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## BIOGRAPHICAL SKETCH

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NAME: Marci E.J. Gleason

eRA COMMONS USER NAME: BB3693

POSITION TITLE: Assistant Professor, Department of Human Development and Family Sciences

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### EDUCATION/TRAINING

INSTITUTION AND LOCATION	DEGREE	Completion Date MM/YYYY	FIELD OF STUDY
Pennsylvania State University, State College, PA	BS	05/1998	Psychology
New York University, New York, NY	PhD	09/2004	Social Psychology
Washington University in St. Louis, St. Louis, MO	Postdoc	2004-2006	Clinical Psychology
Wayne State University, Detroit, MI	Postdoc	2006-2008	Gerontology and Population Health

### A. Personal Statement

I am a social psychologist with an emphasis on the longitudinal course of adult relationships. My substantive research interests fit into two of the PRC's Primary Research Areas for the P2C: Family Demography and Intergenerational Relationships and Reproductive Health. In particular I am interested in the influence of major life transitions on adults' mental, physical, and relationship health and how our understanding of life transitions can positively influence public health programs. The focus of my research program is on the fundamental question of how close relationships, as social contexts, influence individuals' ability to cope with both big and small stressors associated with major life transitions. In order to gain a deeper understanding of this question, I conduct intensive longitudinal studies of dyads and groups that allow me to explore adjustment and change at the individual, group, and societal level. In the next five years, my research program will be focused on investigating new parents' daily behaviors, how those behaviors affect their stress response, and how support behaviors from their partner can promote and possibly hinder physical, mental, and relationship health across the transition to parenthood. Currently I am a co-PI on a U.S.-Israel Binational Science Foundation grant investigating couple responses to the transition to parenthood, the role of couple support in this transition, and how cultural context may influence experiences of parenthood. I also recently completed a grant from the Hogg Foundation for Mental Health in which I investigated how daily mood and support behaviors predicted postpartum depression in new parents. Both of these grants and a grant that I have pending at NICHD were made possible in part to training I received at the PRC in grant writing through the PRC's Proposal Boot Camp. I also regularly attend seminars at the PRC that have connected me to colleagues studying similar and connected problems around the country and kept me informed on the latest scientific techniques and findings in family demography and reproductive health. In my capacity as a PRC member, I have attended mentor meetings for postdoctoral fellows and have also served on several editorial boards in top journals in my field.

1. Gleason, M. E. J., Iida, M., Bolger, N., & Shrout, P. (2003). Supportive equity in close relationships. *Personality and Social Psychology Bulletin*, 29, 1036-1045.
2. Gleason, M. E. J., Iida, M., Bolger, N. & Shrout, P. (2008). Receiving support as a mixed blessing: Evidence for dual effects of support on psychological outcomes. *Journal of Personality and Social Psychology*, 94, 824-838.
3. Ryon, H. & Gleason, M. E. J. (2014). The Role of Locus of Control in Daily Life. *Personality and Social Psychology Bulletin*, 40, 121-131.
4. Gleason, M. E. J., & Iida, M. (2015). Social Support. In M. Mikulincer, P. R. Shaver, J. A. Simpson, J. F. Dovidio (Eds.), *APA Handbook of Personality and Social Psychology, Volume 3: Interpersonal Relations* (pp. 351-370). Washington, DC, US: American Psychological Association.

### B. Positions and Honors

#### Positions and Employment

1998–2002      Jacob K. Javits Fellow, New York University  
2002–2004      MacCracken Fellow, New York University

2004-2006	Post-Doctoral Research Scientist with Thomas F. Oltmanns at Washington University in St. Louis
2006-2008	Post-Doctoral Fellow with Terrance Albrecht and Peter Lichtenberg at the Institute of Gerontology and Karmanos Cancer Institute, Wayne State University
2009-Present	Faculty Research Associate, Population Research Center, The University of Texas at Austin
2009-Present	Assistant Professor, Human Development and Family Sciences, The University of Texas at Austin

### **Other Experience and Professional Memberships**

2000	Consultant, Multilevel Linear Modeling using LHM for Prof. James Sidanius, UCLA
2001	Recipient, Society for Multivariate Experimental Research Travel Grant
2003	Conference Organizer, Graduate Student Conference in Social Psychology, Yale University
2004	Consultant, Multilevel modeling using SAS for Prof. Heidi Grant, LeHigh University and for Prof. Carol Dweck and Heidi Grant, Ph.D., Columbia University
2007	Co-Leader with Dr. Louis Penner, "Advanced Methods and Statistics for the Behavioral Sciences." Workshop at Karmanos Cancer Institute
2009	Consultant, Multilevel Modeling using SAS for Prof. Gainne Fitzsimons, University of Waterloo
2010	Summer Research Associate, University of Texas at Austin
Present	International Association of Relationship Research Mentoring Committee
Present	Journal Reviewer: <i>Journal of Personality</i> , <i>Journal of Personality and Social Psychology</i> (editorial board member), <i>Journal of Experimental Social Psychology</i> , <i>Journal of Family Theory and Review</i> , <i>Personality and Social Psychology Bulletin</i> , <i>Journal of Marriage and Family</i> , <i>Personal Relationships</i> , <i>Journal of Social and Personal Relationships</i> , <i>Journal of Health Psychology</i> , <i>Journal of Social and Clinical Psychology</i> , <i>Social Science and Medicine</i>

### **Honors**

1998	Recipient, Fulbright, Pennsylvania State University
2012	College of Natural Sciences Teaching Excellence Award

### **C. Contributions to Science**

**The Paradox of Social Support.** Although there is consensus that social support can be positive for both physical and psychological health, research has largely concentrated on the perceived availability of support rather than on actual support exchanges in close relationships. Dyadic researchers including myself, however, have begun to fill in this gap and study actual support transactions within couples. This has led to an apparently paradoxical finding: the availability of support has been associated with positive outcomes whereas the actual receipt of support has often been associated with negative outcomes. My colleague and I examined this seeming contradiction in a review paper in which we argued that artless support attempts lead to negative outcomes and that skillful support, such as matched support, invisible support, and supportive equity, is associated with positive outcomes. In a recent chapter elaborated on my theory of enacted support: establishing the five stages of effective social support, reviewing the newest directions in social support research, and incorporating the effect of support provision on the provider. My research in social support, which is an inherently dyadic concept, focuses on both receiving *and* providing social support. Studying both partners in a support exchange bridges classic work in the social support literature, which has focused on support recipients, and helping behavior research, which has focused on providers. I have documented a phenomenon called supportive reciprocity, which occurs when support is reciprocated in a given day within a dyadic relationship. Research on reciprocity suggests that even in close relationships individuals dislike being over-benefited and feel obligated to return benefits they receive; providing support may be an antidote to these downsides of support and additionally a means of declaring one's importance to a dyad or group. The provision of support may not only relieve feelings of indebtedness and cement group status, but also be a positive mood enhancer itself.

1. Gleason, M. E. J., Iida, M., Bolger, N., & Shrout, P. (2003). Supportive equity in close relationships. *Personality and Social Psychology Bulletin*, 29, 1036-1045.
2. Gleason, M. E. J., Iida, M., Bolger, N., & Shrout, P. (2008). Receiving support as a mixed blessing: Evidence for dual effects of support on psychological outcomes. *Journal of Personality and Social Psychology*, 94, 824-838.

3. Rafaeli, E., & Gleason, M. E. J. (2009). Skilled support within intimate relationships. *Journal of Family Theory & Review*, 1, 20-37.
4. Gleason, M. E. J., & Iida, M. (2015). Social Support. In M. Mikulincer, P. R. Shaver, J. A. Simpson, J. F. Dovidio (Eds.), *APA Handbook of Personality and Social Psychology, Volume 3: Interpersonal Relations* (pp. 351-370). Washington, DC, US: American Psychological Association.

**Personal Control and Social Support.** One potential moderator of the effects of support receipt on negative mood, a personality construct known as locus of control, is of particular interest to me. Those high in personal control believe that their behavior has direct influence over their outcomes and such beliefs have been shown to be beneficial for both mental and physical health. Social support and helping behavior researchers have suggested that receiving support or aid may be detrimental in part because it is a signal of the recipient's incompetency. Personal control has largely been treated as a stable personality trait in the literature, but I have found that personal control varied considerably from day to day, that this variability could be reliably measured at both a within- and between-person level, and that this daily variation was an important predictor of mood. Perhaps the benefits of supportive reciprocity are *not* due to it being an equitable exchange or by it cementing one's place in the group (relationship), but rather that providing support enables a support recipient to demonstrate competence thereby alleviating doubts about his/her capability. This would suggest that individuals high in personal control (or individuals having a high personal-control day) would be less likely to feel threatened by support receipt and therefore less likely to experience an increase in negative mood when receiving support.

1. Shrout, P., Bolger, N., Iida, M., Burke, D., Gleason, M.E.J., & Lane, S. (2010). The effects of daily support transactions during acute stress: Results from a diary study of bar exam preparation. In K.T. Sullivan & J. Davila (Eds.), *Support Processes in Intimate Relationships* (pp. 175-199). New York: Oxford University Press.
2. Ryon, H. & Gleason, M. E. J. (2014). The Role of Locus of Control in Daily Life. *Personality and Social Psychology Bulletin*, 40, 121-131.
3. Gleason, M. E. J. and \*Ryon, H. (2015). Self-efficacy and social support: Support is unlikely to relieve anxiety when it is most needed. Paper presented at the Society for Experimental Social Psychology Annual Conference. Denver, Colorado.

**Personality and Relationships.** It is widely accepted that personality and social integration are associated with both self-reported health and physiological health outcomes such as longevity and disease progression. In my research, I have taken a unique approach to understanding the roles of personality and relationships in health outcomes by conceptualizing individuals' maladaptive personality traits as unique stressors in close relationships and social networks. For instance, individuals who exhibit borderline personality traits, characterized by impulsiveness and affective instability, report less stability in their close relationships generally experience a higher rate of stressful life events particularly interpersonal life events, and a higher likelihood of using aggression during relationship conflict. Personality disorders have been assumed to decline over the lifespan, but my colleagues and I found evidence suggesting that maladaptive traits are both present and detrimental in both midlife and older adult populations making understanding their influence on relationship, mental, and physical health all the more imperative. This is confirmed by my research showing that maladaptive personality traits are powerful predictors of both relationship and health outcomes in older adults, not only increasing the likelihood that both the possessors of such traits and their partners will experience more interpersonal issues and health problems, but also by being a unique stressor in close relationships.

1. Gleason, M.E.J., Powers, A., & Oltmanns, T. (2012). The enduring impact of borderline personality pathology: Risk for threatening life events in later middle-age. *Journal of Abnormal Psychology*, 121, 447-457.
2. Weinstein, Y., Gleason, M. E. J., & Oltmanns, T. (2012). Borderline but not antisocial personality disorder symptoms predict self-reported partner aggression in later life. *Journal of Abnormal Psychology*, 121, 692-698.
3. Powers, A., Gleason, M. E. J. & Oltmanns, T. (2013). Symptoms of borderline personality disorder and risk for interpersonal threatening events in later middle-age. *Journal of Abnormal Psychology*, 122, 469-474.

4. Gleason, M. E. J., Weinstein, Y., Balsis, S. & Oltmanns, T. F. (2014). The enduring impact of maladaptive personality traits on relationship quality and health in later life. *Journal of Personality* 82, 493-501.

**Complete List of Published Work in MyBibliography:**

<https://www.ncbi.nlm.nih.gov/sites/myncbi/marci.gleason.1/bibliography/51161106/public/?sort=date&direction=descending>

**D. Research Support**

**Ongoing Research Support**

2013324 (M.E. Gleason, PI)

10/1/14-9/30/18

U.S.-Israel Binational Science Foundation

Skillful Dyadic Support Processes during the Transition to Parenthood

The goal of this project is to explore the role and impact of support transactions on couples' intimacy and adjustment across the transition to parenthood.

Role: Principal Investigator

Responsibilities: Design and oversee the project including obtaining IRB permissions, recruiting participants, developing study materials, collecting and analyzing data, overseeing the US research team, coordinating efforts with the Israel research team, developing manuscripts, and presenting research findings.

**Completed Research Support**

JRG-302 (M.E. Gleason, PI)

06/01/15-08/31/16

Hogg Foundation for Mental Health

The Role of Daily Mood and Social Support in Predicting Postpartum Depression in New Parents

This project examined the association between daily support transactions, negative moods, and postpartum depression (both maternal and paternal).

Role: Principal Investigator

Responsibilities: Design and oversee the project including obtaining IRB permissions, recruiting participants, developing and translating study materials, collecting and analyzing data, coordinating a research team, presenting research findings.

R21HD057432 (T.L. Loving, PI)

09/30/09-08/31/12

National Institute of Child Health and Human Development

Transitioning Into and Out of Nonmarital Romances: Health Consequences

The overall objective of this project is to determine how transitioning into and out of nonmarital romances affects never-married emerging adults' acute stress reactivity, physical health, and mental health outcomes as a function of the qualitative nature of the transition.

Role: Co-Investigator

Responsibilities: Contributing to the experimental study design, participating in the data organization and analysis, aiding in the presentation of findings.