

*Curriculum Vitae***Spencer B. Olmstead, Ph.D., CFLE-P**

Associate Professor
Department of Child & Family Studies
The University of Tennessee, Knoxville
1215 W. Cumberland Ave, Room 419
Knoxville, TN 37996-1912
Phone: 865-974-5316
solmstea@utk.edu

Education

- Ph.D. 2010 Marriage and Family Therapy, *Florida State University*
Dissertation: *Responsible fathering and child cognitive development: A longitudinal analysis*
Major Professor: Dr. Kay Pasley
- M.Ed. 2006 Counseling, Family, and Human Services, *University of Oregon*
Specialized in Marriage and Family Therapy
- B.S. 2004 Sociology and Psychology (Dual Major), *Brigham Young University*

Professional Positions

- 2016-present Associate Professor, Department of Child and Family Studies, *University of Tennessee, Knoxville*
- 2010-2016 Assistant Professor, Department of Child and Family Studies, *University of Tennessee, Knoxville*

Publications

(*student co-author) [2018 Impact Factor]

Articles in Peer-Reviewed Journals

1. **Olmstead, S. B.**, Conrad, K. A., & *Davis, K. N. (in press). First-year college students' experiences of a brief sexual health seminar. *Sex Education: Sexuality, Society and Learning*. Advanced online publication. doi:10.1080/14681811.2019.1654446 [1.479]
2. Anders, K. M., & **Olmstead, S. B.** (2019). "Stepping out of my sexual comfort zone": Comparing the sexual possible selves and strategies of college-attending and non-college emerging adults. *Archives of Sexual Behavior*, 48, 1877-1891. doi:10.1007/s10508-019-01477-0 [3.116]

3. Anders, K. M., & **Olmstead, S. B.** (2019). A qualitative examination of sexual possible selves and strategies of first-semester college students: How sexual possible selves are developed during the transition to college. *Archives of Sexual Behavior*, *48*, 1859-1876. doi:10.1007/s10508-018-1332-2 [3.116]
4. Anders, K. M., & **Olmstead, S. B.** (2019). "I hope to remain the same": Continuity and change in college students' sexual possible selves across the first semester. *American Journal of Sexuality Education*, *14*, 1-31. doi:10.1080/15546128.2018.1520669 [SJR = 0.193]
5. Roberson, P. N. E., *Lenger, K. A., & **Olmstead, S. B.** (2018). Examining how romantic relationship quality influences individual psychological distress over time for men and women. *Journal of Adult Development*, *25*, 259-269. doi:10.1007/s10804-018-9290-4 [0.608]
6. **Olmstead, S. B.**, Anders, K. M., *Clemmons, D. M. A., & *Davis, K. N. (2019). First semester college students' perceptions of and expectations for involvement in the college drinking culture. *Journal of the First-Year Experience & Students in Transition*, *31*, 51-67 [None].
7. **Olmstead, S. B.**, *Norona, J. C., & Anders, K. M. (2019). How do college experience and gender differentiate the enactment of hookup scripts among emerging adults? *Archives of Sexual Behavior*, *48*, 1769-1783. doi:10.1007/s10508-018-1233-4 [3.116]
8. Roberson, P. N. E., *Norona, J. C., *Lenger, K. A., & **Olmstead, S. B.** (2018). How do relationship stability and quality affect wellbeing? Romantic relationship trajectories, depressive symptoms, and life satisfaction across 30 years. *Journal of Child and Family Studies*, *27*, 2171-2184. doi:10.1007/s10826-018-1052-1 [1.556]
9. *Norona, J. C., **Olmstead, S. B.**, & Welsh, D. P. (2018). Betrayals in emerging adulthood: A developmental perspective of infidelity. *Journal of Sex Research*, *55*, 84-98. doi:10.1080/00224499.2017.1342757 [3.059]
10. Roberson, P. N. E., *Lenger, K. A., *Norona, J. C., & **Olmstead, S. B.** (2018). A longitudinal examination of the directional effects between relationship quality and well-being for a national sample of U.S. men and women. *Sex Roles*, *78*, 67-80. doi:10.1007/s11199-017-0777-4 [2.277]
11. *Sizemore, K. M., & **Olmstead, S. B.** (2018). Willingness of emerging adults to engage in consensual non-monogamy: A mixed-methods analysis. *Archives of Sexual Behavior*, *47*, 1423-1438. doi:10.1007/s10508-017-1075-5 [3.116]
12. **Olmstead, S. B.**, *Conrad, K. A., & *Anders, K. M. (2018). First semester college students' definitions of and expectations for engaging in hookups. *Journal of Adolescent Research*, *33*, 275-305. doi:10.1177/0743558417698571 [2.073]

13. *Norona, J. C., & **Olmstead, S. B.** (2017). The aftermath of dating relationship dissolution in emerging adulthood: A review. In C. Scott & S. E. Blair (Eds.), *Contemporary Perspectives in Family Research* (Vol. 11, pp. 237-261). Bingley, U.K.: Emerald Publishing. [SJR = 0.192]
14. *Norona, J. C., Welsh, D. P., **Olmstead, S. B.**, & Bliton, C. F. (2017). The symbolic nature of trust in heterosexual adolescent romantic relationships. *Archives of Sexual Behavior*, *46*, 1673-1684. doi:10.1007/s10508-017-0971-z [3.116]
15. *Sizemore, K. M., & **Olmstead, S. B.** (2017). Willingness to engage in consensual non-monogamy among emerging adults: A structural equation analysis of sexual identity, casual sex attitudes, and gender. *Journal of Sex Research*, *54*, 1106-1117. doi:10.1080/00224499.2016.1243200 [3.059]
16. *Sizemore, K. M., & **Olmstead, S. B.** (2017). A systematic review of research on attitudes towards and willingness to engage in consensual non-monogamy among emerging adults: Methodological issues considered. *Psychology & Sexuality*, *8*, 4-23. doi:10.1080/19419899.2017.1319407 [1.275]
17. *Sizemore, K. M., & **Olmstead, S. B.** (2017). Testing the validity and factor structure of the Willingness to Engage in Consensual Non-Monogamy Scale among college men and women. *Sexuality Research and Social Policy*, *14*, 182-191. doi:10.1007/s13178-016-0263-8 [1.892]
18. **Olmstead, S. B.**, *Anders, K. M., & *Conrad, K. A. (2017). Meanings for sex and commitment among first semester college men and women: A mixed-methods study. *Archives of Sexual Behavior*, *46*, 1831-1842. doi:10.1007/s10508-016-0777-4 [3.116]
19. *Norona, J. C., **Olmstead, S. B.**, & Welsh, D. P. (2017). Breaking up in emerging adulthood: A developmental perspective of relationship dissolution. *Emerging Adulthood*, *5*, 116-127. doi:10.1177/2167696816658585 [SJR = 1.359]
20. *Anders, K. M., **Olmstead, S. B.**, & Johnson, E. I. (2017). The sexual possible selves and strategies of first semester college student: What do they hope for and fear and how do they plan to get there? *Journal of Sex Research*, *54*, 728-740. doi:10.1080/00224499.2016.1188877 [3.059]
21. Roberson, P. N. E., *Norona, J. C., Fish, J. N., **Olmstead, S. B.**, & Fincham, F. D. (2017). Do differences matter? A typology of emerging adult romantic relationships. *Journal of Social and Personal Relationships*, *34*, 334-355. doi:10.1177/0265407516661589 [1.678]
22. **Olmstead, S. B.**, Pasley, K., & Fincham, F. D. (2017). College men's involvement in friends with benefits relationships. *College Student Journal*, *50*, 398-403. [None]
23. **Olmstead, S. B.**, Roberson, P. N. E., & Fincham, F. D. (2016). Early psychological distress is a precursor to college men's later academic and social adjustment. *College Student Journal*, *50*, 53-58. [None]

24. *Roberson, P. N. E., *Fish, J., **Olmstead, S. B.**, & Fincham, F. D. (2015). College adjustment, relationship satisfaction, and conflict management: A cross-lag assessment of developmental “spill-over”. *Emerging Adulthood, 3*, 244-254. doi:10.1177/2167696815570710 [SJR = 1.359]
25. *Roberson, P. N. E., **Olmstead, S. B.**, & Fincham, F. D. (2015). Hooking up during the college years: Is there a pattern? *Culture, Health & Sexuality, 5*, 576-591. doi:10.1080/13691058.2014.972458 [1.746]
26. **Olmstead, S. B.**, *Roberson, P. N. E., Pasley, K., & Fincham, F. D. (2015). Hooking up and risk behaviors among first semester college men: What is the role of pre-college experience? *Journal of Sex Research, 52*, 186-198. doi:10.1080/00224499.2013.843147 [3.059]
27. Garneau, C. L., **Olmstead, S. B.**, Pasley, K., & Fincham, F. D. (2013). The role of family structure and attachment in college student hookups. *Archives of Sexual Behavior, 42*, 1473-1486. doi:10.1007/s10508-013-0118-9 [3.116]
28. **Olmstead, S. B.**, Koon, J. T., *Puhlman, D. J., Pasley, K., & Fincham, F. D. (2013). College men, unplanned pregnancy and marriage: What do they expect? *Journal of Sex Research, 50*, 808-819. doi:10.1080/00224499.2012.692405. [3.059]
29. **Olmstead, S. B.**, *Negash, S., Pasley, K., & Fincham, F. D. (2013). Emerging adult’s expectations for pornography use in the context of future committed romantic relationships: A qualitative study. *Archives of Sexual Behavior, 42*, 625-635. doi:10.1007/s10508-012-9986-7 [3.116]
30. **Olmstead, S. B.**, Pasley, K., & Fincham, F. D. (2013). Hooking up and penetrative hookups: Correlates that differentiate college men. *Archives of Sexual Behavior, 42*, 573-583. doi:10.1007/s10508-012-9907-9 [3.116]
31. **Olmstead, S. B.**, *Billen, R. M., *Conrad, K. A., Pasley, K., & Fincham, F. D. (2013). Sex, commitment, and casual sex relationships among college men: A mixed-methods analysis. *Archives of Sexual Behavior, 42*, 561-571. doi:10.1007/s10508-012-0047-z [3.116]
32. Futris, T. G., **Olmstead, S. B.**, Pasley, K, Nielsen, R. B. (2012). A fork in the road to high school completion: Exploring adolescent fathers’ educational paths. *Fathering, 10*, 291-313. doi:10.3149/fth.1003.291 [SJR = 0.288]
33. Lambert, N. M., *Negash, S., Stillman, T. F., **Olmstead, S. B.**, & Fincham, F. D. (2012). A love that doesn’t last: Pornography consumption and weakened commitment to one’s romantic partner. *Journal of Social & Clinical Psychology, 31*, 410-438. doi:10.1521/jscp.2012.31.4.410 [0.798]

34. **Olmstead, S. B.**, Pasley, K., Meyer, A. S., Stanford, P. S., Fincham, F. D., & Delevi, R. (2011). Implementing relationship education with emerging adult college students: Insights from the field. *Journal of Couple & Relationship Therapy*, *10*, 1-14. doi:10.1080/15332691.2011.588093 [SJR = 0.375]
35. **Olmstead, S. B.**, McWey, L. M., & Henderson, T. (2011). In the child's best interest: Terminating the rights of fathers with children in foster care. *Journal of Family Issues*, *32*, 31-54. doi:10.1177/0192513X10375411 [1.607]
36. Futris, T. G., Nielsen, R. B., & **Olmstead, S. B.** (2010). No degree, no job: Adolescent mothers' perceptions of the impact that adolescent fathers' human capital has on paternal financial and social capital. *Child and Adolescent Social Work Journal*, *27*, 1-20. doi:10.1007/s10560-009-0187-8 [SJR = 0.581]
37. Darling, C. A., **Olmstead, S. B.**, & Tiggleman, C. (2010). Persons with AIDS and their support persons: Stress and satisfaction with life. *Stress and Health*, *26*, 33-44. doi:10.1002/smi.1254 [1.875]
38. **Olmstead, S. B.**, Futris, T. G., & Pasley, K. (2009). An exploration of married and divorced, nonresident men's perceptions and organization of their father role identity. *Fathering*, *7*, 249-268. doi:10.3149/fth.0703.249 [SJR = 0.288]
39. **Olmstead, S. B.**, Blick, R. W., & Mills, L. I. (2009). Helping couples work toward the forgiveness of marital infidelity: Therapists' perspectives. *American Journal of Family Therapy*, *37*, 48-66. doi:10.1080/01926180801960575 [0.610]
40. Darling, C. A., **Olmstead, S. B.**, Lund, V. E., & Fairclough, J. W. (2008). Bipolar disorder: Medication adherence and life contentment. *Archives of Psychiatric Nursing*, *22*, 113-126. doi:10.1016/j.apnu.2008.02.004 [1.299]
41. Darling, C. A., McWey, L. M., Howard, S. N., & **Olmstead, S. B.** (2007). College student stress: The influence of interpersonal relationships on sense of coherence. *Stress and Health*, *23*, 215-229. doi:10.1002/smi.1139 [1.875]

Editor-Reviewed Book Chapters

42. Pasley, K., & **Olmstead, S. B.** (2009). Changing landscape of American family life. In J. H. Bray & M. Stanton (Eds.), *Handbook of family psychology* (pp. 53-67). Boston, MA: Blackwell.

Manuscripts Under Review

- *Davis, K. N., & **Olmstead, S. B.** Motivations against sex and lifetime number of sexual partners: A two-study approach.

Olmstead, S. B., & Anders, K. M. Emerging adults' emotional reactions to pornography use: Influences and outcomes.

Olmstead, S. B., *Davis, K. N., & Anders, K. M. Meanings for sex and commitment among college-attending and non-college emerging adults: A replication and extension.

*Davis, K. N., & **Olmstead, S. B.** (revise and resubmit). Motivations for sex among college-attending emerging adults: A developmental perspective.

Olmstead, S. B. (revise and resubmit). Sex and partnering in adolescence and young adulthood.

Olmstead, S. B. (revise and resubmit). Are perceptions of the developmental features of emerging adulthood and endorsement of the hookup culture associated with number of different hookup partners and behavior?

Edited Book Chapters Under Review

Olmstead, S. B., & Anders, K. M. Linking sex and romance. In E. M. Morgan & M. H. M. van Dulmen (Eds.), *Sexuality in emerging adulthood*. New York, NY: Oxford University Press. (Submitted on 4/1/2019)

Manuscripts in Preparation

Olmstead, S. B., Anders, K. M., & *Davis, K. N. Do emerging adults' hookup definitions differ based on college attendance and gender? (Analyzing data; Drafting manuscript)

Invited Book Reviews

Olmstead, S. B. (2010). Book review of "Common factors in couple and family therapy: The overlooked foundation for effective practice" by Sprenkle, D. H., Davis, S. D., & Lebow, J. L. *Journal of Couple and Relationship Therapy*, 9, 364-365.

Olmstead, S. B. (2008). Book review of "Spiritually integrated psychotherapy: Understanding and addressing the sacred" by Pargament, K. I. *Journal of Marital and Family Therapy*, 34, 513.

Olmstead, S. B. (2008). Book review of "Couple skills: Making your relationship work (2nd ed.)" by McKay, M., Fanning, P., & Paleg, K. *Journal of Couple and Relationship Therapy*, 7, 82-83.

Pasley, K., & **Olmstead, S. B.** (2007). Book review of "Why fathers count: The importance of fathers and their involvement with children" edited by Brotherson, S. E., & White, J. M. *Fathering*, 5, 246-249.

Funding Activity

- 2017 Sex, Commitment and Relationship Configuration Preferences among Emerging Adults. Semester Research Assistants Program, University of Tennessee Office of Undergraduate Research (\$2,250.00, Funded). Student: Kevin Treadway. Mentor: S. B. Olmstead.
- 2016 Behavioral, Economic, and Social Track for Summer Undergraduate Research Experiences (BEST-SURE). Research Experiences for Undergraduates (REU), National Science Foundation (\$284,562, not funded). PI: S.B. Olmstead; co-PI: Sally McMillan.
- 2015 Promoting First Year College Students' Sexual Health: Testing a Brief Sexual Health Seminar. Visionary Grants, American Psychological Foundation (\$20,000, not funded). PI: S.B. Olmstead.
- 2015 Revising a Parent-Child Sexual Education Intervention to Increase Utility for Contemporary Youth and Families. Phase 1 Large Grant, Trinity Health Foundation (\$15,000; one-page limited submission proposal not chosen). Co-PIs: S.B. Olmstead & H.S. Wallace.
- 2015 University of Tennessee Undergraduate Summer Research Internship. Investigating college student perceptions of catfishing: An online relationship phenomenon (\$2,000, not funded). Student: Kayley Davis. Mentor: S.B. Olmstead.
- 2014 University of Tennessee Teaching and Learning Center, 2014 Creative Teaching Grant, Re-designing CFS 240: Human Sexuality (\$3,500, funded). PI: S.B. Olmstead.
- 2014 SARIF-GRA award to support a graduate assistant to analyze data from the Promoting the Sexual Health and Wellbeing of First Year Students project, University of Tennessee Office of Research (\$3,600, funded). PI: S.B. Olmstead.
- 2013 University of Tennessee, Professional Development Award research project: Promoting the Sexual Health and Wellbeing of First Year Students (\$2,780, funded). PI: S.B. Olmstead.
- 2009 Florida State University, College of Human Sciences, Development Award research project: Implementing Empirically Supported Parent Education for At-risk Families (\$6,000, funded). PI: K. Pasley, Co-PIs: L.M. McWey, R.E. Lee, & S.B. Olmstead.
- 2009 American Education Research Association Dissertation Grant, Responsible fathering and children's cognitive outcomes: A longitudinal analysis. (\$20,000, not funded). PI: S.B. Olmstead.

Scholarly Presentations

(* indicates graduate student co-author; *** indicates undergraduate student co-author)

Organized Symposia

Olmstead, S. B. (2018, November). *Emerging adult relationships: Casual, committed, and spicing it up*. Poster symposium presented at the annual meeting of the National Council on Family Relations, San Diego, CA. (Organizer and Facilitator)

Peer-Reviewed Conference Presentations

Olmstead, S. B., *Davis, K. N., **Treadway, K. M., & Anders, K. M. (2018, November). Sex and commitment among college-attending and non-college emerging adults. Poster presented at the annual meeting of the National Council on Family Relations, San Diego, CA.

*Davis, K. N., & **Olmstead, S. B.** (2018, November). Motivations against sex and lifetime sexual partners: A two-study approach. Lightning paper presented at the annual meeting of the National Council on Family Relations, San Diego, CA.

Olmstead, S. B., *Norona, J. C., & *Anders, K. M. (2017, November). *Emerging adults' hookup scripts: Differences based on sex and college attendance?* Paper presented at the annual meeting of the National Council on Family Relations, Orlando, FL.

*Anders, K. M., & **Olmstead, S. B.** (2017, November). *An examination of developmental influences on emerging adults' sexual identities*. Paper presented at the annual meeting of the National Council on Family Relations, Orlando, FL.

Olmstead, S. B., & *Anders, K. M. (2017, November). *Emerging adults' emotional reactions to pornography use: Influences and outcomes*. Paper presented at the annual meeting of the Society for the Study of Emerging Adulthood, Washington, D.C.

*Anders, K. M., & **Olmstead, S. B.** (2017, November). *Comparing the sexual possible selves and strategies of college attending versus non-college attending emerging adults*. Paper presented at the annual meeting of the Society for the Study of Emerging Adulthood, Washington, D.C.

*Halladay, M. V., *Anders, K. M., & **Olmstead, S. B.** (2017, November). *Sexting behaviors and sexual identity among emerging adults (college and non-college)*. Paper presented at the annual meeting of the Society for the Study of Emerging Adulthood, Washington, D.C.

Olmstead, S. B., *Anders, K. M., & *Conrad, K. A. (2016, November). *Meanings for sex and commitment among first semester college students*. Poster presented at the annual meeting of the National Council on Family Relations, Minneapolis, MN.

*Anders, K. M., **Olmstead, S. B.**, & Moore, E. W. (2016, November). *Emerging adults' sexual identity, pluralistic ignorance, and sexual hookups*. Poster presented at the annual meeting of the National Council on Family Relations, Minneapolis, MN.

*Sizemore, K. M., & **Olmstead, S. B.** (2016, November). *Willingness to engage in consensual non-monogamy: A mixed-methods study*. Poster presented at the annual meeting of the National Council on Family Relations, Minneapolis, MN.

Moore, E. W., **Brow, S., & **Olmstead, S. B.** (2016, April). *Relationship familiarity and alcohol use influence beliefs about hooking up*. Paper presented at the annual meeting of the Southeastern Psychological Association, New Orleans, LA.

Olmstead, S. B., *Conrad, K. A., & **Davis, K. N. (2015, November). *Sex on campus: An examination of first semester college students' experiences in a brief sexual health seminar*. Paper presented at the annual meeting of the Society for the Scientific Study of Sexuality, Albuquerque, NM.

*Sizemore, K. M., & **Olmstead, S. B.** (2015, November). *The relationship between women's retrospective reports of desire at first intercourse and their sexual assertiveness with current partner*. Poster presented at the annual meeting of the Society for the Scientific Study of Sexuality, Albuquerque, NM.

Roberson, P. N. E., **Olmstead, S. B.**, & Gordon, K. C. (2015, November). *Relationship quality and individual wellbeing: Measuring static and dynamic change*. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Chicago, IL.

Olmstead, S. B., *Anders, K. M., & **Clemmons, D. M. A. (2015, October). *Perceptions of and expectations for involvement in the college drinking culture*. Paper presented at the annual meeting of the Society for the Study of Emerging Adulthood, Miami, FL.

*Anders, K. M., **Olmstead, S. B.**, & Johnson, E. I. (2015, October). *The sexual possible selves and strategies of first semester college men and women*. Paper presented at the annual meeting of the Society for the Study of Emerging Adulthood, Miami, FL.

Olmstead, S. B., *Conrad, K. A., & **Moore, S. M. (2014, November). *First semester college students' understandings of hooking up*. Paper presented at the annual meeting of the National Council on Family Relations, Baltimore, MD.

*Roberson, P. N. E., **Olmstead, S. B.**, & *Sizemore, K. M. (2014, November). *First semester college students' hookup perceptions and intentions*. Paper presented at the annual meeting of the National Council on Family Relations, Baltimore, MD.

*Conrad, K. A., & **Olmstead, S. B.** (2014, November). *The meaning and process of dating among gay and lesbian emerging adults*. Paper presented at the annual meeting of the National Council on Family Relations, Baltimore, MD.

*Stone, E., **Olmstead, S. B.**, Blick, R. W., *Mills, L. I. (2013, November). *Forgiveness and infidelity: The role of grief/loss, empathy, and rebuilding trust*. Paper presented at the annual meeting of the National Council on Family Relations, San Antonio, TX.

*Roberson, P. N. E., Negash, S., **Olmstead, S. B.**, & Fincham, F. D. (2013, November). *Emerging adults' emotional reactions to hookups: Hookup behavior and gender matter*. Poster presented at the annual meeting of the National Council on Family Relations, San Antonio, TX.

Olmstead, S. B., *Conrad, K. A., & *Heuett, K. (2013, November). *Sex on campus: Promoting the sexual health of college freshmen*. Poster presented at the annual meeting of the National Council on Family Relations, San Antonio, TX.

*Fish, J., *Roberson, P. N. E., **Olmstead, S. B.**, & Fincham, F. D. (2013, October). *Romantic relationships predict later college adjustment*. Paper presented at the annual meeting of the Society for the Study of Emerging Adulthood, Chicago, IL.

Olmstead, S. B., *Roberson, P. N. E., & Fincham, F. D. (2013, October). *Early psychological distress affects college men's later academic and social adjustment*. Poster presented at the annual meeting of the Society for the Study of Emerging Adulthood, Chicago, IL.

Olmstead, S. B., *Roberson, P. N. E., Fincham, F. D., & Pasley, K. (2012, November). *First semester college men's hookups: The role of pre-college risk behavior*. Paper presented at the annual meeting of the National Council on Family Relations, Phoenix, AZ.

*Roberson, P. N. E., **Olmstead, S. B.**, & Fincham, F. D. (2012, November). *Does it go up or down? An investigation of college hookup patterns using survival analysis and logistic regression*. Paper present as a part of Theory Construction and Research Methodology at the annual meeting of the National Council on Family Relations, Phoenix, AZ.

Garneau, C. L., **Olmstead, S. B.**, Pasley, K., & Fincham, F. D. (2012, November). *The role of family structure and attachment in college student hookups*. Poster presented at the annual meeting of the Society for the Scientific Study of Sexuality, Tampa, FL.

Olmstead, S. B., *Billen, R. M., *Conrad, K. A., Pasley, K., & Fincham, F. D. (2011, November). *For love, fun, or some of both: The meaning of sex and risky sexual behaviors among emerging adult men*. Paper presented at the annual meeting for the National Council on Family Relations, Orlando, FL.

Olmstead, S. B., *Billen, R. M., Pasley, K., & Fincham, F. D. (2011, October). *Exploring college men's friends with benefits relationships*. Paper presented at the annual meeting of the Society for the Study of Emerging Adulthood, Providence, RI.

Olmstead, S. B., & Pasley, K. (2010, November). *College men who "hook up": The difference that makes a difference?* Poster presented at the annual meeting of the National Council on Family Relations, Minneapolis, MN.

*Fortner, L., **Olmstead, S. B.**, *Cobb, B., *Pilkington, S., & Pasley, K. (2010, November). *College students and contraception: Deciding, using, and discussion*. Poster presented at the annual meeting of the National Council on Family Relations, Minneapolis, MN.

*Negash, S., Lambert, N. M., **Olmstead, S. B.**, Stillman, T. S., & Fincham, F. D. (2010, November). *A love that doesn't last: Pornography consumption weakens commitment to a romantic partner*. Poster presented at the annual meeting of the National Council on Family Relations, Minneapolis, MN.

*Koon, J. T., Pasley, K., & **Olmstead, S. B.** (2010, November). *Father-daughter relationship quality and daughter sexual activity*. Poster presented at the annual meeting of the National Council on Family Relations, Minneapolis, MN.

Olmstead, S. B., Koon, J. T., Puhlman, D. J., & Pasley, K. (2009, November). *To raise or not to raise: College men's expectations about unplanned pregnancy*. Poster presented at the annual meeting of the National Council on Family Relations, San Francisco, CA.

Olmstead, S. B., McWey, L. M., & Henderson, T. L. (2009, October). *In the child's best interest: Fathers, child, and foster care*. Poster presented at the annual meeting of the American Association of Marriage and Family Therapy, Sacramento, CA.

Olmstead, S. B., Pasley, K., Fincham, F. D. & the Project RELATE Team. (2008, November). *Implementing relationship education with young adults: Insights from the field*. Paper presented at the annual meeting of the National Council on Family Relations, Little Rock, AR.

Pasley, K., & **Olmstead, S. B.** (2008, August). *Developing a national model of marriage education: Project RELATE*. Presentation at the annual grantee conference of the Office of Family Assistance, Washington, DC.

Darling, C. A., **Olmstead, S. B.**, & Tiggleman, C. (2007, November). *Family functioning and life satisfaction of PWAs and their support persons*. Paper presented at the annual meeting of the National Council on Family Relations, Pittsburgh, PA.

Meyer, A. S., & **Olmstead, S. B.** (2007, November). *Infertility and the family distress model: Implications for clinicians and researchers*. Poster presented at the annual meeting of the National Council on Family Relations, Pittsburgh, PA.

Olmstead, S. B., Blick, R. W., & Mills, L. I. (2007, October). *Common components of forgiveness of marital infidelity*. Poster presented at the annual meeting of the American Association of Marriage and Family Therapy, Long Beach, CA.

Olmstead, S. B. (May 2007). *Forgiveness as a psychotherapeutic intervention with individuals, couples, and families*. Poster presented at the annual meeting of the Florida Association of Marriage and Family Therapy, Orlando, FL.

Olmstead, S. B. (2004, April). *Tightening the bonds of marriage in the face of job loss*. Paper presented at the annual meeting of the Pacific Sociological Association, San Francisco, CA.

Peer-Reviewed Conference Workshops

Olmstead, S. B., & Stanford, P. (2007, October). *Marital infidelity: Exploring forgiveness as an intervention*. Clinical workshop presented at the annual meeting of the American Association of Marriage and Family Therapy, Long Beach, CA.

Invited Presentations

Olmstead, S. B., & Anders, K. M. (2016, September). *Emerging adult sexuality: Development, meanings, and exposure to health risks*. Invited presentation at the University of Tennessee's Center for Health Education and Wellness (CHEW) Lunch and Learn meeting, University of Tennessee, Knoxville.

Olmstead, S. B. (2016, April). *Perceptions of and expectations for involvement in the college drinking culture among first semester college men and women: A mixed-methods study*. Invited presentation at the University of Tennessee Join the University Minority Program (JUMP) overnight visit program, University of Tennessee, Knoxville.

Olmstead, S. B. (2015, October). *Perceptions of and expectations for involvement in the college drinking culture among first semester college men and women: A mixed-methods study*. Invited presentation at the University of Tennessee MicNite, University of Tennessee, Knoxville.

Olmstead, S. B. (2015, April). *Father involvement and child cognitive development*. Invited discussion at the University of Tennessee Early Learning Center parent meeting, the University of Tennessee, Knoxville.

Olmstead, S. B. (2015, April). *Don't be a dummy: Creating a healthy sexuality*. Presentation given at the University of Tennessee's annual Sex Week, University of Tennessee, Knoxville.

Olmstead, S. B. (2015, March). *Finding our WAE: Examining and promoting wellbeing for adolescents and emerging adults*. Keynote address for the College of Education, Health, and Human Sciences annual Spring Research Colloquium, University of Tennessee, Knoxville.

Olmstead, S. B. (2014, May). *Fathering young children*. Invited discussion at the University of Tennessee Early Learning Center parent meeting, the University of Tennessee, Knoxville.

Olmstead, S. B. (2014, February). *Developing your program of research*. Invited presentation for the annual Quint State conference, the University of Tennessee, Knoxville.

Olmstead, S. B. (2013, November). *Marriage and communication*. Invited presentation for the Time Out for Families event. Knoxville, TN.

Olmstead, S. B. (2012, November). *Parents promoting adolescents' sexual health and wellbeing*. Invited presentation to parents of Webb School of Knoxville sophomores. Knoxville, TN.

Olmstead, S. B. (2012, February). *Love: What it is and isn't*. Invited presentation given at the Apartment Residence Hall, The University of Tennessee, Knoxville, TN.

Olmstead, S. B. (2008, March). *Providing peer education that makes a difference: Stress management, time management, and study skills*. Address to the RENEW organization, Florida State University, Tallahassee, FL.

Other Presentations and Addresses

Treadway, K. M., *Davis, K. N., & **Olmstead, S. B. (2018, April). *Does hookup partner type matter? Condoms, drunkenness, and emotional reactions*. Poster presented at the Exhibition of Undergraduate Research and Creative Achievement, the University of Tennessee, Knoxville.

*Davis, K. N., & **Olmstead, S. B.** (2018, March). *Wait, college students have motivations against sex?* Poster presented at the College of Education, Health, and Human Sciences Graduate Student Research Colloquium, Knoxville, Tennessee.

*Davis, K. N., & **Olmstead, S. B.** (2018). *Motivations against sex and lifetime sexual partners: A two-study approach*. Child and Family Studies Colloquium, Knoxville, Tennessee.

*Davis, K. N., & **Olmstead, S. B.** (2017, March). *Reasons for having sex among emerging adults: A developmental perspective*. Poster presented at the annual meeting of the Southeastern Council on Family Relations, Charlotte NC.

Olmstead, S. B. (2015, April). *What is NCFR and how do I submit a proposal to their annual meeting?* Presentation given at a professional development workshop for the Child and Family Studies Graduate Student Organization, University of Tennessee, Knoxville.

*Anders, K. M., **Olmstead, S. B.**, & Johnson, E. I. (2015, March). *Sexual possible selves in emerging adulthood*. Paper presented at the College of Education, Health, and Human Sciences annual Spring Research Colloquium, University of Tennessee.

*Conrad, K. A., **Olmstead, S. B.**, & **Davis, K. N. (2015, March). *First semester college students' perceptions of a brief sexual health seminar: Preliminary findings*. Poster presented at the College of Education, Health, and Human Sciences annual Spring Research Colloquium, University of Tennessee.

Olmstead, S. B., *Anders, K. M., & **Clemmons, D. M. A. (2015, February). *Perceptions of and expectations for involvement in the college drinking culture among first semester college men and women*. Child and Family Studies Colloquium, University of Tennessee, Knoxville.

Clemmons, D. M. A., & **Olmstead, S. B. (2014, April). *What do they know and how useful is it: Sex education and knowledge among college freshmen*. Poster presented at the annual Exhibition of Undergraduate Research and Creativity, the University of Tennessee, Knoxville.

Moore, S. M., **Olmstead, S. B., & *Conrad, K. A. (2014, April). *First semester college students' understandings of "hooking up."* Poster presented at the annual Exhibition of Undergraduate Research and Creativity, the University of Tennessee, Knoxville.

Miller, M. E., **Faust, M., **Yount, K., *Roberson, P. N. E., *Heuett, K., & **Olmstead, S. B. (2014, April). *Gender differences of misrepresentation in online relationships.* Poster presented at the annual Exhibition of Undergraduate Research and Creativity, the University of Tennessee, Knoxville.

Olmstead, S. B. (2014, February). *Relationship communication: The good, the bad, and the ugly.* Invited presentation for Enrichment Meeting of the Church of Jesus Christ of Latter-Day Saints, Knoxville, TN.

*Roberson, P. N. E., **Olmstead, S. B.**, & Fincham, F. D. (2013, March). *Does it go up or down? Examining college students' hookup pattern by comparing cross-sectional survival analysis and logistic regression.* Child and Family Studies Colloquium, University of Tennessee, Knoxville.

Olmstead, S. B., *Billen, R. B., & *Conrad, K. A. (2012, November). *Sex, commitment, and casual sex relationships among college men: A mixed-methods analysis.* Child and Family Studies Colloquium, University of Tennessee, Knoxville.

Olmstead, S. B. (2011, February). *Preparing a proposal submission for the National Council on Family Relations annual conferences.* Workshop given to the Child and Family Studies Graduate Student Organization, Knoxville, TN.

Teaching Experience

Undergraduate Courses

The University of Tennessee, Knoxville

CFS 220: Marriage and Family: Roles and Relationships

CFS 240: Human Sexuality

CFS 395: Introduction to Research Methods and Statistics

FYS 129: Developing Healthy Romantic Relationships (First year studies seminar)

FYS 129: Sex on Campus (First year studies seminar)

Florida State University

FAD 2230: Family Relationships: A Life-span Development Approach

Graduate Courses

The University of Tennessee, Knoxville

CFS 535: Couple Relationships

CFS 550: Family Theory

CFS 570: Research Methods in Child and Family Studies

CFS 572: Professional Seminar 1: Introduction to Child and Family Studies

CFS 580: Special Topics in Child and Family Studies: Couple Relationships
 CFS 672: Professional Seminar 2: Professional Socialization

Curriculum Development

- 2010, Summer Responsibilities: Assist in the development of course curriculum, readings, assignments, syllabus, and activities for an online undergraduate course
 FAD 2230: Family Relationships
 Florida State University
 Supervisor: Dr. Tom Cornille
- 2009, Summer Responsibilities: Develop course curriculum, readings, assignments, syllabus, and activities for doctoral-level seminar course
 Responsible Conduct of Research & Creativity & Professional Standards
 Florida State University
 Supervisors: Dean Billie Collier & Dr. Mary Ann Moore

Graduate Student Committees

(* indicates role as committee chair)

Completed (Master's Degree Students)

Shahad Subiani, Child & Family Studies, completed Spring 2019
 Amanda Capannola, Child & Family Studies, completed Summer 2018
 *Kayley N. Davis, Child & Family Studies, completed Spring 2018
 Kendra Berry, Child & Family Studies, completed Spring 2016
 Katherine Gibson, Child & Family Studies, completed Spring 2015
 Stephanie Herzog, Child & Family Studies, completed Spring 2015
 Kristin M. Anders, Child & Family Studies, completed Summer 2014
 *Kathryn A. Conrad, Child & Family Studies, completed Spring 2013

In Progress (Master's Degree Students)

Rachel Guy, Child & Family Studies, expected completion Fall 2019
 Shelby Clouthier, Child & Family Studies, expected completion Spring 2020
 Siera Schwanz, Child & Family Studies, expected completion Spring 2020

Completed (Doctoral Degree Students)

Jerika C. Norona, Clinical Psychology, completed Summer 2018
 JoAnna M. Elmquist, Clinical Psychology, completed Summer 2018
 T. Daniel White, Organizations & Strategy, completed Summer 2017
 Jessica A. Hughes, Clinical Psychology, completed Summer 2017
 Heather C. Zapor, Clinical Psychology, completed Summer 2017
 *Kristin M. Anders, Child & Family Studies, completed Spring 2017
 Sarah Mauck, Clinical Psychology, completed Summer 2016
 *Kathryn A. Conrad, Child & Family Studies, completed Summer 2016
 *Kayla M. Sizemore, Child & Family Studies, completed Summer 2016
 Emily Stone, Child & Family Studies, completed Fall 2015

*Patricia N. E. Roberson, Child & Family Studies, completed Fall 2014
 Jennifer Zorotovich, Child & Family Studies, completed Summer 2014
 Carolyn Spellings, Child & Family Studies, completed Spring 2014

In progress (Doctoral Degree Students)

*Geoffrey R. Mabe, Child & Family Studies, expected completion Fall 2019
 *Kayley N. Davis, Child & Family Studies, expected completion Spring 2021 [MS-PhD]

Licensure/Certification

2016 Certified Family Life Educator (Provisional)
 2009 Certificate, Educational Measurement and Statistics, Department of Educational Psychology and Learning Systems, Florida State University
 2006 Program for Instructional Excellence
 2006 Certified Trainer, *Within My Reach*, PREP Inc., Denver, CO

Specialized Training/Workshops (attended)

2013 Qualitative Data Analysis with Atlas.ti, Portland, OR (Dr. Ricardo B. Contreras)
 2011 National Longitudinal Surveys of Youth Data, TCRM workshop, Orlando, FL
 2011 Summer Institute on Research Methodology, Introduction to Stata and Multilevel/Growth Curves Using Stata, Oregon State University
 2009 Analyzing Panel and Multilevel Data Using Stata, TCRM workshop, San Francisco, CA
 2009 The Incredible Years: Parents, Teachers, and Children Training Series, Parent Group Leader Training, Florida State University
 2009 Summer Institute on Research Methodology, Introduction to Mplus and Latent Growth Curve Modeling using Mplus, Oregon State University
 2007 Iowa Family Interaction Ratings Scale, TCRM workshop, Pittsburgh, PA

Clinical Experience

2009 – 2010 Clinical/Academic Intern, Project RELATE, FSU Family Institute, Tallahassee, FL
 Responsibilities: assist in administration of intervention; supervise Marriage Educators; oversee data collection and analysis; manuscript preparation and submission; mentor undergraduate and master's level researchers. Clinical Supervisor: Dr. Lucy Byno, PhD, LMFT
 Academic Supervisors: Drs. Frank Fincham (PI) and Kay Pasley (Co-PI)

2006 – 2009 Therapist Intern, Center for Couple and Family Therapy, Florida State University, Tallahassee, FL
 Responsibilities: Individual, couple, and family treatment; supervised visitation; case collaboration; developing treatment plans
 Supervisors: Drs. Larry Barlow, Lenore McWey, Lucy Byno

- 2005 – 2006 Therapist Intern, Center for Family Therapy, University of Oregon
Responsibilities: Individual, couple, and family treatment; case collaboration; developing and carrying out treatment plans
Supervisors: Drs. Jeff Todahl, Deanna Linville, John Miller, Doug Smith
- 2005 – 2006 Therapist Intern, Creating Healthy Options in Confronting Exploitive Sexuality (C.H.O.I.C.E.S.), Eugene, OR
Responsibilities: Cognitive-behavioral group sex offender treatment
Supervisor: Dr. Steven Mussack

Service

University Service (University of Tennessee)

- 2018 Member, Program Review Committee, Department of Psychology
2015-2018 Member, Community of Scholars to Explore Student Success
2014-2015 Member, Chancellor's Sexual Misconduct Policy Taskforce
2014-2017 Member, Faculty Senate, College of Education, Health & Human Sciences Representative
2013-2016 Member, Male Initiative Committee
2012 Judge, Miss Homecoming, University of Tennessee 2012
2010-2016 Faculty Advisor, Council on Family Relations at UT (CFRUT)

College Service (University of Tennessee)

- 2018-present Member, CEHHS Tech Fee Committee
2017 Member, Child & Family Studies Department Head Search Committee
2014-2015 Member, GSE Student Recruitment Committee
2014 Judge, Exhibition of Undergraduate Research and Creative Achievement (EURēCA) event
2013 Judge, Exhibition of Undergraduate Research and Creative Achievement (EURēCA) event

Departmental Service (University of Tennessee)

- 2019-present Member, Faculty Search Committee
2017-present Director of Graduate Studies (3-year term)
2016-present Member, Department Promotion and Tenure Committee
2017-2019 Member, Ad Hoc Committee: Revising the Department Strategic Plan
2016 Chair, Teaching Evaluation Committee (for Dr. Cara Djonko-Moore)
2016 Chair, Teaching Evaluation Committee (for Dr. Hillary Fouts)
2016-2017 Member, Faculty Search Committee
2016-2017 Chair, Child and Family Studies Colloquia
2016-2018 Co-Chair, Department Recruitment Committee
2015-2016 Chair, Faculty Search Committee

2014-2017 Advisor, Graduate Student Organization (GSO)
 2014 Member, Ad Hoc Committee: Revising Undergraduate Advising
 2012-2014 Member, ECE Comprehensive Exam Committee
 2011-2016 Member, Recruitment Committee
 2011-2016 Member, Graduate Committee
 2010-2013 Member, Human Subjects Committee (proposals reviewed = 24)
 2010-2011 Member, Undergraduate Committee
 2011 Member, Ad Hoc Committee: Evaluating the Doctoral Program

Professional Service

Editorial Board Memberships:

2017-present Editorial Board, *Journal of Sex Research*
 2017-present Editorial Board, *Journal of Marriage and Family*
 2016-present Editorial Board, *Archives of Sexual Behavior*

The National Council on Family Relations:

2019-2021 Secretary/Treasurer, Research and Theory Section
 2018-2021 Member, NCFR Fellows Committee (3-year term)
 2012-2014 Co-Chair, Men in Families Focus Group
 2011-2012 Reviewer, Best S/NP paper award, Family Therapy Section
 2010-2013 Committee Member, Felix Berardo Mentoring Award
 2010-2012 Student/New professional representative, Family Therapy Section
 2010-present Abstract reviewer, NCFR annual conferences

Society for the Study of Emerging Adulthood:

2017-present Co-Chair, Sexuality Topic Network
 2016-2017 Member, 2017 SSEA Conference Planning Committee
 2013-present Abstract reviewer, SSEA annual conferences

Society for the Scientific Study of Sexuality:

2013-2016 Reviewer, Student Research Grant Applications (Grants reviewed = 9)
 2011-present Abstract reviewer, SSSS annual conferences

International Academy of Sex Research:

2018 Member, Richard Green Founding Editor Essay Award Committee

The American Association for Marriage and Family Therapy:

2009-2010 Abstract reviewer, AAMFT annual conferences

The International Society for the Study of Behavioural Development

2017 Abstract reviewer, ISSBD annual conference 2018
 2011 Abstract reviewer, ISSBD annual conference 2012

Ad hoc reviewing for scholarly journals:

(Number of manuscripts reviewed)

*Indicates member of editorial board

2018-present *Personality and Individual Differences* (2)
 2018-present *Sexuality Research and Social Policy* (2)
 2017-present *The Canadian Journal of Human Sexuality* (4)
 2017-present *Personal Relationships* (2)
 2017-present *Sex Roles* (2)
 2016-present *Youth & Society* (4)
 2016-present *Journal of Sex & Marital Therapy* (2)
 2016-present *American Journal of Sexuality Education* (7)
 2016-present *Journal of Adolescence* (7)
 2015-present *International Journal of Sexual Health* (8)
 2015-present *Journal of Social and Personal Relationships* (14)
 2014-present *Emerging Adulthood* (7)
 2012-present *Journal of Sex Research* (32)*
 2011-present *Archives of Sexual Behavior* (43)*
 2009-present *Journal of Marriage and Family* (16)*
 2007-present *Fathering* (3)

Other Ad hoc reviews:

2019 *Psychology of Addictive Behaviors* (1)
 2019 *Journal of Couple & Relationship Therapy* (1)
 2018 *Perspectives on Sexual and Reproductive Health* (1)
 2016 *Journal of Adolescent Research* (1)
 2016 *Asian Journal of Communication* (1)
 2014 *Journal of Research on Christian Education* (1)
 2013 *Social Problems* (1)
 2013 *Culture, Society, & Masculinities* (1)
 2012 *The Journal of Positive Psychology* (1)
 2011 *Family & Consumer Science Research Journal* (1)
 2010 *Journal of Family Issues* (1)

Membership in Professional Societies:

2019-present International Association of Relationship Research (IARR)
 2011-present The Society for the Scientific Study of Sexuality (SSSS)
 2011-present Society for the Study of Emerging Adulthood (SSEA)
 2006-present National Council on Family Relations (NCFR)
 2011-2014 Society for Research on Adolescence (SRA)
 2005-2010 American Association of Marriage and Family Therapy (AAMFT)
 2004-2005 Pacific Sociological Association (PSA)

External Reviewer, Promotion and/or Tenure:

2018 Texas Tech University, Department of Human Development and Family Studies

Community Service

Boy Scouts of America:

- 2015-2017 Chartered Organization Representative (Troop 40, Pack 40)
- 2014-2015 Chartered Organization Representative (Troop 40)
- 2013-2017 Merit Badge Counselor, Family Life (Troop 140, Troop 40)

Media Representation:

- 2019 Relevate Podcast – *No Strings Attached and Friends with Benefits*.
<http://shoutengine.com/RelevatePresentsScholarsShip/no-strings-attached-and-friends-with-benefits-with-81735>
- 2015 Expert opinion on fathering for wallethub.com
<http://wallethub.com/edu/best-and-worst-states-for-working-dads/13458/#spencer-olmstead>
- 2016 Expert opinion of atypical sexual behavior for Daily Beacon article
Know Your Kinks by Megan Patterson:
http://www.utdailybeacon.com/arts_and_culture/know-your-kinks/article_8171c92e-d15c-11e5-a057-a3b16d1c523c.html

Service: Previous Universities

The Florida State University

- 2009 Graduate Student Representative, Department of Family & Child Sciences, Quality Enhancement Review Subcommittee
- 2009 Graduate Student Representative, Faculty Search Committee, Department of Family & Child Science
- 2008-2009 Reviewer, Dissertation Awards Program (DAP), College of Human Sciences

The University of Oregon

- 2005-2006 Member, University of Oregon Men's Center
- 2005-2006 Counselor, Crisis Center
- 2005 Co-Facilitator, UO Fathering Support Group
- 2005 Student Member, Non-Tradition Student Union Advisory Board
- 2004-2005 MFT Representative, College of Education Student Advisory Board

Honors and Awards

- 2018 Undergraduate Research Mentor of the Year (2017-2018); College of Education, Health & Human Sciences (awarded from the University of Tennessee Office of Undergraduate Research)
- 2013 Nominated, Best 2012 New Professional Research Paper, Men in Families Focus Group, Research and Theory Section, National Council on Family Relations (NCFR)
- 2012 Nominated, Best 2011 New Professional Research Paper, Men in Families Focus Group, Research and Theory Section, NCFR

- 2010 NCFR Honor Student Award
May Watson Connor Scholarship, College of Human Sciences, FSU
Dissertation Proposal Award, College of Human Sciences, FSU
Leadership Award, College of Human Sciences, FSU
Nominated, Graduate Student Research and Creativity Award, Department of Family & Child Sciences
- 2009 Student Award, National Council on Family Relations
Florence Smith McAllister Fellowship, College of Human Sciences, FSU
Nominated, Graduate Student Research and Creativity Award, Department of Family & Child Sciences
Glenn Society, Kappa Omicron Nu
- 2008 Mary Hicks Scholarship, College of Human Sciences, FSU
FSU Star Student (<https://campus.fsu.edu/profiles/olmstead/>)
- 2007 Golden Key International Honor Society
Kappa Omicron Nu
- 2005 Jean Twohig Scholarship, University of Oregon
- 2002 Spring/Summer Academic Scholarship, Brigham Young University
- 2000 Leadership Scholarship, Ricks College