

CURRICULUM VITAE

COLTER D. RAY, PhD

Director of the Communication and Speech Studies Program
Department of Communication
University of Tampa
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EDUCATION

PH.D., COMMUNICATION (2018), ARIZONA STATE UNIVERSITY

Dissertation: Effects of Message Planning on Support Message Effectiveness, Nonverbal Behaviors, and Supporter Stress and Anxiety

M.A., COMMUNICATION STUDIES (2014), TEXAS STATE UNIVERSITY

Distinction: Departmental Award for Outstanding Graduate Student

B.A., PUBLIC RELATIONS (2011), TEXAS STATE UNIVERSITY

Distinction: Ralph J. Harrell Outstanding Senior

CERTIFICATES

Graduate Certificate in Corporate Communication and Training, Texas State University, 2014
Masterclass in Online Pedagogy, Arizona State University, 2018
Mental Health First Aid Certification, 2023
Spartan Online Learning Teaching Certificate, 2024

STUDY ABROAD

Oxford University, St. Hilda's College, 2013

ACADEMIC APPOINTMENTS

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|-----------------------|---|
| Summer 2025–Present | University of Tampa Department of Communication <i>Director of the Communication and Speech Studies Program</i> |
| Fall 2023–Summer 2025 | University of Tampa Department of Communication <i>Assistant Professor</i> |
| Fall 2021–Summer 2023 | Louisiana State University Department of Communication Studies <i>Assistant Professor</i> |
| Fall 2018–Summer 2021 | San Diego State University School of Communication <i>Assistant Professor</i> <i>Director of the Human Communication Laboratory</i> <i>Associate Director of the Center for Communication, Health, and the Public Good</i> |
| Fall 2014–Summer 2018 | Arizona State University <i>Graduate Teaching Assistant</i> The Hugh Downs School of Human Communication |
| Fall 2012–Spring 2014 | Texas State University Department of Communication Studies <i>Graduate Teaching Assistant</i> <i>Basic Course Administrator (2013–2014)</i> |

RESEARCH & GRANT ACTIVITY

RESEARCH METRICS

Publications: 42 (39 Peer-Reviewed) Total Citations: 417 h-Index: 12 i10-Index: 14

Total Grant Funding: \$65,954 Conference Presentations: 64 Top Paper Awards: 5

PEER-REVIEWED JOURNAL ARTICLES

**Denotes the author was a student while working on the study*

39. **Ray, C. D.**, & Floyd, K. (2025). Saying the wrong thing or saying nothing at all: Comparing outcomes of nonsupport versus low person-centered emotional support messages following a major personal injury or loss of employment. *Communication Studies*. Advance online publication. <https://doi.org/10.1080/10510974.2025.2532497>

38. **Ray, C. D.**, & *Rushing, H. (2025). Loneliness coping strategies: Their perceived effectiveness and frequency of use. *Journal of Social and Personal Relationships*. Advance online publication. <https://doi.org/10.1177/02654075251343037>

**Holly Rushing is an undergraduate student at University of Tampa.*

37. *Ball, J. Q., & **Ray, C. D.** (2025). Relational maintenance behaviors mediate the relationship between Alzheimer's diagnosis severity and caregivers' engaging in benefit finding. *Health Communication*. Advance online publication. <https://doi.org/10.1080/10410236.2025.2503401>

**Julie Ball was a masters student at University of Tampa.*

36. **Ray, C. D.**, & Manusov, V. M. (2025). Modeling the potential effectiveness of low person-centered emotional support: The role of relational closeness, goodwill, and message accuracy on outcomes. *Communication Studies*. Advance online publication. <https://doi.org/10.1080/10510974.2025.2484846>

35. Floyd, K., **Ray, C. D.**, *Boumis, J. (2025). Cognitive distortions associated with loneliness: An exploratory study. *Behavioral Sciences*. Advance online publication. <https://doi.org/10.3390/bs15081061>

**Josephine Boumis was a doctoral student at University of South Florida*

34. Duede, L. A., **Ray, C. D.**, & Brisini, K. S. C. (2025). Preferences for social support and perceived support gaps among attention-deficit/hyperactivity disorder (ADHD) adults. *Journal of Social and Personal Relationships*. Advance online publication. <https://doi.org/10.1177/02654075251332687>

**Lindsay Duede is a doctoral student at Louisiana State University*

33. Floyd, K., **Ray, C. D.**, & Hesse, C. (2025). Theoretic principles of rational emotive behavioral therapy (REBT) and loneliness: A multinational replication of Hyland et al., (2019). *Cognitive Behaviour Therapy*. Advance online publication. <https://doi.org/10.1080/16506073.2025.2465760>
32. **Ray, C. D.**, Scharp, K. M., *Parker, E., & *Donohoe, D. E. (2025). Withholding social support because those in need are undeserving: A thematic narrative analysis. *Communication Research*, 52(3), 316–345. <https://doi.org/10.1177/00936502221146629>
*Emily Parker was an undergraduate student at San Diego State University and Dana Donohoe was a doctoral student at University of Washington
31. Floyd, K., Hesse, C., **Ray, C. D.**, & Mikkelson, A. M. (2025). Interpersonal loneliness predicts the frequency and intensity of nightmares: An examination of theoretic mechanisms. *The Journal of Psychology*, 159(2), 111–131. <https://doi.org/10.1080/00223980.2024.2378418>
30. **Ray, C. D.** (2024). The relationships between loneliness and mental and physical health are moderated by the tendency for interpersonal victimhood: A study of young adult cancer patients. *Journal of Psychosocial Oncology*, 42(1), 80–89. <https://doi.org/10.1080/07347332.2023.2223203>
29. **Ray, C. D.**, *Wang, N. O., *Duede, L. A., *Garza, B., & *Burns, J. (2024). Loneliness, stigma, and the tendency for interpersonal victimhood inhibit compassion for some but not all suffering social groups. *Interpersona*, 18(2), 216–237. <https://doi.org/10.5964/ijpr.11807>
*Ningyang Wang is a doctoral candidate and Lindsay Duede is a doctoral student at Louisiana State University. Ben Garza and Julien Burns were masters students at Louisiana State University
28. **Ray, C. D.**, Iannarino, N. T., *Wang, N. O., *Matias, B., Westerman, A., & Germann, J. N. (2024). Exploring the barriers to providing and receiving social support: A qualitative study of young adult cancer patients and young adult supporters. *Health Communication*, 39(12), 2707–2717. <https://doi.org/10.1080/10410236.2023.2285558>
*Ningyang Wang is a doctoral student at Louisiana State University and Brianna Matias is a medical student at St. George's University
27. Mikkelson, A. C., & **Ray, C. D.** (2024). Commitment, relational uncertainty, and the investment model. *Communication Research Reports*, 41(2), 105–116. <https://doi.org/10.1080/08824096.2024.2351367>
26. **Ray, C. D.** (2024). Nonsupport experiences of young adult cancer patients: Prevalence, acceptability, and outcomes of not receiving support. *Health Communication*, 39(6), 1129–1137. <https://doi.org/10.1080/10410236.2023.2206178>

25. **Ray, C. D.** (2024). Mixed messages: III. Negative statements within emotional support messages are more memorable than positive statements and predict longitudinal outcomes. *Western Journal of Communication*, 88(3), 455–481 <https://doi.org/10.1080/10570314.2022.2132530>
24. **Ray, C. D.,** & Mikkelsen, A. C. (2023) The multidimensional evaluation of enacted support scale (MEESS): Issues regarding factor structure, study design, and instructions. *Journal of Social and Personal Relationships*, 40(10), 3269–3295. <https://doi.org/10.1177/02654075231171621>
23. **Ray, C. D.,** & Manusov, V. L. (2023). What counts as an acceptable reason for not communicating emotional support? *Personal Relationships*, 30(2), 596–619. <https://doi.org/10.1111/perc.12470>
22. **Ray, C. D.,** & Shebib, S. J. (2022). Determinants of loneliness during the COVID-19 pandemic in the United States: A one-year follow-up study. *Journal of Social and Personal Relationships*, 39(12), 3579-3595. <https://doi.org/10.1177/02654075221102632>
21. Floyd, K., **Ray, C. D.,** *James, R., & *Anderson, A. J. (2022). Correlates of compassion for suffering social groups. *Southern Communication Journal*, 87(4), 324-338. <https://doi.org/10.1080/1041794X.2022.2086612>
**Rebecca James and Andrew Anderson were masters students at San Diego State University*
20. **Ray, C. D.** (2022). Extraversion negatively predicts compliance with social distancing and mask usage guidelines for men but not women. *Research in Psychology and Behavioral Sciences*, 10(1), 1–5. <https://doi.org/10.12691/rpbs-10-1-1>
19. **Ray, C. D.** (2021). The trajectory and determinants of loneliness during the first two months of the COVID-19 pandemic in the United States. *Journal of Social and Personal Relationships*, 38(6), 1920–1938. <https://doi.org/10.1177/02654075211016542>
18. Shin, Y., Pettigrew, J., **Ray, C. D.,** & Lu, Y. (2021). Frequency and importance of interpersonal communication about a school-based intervention with parents, peers, and teachers: Application of Social Interface Model. *Journal of Applied Communication Research*, 49(86), 1-17. <https://doi.org/10.1080/00909882.2021.1936122>
17. Pettigrew, J., Razzante, R., Allsup, J., Lu, Y., & **Ray, C. D.** (2021). Challenging sustainability in school-based intervention in Nicaragua. *Health Education*, 121(4), 356-367 . <https://doi.org/10.1108/HE-12-2020-0115>
16. **Ray, C. D.,** Harvey, J., Floyd, K., Bonito, J. A., & Reblin, M. (2021). Mixed messages: II. Outcomes associated with the proportion and placement of negative statements in support messages. *Health Communication*, 36(7), 856–865. <https://doi.org/10.1080/10410236.2020.1719322>

15. Floyd, K., York, C., & **Ray, C. D.** (2020). Heritability of affectionate communication: A twins study. *Communication Monographs*, 87(4), 405–424. <https://doi.org/10.1080/03637751.2020.1760327>
14. **Ray, C. D.**, Floyd, K., Tietz, C., Veluscek, A. M., Otmar, C. D., Hashi, E. C., & Fisher, R. (2020). Mixed messages: I. The consequences of communicating negative statements within emotional support messages to cancer patients. *Journal of Patient Experience*, 7(4), 593–599. <https://doi.org/10.1177/2374373519873781>
13. **Ray, C. D.**, Floyd, K., Mongeau, P. A., & Randall, A. K. (2020). Success bias and inflation bias after planning and communicating emotional support messages. *Journal of Cancer Education*, 35(5), 972–976. <https://doi.org/10.1007/s13187-019-01550-1>
12. Mikkelsen, A. C., & **Ray, C. D.** (2020). Development of the Revised Relational Maximization Scale and explorations of how relational maximization relates to personal and relational outcomes. *Journal of Social and Personal Relationships*, 34(8-9), 2482–2509. <https://doi.org/10.1177/0265407520928122>
11. **Ray, C. D.**, Burke, T. J., Young, V., & Curran, M. A. (2019). Enacting social control to encourage healthier partner diet and exercise behavior: Considering the roles of constraints and topic avoidance. *Southern Communication Journal*, 84(5), 301–313. <https://doi.org/10.1080/1041794X.2019.1644665>
10. **Ray, C. D.**, Floyd, K., Mongeau, P. A., Mark, L., Shufford, K. N., & Niess, L. C. (2019). Planning improves vocal fluency and appearance of concern when communicating emotional support. *Communication Research Reports*, 36(1), 57–66. <https://doi.org/10.1080/08824096.2018.1560251>
9. **Ray, C. D.**, Manusov, V. L., & McLaren, R. M. (2019). “Emotional support won’t cure cancer”: Reasons people give for not providing emotional support. *Western Journal of Communication*, 83(1), 20–38. <https://doi.org/10.1080/10570314.2018.1472800>
8. Stein, J. B., **Ray, C. D.**, van Raalte, L. J., & Mongeau, P. A. (2019). Testing the relational turbulence theory in friends with benefits relationships. *Ohio Communication Journal*, 57(1), 6–18.
7. **Ray, C. D.**, & Veluscek, A. M. (2018). Nonsupport versus varying levels of person-centered emotional support: A study of women with breast cancer. *Journal of Cancer Education*, 33(3), 649–652. <https://doi.org/10.1007/s13187-016-1125z>

6. Floyd, K., **Ray, C. D.**, van Raalte, L. J., Stein, J. B., & Generous, M. A. (2018). Interpersonal touch buffers pain sensitivity in romantic relationships but heightens sensitivity between strangers and friends. *Research in Psychology and Behavioral Sciences*, 6(1), 27–34. <https://doi.org/10.12691/rpbs-6-1-4>
5. Kim, S., **Ray, C. D.**, Larkey, L., Ramos, E., & Northfelt, D. (2018). Factors predicting unmet supportive care needs among adult cancer patients. *Health Behavior and Policy Review*, 5(6), 38–49. <https://doi.org/10.14485/HBPR.5.6.3>
4. Pettigrew, J., Segrott, J., **Ray, C. D.**, & Littlecott, H. (2018). Social interface model: Theorizing ecological post-delivery processes for intervention effects. *Prevention Science*, 19(8), 987–996. <https://doi.org/10.1007/s11121-017-0857-2>
3. Kim, H., **Ray, C. D.**, Veluscek, A. M. (2017). Complementary roles of facilitators and peers in promoting mHealth engagement and weight loss: An analysis of survey and in-app activity data. *Journal of Health Communication*, 22(11), 902–915. <https://doi.org/10.1080/10810730.2017.1373876>
2. **Ray, C. D.**, & Veluscek, A. M. (2017). Face threats and additional reasons for perceiving support as unwanted: A study of recently diagnosed cancer patients. *Health Communication*, 32(11), 1396–1402. <https://doi.org/10.1080/10410236.2016.1228027>
1. Floyd, K., & **Ray, C. D.** (2017). Thanks, but no thanks: Negotiating face threats when rejecting offers of unwanted social support. *Journal of Social and Personal Relationships*, 34(8), 1260–1276. <https://doi.org/10.1177/0265407516673161>

MANUSCRIPTS UNDER REVIEW

**Denotes the author was a student while working on the study*

3. *Robinson, J. P., **Ray, C. D.**, & Ball, J. Q. (revise & resubmit). Effectively communicating support to widows: Advice from those who have lost their husband. *Qualitative Research Reports in Communication*.

**James Robinson and Julie Ball were masters students at University of Tampa*

2. *Rushing, H., & **Ray, C. D.** (under initial review). Loneliness advice messages: What is communicated and what is perceived as effective?. *Western Journal of Communication*.

**Holly Rushing is an undergraduate student at University of Tampa.*

1. *Rushing, H., & **Ray, C. D.** (under initial review). When are low person-centered support messages effective and appropriate? A qualitative validation and revision of the LPC message effectiveness model. *Communication Monographs*.

**Holly Rushing is an undergraduate student at University of Tampa.*

MANUSCRIPTS IN PROGRESS

**Denotes the author was a student while working on the study*

4. **Ray, C. D.** (drafted). Nonsupport and mixed messages: Dilemmas in supportive communication. (invited chapter in forthcoming Routledge Handbook of Supportive Communication)
3. **Ray, C. D.** & Berman, N. (data collected). Nonsupport: A distinct expectancy violation in which social support is expected but not received.
2. *Yan, J., Guntzviller, L. M., **Ray, C. D.**, *Wang, N. O., & Iannarino, N. T. (data collected). Why young adult cancer patients struggle to seek support: A mixed-methods analysis.
**Jia Yan is a doctoral student at University of Illinois Urbana-Champaign. Ningyang Wang is a doctoral candidate at Louisiana State University*
1. Iannarino, N., *Wang, N. O., **Ray, C. D.**, Germann, J. N., & Westerman, A. (data collected). Understanding how oncology practitioners assess social support needs in adolescent and young adult patients and family caregivers.
**Ningyang Wang is a doctoral candidate at Louisiana State University*

FUNDED RESEARCH, MENTORING & TEACHING GRANTS

15. Funder: University of Tampa–RISE Grant (2025)
Project Title: *The Consequences of Not Receiving Support From Loved Ones During Difficult Times*
Amount: \$5,384
Awarded: April 2025 (**Ranked #1 Out of 61 Applications for 2025 Funding Cycle**)
Position/Role: Principal Investigator
14. Funder: University of Tampa– Office of Undergraduate Research and Inquiry (OURI)
Funding Opportunity: Undergraduate Research and Inquiry Grant (2025-2026)
Project Title: *Ghosted Instead of Supported: Exploring Instances When Loved Ones Did Not Communicate Support During Difficult Times*
Amount: \$4,000
Awarded: April 2025
Position/Role: Principal Investigator & Faculty Mentor

13. Funder: University of Tampa – Office of Undergraduate Research and Inquiry (OURI)
Funding Opportunity: Summer Undergraduate Research Funding (2025)
Project Title: *Hurtful Or Helpful: Who Can Effectively Communicate Tough Love and Who Is Best Able to Receive It?*
Amount: \$6,500
Awarded: February 2025
Position/Role: Principal Investigator & Faculty Mentor
12. Funder: University of Tampa – Office of Undergraduate Research and Inquiry (OURI)
Funding Opportunity: Research and Inquiry Curriculum Grants (2025)
Course Redesigned: SPE 310 – Interpersonal
Amount: \$1,000
Awarded: November 2024
Position/Role: Principal Investigator
11. Funder: University of Tampa– Office of Undergraduate Research and Inquiry (OURI)
Funding Opportunity: Undergraduate Research and Inquiry Grant (2024-2025)
Project Title: *Advice About Loneliness: What is Communicated and What is Effective?*
Amount: \$4,000
Awarded: September 2024
Position/Role: Principal Investigator & Faculty Mentor
10. Funder: University of Tampa–RISE Grant (2024)
Project Title: *Identifying Strategies for Addressing Loneliness*
Amount: \$10,000
Awarded: May 2024
Position/Role: Principal Investigator
9. Funder: Louisiana State University–Manship Summer Publication Grant
Project Title: *Assessing the Psychometrics of the Multidimensional Evaluate of Enacted Support Scale Using Census-Matched Data at Multiple Time Points*
Amount: \$5,000
Awarded: May 2022
Position/Role: Principal Investigator
8. Funder: San Diego State University–University Grants Program
Project Title: *Combating the Loneliness Epidemic with Gratitude and Affection*
Amount: \$10,000
Awarded: February 2021–June 2022 (Grant Ended Upon Leaving SDSU in August 2021)
Position/Role: Principal Investigator

7. Funder: San Diego State University–Faculty Guided Summer Undergraduate Research Program
Project Title: *Instances When People Believe Cancer Patients Do Not Deserve Social Support*
Amount: \$3,000
Awarded: May 2019–August 2019
Position/Role: Principal Investigator; Academic Mentor to Undergraduate Assistant
6. Funder: San Diego State University–University Grants Program
Project Title: *How Our Bodies and Minds React to Emotional Support Messages in the Cancer Context*
Amount: \$10,000
Awarded: January 2019–June 2020
Position/Role: Principal Investigator
5. Funder: The Hugh Downs School of Human Communication at Arizona State University
Project Title: *Supporter Anxiety and Emotional Support Message Quality During Interactions with Cancer Patients*
Amount: \$3,000
Awarded: March 2017–February 2018
Position/Role: Principal Investigator
4. Funder: Arizona State University Office of Knowledge Enterprise Development
Project Title: *The Physiological Effects of Planning Support Messages*
Amount: \$2,000
Awarded: February 2017–May 2018
Position/Role: Principal Investigator
3. Funder: Arizona State University Graduate and Professional Student Association
Project Title: *Individual Travel Grant*
Amount: \$950
Awarded Twice: November 2016; November 2017
2. Funder: The Hugh Downs School of Human Communication at Arizona State University
Project Title: *Nonsupport Versus Varying Levels of Person-Centered Emotional Support*
Amount: \$1,120
Awarded: March 2016–February 2017
Position/Role: Principal Investigator
1. Funder: International Narcotics and Law Enforcement Affairs (U.S. Department of State)
Project Title: *Expanding the Influence of Dale se REAL in Nicaragua Central America*
Amount: \$600,000
Awarded: 2016–2019
Position/Role: Research Assistant

NON-FUNDED RESEARCH GRANT APPLICATIONS

4. Funder: The Rita and Alex Hillman Foundation

Funding Opportunity Title: Hillman Emergent Innovation: Serious Illness and End of Life

Project Title: *Developing and Implementing a Tool for Facilitating Supportive Interactions Between Young Adult Cancer Patient and Their Friends*

Amount: \$50,000

Investigators: Abby Westermann (PI), **Colter D. Ray (Co-I)**, Julie Germann (Co-I), Nicholas Iannarino (Co-I)

3. Funder: National Institutes of Health

Activity Code and FOA: R01 Research Project Grant (PAR-19-373)

Funding Opportunity Title: *Research on Biopsychosocial Factors of Social Connectedness and Isolation on Health, Wellbeing, Illness, and Recovery*

Amount: \$400,000

Investigators: Colin Hesse (Co-PI), Kory Floyd (Co-PI) , **Colter D. Ray (Co-I)**, & Thaddeus Pace (Co-I)

2. Funder: National Cancer Institute (As a component of the UCSD & SDSU U54 Grant Renewal)

Project Title: *Pragmatic Approach to Address Culturally Diverse Palliative Care Needs of Advanced Cancer Patients*

Amount: \$267,500

Funding Decision Announced September 2019

Principal Investigator: Savitri Singh-Carlson; Co-Investigator: **Colter D. Ray**, Eun Jeong Ko

1. Funder: San Diego State University – University Grants Program

Project Title: *Empathy Bootcamp: Tools for Building Relationships When It Really Counts*

Amount: \$10,000

Funding Decision Announced December 2019

Position/Role: Principal Investigator

BOOK CHAPTERS

3. Floyd, K., Pavlich, C. A., Dinsmore, D. R., & **Ray, C. D.** (2020). The physiology of affectionate communication. In L. S. Aloia, A. Denes, & J. C. Crowley (Eds.), *The Oxford handbook of the physiology of interpersonal communication*. Oxford University Press.

<https://doi.org/10.1093/oxfordhpb.9780190679446.013.4>

2. Pauley, P., **Ray, C. D.**, Spitzberg, B. H., & Savage, M. (2019). Interpersonal and relational communication. In B. H. Spitzberg, H. Canary, & D. Canary (Eds.), *The communication capstone: The communication inquiry and theory experience*. Cognella.

1. Floyd, K., & **Ray, C. D.** (2016). The biology of affection. In J. Nussbaum (Ed.), *Oxford research encyclopedia of communication* (pp. 1–26). Oxford University Press.
<https://doi.org/10.1093/acrefore/9780190228613.013.157>

COMPETITIVELY SELECTED CONFERENCE PAPER PRESENTATIONS, PANELS, AND SYMPOSIA

64. Tan, C. Y. J., Iannarino, N. I., Ghazal, L. V., Reedy, J. M., Ingram, K. M., Glock, R., Germann, J. N., Ancil, R., Westcott, G., & **Ray, C. D.** (March, 2026). *Oncology clinicians' perceptions of adolescent and young adult cancer patients' social media use: Preliminary findings from a qualitative study*. Paper submitted for presentation at the annual conference of the American Psychosocial Oncology Society, New Orleans, LA.
63. **Ray, C. D.** (February–March, 2026). *Nonsupport and mixed messages*. Paper submitted for presentation at the annual convention of the Western States Communication Association, San Diego, CA.
62. Rushing, H., & **Ray, C. D.** (February–March, 2026). *When are low person-centered messages effective and appropriate? A qualitative validation and revision of the LPC Message Effectiveness Model*. Paper submitted for presentation at the annual convention of the Western States Communication Association, San Diego, CA.
61. Rushing, H., & **Ray, C. D.** (February–March, 2026). *Loneliness advice messages: What is communicated and what is perceived as effective?*. Paper submitted for presentation at the annual convention of the Western States Communication Association, San Diego, CA.
60. Floyd, K., **Ray, C. D.**, & Hesse, C. (February–March, 2026). *Rational Emotive Behavior Therapy and Loneliness: A multinational replications of Hyland et al. 2019*. Paper submitted for presentation at the annual convention of the Western States Communication Association, San Diego, CA.
59. Yan, J., Iannarino, N. I., Wang, N. O., **Ray, C. D.**, & Guntzviller, L. (November, 2025). *Barriers to support-seeking among young adult cancer patients: A mixed-methods exploration*. Paper accepted for presentation at the annual convention of the National Communication Association, Denver, CO.
58. Robinson, J. P., & **Ray, C. D.** (April, 2025). *Negative memorable messages of support received by widows*. Paper presented at the annual convention of the Central States Communication Association, Cincinnati, OH. **Awarded the Dawn O. Braithwaite Award for Qualitative Research.**
57. Floyd, K., **Ray, C. D.**, & Boumis, J. (April, 2025). *Problematic intrapersonal messages associated with interpersonal loneliness: An exploratory study*. Paper presented at the annual convention of the Central States Communication Association, Cincinnati, OH. **Top 4 Paper in Interpersonal Division.**

56. **Ray, C. D.**, & Rushing, H. (April, 2025). *Widening the scope of interpersonal loneliness research by documenting lonely individuals' recounts of the coping strategies that were (in)effective and (un)common*. Paper presented at the annual convention of the Central States Communication Association, Cincinnati, OH.
55. Rushing, H., & **Ray, C. D.** (April, 2025). *What advice do lonely people receive and to what extent are different types of advice helpful or unhelpful?* Paper presented at the annual convention of the Central States Communication Association, Cincinnati, OH.
54. Ball, J. Q., & **Ray, C. D.** (April, 2025). *Relational maintenance behaviors mediate the relationship between Alzheimer's diagnosis severity and caregivers' engaging in benefit finding*. Paper presented at the annual convention of the Central States Communication Association, Cincinnati, OH.
53. Iannarino, N. T., Westerman, A., Germann, J., Murphy, K. M., **Ray, C. D.**, Wang, N. O., Tan, C. Y. J., O'Neil, D., Matias, B., & Reedy, J. M. (March, 2025). *Understanding how oncology practitioners assess social support needs in adolescent and young adult cancer patients: Lessons learned in the interview process*. Paper presented at the annual conference of the American Psychosocial Oncology Society, Pittsburgh, PA.
52. **Ray, C. D.**, & Manusov, V. M. (February, 2025). *Minimizing the impact of low person-centered emotional support: The role of relational closeness, goodwill, and message accuracy*. Paper presented at the annual convention of the Western States Communication Association, Albuquerque, NM. **Top 3 Paper in Interpersonal Division.**
51. **Ray, C. D.**, & Floyd, K. (November, 2024). *Saying the wrong thing or nothing at all: Comparing outcomes of nonsupport versus low person-centered emotional support messages following a major personal injury or loss of employment*. Paper presented at the annual convention of the National Communication Association, New Orleans, LA.
50. **Ray, C. D.**, Iannarino, N. T., Westermann, A., Germann, J., Matias, B., & Wang, N. O. (August, 2024). *Ghosted after a cancer diagnosis: Why does it happen and how can we prevent it?* [Poster presentation]. CancerCon LIVE, Austin, TX.
49. Floyd, K., Hesse, C., **Ray, C. D.**, & Mikkelsen, A. M. (June, 2024). *Interpersonal loneliness predicts the frequency and intensity of nightmares: An examination of theoretic mechanisms*. Paper presented at the annual convention of the International Communication Association, Gold Coast, Australia.
48. Fedd, A., Samp, J. A., & **Ray, C. D.**, (June 2024). *Sexual communication: A scoping review*. Paper presented at the annual convention of the International Communication Association, Gold Coast, Australia.

47. Disharoon, C., Clements, M., & **Ray, C. D.**, (June 2024). *“I’ll play it in the background: The impact of media multitasking on academic self-efficacy and self-concept in Generation Z undergraduate students.”* Paper presented at the annual meeting of the National Conference on Undergraduate Research, Long Beach, CA.

46. **Ray, C. D.**, Iannarino, N. T., Germann, J., & Westermann, A., Matias, B., & Wang, N. O. (April, 2024). *Understanding and mitigating social support barriers for young adults with cancer* [Poster presentation]. Patient Insight Congress, Atlanta, GA.

**Note: This poster was also displayed at the annual meetings of the American Psychosocial Oncology Society (2024) and at the Global Adolescent and Young Adult Cancer Congress (2023).*

45. **Ray, C. D.**, Iannarino, N. T., Germann, J., & Westermann, A., Matias, B., & Wang, N. O. (March, 2024). *Understanding and mitigating social support barriers for young adults with cancer* [Poster presentation]. American Psychosocial Oncology Society, Albuquerque, NM.

44. **Ray, C. D.** (November, 2023). *Nonsupport experiences of young adult cancer patients: Prevalence, acceptability, and outcomes of not receiving support.* Paper presented at the annual meeting of the National Communication Association, National Harbor, VA.

43. **Ray, C. D.**, Iannarino, N. T., Wang, N. O., Mattias, B., Westerman, A. W., & Germann, J. N. (November, 2023). *Barriers to providing social support: A study of young adult cancer patients and young adult supporters.* Paper presented at the annual meeting of the National Communication Association, National Harbor, VA.

42. **Ray, C. D.**, Wang, N. O., Duede, L. A., Garza, B., & Burns, J. (November, 2023). *Loneliness and stigmatization predicts diminished compassion for suffering social groups.* Paper presented at the annual meeting of the National Communication Association, National Harbor, VA.

41. Otmar, C. D., & **Ray, C. D.** (November, 2023). *The loneliness of social anxiety: Testing three models of relational messages.* Paper presented at the annual meeting of the National Communication Association, National Harbor, VA.

40. Duede, L. A., **Ray, C. D.**, Brisini, K., & Kelley, M. L. (November, 2023). *The social support experiences of attention-deficit hyperactivity disorder (ADHD) adults.* Paper presented at the annual meeting of the National Communication Association, National Harbor, VA.

39. Westerman, A., **Ray, C. D.**, Iannarino, N., Germann, J., Matias, B., & Wang, N. O. (June, 2023). *Understanding and mitigating social support barriers for young adults with cancer.* Paper presented at the annual meeting of the Global Adolescent and Young Adult Cancer Congress, Long Beach, CA.

38. **Ray, C. D.** (June, 2023). *The relationships between loneliness and mental and physical health are moderated by the tendency for interpersonal victimhood: A study of young adult cancer patients*. Paper presented at the International Association for Relationship Research's Dark Side of Relationships Conference, Tuscaloosa, AL.
37. **Ray, C. D.**, & Manusov, V. L. (February, 2023). *What counts as a good excuse for nonsupport? An analysis of the acceptability judgments and relational well-being using a nationally representative sample of U.S. adults*. Paper presented at the annual meeting of the Western States Communication Association, Phoenix, AZ.
36. **Ray, C. D.**, & Mikkelsen, A. C. (February, 2023). *The Multidimensional Evaluation of Enacted Support Scale (MEESS): Issues regarding factor structure, study design, and instructions*. Paper presented at the annual meeting of the Western States Communication Association, Phoenix, AZ.
35. **Ray, C. D.** (November, 2022). *Creating a research agenda around the concept of nonsupport: Instances when social support is expected but not received*. Paper presented at the annual meeting of the National Communication Association, New Orleans, LA.
34. **Ray, C. D.**, & Shebib, S. J. (November, 2022). *Further investigations into the determinants of loneliness during the COVID-19 pandemic in the United States: A one-year follow-up study*. Paper presented at the annual meeting of the National Communication Association, New Orleans, LA.
33. **Ray, C. D.**, Scharp, K. M., Parker, E., & Donohoe, D. E. (November, 2022). *Withholding social support because those in need are undeserving: A thematic narrative analysis*. Paper presented at the annual meeting of the National Communication Association, New Orleans, LA.
32. James, R., **Ray, C. D.**, Spitzberg, B. S., & Barber, L. (November, 2022). *Native Spanish speakers' perceptions of emotional support messages received in Spanish and English*. Paper accepted for presentation at the annual meeting of the National Communication Association, New Orleans, LA.
31. Westerman, A., **Ray, C. D.**, Iannarino, N. T., & Germann, J. N. (March, 2022). *Barriers to social support for adolescents and young adults with cancer*. Symposium presented at the virtual meeting of the American Psychosocial Oncology Society.
30. Floyd, K., **Ray, C. D.**, James, R., & Anderson, A. (February, 2022). *Predictors of compassion for suffering social groups*. Paper presented at the annual meeting of the Western States Communication Association, Portland, OR. **Top Paper in Interpersonal Division.**
29. **Ray, C. D.** (November, 2021). *Mixed messages: III. Negative statements within emotional support messages are more memorable than positive statements and predict longitudinal outcomes*. Paper presented at the annual meeting of the National Communication Association, Seattle, WA.

28. Wilson, S. R., Schrodtt, P., **Ray, C. D.**, & Shebib, S. (November, 2021). *Transforming interpersonal and family communication research: A discussion of advancing theory using survey experimental design*. A panel presentation at the annual meeting of the National Communication Association, Seattle, WA.
27. **Ray, C. D.**, Floyd, K., Mongeau, P. M., & Randall, A. K. (July-August, 2021). *Success bias and inflation bias after planning and communicating emotional support messages to cancer patients*. Paper presented at the virtual meeting of the International Association for Relationship Research.
26. **Ray, C. D.**, Harvey, J., Floyd, K., Bonito, J. A., & Reblin, M. (November, 2020). *Mixed messages: II. Outcomes associated with the proportion and placement of negative statements in support messages*. Paper presented at the annual meeting of the National Communication Association, Indianapolis, IN.
25. Floyd, K., York, C., & **Ray, C. D.** (May, 2020). *Heritability of affectionate communication: A twins study*. Paper presented at the annual meeting of the International Communication Association, Gold Coast, Australia.
24. Mikkelsen, A. C., & **Ray, C. D.** (February, 2020). *Development of the Revised Relational Maximization Scale and explorations of how relational maximization relates to personal and relational outcomes*. Paper presented at the annual meeting of the Western States Communication Association, Denver, CO. **Top Paper in Interpersonal Division.**
23. Otmar, C. D., **Ray, C. D.**, Spitzberg, B. H., Negash, S. (February, 2020). *The influence of interpersonal patterns of forgiveness on relational resilience*. Paper presented at the annual meeting of the Western States Communication Association, Denver, CO.
22. Valenzuela, A., Bohan, S., Nguyen-Grozavu, F., Robbins Sadler, G., Malcarne, V., & **Ray, C. D.** (September, 2019). *Social support for African American women with cancer: Why is it so low? A review of the literature*. Paper presented at the annual meeting of the International Cancer Education Conference, Salt Lake City, UT.
21. Shin, Y., Pettigrew, J., **Ray, C. D.**, Lu, Y., Castillo, M. A., & Allsup, J. D. (May, 2019). *Latent class analysis of interpersonal communication about the school-based intervention, Dale se REAL, with parents, peers, and teachers from the social interface model*. Paper presented at the annual meeting of the Society of Prevention Research, San Francisco, CA.
20. **Ray, C. D.**, Floyd, K., Tietzsort, C. J., Veluscek, A. M., Hashi, E. C., Otmar, C. D., & Fisher, R. (February, 2019). *Brief negative statements occurring within longer support messages result in lower message effectiveness and supporter competence ratings*. Paper presented at the annual meeting of the Western Communication Association, Seattle, WA.

19. **Ray, C. D.**, Floyd, K., Mongeau, P. A., Mark, L., Shufford, K. N., & Niess, L. C. (2019, February). *Planning improves vocal fluency and appearance of concern when communicating emotional support*. Paper presented at the annual meeting of the Western Communication Association, Seattle, WA.
18. Kim, S., **Ray, C. D.**, Larkey, L., Ramos, E., & Northfelt, D. (2018, November). *Factors predicting unmet supportive care needs among adult cancer patients*. Paper presented at the annual meeting of the National Communication Association, Salt Lake City, UT.
17. Pettigrew, J., Razzante, R., Lu, Y., Allsup, J. D., & **Ray, C. D.** (2018, August). *Challenging sustainability for school-based prevention in a lower-middle income country*. Paper presented at the First Conference of the Brazilian Association for Research on Prevention and Health Promotion (BRAPEP), Brasília, Distrito Federal, Brazil.
16. **Ray, C. D.** (2017, November). *The effects of relational closeness on cancer patients' perceptions of negative face threats and subsequent responses to emotional support messages*. Paper presented at the annual meeting of the National Communication Association, Dallas, TX.
15. **Ray, C. D.**, Manusov, V. L., & McLaren, R. M. (2017, November). *Breaking the rules?: Why people choose not to provide emotional support to others*. Paper presented at the annual meeting of the National Communication Association, Dallas, TX.
14. **Ray, C. D.**, Veluscek, A. M., & Duggan, A. (2017, November). *Nonverbal indicators of cancer patients' turning points in identity and treatment trajectories*. Paper presented at the annual meeting of the National Communication Association, Dallas, TX.
13. Floyd, K., **Ray, C. D.**, Generous, M. A., van Raalte, L. J., & Stein, J. B. (2017, November). *Interpersonal touch buffers pain sensitivity in romantic relationships but heightens sensitivity between strangers and friends*. Paper presented at the annual meeting of the National Communication Association, Dallas, TX.
12. Kim, H., **Ray, C. D.**, & Veluscek, A. M. (2017, November). *Complementary support from facilitators and peers for promoting mHealth engagement and weight loss*. Paper presented at the annual meeting of the National Communication Association, Dallas, TX.
11. Pettigrew, J., Li, C., & **Ray, C. D.** (2017, November). *Developing and testing Dale se REAL: Drug and violence prevention in Nicaragua, Central America*. Paper presented at the annual meeting of the National Communication Association, Dallas, TX.
10. Pettigrew, J. P., Segrott, J., **Ray, C. D.**, & Littlecott, H. (2017, September). *Centralizing the mesosystem for intervention message effectiveness: Introducing a social interface model*. Paper presented at the annual meeting of the European Society for Prevention Research, Vienna, Austria.

9. **Ray, C. D.,** & Veluscek, A. M. (2017, February). *Nonsupport versus varying levels of person-centered emotional support: A study of women with breast cancer*. Paper presented at the annual meeting of the Western Communication Association, Salt Lake City, UT.
8. **Ray, C. D.** (2016, December) *Reasons for not communicating emotional support to personal contacts with cancer*. Presented at the Arizona State University Institute for Social Science Research Poster Competition, Tempe, AZ.
7. **Ray, C. D.,** & Veluscek, A. M. (2016, November). *The experience and outcomes of receiving unwanted social support: A study of recently diagnosed cancer patients*. Paper presented at the annual meeting of the National Communication Association, Philadelphia, PA.
6. **Ray, C. D.** (2016, November). *The provision decision model: Understanding supportive interactions from the provider's perspective*. Paper presented at the annual meeting of the National Communication Association, Philadelphia, PA.
5. **Ray, C. D.,** & Framer, M. W. (2016, July). *The effects of sacred matters on perceived support gaps in romantic relationships*. Paper presented at the annual meeting of the International Association for Relationship Research, Toronto, Canada.
4. Floyd, K., & **Ray, C. D.** (2015, November). *Thanks, but no thanks: Negotiating face threats when rejecting offers of unwanted social support*. Paper presented at the annual meeting of the National Communication Association, Las Vegas, NV.
3. Stein, J., **Ray, C. D.,** & Framer, M. W. (2015, November.) *"But you say he's just a friend." Friends with benefits relationships versus exclusive relationships: A relational turbulence perspective*. Paper presented at the annual meeting of the National Communication Association, Las Vegas, NV.
2. **Ray, C. D.,** & Fox, W. (2013, November). *Use of Spanish phrases by political candidates and the effects on source credibility*. Paper presented at the annual meeting of the National Communication Association, Washington, D.C.
1. **Ray, C. D.** (2013, November). *The narrative paradigm applied to Julian Castro's Democratic National Convention keynote address*. Paper presented at the annual meeting of the National Communication Association, Washington, D.C.

TEACHING EXPERIENCE

GRADUATE SEMINARS

Capstone in Professional Communication (University of Tampa)
Leadership and Strategic Presentations (University of Tampa)
Research Strategies and Design (University of Tampa)
Issues in Communication (University of Tampa)
Research in Relationships (LSU)
Interpersonal Communication: Social Support (LSU)
Relational Communication (SDSU)
Nonverbal Communication (SDSU)

UNDERGRADUATE COURSES

Persuasion (University of Tampa)
Conflict Management, & Argumentation (University of Tampa)
Speech for Business and the Professions (University of Tampa)
Interpersonal Communication (University of Tampa, LSU, & SDSU)
Communication Research (LSU)
Communication Capstone (SDSU)
The Dark Side of Communication (SDSU)
Investigating Communication (SDSU)
Health Communication (University of Tampa; SDSU)
Training and Development (ASU)
Communication in the Family (ASU)
Quantitative Research Methods (ASU)
Conflict and Negotiation (ASU)
Relational Communication (ASU)
Advanced Research Methods (ASU)
Fundamentals of Human Communication (TXST)

COURSES ADAPTED TO AN ONLINE FORMAT FOR SUMMER AND MINI SESSIONS

Interpersonal Communication (University of Tampa; SDSU)
Communication Capstone (SDSU)
Investigating Communication (SDSU)

COURSES TAUGHT: TEACHING ASSISTANT

COMM 608: Multivariate Statistical Analysis (ASU)
COMM 312: Conflict and Negotiation (ASU)
COMM 259: Business and Professional Communication (ASU)
COMM 230: Small Group Communication (ASU)
COMM 3330: Empirical Research Methods (TXST)
COMM 1310: Fundamentals of Human Communication (TXST)

GRADUATE STUDENTS SUPERVISED

15. Erikia Primoli (University of Tampa; Defense Date TBD). Capstone Title: *A Survey Experiment Testing the Efficacy of Recycling Signage on Recycling Knowledge* Defense Scheduled for August 2025.
14. CeCe Hall (University of Tampa; Defense Date TBD). Capstone Title: *TBD*. Defense Scheduled for December 2025.
13. Christina Sato (University of Tampa; Defense Date TBD). Capstone Title: *TBD*. Defense Scheduled for December 2025.
12. Loida Vazquez (University of Tampa; Defense Date TBD). Capstone Title: *TBD*. Defense Scheduled for December 2025.
11. Martín Arauz Miranda (University of Tampa 2025). Capstone Title: *How Young Male Latin-American Immigrants' Assimilate to Their Work and Social Lives in the U.S.* Defended August 2025.
10. Gia Silver (University of Tampa; 2025). Capstone Title: *The Effects of Affection Deprivation on the Mental, Social, and Physical Health of Women Who Graduated High School During the COVID-19 Pandemic.* Defended August 2025.
9. Avery Lane (University of Tampa; 2025). Capstone Title: *What If I'm Wrong?: A Study on Political Open-Mindedness and Epistemic Humility in the U.S. Electorate.* Defended August 2025.
8. Benjamin Berlingo (University of Tampa; 2025). Capstone Title: *Development of a Newsletter that Translates Interpersonal Communication Theory Into Practice for Sales Professionals.* Defended August 2025.
7. James P. Robinson (University of Tampa; 2024). Capstone Title: *Negative memorable messages of support received by widows.* Defended August 2024. Now a 2nd Lieutenant in the U.S. Army.

6. Julie Ball (University of Tampa; 2024). Capstone Title: *Relational Maintenance Behaviors Mediate the Relationship Between Alzheimer's Diagnosis Severity and Caregivers' Engaging in Benefit Finding*. Defended July 2024. Now a doctoral student at The University of Texas at Austin's Communication Doctoral Program.
5. Lindsay Duede (LSU; 2021-2023). Thesis Title: *Social support experiences of Attention-Deficit/Hyperactivity Disorder (ADHD) Adults*. Defended March 2023. Now the director of debate at Louisiana State University – Shreveport.
4. Rebecca James (SDSU; 2020-2021). Thesis Title: *Native Spanish Speakers' Perceptions of Support Messages Received in Spanish and English*. Defended: March 2021. Former doctoral student at UCSB.
3. Courtney Meissner (SDSU; 2019-2020). Thesis Title: *The Significance of Perceived Support: A Quantitative Study of Support Deprivation Experienced by Single Parents Compared to Partnered Parents*. Defended: March 2020.
2. Pia de los Reyes (SDSU; 2019-2020). Thesis Title: *The influence of Expressive Writing on Quality of Pursuit and Provision of Social Support*. Defended: March 2020.
1. Christopher Otmar (SDSU; 2018-2019). Thesis Title: *The Influence of Interpersonal Patterns of Forgiveness on Relational Resilience*. Defended March 2019. Now a post-doctoral fellow at UC – San Francisco.

DOCTORAL DISSERTATION COMMITTEE MEMBER

1. Christine Swartz (LSU, Manship School of Mass Communication; 2022–2025). *Organizational Failures: An Exploration of Emotions, Attributions, and Moral Assessments in a Moral Transgression Crisis*. Defense Date TBD.

MASTER'S THESIS SECOND READER

4. Nicolas Oakey-Frost (LSU, Department of Psychology; 2022–2023). Thesis Title: *The Collaborative Assessment And Management Of Suicidality As A Single Session Intervention For Patients Admitted To Inpatient Psychiatric Care For Suicidal Thoughts And Behaviors*. Defended Spring 2023.
3. Andrea Sanchez (SDSU, School of Communication; 2020–2021). Thesis Title: *Traversing Consent Conversations*. Defended Summer 2021.
2. Sol Bukin (SDSU, Department of Psychology; 2020–2021). Thesis Title: *Information Communication Technology Demands and Fatigue: The Moderating Effects of Personality Traits*. Defended March 2021.

1. Chandler Spahr (SDSU, Department of Psychology; 2019–2020). Thesis Title: *Relationship Quality and Racial Composition of Roommates: Effects on Cardiovascular and Psychological Outcomes*. Defended April 2020.

COMPREHENSIVE EXAM & MASTER'S CAPSTONE COMMITTEES

Caitlyn Hurley (University of Tampa, 2024)
Garrett Tighe (University of Tampa, 2024)
Brendan Dunphy (University of Tampa, 2024)
Andrew Anderson (SDSU; 2020–2021)
Michael Barnes (SDSU; 2020–2021)
Laura Horton (SDSU; 2019–2020)
Ainsley Escobar (SDSU; 2019–2020)
Brianna Avalos (SDSU; 2018–2019)
Aaron Dellefield (SDSU; 2018–2019)
Kevin Roberts (SDSU; 2018–2019)

UNDERGRADUATE HONORS STUDENTS ADVISED

1. Michael Morrissey (ASU; 2016). Honors Thesis Title: *Bitcoin: How Benefit and Cost Shape the Adoption of Virtual Currency*.

UNDERGRADUATE HONORS THESIS COMMITTEE MEMBER

1. Mary Willis (University of Tampa; 2025). Honors Thesis Title: *Toxic Talk and Mental Trauma: Analyzing the effects of Harmful Communication on Mental Health*

UNDERGRADUATE RESEARCH ASSISTANTS SUPERVISED

6. Natasha Berman (University of Tampa; 2025). Qualitative data analysis of nonsupport interviews.
5. Holly Rushing (University of Tampa; 2024-2025). Funded by Undergraduate Research and Inquiry Grant.
4. Emily Parker (SDSU; 2019): Funded by University Grants Program and Summer Undergraduate Research Program. Completed masters at University of Essex; Currently a doctoral student at University of California, San Diego.
3. Alec Valenzuela (SDSU; 2019): Funded by the National Cancer Institute's program *Creating Scientists to Address Cancer Disparities*.

2. Nicole Dies (SDSU; 2019): Earned a Research Apprentice Certificate through volunteer laboratory work. Attended masters program at University of San Diego following undergraduate degree.

1. Victoria Mudd (SDSU; 2018): Earned a Research Apprentice Certificate through volunteer laboratory work. Attended masters program at George Mason University following undergraduate degree.

INVITED LECTURES

21. *The Loneliness of Adulthood*. Speaker for University of Tampa's Office of Access and Community Programs.

20. *Leading Activities and Facilitating Discussion in Your Classroom*. Speaker for the Center for Teaching and Learning at University of Tampa (Spring 2025)

19. *Creating a Sense of Community in Your Classroom*. Speaker for the Center for Teaching and Learning at University of Tampa (Fall 2024)

18. *Barriers to Supportive Communication Occurring Between Young Adult Cancer Patients and Their Young Adult Supporters*. Speaker at online workshop hosted by b-Present Foundation titled, "Understanding and Mitigating Social Support Barriers for Adolescents and Young Adults (AYAs) with Cancer."

17. *Developing Your Personal Brand Via LinkedIn*. Presented to University of Tampa community; Sponsored by University of Tampa's Career Services Office. (Delivered 3 times across semesters)

16. *The Story Behind Affection Exchange Theory and Major Findings from Two Decades of Research*. Presentation to Baylor University, Communication Theory and Methods Graduate Seminar (Spring 2023).

15. *Nonsupport*. Presentation to University of Washington, Interpersonal Communication Graduate Seminar (Fall 2022).

14. *Practical Tips for Professional Networking at Conferences and Throughout Your Graduate Studies*. Presented to Arizona State University, Grant Writing Course (Fall 2022).

13. *Affection Exchange Theory: Origins and Future Opportunities*. Presented to Rutgers University, Family Communication Undergraduate Course (Fall 2022).

12. *Developing Your Leadership Style During Interpersonal Conflict*. Presented to Purdue University's Office of Graduate Diversity Initiatives (Spring 2022).

11. *Navigating the Job Market as a Graduate Student*. Panel presentation for the graduate students of Pennsylvania State University's Department of Communication Arts and Sciences (Spring 2022).
10. *Communication and Biology*. Presented to University of Washington, Methods of Inquiry (Spring 2019).
9. *How (and Why) You Should Write Love Letters*. Presented to the Residents of the Cuicacalli Suites at San Diego State University (Spring 2019).
8. *Evolutionary Perspectives on Communication Research and Social Support*. Presented to San Diego State University, COMM 601–Seminar in Theory and Research Methods (Fall 2018).
7. *Theorizing About the Dark Side of Social Support in the Cancer Context*. Presented to University of Arizona, COMM 669–Theories of Health Communication (Fall 2018).
6. *Cognitive Biases and Evaluations of Support Messages*. Presented as a Colloquium for the School of Communication at San Diego State University (Fall 2018).
5. *Are Your Support Messages Really Helping People with Cancer?* TED Talk Recorded at TEDxTexasStateUniversity (Fall 2016).
4. *Programmatic Research Focused on the Dark Side of Social Support in the Cancer Context*. Presented as a Colloquium for the Hugh Downs School of Human Communication at Arizona State University (Fall 2016).
3. *Stress, Anger, and the Body*. Arizona State University, Conflict & Negotiation (Fall 2014).
2. *Celebrating Dr. Steven Beebe's Tenure as Department Chair*. Presented to Texas State University at the "Beebe 101" Retirement Celebration (Spring 2014).
1. *7:03 Moments: Creating Meaning in Your Life Through Acts of Kindness Toward Others*. Presented to Incoming Freshmen Students at Texas State University's Cat Camp (Fall 2013).

CREATOR AND FACILITATOR ROLES IN COMMUNICATION AND LEADERSHIP TRAININGS

- *Overcoming Social Support Barriers for Adolescents and Young Adults with Cancer*: b-Present Foundation (Fall 2023)
- *Empathic Listening and Presence*: Empathy Bootcamp, LLC (Spring 2021)
- *Empathy and Communication*: Empathy Bootcamp, LLC (Fall 2020)
- *Being a Leader Workshop*: The Transformation Project at Arizona State University (Fall 2014)
- *Hospital Management Communication Retreat*: Central Texas Medical Center (Spring 2014)

- *Overcoming Listening Barriers*: Texas State University Leadership Conference (Spring 2014)
- *Teaching and Learning Academy*: Department of Communication Studies, Texas State University (Fall 2013)
- *Balancing Work and Life When You Have Too Much Work*: San Jacinto Hall Council at Texas State University (Fall 2012)
- *Managing at Texas State*: Texas State University Human Resources (Fall 2012)
- *Associated Student Government Retreat*: Texas State University's Associated Student Government (Fall 2010)

PARTICIPATION IN PEDAGOGICAL TRAININGS

- *Spartans Teaching Online (STO) Certificate* (Spring 2024)
- *Flexible Course Design Summer Institute* (Summer 2020)
- *LGBTQ+ Ally Training*, San Diego State University (Fall 2019)
- *Student-Centered Formative Assessment*, San Diego State University (Fall 2019)
- *UndocuALLY Training*, San Diego State University (Spring 2019)
- *Military Ally Training*, San Diego State University (Fall 2018)
- *Masterclass in Online Pedagogy*, Arizona State University (Spring 2018)
- *New Graduate Instructor Orientation*, Arizona State University (Fall 2014)
- *Teaching and Learning Academy*, Texas State University (Fall 2012)
- *LGBTQ+ Ally Training*, Texas State University (Fall 2010)

IN THE MEDIA & POPULAR PRESS

- [Bay News 9 Feature Story](#): Aired on Sunday, January 5, 2025
- Red Rock Relationships Podcast (December 2024). Season 8, Episode 6, [“The Love Languages are BS.”](#)
- UT.edu (Front Page: November 8, 2024). [UTampa Professor Communicates About Cancer](#)
- McGraw-Hill Podcast, “Communication Corner” (October, 15, 2024). Episode 7, [“Helping Students Manage Their Mental Health in the Classroom.”](#)
- Between The Palms (August 2024). Who's News
- Science Daily (August, 2024). [Lonely people tend to have more nightmares, new research shows.](#)
- PsyPost (January 20, 2024). [Interpersonal victimhood intensifies the negative impact of loneliness, study suggests](#)
- Red Rock Relationships Podcast (August 2022). Season 5, Episode 1, [“Relationship Health.”](#)
- Harvesting Happiness (April, 2022). [Featured Guest on Podcast Hosted by Lisa Cuypers Kamen](#)
- Make It Mentionable (November 2, 2021). [Featured Guest on Podcast Hosted by Alyssa Patmos](#)
- Human Performance Resources, a U.S. Military Blog (September 28, 2022). [Basic Training: Having Better Supportive Conversations with Military Family Members.](#)

- Stupid Cancer (July 27, 2021). Panelist for “When Friends Say Exactly the Wrong Thing”
- b-Present (July 21, 2021). [“It’s a Two-Way Street: Why Good Communication Matters”](#)
- Facebook Live, Sponsored by 1-800-FLOWERS (June 19, 2021). [Featured Guest for Interview with Rebecca Soffer, Founder of Modern Loss](#) (230,000+ views)
- USA Today (April 30, 2021). [India is in crisis. Showing more empathy is the least we can do.](#)
- The Telegraph (February 12, 2021). [I’m one of the super-lonely suffering from skin hunger.](#)
- Red Rock Relationships Podcast (February 2021). Season 2, Episode 4, [“Lean on Me.”](#)
- The Guardian (May 21, 2020). [I desperately miss human touch. Science may explain why.](#)

SERVICE

SERVICE TO PROFESSIONAL ORGANIZATIONS & THEIR CONFERENCES

- Chair, WSCA’s Interpersonal and Family Communication Division Interest Group (2024–2025)
- WSCA Nominating Committee (2024–2025)
- IARR Future Conference Committee Member (2020–2024)
- Pre-Conference Discussion Leader, NCA Health Communication Division (2022)
- Reviewer for the NCA/ICA Health Communication Division Dissertation & Thesis Awards (2020)
- Secretary and Executive Board Member of the National Communication Association’s Health Communication Division (2018–2020)
- NCA Health Communication Division Mentoring Program Participant (2020).
- Legislative Assembly Representative for San Diego State University at the annual meeting of the Western States Communication Association (2019)
- Secretary of the WSCA’s Health Communication Interest Group (2015–2017)
- Conference Paper Reviewer (2014–Present)
 - National Communication Association’s Health Communication Division (2017–2020)
 - Western States Communication Association’s Health Communication Interest Group (2015–2018)
 - Western States Communication Association’s Interpersonal Communication Interest Group (2018–2019; 2021–2022)
- Conference Panel Chairperson
 - National Communication Associations Interpersonal Communication Division (2018; 2019)
 - National Communication Association’s Health Communication Division (2020)
 - Western States Communication Association’s Interpersonal and Family Communication Interest Group (2023; 2025)
 - Western States Communication Association’s Health Communication Interest Group (2017)
 - International Association for Relationship Research (2015, 2023)

SERVICE TO PEER-REVIEWED JOURNALS

- Editorial Board Member for *Communication Research Reports* (2018–Present)
- Editorial Board Member for *Journal of Social and Personal Relationships* (2020–2025)
- Ad hoc reviewer for *Communication Studies* (2025)
- Ad hoc reviewer for *Human Communication Research* (2023)
- Ad hoc reviewer for *Personality and Individual Differences* (2023)
- Ad hoc reviewer for *Interpersona* (2023)
- Ad hoc reviewer for *Communication Research* (2022)
- Ad hoc reviewer for *Western Journal of Communication* (2021)
- Ad hoc reviewer for *Health Communication* (2019; 2023; 2024)
- Ad hoc reviewer for *Communication Monographs* (2019; 2015)
- Ad hoc reviewer for *Journal of Social and Personal Relationships* (2019; 2015)

SERVICE TO THE PUBLIC

- Expert Advisor Panel Member for the Canadian Alliance for Social Connection and Health: [Recommended Public Health Guidelines for Social Connection](#)
- b-Present Foundation: Volunteer & Workshop Facilitator (2021–Present)
- Singleton Moms: Delivery of Groceries and Food to Single Mother with Cancer (2015–2018)

SERVICE TO UNIVERSITY OF TAMPA

- Program Director: Communication & Speech Studies; University of Tampa (2025–Present)
- Faculty Liaison for the College of Arts and Letters for University of Tampa's Quality Enhancement Plan (QEP; 2024–Present)
- Faculty Advisor: Public Speaking Club (2024–Present)
- Hiring Committee for Two Assistant Teaching Professors in Communication & Speech Studies (2024)
- Department of Communication Strategic Planning Committee (2024–Present)
- Communication and Speech Studies Assessment Committee (2023–Present)
- Communication and Speech Studies Curriculum Committee (2023–Present)
- Faculty Advisor: DECA: Distributive Education Clubs of America (2023–Present)

SERVICE TO LOUISIANA STATE UNIVERSITY

- Equity and Justice Departmental Committee Member (2022–2023)
- Director of Departmental Colloquies (2022–2023)
- Search Committee for Tenure-Track Performance Studies Assistant Professor (2022–2023)
- Search Committee for Tenure-Track Interpersonal Communication Assistant Professor (2022)

- College of Humanities and Social Sciences Faculty Senate (2021–2023)
- Graduate Admissions Committee, Department of Communication Studies (2021–2023)

SERVICE TO SAN DIEGO STATE UNIVERSITY

- Cancer Research Group Steering Committee (2019–2021)
- Faculty-in-Residence (2019–2021)
- Chair of the School of Communication Scholarship Selection Committee (2019–2020)
- Member of the College of Professional Studies & Fine Arts Scholarship Selection Committee (2019–2020)
- Course Coordinator - COM 245: Interpersonal Communication (2018–Present)
- College Core Scholarship Committee (2019)
- Faculty Chair of the School of Communication Annual Awards & Alumni Celebration (2019)
- Explore SDSU Information Booth Volunteer (2019)
- Student Success Fee Committee (2018)

SERVICE TO ARIZONA STATE UNIVERSITY

- Doctoral Program Recruitment Liaison (2014–2016)

SERVICE TO TEXAS STATE UNIVERSITY

- Basic Course Administrator: Fundamentals of Human Communication (2013–2014)
- Student Body Vice President (2010–2011)
- Vice Chairperson of the Student Advisory Board to the Texas State University System Board of Regents (2010–2011)

HONORS & AWARDS

UNIVERSITY OF TAMPA

- Dawn O. Braithwaite Award for Top Qualitative Research Paper at Central States Communication Association Interpersonal Division (2025)
- Top 4 Paper: Central States Communication Association Interpersonal Division (2025)
- Top 3 Paper: Western States Communication Association Interpersonal Division (2025)

LOUISIANA STATE UNIVERSITY

- Top Paper: Western States Communication Association Interpersonal Division (2022)

SAN DIEGO STATE UNIVERSITY

- Top Paper: Western States Communication Association Interpersonal Division (2020)

ARIZONA STATE UNIVERSITY

- Nominated for Outstanding Graduate Student: College of Liberal Arts and Sciences (2018)
- Outstanding Graduate Researcher: Communication School (Awarded 2017 & 2018)
- Continued Excellence in Teaching Award: Graduate & Professional Student Association (2017)
- Knowledge Mobilization Impact Award for Research (\$500): The ASU Graduate College (2017)
- Teaching Excellence Award: Graduate & Professional Student Association (2017)
- Outstanding Mentor Award: Graduate & Professional Student Association (2016)

TEXAS STATE UNIVERSITY

- Department of Communication Studies Outstanding Graduate Student (2014)
- Texas State University Man of the Year (2011)
- School of Journalism and Mass Communication Ralph J. Harrell Outstanding Senior (2011)
- Finalist, Lyndon B. Johnson Outstanding Senior (University-Wide Award; 2011)

PARTICIPATION IN PROFESSIONAL ORGANIZATIONS

- National Communication Association (2012–Present)
- International Association for Relationship Research (2015–Present)
- Central States Communication Association (2024–Present)
- Western States Communication Association (2015–Present)
- Texas Speech Communication Association (2013–2014)