

Brett K. Jakubiak, PhD
Curriculum Vitae

CONTACT INFORMATION

Department of Psychology
Syracuse University
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Syracuse, NY 13244

Email address: bkjakubi@syr.edu
Former name: Brittany Jakubiak

EDUCATION

- 2017 Ph.D. Psychology, Carnegie Mellon University, Pittsburgh, PA
Specialization: Social/ Personality/ Health Psychology
- 2012 M.S. Psychology, Villanova University, Villanova, PA
- 2010 B.A. Psychology, Loyola University Maryland, Baltimore, MD

PROFESSIONAL EXPERIENCE

2017-current Assistant Professor, Syracuse University, Syracuse, NY

RESEARCH INTERESTS

My research interests center on a) identifying behaviors and cognitions in relationships that foster relationship satisfaction and persistence and b) understanding how close relationships promote individual well-being. Specifically, I am interested in interpersonal support processes that regulate stress, encourage autonomous goal pursuit, and enhance relationship quality across the lifespan.

PUBLICATIONS

Jakubiak, B. K., *Fuentes, J. D., & Feeney, B. C. (2022). Affectionate touch promotes shared positive activities. *Personality and Social Psychology Bulletin*. Advance online publication.
<https://doi.org/10.1177/01461672221083764>

Jakubiak, B. K. (2022). Affectionate touch in satisfying and dissatisfying romantic relationships. *Journal of Social and Personal Relationships*. Advance online publication.
<https://doi.org/10.1177/02654075221077280>

* Asterisks denote student trainees

- Jakubiak, B. K.** (2021). Providing support is easier done than said: Support providers' perceptions of touch and verbal support provision requests. *Journal of Experimental Social Psychology*, *96*, 104-168. <https://doi.org/10.1016/j.jesp.2021.104168>
- Jakubiak, B. K.**, *Fuentes, J. D., & Feeney, B. C. (2021). Individual and relational differences in desire for touch in romantic relationships. *Journal of Social and Personal Relationships*, *38*, 2029-2052. <https://doi.org/10.1177/02654075211003331>
- Jakubiak, B. K.**, Debro, A., Kim, J., & Impett, E. A. (2021). Approach and avoidance motives for touch are predicted by attachment and predict daily well-being. *Journal of Social and Personal Relationships*, *38*, 256-278. <https://doi.org/10.1177/0265407520961178>
- Jakubiak, B. K.**, Feeney, B. C., & Ferrer, R. A. (2020). Benefits of daily support visibility vs. invisibility across the adult lifespan. *Journal of Personality and Social Psychology*, *118*, 1018-1043. <https://doi.org/10.1037.pspi0000203>
- Jakubiak, B. K.** (2020). Safe and secure: How close relationships mitigate risks and ease insecurities. In L. V. Machia, C. R. Agnew, & X. B. Arriaga (Eds.) *Interdependence, Interaction, and Close Relationships* (pp. 120-143). Cambridge University Press. <https://doi.org/10.1017/9781108645836.007>
- Jakubiak, B. K.**, & Tomlinson, J. M. (2020). The role of social support in promoting self-development. In B. A. Mattingly, K. P. McIntyre, & G. W. Lewandowski (Eds.), *Interpersonal Relationships and the Self-Concept* (pp. 125-143). Springer.
- Jakubiak, B. K.**, & Feeney, B. C. (2019a). Interpersonal touch as a resource to facilitate positive personal and relational outcomes during stress discussions. *Journal of Social and Personal Relationships*, *36*, 2918-2936. <https://doi.org/10.1177/0265407518804666>
- Jakubiak, B. K.**, & Feeney, B. C. (2019b). Hand-in-hand combat: Affectionate touch promotes relational well-being and buffers stress during conflict. *Personality and Social Psychology Bulletin*, *45*, 431-446. <https://doi.org/10.1177/0146167218788556>
- Helgeson, V. S., **Jakubiak, B. K.**, Zajdel, M., & Van Vleet, M. (2018). Communal coping and adjustment to chronic illness: Theory update and evidence. *Personality and Social Psychology Review*, *22*, 170-195. <https://doi.org/10.1177/1088868317735767>
- Kim, K., Feeney, B. C., & **Jakubiak, B. K.** (2018). Touch reduces romantic jealousy in the anxiously attached. *Journal of Social and Personal Relationships*, *35*, 1019-1041. <https://doi.org/10.1177/0265407517702012>
- Feeney, B. C., Van Vleet, M., **Jakubiak, B.**, & Tomlinson, J. (2017). Predicting the pursuit and support of challenging life opportunities. *Personality and Social Psychology Bulletin*, *43*, 1171-1187. <https://doi.org/10.1177/0146167217708575>
- Helgeson, V. S., **Jakubiak, B. K.**, Seltman, H., Hausmann, L., & Korytkowski, M. (2017). Implicit and explicit communal coping in couples with recently diagnosed type 2 diabetes. *Journal of Social and Personal Relationships*, *34*, 1099-1121. <https://doi.org/10.1177/0265407516669604>

Jakubiak, B. K., & Feeney, B. C. (2017). Affectionate touch to promote relational, psychological, and physical well-being in adulthood: A theoretical model and review of the research. *Personality and Social Psychology Review*, 21, 228-252. <https://doi.org/10.1177/1088868316650307>

Jakubiak, B. K., & Feeney, B. C. (2016a). Daily goal progress is facilitated by spousal support and promotes relational, psychological, and physical well-being. *Journal of Personality and Social Psychology*, 111, 317-340. <https://doi.org/10.1037/pspi0000062>

Jakubiak, B. K., & Feeney, B. C. (2016b). A sense of security: Touch promotes state attachment security. *Social Psychological and Personality Science*, 7, 745-753. <https://doi.org/10.1177/1948550616646427>

Jakubiak, B. K., & Feeney, B. C. (2016c). Keep in touch: The effects of imagined touch support on exploration and pain. *Journal of Experimental Social Psychology*, 65, 59-67. <https://doi.org/10.1016/j.jesp.2016.04.001>

DiDonato, T. E., & **Jakubiak, B. K.** (2016a) Strategically funny: Romantic motives affect humor style in relationship initiation. *European Journal of Psychology*, 12, 390-405. <https://doi.org/10.5964/ejop.v12i3.1105>

DiDonato, T. E., & **Jakubiak, B. K.** (2016b). Sustainable decisions signal sustainable relationships: How purchasing decisions affect perceptions and romantic attraction. *The Journal of Social Psychology*, 156, 8-27. <https://doi.org/10.1080/00224545.2015.1018858>

Feeney, B. C., Van Vleet, M., & **Jakubiak, B. K.** (2015). An attachment theoretical perspective on optimal dependence in close relationships. In J. Simpson and W. S. Rholes (Eds.) *Attachment Theory and Research: New Directions and Emerging Themes* (pp. 195-233). Guilford Press.

Kendzierski, D. K., & **Jakubiak, B. K.** (2014). Exercise self-schema. In R.C. Eklune & G. Tenenbaum (Eds.), *Encyclopedia of Sport and Exercise Psychology*. Thousand Oaks, CA: Sage Publications.

Slotter, E. B., Lucas, G. M., **Jakubiak, B.**, & Lasslett, H. (2012). Changing me to keep you: State jealousy promotes perceiving similarity between the self and a romantic rival. *Personality and Social Psychology Bulletin*, 39, 1280-1292. <https://doi.org/10.1177/0146167213492427>

Manuscripts Under Review or In Progress

*Shaw, T. J., **Jakubiak, B. K.**, & Scheer, J. R. (Revision under review). *Support-seeking and active coping mitigate the association between post-trauma symptom severity and attachment insecurity in a community sample of trauma survivors.*

*Fuentes, J. D., **Jakubiak, B. K.**, & *Shaw, T. J. (Revising for resubmission). *Relationship-specific attachment insecurity predicts preferences for attachment-matched support.*

Jakubiak, B. K., *Fuentes, J. D., & Feeney, B. C. (Under review). *Social support is a balancing act: Mitigating attachment anxiety by supporting independence and dependence.*

Jakubiak, B. K., *Fuentes, J. D., & Feeney, B. C. (In preparation). *An investigation of whether attachment-relevant perceptions of oneself and one's partner following a stressor discussion predict decreases in attachment insecurity over one year.*

FUNDING

External Research Grants – Funded

- 2022-2027 National Science Foundation (BCS-2140978), *CAREER: Modeling the unique effects of verbal and physical contact on well-being* (Role: PI; \$698,773)
- 2019 Time Sharing Experiments for the Social Sciences Young Investigators Proposal Competition, *Do the benefits of receiving affectionate touch generalize beyond satisfied couples?* (Role: PI; pays for recruitment/remuneration of a nationally representative sample of 1100 participants)
- 2016 National Institutes of Health Ruth L. Kirschstein Predoctoral National Research Service Award (1F31AG052991-01A1) *The health protective consequences of affectionate touch during couple conflict throughout adulthood* (Role: PI; \$87,152)
- 2016 Foundation for Personality and Social Psychology Heritage Dissertation Award (Role: PI, \$1000)
- 2016 American Psychological Association (APA) Dissertation Award (Role: PI; \$1000)
- 2016 American Psychological Foundation (APF) Dissertation Scholarship (Role: PI; \$1000)

External Research Grants – Not Funded

- 2019 National Science Foundation, *CAREER: A multi-method investigation of the relational and personal consequences of affectionate touch in romantic relationships* (submitted July 2019)
- 2017 Time Sharing Experiments for the Social Sciences Young Investigators Proposal Competition (submitted September 2017)

Internal Research Grants – Funded

- 2018 Collaboration for Unprecedented Success and Excellence (CUSE) Seed Grant (\$5000)
- 2015 Graduate Small Project Help Research Funding, CMU GSA/Provost Office (\$750)
- 2014 Graduate Small Project Help Research Funding, CMU GSA/Provost Office (\$750)
- 2013 Graduate Small Project Help Research Funding, CMU GSA/Provost Office (\$750)

Undergraduate Research Grant Supervising - Funded

- 2022-2023 Syracuse University Office of Undergraduate Research and Creative Engagement (SOURCE) Grant, *When and how do people share? Attachment anxiety and perceived partner support predicting support-seeking strategies* (Student awardees: Matthew Snyder & Nelly Nie, \$4000)
- 2021-2022 SOURCE Honor's Program Grant: *Correlational Relationship Between Trauma and Attachment: The Moderating Role of Help Seeking Behavior* (Student awardee: TJ Shaw, \$4500)

HONORS AND AWARDS

- 2021 Meredith Early Performance Award for exemplary teaching by non-tenured faculty, Syracuse University
- 2017 Bobby Klatzky Graduate Student Publication Award, Carnegie Mellon University
- 2017 Herb Simon Graduate Student Teaching Award, Carnegie Mellon University
- 2016 William S. Dietrich II Presidential Ph.D. Fellowship, Carnegie Mellon University
- 2016 Dick Hayes Graduate Student Service Award, Carnegie Mellon University
- 2013 Society for Personality and Social Psychology (SPSP) Graduate Student Travel Award
- 2012 Ingebord L. and O. Byron Ward Outstanding Thesis Award, Villanova University
- 2010-2012 Graduate assistantship award, Villanova University
- 2010 Phi Beta Kappa

TEACHING

Courses Taught - Syracuse University

- Close Relationships (Undergraduate) x 8
- Social Psychology (Undergraduate) x 2
- Advanced Social Psychology (Graduate) x 2
- Proseminar Methods and Topics in Social Psychology (Graduate)

Courses Taught - Carnegie Mellon University

- Close Relationships Seminar (Undergraduate)
- Research Methods in Social Psychology (Undergraduate) x 2
- Co-instructor of Research Methods in Social Psychology (Undergraduate)

Teaching Training

- Summer Institute for Technology-Enhanced Teaching and Learning, Syracuse University (SITETL), 2018
- Future Faculty Program, Eberly Center for Teaching Excellence and Educational Innovation, 2012-2016
- Graduate Student Reading Group on Active Learning, 2016
- Graduate Student Reading Group: Challenges to Student Learning, 2016

FORMAL RESEARCH MENTORING

Graduate Student Advisees

Julian Fuentes
Elina (Ruiqi) Sun

Honor's Thesis Advisees

Laura Dickinson
TJ Shaw

Independent Research Mentees

Yiwen Gu – Independent study
Gabriella LaRocha – Capstone project
Nelly (Jiaxuan) Nie – SOURCE project
Karen Pena – PRIDE summer project
Matthew Snyder – SOURCE project

SERVICE

Service to the Field

Relationships Research Interest Group (RRIG):

Close Relationships Preconference Member-At-Large, 2020-2021
Close Relationships Preconference Chair, 2019-2020
Close Relationships Preconference Chair Co-Chair, 2018-2019

Editorial Board:

Journal of Social and Personal Relationships (2019-current)

Ad Hoc Reviewer:

Body and Society
Current Directions in Psychological Science
Emotion
European Journal of Social Psychology
Frontiers in Psychology
International Journal of Environmental Research and Public Health
International Journal of Psychology
Journal of Experimental Social Psychology
Journal of Nonverbal behavior
Journal of Sex and Marital Therapy
Journal of Social and Personal Relationships
Journal of Personality and Social Psychology
Motivation and Emotion
Personal Relationships
Personality and Social Psychology Bulletin
Perspectives on Psychological Science
Proceedings of the Royal Society B – Biological Sciences
Psychology and Sexuality
Research on Aging
Review of General Psychology
Sage Open
Social Psychological and Personality Science

Conference Reviewer:

- Society for Personality and Social Psychology Poster Award, 2017
- Society for Personality and Social Psychology Outstanding Research Award, 2014

Service to the Department and University

- Women in Science and Engineering Future Professionals Program Faculty Mentor, 2019-2021
- Women in Science and Engineering Future Professionals Program Portfolio Reviewer, 2019-2022
- CUSE Grant Program Reviewer, 2019
- Annual Poster Session Evaluator (2018, 2019, 2021)

Departmental committees served:

- Healthy Labs Committee, 2021-2022
- Social Psychology Assistant Professor Search Committee, Fall 2021
- Executive Committee, 2020-2021
- Undergraduate Engagement Committee, 2020-2021
- Research Committee, 2019-2020
- Cognitive Psychology Assistant Professor Search Committee, Fall 2019
- Assistant Teaching Professor (Social) Search Committee, Spring 2019
- Strategic Planning Committee, 2018-2019
- School Psychology Assistant Professor Search Committee, Fall 2018
- Public Relations Committee, 2017-2018
- Social Area Graduate Student Review Committee, 2017-2019
- Social Area Graduate Applicant Review and Interview Committee, 2017-2018

Student milestone committees served:

<u>Thesis Committees</u>	<u>Qualifying Exam Committees</u>	<u>Dissertation Committees</u>	<u>Honor’s Thesis Reader</u>
Abigail Caselli	Abigail Caselli, M.S.	Jackie Babowitch, Ph.D.	Krystal Chung
Nicole Ellerbeck	Mackenzie Ess, M.S.	Abigail Caselli, Ph.D.	Lia Figurelli
Mackenzie Ess	Julian Fuentes, M.S.	Kellen Cavanaugh, Ph.D.	Regan Schutt
Julian Fuentes	Alexandra Jaurique, M.S.	Julian Fuentes, M.S.	
Emily Helminen		Michael Ioerger, Ph.D.	
Kathleen Huber		Jesse Kossiba, Ph.D.	
Arthur Marsden		Rikki Sargent, Ph.D.	
Destiny Orantes			
Morgan Proulx			
Rikki Sargent			
Ran Zhang			

CONFERENCE PRESENTATIONS

Invited Oral Presentations and Symposia

Jakubiak, B. K. (2022, April). *Optimizing social support exchanges with affectionate touch*. Invited talk for the Relationship Research Group at Rochester University, virtual meeting.

Jakubiak, B. K. (2022, February). *Optimizing social support exchanges with affectionate touch*. Keynote presentation at the Close relationships preconference at the annual meeting of the Society for Personality and Social Psychology, virtual meeting.

Jakubiak, B. K., *Fuentes, J. D., & Feeney, B. C. (2022, February). *Reducing attachment anxiety is a balancing act*. Symposium presentation at the annual meeting of the Society for Personality and Social Psychology, virtual meeting.

*Fuentes, J.D., & **Jakubiak, B. K.** (2022, February). *Attachment insecurity predicts preferences for and effectiveness of attachment-matched support*. Symposium presentation at the annual meeting of the Society for Personality and Social Psychology, virtual meeting.

Jakubiak, B. K., Feeney, B. C., & Ferrer, A. (2021, July). *Support-context impacts the consequences of support visibility across the adult lifespan*. Symposium presentation at the International Association for Relationship Research's Annual Meeting, virtual meeting.

Jakubiak, B. K. (2020, November). *Optimizing social support exchanges*. Invited talk for Relationship Research Group at Michigan State University, virtual meeting.

Jakubiak, B. K., & Feeney, B. C. (2019, February). *Touch during stress discussions is associated with positive personal and relational outcomes*. Symposium presentation at the annual meeting of the Society for Personality and Social Psychology, Portland, OR.

Jakubiak, B. K., & Feeney, B. C. (2018, July). *Affectionate touch during conflict promotes relational well-being and buffers stress*. Symposium presentation at the International Association for Relationship Research's Annual Meeting, Fort Collins, CO.

Feeney, B. C., & **Jakubiak, B. K.** (2018, March). *Spousal support for fears about aging and goal strivings predict wellbeing in older adulthood*. Symposium presentation at the annual meeting of the Society for Personality and Social Psychology, Atlanta, GA.

Jakubiak, B. K., *Kim, K., & Feeney, B. C. (2017, June). *Touch reduces romantic jealousy in the anxiously attached*. Symposium presentation at the International Association for Relationship Research's Interdependence, Interactions, and Relationships Mini-Conference, Syracuse, NY.

Jakubiak, B. K., & Feeney, B. C. (2017, May). *Exploration and support for exploration in younger and older adult couples*. Symposium presentation at annual meeting of the Association for Psychological Science, Boston, MA.

Jakubiak, B. K., & Feeney, B. C. (2017, January). *Affectionate touch promotes state attachment security*. Symposium presentation at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.

Jakubiak, B. K., & Feeney, B. C. (2016, July). *Imagined touch buffers stress and promotes exploration*. Symposium presentation at the International Association for Relationship Research's Annual Meeting, Toronto, Ontario.

Jakubiak, B. K., & Helgeson, V. (2016, July). *Our problem: Implicit and explicit communal coping in couples with recently diagnosed type 2 diabetes*. Symposium presentation at the International Association for Relationship Research's Annual Meeting, Toronto, Ontario.

Jakubiak, B. K., & Feeney, B. C. (2015, June). *Daily goal progress is facilitated by spousal support and promotes psychological, relational, and physical well-being*. Symposium presentation at the International Association for Relationship Research's Relationships, Health, & Wellness Mini-Conference, New Brunswick, NJ.

Feeney, B., Van Vleet, M., Tomlinson, J., & **Jakubiak, B.** (2014, February). *Predictors of the pursuit and support of challenging life opportunities*. Symposium presentation at the annual meeting of the Society for Personality and Social Psychology, Austin, TX.

Slotter, E. B., Lucas, G. M., **Jakubiak, B.**, & Laslett, H. (2012, October). *Changing me to keep you: State jealousy promotes similarity between the self and a romantic rival*. Symposium presentation at the annual meeting of the Society for Experimental Social Psychology, Austin, TX.

Poster Presentations

*Gu, Y., & **Jakubiak, B.** (2022, February). *Psychological flexibility enhances support provision among avoidantly attached people*. Poster presented at the annual meeting of the Society for Personality and Social Psychology.

*Fuentes, J. D., & **Jakubiak, B. K.** (2021, February). *Benefits of attachment-matched support in romantic relationships and friendships*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology.

*Fuentes, J. D., & **Jakubiak, B. K.** (2020, February). *What's good? Support preferences depend on security of attachment*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.

DiDonato, T. D., & **Jakubiak, B. K.** (2020, February). *My success is your success... except when it isn't: Using humor to soften the blow of threatening success disclosures*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.

*Wu, D., **Jakubiak, B.**, Feeney, B. C., & Collins, N. (2019, February). *Can affectionate touch and intimacy level influence willingness to sacrifice?* Poster presentation at the annual meeting of the Society for Personality and Social Psychology, Portland, OR.

*Kim, K., Feeney, B. C., & **Jakubiak, B. K.** (2018, July). *Touch reduces romantic jealousy in the anxiously attached*. Poster presentation at the International Association for Relationship Research's Annual Meeting, Fort Collins, CO.

Jakubiak, B. K., Feeney, B. C., & *Wu, D. (2018, March). *Hand-in-hand combat: The benefits of affectionate touch during couple conflict*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, Atlanta, GA.

Jakubiak, B. K. (2016, October). *The five-sentence summary: A pre-writing exercise to scaffold empirical writing*. Poster presentation at the Carnegie Mellon University Teaching and Learning Summit, Pittsburgh, PA.

Jakubiak, B. K., & Feeney, B. C. (2014, February). *“I’m touched by your support”: How imagined touch support buffers stress and pain*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, Austin, TX.

Jakubiak, B. K., & Kendzierski, D. (2013, March). *Exercise attitudes and intentions post-hypocrisy: Order matters*. Poster presentation at the annual meeting of the Eastern Psychological Association, New York, NY.

Jakubiak, B. K. & Brand, R. J. (2013, February). *“Not the fairest of them all?”: How same-sex social comparisons influence mating aspirations*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.

Brand, R. J., Bonatsos, A. & Jakubiak, B. K. (2013, February). *Humor and fertility in rating good-genes vs. good-dad traits*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.

Jakubiak, B. K., & DiDonato, T. E. (2011, February) *“Honey, she’s just a friend”: An investigation of jealousy over romantic partners’ cross-sex friends*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.

MEMBERSHIP IN PROFESSIONAL SOCIETIES

2010-present	Personality and Social Psychology (SPSP)
2014-present	Association for Psychological Science (APS)
2015-present	International Association of Relationships Researchers (IARR)
2015-2017	American Psychological Association (APA)

ADVANCED STATISTICS TRAINING

2017	Structural equation modeling workshop (Data Analysis Training Institute of Connecticut)
2016	Mixed models course (University of Pittsburgh)
2016	Meta-analysis: A practical guide to meta-analysis (Carnegie Mellon University)
2016	Structural equation modeling reading group (Carnegie Mellon University)
2015	R programming (Coursera mini-course, Johns Hopkins University)
2015	Hierarchical linear modeling course (University of Pittsburgh)
2014	Dyadic data analysis workshop (Data Analysis Training Institute of Connecticut)
2014	MATLAB mini-course (Carnegie Mellon University)

MEDIA

Interviewed for *Relationship Matters* podcast series [\[link\]](#)

Interviewed on “Dating at a distance” episode of Dr. Sanjay Gupta’s coronavirus podcast [\[link\]](#)

Interviewed for Business Insider article: “Scientific reasons why you should show your Valentine love and physical affection even if you hate the day itself” [\[link\]](#)

Research highlighted in the Society for Personality and Social Psychology’s “Character and Context” blog: *Embracing conflict: Affectionate touch improves couple conflict.* [\[link\]](#)