

국외출장 결과보고서

1 출장 개요

출장목적

- 미국가족관계학회 참석 및 발표

과제명

- 비예산(서울대학교 지원)

출장기간

- 2024.11.20.~2024.11.25.

출장국가(도시)

- 미국(시애틀)

출장자

- 황안나(사회보장재정데이터연구실 전문연구원)

일정요약

일자	국가(도시)	방문기관	면담자	주요 활동상황
11.20.(수)	한국(인천), 미국(시애틀)	워싱턴, 시애틀 하얏트 리젠시 벨뷰	없음	시애틀 도착 후, 학회 참석
11.21.(목)	미국(시애틀)	워싱턴, 시애틀 하얏트 리젠시 벨뷰	없음	미국가족관계학회 포스터 발표
11.22.(금)	미국(시애틀)	워싱턴, 시애틀 하얏트 리젠시 벨뷰	없음	미국가족관계학회 참석
11.23.(토)	미국(시애틀)	워싱턴, 시애틀 하얏트 리젠시 벨뷰	없음	미국가족관계학회 참석
11.24.(일)	미국(시애틀)			시애틀 터코마 공항 이동 출발
11.25.(월)	한국(서울)			인천공항 도착

①	미국가족관계학회(NCFR) 참석 및 발표
일시	2024.11.20.(수). 14:00 ~ 2024.11.23.(토). 18:00
장소	시애틀 하얏트 리젠시 벨뷰(Hyatt Regency Bellevue)
참석자	원내: 황안나 전문연구원
○ 학회	<p>프로그램</p> <p>All times listed are Pacific Standard Time</p> <p>TUESDAY, NOV. 19</p> <p>Board and Committee Meetings TCRM Sessions Preconference Workshop</p> <p>8:30 a.m.-9:45 a.m. Special Session Concurrent Sessions 4 Committee and Board Meetings</p> <p>10:15 a.m.-11:30 a.m. Plenary Session – Velma McBride Murry, Ph.D.</p> <p>Noon-1:30 p.m. Poster Session 3 Section Member Meetings Focus Group Meetings Committee Meetings (begin at 11:45 a.m.) Affiliate Councils Workshop (begin at 12:45 p.m.) Exhibits Open (1:00 p.m.-7:00 p.m.)</p> <p>1:30 p.m.-2:45 p.m. Special Session Concurrent Sessions 5</p> <p>3:15 p.m.-4:30 p.m. Special Session Concurrent Sessions 6 Inclusion and Diversity Committee Active Listening Session Committee Meetings (begin at 3:00 p.m.)</p> <p>4:45 p.m.-6:45 p.m. University Receptions</p> <p>Begin at 7:00 p.m. CFLE Reception Section Member Meetings Focus Group Meetings SNP Session Legacy Circle Reception (begin at 8:30 p.m.)</p> <p>FRIDAY, NOV. 22</p> <p>Early Morning Meditation Time (begins at 7:10 a.m.)</p> <p>8:30-9:45 a.m. Special Session Concurrent Sessions 7 Exhibits Open (9:00 a.m.) Committee Meetings (begin at 8:00 a.m.)</p> <p>10:15-11:30 a.m. Plenary Session – Lancer Stephens, Ph.D.</p> <p>Noon-1:15 p.m. Poster Session 4 Section Member Meetings Focus Group Meetings How to Become a CFLE Workshop Ask the Editors Workshop</p> <p>1:45 p.m.-3:00 p.m. Special Session Concurrent Sessions 8 Committee Meetings</p> <p>3:30 p.m.-4:45 p.m. Special Session Concurrent Sessions 9 Committee Meetings (begin at 3:15 p.m.)</p> <p>Begin at 5:00 p.m. SNP Session Section Member Meeting Focus Group Meetings Committee Meeting</p> <p>6:30 p.m.-7:45 p.m. Memorial Service Focus Group Meetings</p> <p>SATURDAY, NOV. 23</p> <p>8:00 a.m.-9:15 a.m. Special Session Poster Session 5</p> <p>9:30 a.m.-10:45 a.m. Closing Plenary Session – Jennifer Hays-Grudo, Ph.D.</p> <p>11:00 a.m.-12:15 p.m. Concurrent Sessions 10</p> <p>8:30 a.m.-9:45 a.m. Special Session Concurrent Sessions 4 Committee and Board Meetings</p> <p>10:15 a.m.-11:30 a.m. Plenary Session – Velma McBride Murry, Ph.D.</p> <p>Noon-1:30 p.m. Poster Session 3 Section Member Meetings Focus Group Meetings Committee Meetings (begin at 11:45 a.m.) Affiliate Councils Workshop (begin at 12:45 p.m.) Exhibits Open (1:00 p.m.-7:00 p.m.)</p> <p>1:30 p.m.-2:45 p.m. Special Session Concurrent Sessions 5</p> <p>3:15 p.m.-4:30 p.m. Special Session Concurrent Sessions 6 Inclusion and Diversity Committee Active Listening Session Committee Meetings (begin at 3:00 p.m.)</p> <p>4:45 p.m.-6:45 p.m. University Receptions</p> <p>Begin at 7:00 p.m. CFLE Reception Section Member Meetings Focus Group Meetings SNP Session Legacy Circle Reception (begin at 8:30 p.m.)</p> <p>FRIDAY, NOV. 22</p> <p>Early Morning Meditation Time (begins at 7:10 a.m.)</p> <p>8:30-9:45 a.m. Special Session Concurrent Sessions 7 Exhibits Open (9:00 a.m.) Committee Meetings (begin at 8:00 a.m.)</p> <p>10:15-11:30 a.m. Plenary Session – Lancer Stephens, Ph.D.</p> <p>Noon-1:15 p.m. Poster Session 4 Section Member Meetings Focus Group Meetings How to Become a CFLE Workshop Ask the Editors Workshop</p> <p>1:45 p.m.-3:00 p.m. Special Session Concurrent Sessions 8 Committee Meetings</p> <p>3:30 p.m.-4:45 p.m. Special Session Concurrent Sessions 9 Committee Meetings (begin at 3:15 p.m.)</p> <p>Begin at 5:00 p.m. SNP Session Section Member Meeting Focus Group Meetings Committee Meeting</p> <p>6:30 p.m.-7:45 p.m. Memorial Service Focus Group Meetings</p> <p>SATURDAY, NOV. 23</p> <p>8:00 a.m.-9:15 a.m. Special Session Poster Session 5</p> <p>9:30 a.m.-10:45 a.m. Closing Plenary Session – Jennifer Hays-Grudo, Ph.D.</p> <p>11:00 a.m.-12:15 p.m. Concurrent Sessions 10</p>

○ 주요 참석 프로그램

Wednesday, November 20, 2024 Continued

Date and Time	Session #	Session Title
12-1:15 p.m. Grand North Foyer 2, 2nd Floor, Olympic Tower, at the end of the exhibit area	130	Focus Group Meetings Academic and Administration and Leadership
Auditorium, 3rd Floor, Olympic Tower	131	American Indian/Native American/Indigenous Peoples President: Janis Henderson , Focus Group Chair
Grand North Foyer 1, 2nd Floor, Olympic Tower, go past exhibit area and turn	132	Families With Disabilities President: Focus Group Chair
Evergreen Foyer, 1st Floor, Olympic Tower	133	Relationship Violence President: Kristin M. Anders , Focus Group Chair
12-1:15 p.m. Evergreen Ballroom C	134	Mentoring Academy 2023 and 2024 NCFR Mentoring Cohort Participants are invited to attend this session.
1:15-1:30 p.m.		Network and Refresh Break
1:30-3:15 p.m. Grand Ballroom A/B/C/D/E/F/G LIVE STREAM SESSION	135	OPENING PLENARY SESSION - <i>Difficult Conversations: How Family Professionals Can Bridge Divides in an Era of Polarization</i>, William J. Doherty, Ph.D., NCFR Fellow; Professor Emeritus, Department of Family Social Science, University of Minnesota Political divisions appear to be growing more pronounced worldwide. In the United States, public issues-affecting families can become difficult to solve when they are caught up in the "red/blue" divide, and families face internal conflicts over politics. Instead of staying on the sidelines or taking a political side against "the other," family professionals can use their knowledge and skills to counter today's toxic social environment. Drawing on eight years of work in political depolarization, Dr. Doherty will describe the sources of political polarization and offer specific ways that family professionals can promote constructive conversations to build bridges in a world where bridges are burning down. Pre-Address Agenda: <ul style="list-style-type: none"> • Welcome from Karina M. Shreffler, Ph.D., University of Oklahoma Health Sciences Center, 2024 NCFR Conference Program Chair • Welcome from the NCFR President: Bethany L. Letiecq, Ph.D., George Mason Univ., 2023-2025 NCFR President • Induction of 2023 NCFR Fellows to Claire M. Kamp Dush, Ph.D., University of Minnesota, and M. Elise Radina, Ph.D., Miami University. Presenter: Bethany L. Letiecq, Ph.D., 2023-2025 NCFR President. • Presentation of the Publisher's Cognella Award to Ashley L. Landers, Ph.D., The Ohio State University (first place) and to Rachel Arocho, Ph.D., Utah Valley University (second place). Presenter: Tiffany Mok, Cognella Publishing. • Presentation of the Jessie Bernard - Outstanding Contribution to Feminist Scholarship Paper (SNF) to Dane Rivas-Koehl, M.S., University of Illinois Urbana-Champaign and Matthew Rivas-Koehl, M.S., University of Illinois Urbana-Champaign. Presenter: Andrea Roach, Ph.D., Feminism and Family Science Section Chair-Elect. • Presentation of the Jessie Bernard - Outstanding Research Proposal from a Feminist Perspective (SNF) to Min Xu, Ph.D., University of San Diego. Presenter: Andrea Roach, Ph.D., Feminism and Family Science Section Chair-Elect. • Welcome from the Plenary Sponsor, University of Minnesota, Department of Family Social Science: Stacey Horn, Ph.D. • Presenter Introduction: Karina M. Shreffler, Ph.D., University of Oklahoma Health Sciences Center, 2024 NCFR Conference Program Chair Session President: Karina M. Shreffler, Ph.D. , University of Oklahoma Health Sciences Center, 2024 NCFR Conference Program Chair (Sponsored by Department of Family Social Science at the University of Minnesota)
3:15-3:45 p.m.		Network and Refresh Break
3:45-5 p.m. Grand Ballroom A/B/C/D LIVE STREAM SESSION	136	SPECIAL SESSION: <i>Building Resilience: When Religious Coping Helps and Harms Individuals, Families, or Communities</i>, Kenneth I. Pargament, Ph.D., Bowling Green State University Facilitator: Andrew H. Rose, Ph.D. , Texas Tech University (Made Possible by the Religion, Spirituality & Family, and Family Therapy Sections)

Thursday, November 21, 2024

Date and Time	Session #	Session Title
7 a.m.-5 p.m. <i>Grand Ballroom</i> <i>Registration Room</i>		Registration/Badge Pickup
7 a.m.-9 p.m. <i>Birch</i>		Relax and Recharge Room
7 a.m.-9 p.m. <i>Maple Foyer</i>		Family Friendly Room
7 a.m.-9 p.m. <i>Green</i>		Nursing Room
8:30 a.m.-5 p.m. <i>Grand Ballroom</i> <i>Prefunction Area</i>		CollabCorner (see page 1 for description)
7:10-7:40 a.m. <i>Maple Foyer</i>	200	Meditation Time This session will include a brief guided meditation and time for independent meditation or mindfulness. All belief systems, religious and secular, are welcome. Facilitator: Heather Hessel (Made possible by the Religion, Spirituality, and Family Section)
<i>All Day</i> <i>Madrona</i>		Meditation Room available all day
8:30-9:45 a.m. <i>Grand Ballroom</i> <i>A/B/C/D</i> LIVE STREAM SESSION	201	SPECIAL SESSION: Social Interdependence and Solitude-Everyday Dynamics in Older Couples , Christiane A. Hoppmann, Ph.D., University of British Columbia Facilitator: Jeremy B. Yorgason, Ph.D., Brigham Young University (Made possible by the Families and Health and International Sections)

Date and Time	Session #	Session Title
10:15-11:30 a.m. <i>Grand Ballroom</i> <i>A/B/C/D/E/F/G</i> LIVE STREAM SESSION	213	PLENARY SESSION - Re-Conceptualizing Resilience in African American Families: The Need For Paradigm Shift and New Methodological Approaches , Velma McBride Murry, Ph.D., Lois Autrey Betts Endowed Chair, Co-Director, VUMC Program for Health Equity Research, Distinguished University Professor, Departments of Health Policy & Human and Organizational Development, Vanderbilt University African American families navigate not only everyday stressors and adversities, but also unique sociocultural stressors (e.g., "toxic upstream waters" like oppression). Despite these challenges, African American families have developed resilience and engage in resistance, drawing on strength-based adaptive coping strategies, to some extent, to navigate and swim in toxic oppressive waters. This presentation will address the following critical questions: 1) How can resistance, which at times leads to positive adaptations, be incorporated into the study of resilience?; and 2) Are there case examples that demonstrate ways to address structural oppression and the pernicious effects of racism through system-level interventions, thereby changing environmental situations that sustain toxic waters requiring acts of resilience to survive and thrive? Pre-Address Agenda: <ul style="list-style-type: none"> Welcome from Karina M. Shreffler, Ph.D., University of Oklahoma Health Sciences Center, 2024 NCFR Conference Program Chair Presentation of the John L. and Harriette P. McAdoo Dissertation Award to Donella McIntosh, M.Div., M.A., University of Minnesota. Presenter: Shardé McNeil Smith, Ph.D., Racial and Ethnic Diversity in Families Section Chair Presentation of the NCFR Olson Grant to Eman Tadros, Ph.D., Syracuse University. Presenter Ani Yazdijan, Ph.D. Presentation of the Reuben Hill Award to Hannah Williamson, Ph.D., University of Texas at Austin, and Megan Tess Fischer, M.A., University of Minnesota. Presenter: Ashley Ermer, Ph.D., Research and Theory Section Chair Elect Welcome from the Plenary Sponsor, University of Missouri, Department of Human Development and Family Science: Antoinette M. Landor, Ph.D.

Date and Time	Session #	Session Title
12-1:15 p.m. <i>Evergreen Ballroom</i> <i>E/F/G/H/I</i>	216	Poster Session 3 - Sponsored by The Pennsylvania State University, Department of Human Development and Family Studies
	216A	Health Across the Life Span
	216A-01 FH	Supporting Families With Children With Autoimmune Diseases: Leverage Points From the Literature, Emily E. Grubbs, Benjamin G. Burke
	216A-02 FH	Marital Instability of Newly Married Couples With New Physical Health Diagnoses, Jaime L. Dick, Jeremy B. Yorgason
	216A-03 FH	In Sickness and in Health: Marital Support and Strain as Mediators Between Childhood Parental Warmth and Cardiovascular Conditions in Adulthood, Viktoria Papp, Jordan Shuler, Haley Hall, Jana A. Payne
	216A-04 FH	Dinner Together, Sleep Better: Exploring the Impact of Family Dinner on Deep Sleep Among Middle-Aged Women in Menopausal Transition, Seonjoo Lee, Jaeyoon Kim, Jihye Lee, Meejung Chin
	216A-05 IN	Multilevel Models of Daily Social Relations and Psychological Well-Being of Middle-Aged Women: A Moderation of Menopausal Symptoms, An Na Hwang, Meejung Chin, Eun Hyeon Lee, Juwon Kim
	216A-06 FH	The Association Between Non-Kin Relationships and Positive Affect in Middle-Aged Women, Jihye Lee, Seonjoo Lee, Jaeyoon Kim, Meejung Chin
	216A-07 FH	Psychological Pathways From Childhood Maltreatment to Inflammation Among Midlife and Older Adults, Viktoria Papp, Michael Fitzgerald
	216A-08 FH	Prolonged Health Effects of Early Life Stresses and Psychological Processes, Seonhwa Lee, Pei-Fan Li, Merrill Silverstein, Tae Kyong Lee

Date and Time	Session #	Session Title
4:45-6:45 p.m. Grand Ballroom E/F/G/H/I/J/K	246	<p>UNIVERSITY RECEPTIONS</p> <p>It's our own college fair! All conference attendees are invited to learn about academic programs and meet faculty and students. Greet your fellow alumni. Food and prizes available.</p> <p>Universities confirmed as of November 1, 2024: (1) Auburn University; (2) California School of Professional Psychology at Alliant International University; (3) East Carolina University; (4) Florida State University; (5) Family, Youth and Community Sciences, University of Florida; (6) Human Development & Family Science, Purdue University; (7) Iowa State University, Human Development and Family Studies; (8) Kansas State University; (9) Michigan State University - Human Development and Family Studies; (10) Montclair State University: Family Science & Human Development PhD; (11) Northern Illinois University; (12) Northwestern University - The Family Institute; (13) School of Family Life, Brigham Young University; (14) Seattle University Couples and Family Therapy Program; (15) Texas Tech University Human Development and Family Sciences; (16) Texas Woman's University; (17) The Ohio State University - Human Development and Family Science; (18) The Pennsylvania State University, Department of Human Development and Family Studies; (19) The School of Child and Family Sciences - The University of Southern Mississippi; (20) University of Delaware Department of Human Development and Family Sciences; (21) University of Maryland, College Park - School of Public Health, Department of Family Science; (22) University of Maryland's TOGETHER Program; (23) University of Minnesota, Department of Family Social Science; (24) University of Missouri - Department of Human Development and Family Science; (25) University of Nebraska-Lincoln Department of Child, Youth, and Family Studies; (26) University of North Texas; (27) University of Tennessee-Knoxville; (28) Utah State University - Human Development and Family Studies; (29) Virginia Tech; (30) Washington State University; (31) Western Michigan University Family Science and Human Development Unit</p> <p>Hosts: Wendy Middlemiss, Editor, <i>Family Relations</i>; Spencer B. Olmstead, Incoming Editor, <i>Journal of Marriage and Family</i>; Katherine R. Allen, Editor, <i>Journal of Family Theory & Review</i></p>

Friday, November 22, 2024 Continued

Date and Time	Session #	Session Title
10:15-11:30 a.m. Grand Ballroom A/B/C/D/E/F/G LIVE STREAM SESSION	311	<p>PLENARY SESSION - Advancing Community Health: Building Bridges of Trust with Tribal Populations, Lancer Stephens, Ph.D., Enrolled Member of Wichita and Affiliated Tribes of Oklahoma; Associate Dean and Associate Professor, Oklahoma University Hudson College of Public Health; Associate Core Director for Outreach, Oklahoma Shared Clinical and Translational Research Institute</p> <p>Community partnerships are a cornerstone of public health, and vitally important for health care overall. However, true community partnerships are often not realized fully due to multiple differences often found in priorities, opinions, and even awareness. This session will draw upon a successful intervention practice that began in 2002 with Oklahoma tribal populations and ultimately led to multiple long-standing relationships that benefit all Oklahomans.</p> <p>Pre-Address Agenda:</p> <ul style="list-style-type: none"> Welcome from Karina M. Shreffler, Ph.D., University of Oklahoma Health Sciences Center, 2024 NCFR Conference Program Chair Presentation of the Margaret E. Arcus Outstanding Family Life Educator Award to Jody Johnston Pawel, LSW, CFLE, CTSS, RelationshipToolshop® International. Presenter: Sharon Ballard, Ph.D. Presentation of the NCFR Darling Grant to AliceAnn Crandall, Ph.D., Brigham Young University. Presenter: Alan C. Taylor, Ph.D. Presentation of the Felix Berardo Scholarship Award for Mentoring to Melinda Gonzales-Backen, Ph.D., University of Massachusetts. Presenter: Silvia Bartolic, Ph.D., Advancing Family Science Section Chair Presentation of the Feldman Outstanding Research Proposal to Karen E. Talley, Graduate Student, University of Missouri. Presenter: Sharon N. Obasi, Ph.D., University of Nebraska, Kearney Presenter Introduction: Karina M. Shreffler, Ph.D., University of Oklahoma Health Sciences Center, 2024 NCFR Conference Program Chair <p>Session President: Karina M. Shreffler, Ph.D., University of Oklahoma Health Sciences Center, 2024 Conference Program Chair</p>

Friday, November 22, 2024 Continued

Date and Time	Session #	Session Title
3:30-4:45 p.m. Grand Ballroom A/B/C/D LIVE STREAM SESSION	332	<p>SPECIAL SESSION: Olson Grant Award Address - Stability and Change of Intergenerational Solidarity With Digital Communication During and After the COVID-19 Pandemic in South Korea: Associations With Family Functioning, Woosang Hwang, Ph.D. (presenter), Texas Tech Univ., and Merril Silverstein, Ph.D., Syracuse Univ.</p> <p>Facilitator: Ani Yazedjian, Ph.D., Illinois State University</p>

Saturday, November 23, 2024

Date and Time	Session #	Session Title
7-11:30 a.m. <i>Grand Ballroom</i> <i>Registration Room</i>		Registration/Badge Pickup
7 a.m.-Noon <i>Birch</i>		Relax and Recharge Room
7 a.m.-Noon <i>Maple</i>		Family Friendly Room
7 a.m.-Noon <i>Green</i>		Nursing Room
7 a.m.-Noon <i>Madrona</i>		Meditation Room
8-9:15 a.m. <i>Grand Ballroom</i> <i>A/B/C/D</i> LIVE STREAM SESSION	400	SPECIAL SESSION: <i>Exploring 100 Years of Research Focused on Black Families to Highlight Black Scholar Resistance and Strengthen Policies and Systems</i>, Chrishana Lloyd, Ph.D., Child Trends Facilitator: Sharon N. Obasi, Ph.D., University of Nebraska, Kearney (Made Possible by the Family Policy Section)
8-9:15 a.m.	401	POSTER SESSION 5 - Sponsored by The Pennsylvania State University, Department of Human Development and Family Studies
<i>Evergreen Ballroom</i> <i>E/F/G/H/I</i>	401A	Fatherhood 401A-01 REDF Exploring the Lived Experiences of Father Absence in Black Families: From Billingsley's Perspective, Aleshia Alexander, Shann Hwa Hwang 401A-02 RT Family of Origin Parental Support and New Fathers' Engagement With Infants, Heidi Stolz, Rebecca Renegar, Shailey Curtis 401A-03 REDF Latino Fathers and the Value of Multiple Roles, Holly S. Schindler, Cory Campbell 401A-04 FH Fathers' Perceptions of His Role in Feeding Decisions and Relationship and Caregiving Role With His Infant, Stacy D. Thompson 401A-05 REDF Prenatal Readiness For Fatherhood Among Unmarried Black American Fathers and Socioemotional Development, Alp Aytuglu, Jonique Freeman, Clare R. Thomas, Cullin Howard, Kalsea Koss, Niyantri Ravindran, Yating Huang, Geoffrey L. Brown 401A-06 FCE Engaging Fathers in the Development and Pilot Test of a Peer Support Program For Noncustodial Fathers, Gabriel Smith, Jenna Klink, Margaret L. Kerr 401A-08 IN Exploring Resilience in Low-Income Fathers in the Rural U.S.: Promoting the Development of Early Self-Regulation, Seutiki Ku, Rebecca Gregory, Emma G. Hooper, Kwangman Ko, Quentin H. Riser
9:30-10:45 a.m. <i>Grand Ballroom</i> <i>A/B/C/D</i> LIVE STREAM SESSION	402	CLOSING PLENARY SESSION - <i>Changing the Odds For Individuals, Families, and Communities</i>, Jennifer Hays-Grudo, Ph.D., Regents Professor, Psychiatry and Behavioral Science, Oklahoma State University Center for Health Sciences; Director, Center for Integrative Research on Childhood Adversity Childhood adversity often has devastating consequences on individuals, families, and communities. The negative effects of adverse childhood experiences (ACEs) are well-documented, and include deficits in cognitive, social, and emotional development, health-harming behaviors, and poor physical and mental health, as well as family conflict and societal problems. The biological and behavioral adaptations that aid survival in childhood and adolescence may limit adults' ability to form positive relationships and parent effectively. Six decades of research on resilience, however, reveals equally potent and cumulative effects positive experiences. Ten protective and compensatory experiences (PACEs) have been identified that promote resilience in children and youth through supportive relationships and environmental resources. In addition, more recent research indicates that PACEs are simple but powerful ways to overcome the negative effects of ACEs in adulthood. Evidence is presented that PACEs protect and help individuals recover from developmental trauma by a) meeting basic human needs (e.g., connection, autonomy, and competence), and b) providing opportunities to develop important life skills that result in the acquisition of character strengths or virtues associated with resilience (e.g., gratitude, creativity, self-regulation). The presentation will summarize the nine steps that can help individuals, families, and communities recover from trauma and Pre-Address Agenda: <ul style="list-style-type: none"> • Welcome from Karina M. Shreffler, Ph.D., University of Oklahoma Health Sciences Center, 2024 NCFR Conference Program Chair • Presentation of the NCFR Student Award to Pond Ezra, M.S., University of Maryland. Presenter: Janeal M. White, Ph.D., NCFR Student and New Professional Board Representative-Elect • Presentation of the Ruth Hathaway Jewson Award to Weiman Xu, University of Nebraska-Lincoln. Presenter: Amber Majeski, Ph.D. • Presentation of the Ernest W. Burgess Award to Chalandra M. Bryant, Ph.D., University of Minnesota. Presenter: Karina M. Shreffler, Ph.D., 2024 NCFR Conference Program Chair • Welcome from the Plenary Sponsor, Utah State University, Department of Human Development and Family Studies Kay Bradford, Ph.D. • Presenter Introduction: Karina M. Shreffler, Ph.D., University of Oklahoma Health Sciences Center, 2024 NCFR Conference Program Chair Session Presider: Karina M. Shreffler, Ph.D., University of Oklahoma Health Sciences Center, 2024 Conference Program Chair Closing Agenda <ul style="list-style-type: none"> • Introduction of 2025 NCFR Conference Program Chair, Sadguna Anasuri, Ph.D. • Highlights of the 2025 NCFR Conference, Sadguna Anasuri, Ph.D. • Summary of the 2024 NCFR Conference, Karina M. Shreffler, Ph.D. (Sponsored by the Utah State University, Department of Human Development and Family Studies)
Accessibility Sponsor: Auburn University, Department of Human Development and Family Science		

○ 학술대회 포스터 발표 자료

Multilevel Analysis of Daily Social Relations and Psychological Well-being of Middle-Aged Women: A Moderation of Menopausal Symptoms

Background and Aims

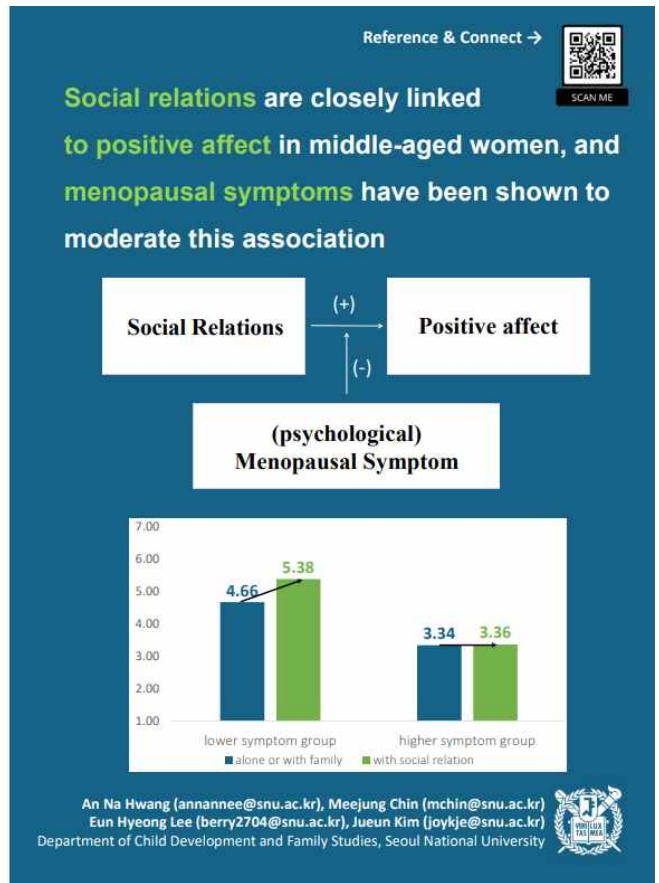
- With increased life expectancy, middle-life has become a larger portion of the lifespan(Aldwin, 1994). However, middle-aged women tend to have poorer mental health than men. In addition to this menopause has been linked to mental health risks of middle-aged women.
- The quality of relation can reduce depression and stress while positively influencing attitudes toward menopause.
- This study aims to assess the psychological well-being of middle-aged women and to examine the moderating role of menopausal symptoms.

Methods

- **Sample: 57 women aged 45-55 with 2,136 responses**
(six times a day, for seven consecutive days)
- Analysis: Multilevel model to analyze the ESM and survey data
- The affect they responded with was defined and measured as an indicator of psychological well-being
- Social Relation was assessed by ESM and questionnaire
- Using mean scores of the occurrence and severity of menopausal psychological symptoms
- Controlled variables: Education level and Work status

Results

- Participants felt higher positive affect when there was social relation in the moment.
- Also, there are the same associations between participants' positive affect and their size of social relations
- Participants with severe psychological menopausal symptoms felt stronger negative emotions in daily life than those who with relatively mild psychological menopausal symptoms.
- The moderation effects on the social relations of menopausal symptoms were explored in positive affect.



① 미국가족관계학회(NCFR) 참석 및 발표

