 1 time. Q1]

**I helped in the conceptualization and writing of the paper and the analysis of the data.**

4. Zamir, O., **Szeppenwol, 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 = 3.9, 5Y IF = 3.7, R7/46 in Family Studies. Cited 0 times. Q1]

**I participated in the conceptualization of the study, the data analysis, and the writing.**

5. Haimov, I., **Szeppenwol, 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 = 4.7, R136/272 in Neurosciences. Cited 0 times. Q2]

**I helped in the conceptualization and writing of the paper and the analysis of the data.**

6. **Szeppenwol, O.** (2022). Identifying developmental adaptations to early-life stress. *Infant and Child Development*, 31(1). e2290. <https://doi.org/10.1002/icd.2290> [IF = 2.2, 5Y IF = 2.3, R48/77 in Developmental Psychology. Cited 0 times. Q2]

**I conceptualized and wrote the paper.**

7. **Szeppenwol, 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 = 3.3, 5Y IF = 4.1, R29/77 in Developmental Psychology. Cited 8 times. Q1]

**I developed the theoretical predictions, created the measures, collected part of the data, analyzed the data, and wrote the paper.**

8. Witte, A. M., de Moor, M. H., Szepeswol, 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 = 2.1, 5Y IF = 2.5, R52/77 in Developmental Psychology. Cited 0 times. Q2]

**I assisted in the conceptualization of the study, data analysis, and writing.**

9. Szepeswol, 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 = 2.8, 5Y IF = 3.3, R13/46 in Family Studies. Cited 6 times. Q1]

**I developed the theoretical predictions, created the measures, collected part of the data, analyzed the data, and wrote the paper.**

10. Szepeswol, 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 = 2.8, 5Y IF = 3.3, R13/46 in Family Studies. Cited 5 times. Q1]

**I developed the theoretical predictions, created the measures, collected part of the data, analyzed the data, and wrote the paper.**

11. Levy, A., Tibi, L., Szepeswol, O., Doron, G. (2020). Why do I obsess about my child's flaws?": Assessing the role of parental self-vulnerabilities in parent-child OCD symptoms. *Clinical Psychologist*, 24(3), 285-293. <https://doi.org/10.1111/cp.12217>, [IF = 1.5, 5Y IF = 2.1, R68/81 in Psychology. Cited 6 times. Q3]

**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.**

12. Witte, A. M., Bakermans-Kranenburg, M. J., van Ijzendoorn, M. H., Szepeswol, 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 = 3.2, 5Y IF = 3.6,

R30/77 in Developmental Psychology. Cited 20 times. Q1]

**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.**

13. Szepeswol, 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 = 2.8, 5Y IF = 3.3, R13/46 in Family Studies. Cited 19 times. Q1]

**I developed the theoretical predictions, created the measures, analyzed the data, and wrote the paper.**

14. Szepeswol, 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 = 5.9, 5Y IF = 7.3, R16/147 in Multidisciplinary Psychology. Cited 49 times. Q1]

**In this theoretical paper, I developed the theoretical model and wrote the paper.**

15. Huelsnitz, C. O., Farrell, A. K., Simpson, J. A., Griskevicius, V., & Szepeswol, 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 = 4.0, 5Y IF = 4.9, R19/63 in Social Psychology. Cited 3 times. Q1]



**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.**

16. 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 = 4.8, 5Y IF = 5.4, R5/46 in Family Studies. Cited 30 times. Q1]

**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.**

17. 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 = 2.1, 5Y IF = 2.5, R52/77 in Developmental Psychology. Cited 25 times. Q2]

**I was deeply involved in the conceptualization of the paper. I analyzed the data. I co-wrote the paper with the other authors.**

18. 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 = 2.7, 5Y IF = 3.3, R16/46 in Family Studies. Cited 19 times. Q1]

**I helped analyze the data and write the Results section in the paper.**

19. 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. <https://doi.org/10.1016/j.jocrd.2017.06.007> (\* Corresponding author) [IF = 1.8, 5Y IF = 1.9, R109/144 in Psychiatry. Cited 9 times. Q2]

**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.**

20. **Szepsewolski, 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 = 1.3, 5Y IF = N/A, R67/92 in Psychology. Cited 35 times. Q3].

**I developed the theoretical predictions, created the measures, analyzed the data, and wrote the paper.**

21. **Szepsewolski, 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 = 1.8, 5Y IF = 1.9, R109/144 in Psychiatry. Cited 11 times. Q2]

**I developed the theoretical predictions, collected and analyzed the data, and wrote the paper.**

22. Doron, G., Derby, D., **Szepsewolski, 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 = 4.7, 5Y IF = 5.0, R40/144 in Psychiatry. Cited 30 times. Q1]

**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.**

23. Mizrahi, M., Hirschberger, G., Mikulincer, M., **Szepsewolski, 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 = 3.9, 5Y IF = 4.6, R20/63 in Social Psychology. Cited 23 times. Q1]

**I analyzed the data and collaborated in writing the paper.**

24. **Szepsewolski, 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 = 7.6, 5Y IF = 9.2, R3/63 in Social Psychology. Cited 72 times. Q1]

**I developed the theoretical predictions, created the measures, collected part of the data, analyzed the data, and wrote the paper.**

25. Doron, G., & Szepeswol, 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 = 1.8, 5Y IF = 2.3, R94/131 in Clinical Psychology. Cited 15 times. Q1]

**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.**

26. Shahar, B., Doron, G., & Szepeswol, 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 = 3.6, 5Y IF = 3.6, R42/131 in Clinical Psychology. Cited 73 times. Q1]

**I analyzed the data and co-wrote the paper with the other authors. My primary contribution was to the Results section.**

27. Shahar, B., Szepeswol, 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 = 3.6, 5Y IF = 3.6, R42/131 in Clinical Psychology. Cited 88 times. Q1]

**I analyzed the data and co-wrote the paper with the first author. My primary contribution was to the Results section.**

28. Szepeswol, 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*, 6(5), 504-512. <https://doi.org/10.1177/1948550615572636> [IF = 5.7, 5Y IF = 6.1, R7/63 in Social Psychology. Cited 12 times. Q1]

**I developed the theory, analyzed the data, and wrote the paper.**

29. Levit-Binnun, N., **Szepeswol, 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 = 2.7, 5Y IF = 2.8, R58/147 in Multidisciplinary Psychology. Cited 27 times. Q2]

**I analyzed the data and co-wrote the paper with the first author.**

30. Birnbaum, G. E., Mikulincer, M., **Szepeswol, 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 = 7.6, 5Y IF = 9.2, R3/63 in Social Psychology. Cited 57 times. Q1].

**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.**

31. Doron, G., Derby, D., **Szepeswol, 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 = 1.8, 5Y IF = 1.9, R109/144 in Psychiatry. Cited 41 times. Q2].

**I co-wrote this theoretical paper with the first author.**

32. Doron, G., Mizrahi, M., **Szepeswol, 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 = 3.5, 5Y IF = 3.8, R25/88 in Urology & Nephrology. Cited 23 times. Q1]

**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.**

33. Doron, G., **Szepeswol, 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 = 1.7, 5Y IF = 2.1, R99/131 in Clinical Psychology. Cited 6 times. Q2].

**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.**

34. Doron, G., Szepeswol, 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 = 1.8, 5Y IF = 2.3, R94/131 in Clinical Psychology. Cited 46 times. Q1].

**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.**

35. Szepeswol, 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= 3.3, 5Y IF= 3.9, R26/63 in Social Psychology. Cited 6 times. Q1].

**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.**

36. Doron, G. Talmor, D., Szepeswol, O., Derby, D. (2012). Relationship-centered obsessive-compulsive phenomena. *Psicoterapia Cognitiva e Comportamentale*, 18, 79-90. [CS = 0.5, R248/292 in Clinical Psychology. Cited 2 times. Q4]

**I was involved in the conceptualization and preparation of the paper.**

37. Shahar, B., Carlin, E. R., Engle, D., Hegde, J., Szepeswol, 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 = 3.6, 5Y IF = 3.6, R42/131 in Clinical Psychology. Cited 93 times. Q1]

**I analyzed the data and wrote the Results section.**

38. Doron, G., Derby, D., **Szepsewol, 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 = 1.8, 5Y IF = 1.9, R109/144 in Psychiatry. Cited 38 times. Q2]

**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.**

39. Britton, W. B., Shahr, B., **Szepsewol, 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 = 3.7, 5Y IF = 4.2, R41/131 in Clinical Psychology. Cited 158 times. Q1]

**I analyzed the data and wrote the Results section.**

40. Doron, G., Derby, D., **Szepsewol, 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 = 1.8, 5Y IF = 1.9, R109/144 in Psychiatry. Cited 49 times. Q2]

**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. Shamay-Tsoory, S., Harari, H., **Szepsewol, O.**, & Levkovitz, Y. (2009). Neuropsychological evidence of impaired cognitive empathy in euthymic bipolar disorder. *Journal of Neuropsychiatry and Clinical Neurosciences*, 21(1), 59-67. [IF = 2.9, 5Y IF = 2.8, R174/272 in Neurosciences. Cited 124 times. Q2]

**As a graduate student, I conceived and carried out some of the research in the paper.**

#### **Personal citation report (6.11.23)**

Sum of citations (Google Scholar): 2550

Sum of citations (Scopus): 1229

Sum of citations (Web of Science): 1107

*h*-index (Google Scholar): 24

*h*-index (Scopus): 20

*h*-index (Web of Science): 19

### **C. Articles or Chapters in Scientific Books**

#### **(which are not Conference Proceedings)**

##### **Published**

1. **Szepsewolski, 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.

**I conceptualized and wrote the chapter.**

2. Simpson, J. A., Griskevicius, V., **Szepsewolski, 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.

**I assisted in the conceptualization and writing of the chapter.**

##### **In press**

3. **Szepsewolski, 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.

**I conceptualized and wrote the chapter.**

### **D. Submitted Publications**

1. Zreik, G., Haimov, I., & **Szepsewolski, O.** (submitted). *Parental childhood adversity and emotional functioning: Associations with child's emotion regulation*. Manuscript submitted for publication [Family Relations].

2. Tager-Shafir, T., **Szepeswol, O.**, Dvir, M., & Zamir, O. (submitted). *The Relationship Gaslighting Victimization Inventory: Reliability and validity in two cultures*. Manuscript submitted for publication [Journal of Social and Personal Relationships].
3. Zamir, O., Oved, N., **Szepeswol, O.**, Estlein, R., Borelli, J. L., Granger, D. A., & Shai, D. (submitted). *The intersection between alexithymia, testosterone reactivity, and coparenting in fathers predicting child's prosocial behavior*. Manuscript submitted for publication [Hormones and Behavior].

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

I study how exposure to poor and chaotic family environments during childhood impacts children's social development. In particular, I study how risky and unpredictable rearing environments shape important psychological capabilities in children, such as emotional control and self-regulation, and influence the development of secure attachment and high-quality relationships with peers. This process culminates in the development of potentially maladaptive cognitions, emotions, and behaviors that undermine individual and family adjustment once children become adults, and may eventually pass through to the next generation through dysfunctional parenting practices.

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 developmental psychology, social psychology, clinical psychology, evolutionary psychology, and family science.



### Research Findings

My primary focus in recent years has been on the longitudinal effects of chaotic and unpredictable early family environments on children's attachment representations, and subsequently on their interpersonal and parental functioning once they become adults. 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 (Szepeswol 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 (Szepeswol 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 (Szepeswol, 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 (Szepeswol 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 (Szepeswol et al., 2019).

These were the first prospective longitudinal studies demonstrating a causal 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 effects on children's social development, pointing to the importance of targeted interventions aimed at fostering a steady and reliable rearing environment for children.

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-life factors such as parental abuse and neglect 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 results of this study are currently being analyzed. The grant also supported additional analyses on the MLSRA dataset. Initial results from these analyses show that early-life exposure to parental maltreatment (ages 0-5) predicted lower teacher-rated emotional and peer competence (ages 6-18), which, in turn, predicted 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 (Szepeswol 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 MLSRA point to the importance of the parents' current environment. Indeed, in a triadic longitudinal study focusing on parental psychopathology in couples transitioning into parenthood, my colleagues and I have found that extrinsic and unpredictable stress (financial, health) 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 (Szepeswol 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 have recently 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.

Another theme of my research is the consideration of capacities and dispositions of individual family members, rooted in their own early experiences, as risk factors that may undermine important family subsystems, especially the relationship between parents and their children. For example, I have looked at the destructive role of spousal and parental psychopathology, and found that obsessive-compulsive symptoms, when directed toward your spouse or child, can undermine marital and parent-child relationships above and beyond other forms of psychopathology (e.g., Szepeswol et al., 2016; Doron, Derby, & Szepeswol, 2017). Together with colleagues, I examined how parents' ability to understand and respond to their child's mental states shapes parental experiences and coparental relationships (Shai, Dollberg, & Szepeswol, 2017). I have also been involved in studies looking at the effectiveness of clinical interventions for improving emotional reactions to stress and reducing self-criticism resulting from childhood maltreatment (e.g., Shahar, Szepeswol et al., 2015; Shahar, Doron, & Szepeswol, 2015).

### **Summary and Future Plans**

My research so far indicates that early-life experiences can have lasting effects on children's social development, by shaping their attachment representations and emotion regulation capabilities. These effects extend to their adult relationships and parental functioning and hence can have implications for their children. In the future, I plan to continue investigating how early stressful and unpredictable environments are internalized and represented in children's cognitive schemas and patterns of emotional responding (Szepeswol & Simpson, 2019).

My current work focuses mainly on understanding how early and current environments interact to affect parenting and close relationships in adulthood (NSF & ISF grants). I am also examining implicit attitudes toward parenting and close relationships as a possible mechanism 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 stressful 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).

In summary, I am constantly expanding the scope of my research on how specific dimensions of early-life stress are uniquely predictive of psychological and physiological characteristics in adulthood. My ongoing research promises to provide valuable information on how early and current environments interact to predict adult characteristics and shed light on the mechanisms underlying these effects.