Professional Summary

Dr. Whitton’s research aims to better understand modern couples and families and to help them build and maintain the types of strong, stable relationships that promote health and well-being. She focuses on understudied and marginalized groups, particularly sexual and gender minorities. Dr. Whitton conducts basic research to identify factors that promote strong relationships in the face of adversity, and uses the findings to develop couple-based interventions to promote individual, couple, and family health, among groups facing stigma and other stressors. See https://sites.google.com/view/tcf

Research Support

Newcomb, Michael (PI) 09/01/2016 08/31/2022 National Institute of Health (NIH), National Institute of Alcohol Abuse and Alcoholism (NIAAA). Efficacy of Couples-Based HIV Prevention in Vulnerable Young Men. Role:Co-Investigator $3,268,445 Active Grant National 16FS Percent Effort:20 Major Goal:This project will evaluate a couple relationship education approach to preventing HIV in young men at high risk for substance use and HIV infection.

Grant #2016 - 2018 FRNP Whitton, Sarah 07/01/2016 06/30/2018 Administration for Children and Families Subaward: Fatherhood Research and Practice Network Program Role:PI $18,597.00 Awarded Federal

Grant #1 R01 HD086170-01A1 Whitton, Sarah W. 04/01/2016 03/31/2022 National Institute of Child and Human Development Intimate Partner Violence in Sexual Minority Female Adolescents and Young Adults Role:PI $3,225,869 Completed Grant National Young female sexual minorities (YFSM) are at exceptionally high risk for intimate partner violence (IPV), with over half of YFSM reporting physical or sexual abuse by a dating partner. These young IPV victims may be particularly vulnerable to the negative physical and mental health consequences of IPV, including substance abuse, depression, and suicide, due to minority stress and diminished protective resources (e.g., parent support, community connectedness). In addition, YFSM may be less likely to report and to seek or receive help for IPV because they are not “out” about their sexual orientation or they fear stigmatization and discrimination. Women who seek help for same-sex IPV are often denied services (e.g., two-thirds of LGBT IPV survivors were denied access to
domestic violence shelters) and feel marginalized and unsupported by domestic violence service systems. Basic research is clearly needed to inform development of culturally sensitive, evidence-based interventions to prevent IPV in YFSM and to support female sexual minority IPV victims. The existing literature, however, has almost exclusively focused on IPV in heterosexuals. Because LGBT teens and young adults face unique issues surrounding their relationships and sexual behaviors (e.g., pressures to deny or conceal sexual identity and activities), the risk and protective factors for IPV, help-seeking behaviors, and consequences of IPV in sexual minority youth are likely quite different from those observed in heterosexual youth. The overarching goal of this project is to begin to address these disparities by conducting an innovative study of IPV in female sexual minority adolescents and young adults (YFSM). We propose a novel, minority stress-informed dynamic developmental systems perspective of IPV in YFSM, which we will test using a mixed-methods, accelerated longitudinal design. Building upon the longest running study of LGBT youth, we will collect quantitative data from two ethnically diverse cohorts of YFSM (N=530; ages 16-26) every six months for two years, as well as qualitative data from 50 selected participants. We will accomplish the overarching goal with four primary specific aims: (1) Describe the nature and trajectories of IPV in YFSM across adolescence and young adulthood; (2) Identify risk and protective factors for IPV among YFSM, including factors that differentiate violent vs. non-violent/healthy relationships; (3) Examine factors that affect YFSM's reporting of IPV, help-seeking for IPV, and ability to benefit from help provided (e.g., cultural competence of providers); and (4) Evaluate the consequences of IPV in YFSM, identifying factors that raise risk for or protect YFSM victims from revictimization and negative health consequences of IPV. Integration of the resulting quantitative and qualitative data will be used to inform the development of evidence-based interventions to prevent IPV among YFSM and better serve those who experience IPV.

16SS Major Goal: To examine intimate partner violence (IPV) in young female sexual minority adolescents and young adults.

Grant #15GRNT25740030 Whitton, Sarah; Mcleish, Alison 07/01/2015 06/30/2017 American Heart Association - Great Rivers Affiliate Augmenting Smoking Cessation Treatment with Relationship Education Role:PI $153,979.00 Active Grant National Despite the negative health effects of smoking, nearly 20% of U.S. adults are smokers. Although many smokers are interested in quitting, 75% of those who participate in smoking cessation treatment programs relapse within one month. Poor social support for quitting, especially from romantic partners, is an important risk factor for unsuccessful quit attempts. Our study aims to determine if we can improve the effectiveness of smoking cessation treatment by including smokers' partners and adding couple relationship education to improve partner support for quitting. Our new Partner-Assisted Cessation Treatment (PACT) was developed to improve standard smoking cessation treatment by adding couple relationship education strategies that are known to improve couple support and communication. In this project, we aim to determine if the new couples-based program (PACT) is feasible to deliver, acceptable to smokers and their partners, effective in improving the couple support processes that are known to predict positive smoking cessation outcomes (specifically, the help-seeking communication behavior of smokers, support provision of partners, and couple problem-solving skills), and effective in improving cessation rates. 15SS Percent Effort:8 Major Goal: Evaluate the feasibility, acceptability, and efficacy of a new partner-based smoking cessation program (PACT).

The Urban Institute and Public Strategies 05/01/2015 08/31/2018 DHHS: Administration of Children and Families Same-sex relationships: Updates to healthy marriage and Relationship Education programming (SUHMRE) Role:Consultant Active Grant National 15US

Grant #1187 Whitton, Sarah 03/31/2013 02/28/2014 Gay Lesbian Medical Foundation Strengthening Lesbian Relationships: A Pilot Study of Relationship Education for Female Same-Sex Couples Role:PI $7,641.00 Completed

Grant #60045198 UCIN / R01AA024065 Whitton, Sarah 09/20/2016 08/31/2021 National Institute on Alcohol Abuse and Alcoholism Efficacy of Couples-Based HIV Prevention in Vulnerable Young Men Role:PI 154305.00 Active Federal

Grant #U01AI156874 Newcomb 04/01/2021 03/31/2026 NIAID Effectiveness of Relationship Education for Reducing HIV Incidence in Men Who Have Sex with Men Role: Consultant Active Grant
Grant #Fall 2022 Grant-in-Aid Lawlace, Margaret; Whitton, Sarah 01/01/2023 12/31/2023 Society for the Psychological Study of Social Issues Perceived Family Support for Latina Survivors of Intimate Partner Violence:Implications for Well-Being, Help-Seeking, and Healing--SPSSI (Backdoor) Role:Collaborator 1000.00 Awarded Non Profit

Grant #R01MH132692 Whitton, Sarah 06/15/2023 03/31/2024 National Institute of Mental Health Young Sexual Minority Womens Mental Health Developmental Trajectories, Mechanisms of Risk, and Protective Factors. Role:PI 804411.00 Awarded Federal

Grant #17MCPRP33670674 Bakas, Tamilyn; Kissela, Brett; Kleindorfer, Dawn; McCarthy, Michael; Whitton, Sarah 07/01/2017 06/30/2019 American Heart Association - National Chapter Development and Validation of a Quality of Relationship Intervention to Prevent Depression in Stroke Survivors and Caregivers Role:Collaborator $76,896.00 Completed

Publications - Abbrev


**Presentations**
Invited Presentations


Poster Presentations


Weitbrecht, E.M., & Whitton, S.W. (04-2014). *Does the Link Between Sexual Activity and Mental Health Differ by Relationship Status Among Late Adolescent College Students?*. The Society for Research on Adolescence Convention, Austin, TX. Conference National 14FS


Colloquium


Whitton, S. W. (04-11/2014). Culturally Sensitive Relationship Education with Same-sex Couples. Colloquium Series, Purdue University, Department of Psychology. Other Institution National 14SS

Paper Presentations


Whitton, S.W. (11-2013). *Relationship Education with Same-Sex Couples*. Annual Chicago LGBTQ Health & Wellness Conference, Chicago, IL. Conference Regional 13FS


**Service**

Journal of Family Psychology Editorial Board Member Editorial Service National 01-2009 12-2010 10W

Journal of Marriage and Family Editorial Board Member Editorial Service International 2010 to Present 15FS

Psychotherapy Editorial Board Member Editorial Service National 01-2010 12-2013 13SS

Admissions Committee Committee Member Departmental Service Department 01-2010 03-2012 12W

Committee to revise student practicum evaluation forms Committee Member Departmental Service Department 2010 2010 10A
Department Head Review Departmental Service Department 05-2010 05-2012 12S conducted survey for review of department head in 2010 and 2012

Lakota East High School Discussant Development Service 04/21/2010 04/21/2010 10S Careers in Psychology Night Participated on panel of psychologists for high school students and other interested individuals in the community. Discussed what an academic psychologist does and how to become one. Promoted UC’s Psychology department.

Journal of Family Psychology Associate Editor Editorial Service National 01-2011 06-2015 15US

WGGS Department Search Committee for Human Sexuality Educator Committee Member Departmental Service Department 12W

EMERGE Summer Fellowship Faculty Sponsor Departmental Service Department 2010 2012 12U

Prospective Student Visits Faculty Presenter University/College Service College 12U

Summer Orientation to Parents Faculty Presenter University/College Service College 12U

Freshman Book Group Discussions Faculty Leader University/College Service College 12FS


Behavioral Health Center, Dept. of Psychology Director Departmental Service Department 01-2010 to Present 15FS

Honors and Awards Committee Committee Member Departmental Service Department 2012 to Present 15FS

Admissions: Interview Day Committee Chair Departmental Service Department 15FS

Research Mentor, Research Experiences for Undergraduates Program Departmental Service Department 2013 to Present 14FS

Learning Community Facilitator, ADVANCE: Leadership, Empowerment, and Advancement for STEM Women Faculty (LEAF) at UC. University/College Service University 14SS

Journal of Social and Personal Relationships Editorial Board Member Editorial Service National 12/01/2014 to Present 15FS

Clinical Psychology Colloquium Co-Chair Departmental Service Department 08-2013 to Present 15FS

Positions and Work Experience

09/01/2007 -12/31/2009 Research Assistant Professor Psychology Department Boston University Boston, MA

01/01/2010 -08/31/2015 Assistant Professor University of Cincinnati

09/01/2015 -08/31/2019 Associate Professor Psychology Department, University of Cincinnati

09/01/2019 to Present Professor Psychology Department, University of Cincinnati

Education

Institution: University of Denver Denver, CO Ph. D. 2004 Psychology

Post Graduate Training & Education

09/01/2004 -08/31/2006 Postdoctoral Fellow Clinical Research Training Program Harvard Medical School/ Judge Baker Children’s Center Boston MA 06U
Research and Practice Interests

Understanding and supporting healthy couple relationships, particularly among understudied groups such as sexual and gender minorities.

Other Experience and Professional Memberships

1998 to Present Member, Association for Cognitive and Behavioral Therapy Couples Research and Therapy Special Interest Group /FS/14FS
2000 to Present Member, American Psychological Association /FS/14FS
2010 to Present The National Council on Family Relations /FS/14FS

Courses Taught

15-PSYC-715 INFERENTIAL STAT 001 Actual Enroll:15 Level:Graduate Service Learning:No New prep for me Academic Term:10W Regular Course 3
15-PSYC-888 CLINICAL PRACTICUM 003 Actual Enroll:2 Level:Graduate Service Learning:No Academic Term:10W Regular Course 3
15-PSYC-888 CLINICAL PRACTICUM 003 Actual Enroll:2 Level:Graduate Academic Term:10S Regular Course 3
15-PSYC-888 CLINICAL PRACTICUM 003 Actual Enroll:7 Level:Graduate new prep for me Academic Term:10U Regular Course 3
15-PSYC-275 INTERMED PSYCH STAT 901 Actual Enroll:26 Level:Undergraduate Academic Term:10A Regular Course 3
15-PSYC-899 NON-THESIS RESEARCH Actual Enroll:1 Level:Graduate Academic Term:10A Regular Course 3
Research Practicum 15 Psyc 353- 0147 Actual Enroll:2 Level:Undergraduate Academic Term:10A Regular Course 3
15-PSYC-715 INFERENTIAL STAT Actual Enroll:13 Level:Graduate Academic Term:11W Regular Course 3
15-PSYC-888 CLINICAL PRACTICUM Actual Enroll:4 Level:Graduate Academic Term:11W Regular Course 3
15-PSYC-888 CLINICAL PRACTICUM Actual Enroll:4 Level:Graduate Academic Term:11S Regular Course 3
15-PSYC-888 CLINICAL PRACTICUM Actual Enroll:4 Level:Graduate Academic Term:11U Regular Course 3
15-PSYC-881 INTERV CLIN PSYCH 003 Actual Enroll:4 Level:Graduate Academic Term:11U Regular Course 3
15-PSYC-351 INDEPENDENT STUDY Couples and Families Actual Enroll:1 Level:Graduate Academic Term:11W New Course Developed 3
15-PSYC-715 INFERENTIAL STAT Actual Enroll:15 Level:Graduate Academic Term:12W Regular Course 3
15-PSYC-888 CLINICAL PRACTICUM Actual Enroll:4 Level:Graduate Academic Term:12W Regular Course 3
15-PSYC-401 SEMINAR IN HEALTH Actual Enroll:12 Level:Undergraduate Academic Term:12S Old Course Revised 3
Faculty Development Activities

Type: Workshop Full day grant writing workshop 02/09/2010 02/09/2010 Title: Stephen Russell Grant Writing Workshop Location: UC Hours: 9-5 /0W/10W

Type: Workshop 07/12/2010 07/15/2010 Title: Training in R statistical software Location: UC Psychology Hours: 2pm-4pm /0U/10U

Type: Workshop 08/26/2010 08/26/2010 Organization: UCIT Title: Training in Blackboard 9 Hours: 10-12 /0U/10U

Type: Conference Attendance 11/03/2010 11/05/2010 Organization: National Council of Family Relations Title: Annual convention Location: Minneapolis, MN /0A/10A

Type: Conference Attendance 11/18/2010 11/21/2010 Organization: Association for Behavioral and Cognitive Therapies Title: Annual convention Location: San Francisco, CA /0A/10A

Type: Conference Attendance Paper Presentation 03/31/2011 04/03/2011 Organization: Society for Research in Child Development Location: Montreal, Canada /1S/11S

Type: Continuing Education Program 09/23/2011 Organization: Beck Institute Title: CBT for Depression Location: Psychology, University of Cincinnati Hours: 7 /1W/11W

Type: Workshop 10/06/2011 Organization: UC Office of Research Title: Hiring: Effective Interviewing, Evaluation, and Afterward Hours: 2

Type: Workshop 01-2012 01-2012 Organization: University of Cincinnati Title: Ready, Set, Go: Funding your Research Program Hours: 3 /2W/12W

Type: Workshop 10-2010 Organization: University of Cincinnati Title: Ready, Set, Go: Hiring: Effective Interviewing, Evaluation, and Afterwards Hours: 3 /FS/17FS

Type: Workshop 02-2012 Organization: University of Cincinnati Title: Online Testing: Taking Control with Online Tests Location: Dept of Psychology Hours: 1 /2W/12W
Type: Workshop 02-2012 Organization: University of Cincinnati Title: Ready, Set, Go: Time Management Hours: 3 /2W/12W

Type: Workshop 11-2012 Organization: Association for Behavioral & Cognitive Therapies Title: Making CBT Supervision More Effective: Empirically Based CBT Supervision Hours: 3 /2S/12S

Type: Workshop 12-2012 Organization: University of Cincinnati Title: Ready, Set, Go: Personnel/Conflict Management Hours: 3 /2S/12S

Type: Workshop 04-2013 Organization: University of Cincinnati Title: Ready, Set, Go: Mentoring/Career Guidance Hours: 3 /SS/13SS

Type: Other Observation and evaluation of PSYC 7015 by senior faculty member 01-2014 Organization: University of Cincinnati Title: Teaching Evaluation and Feedback Location: Dept of Psychology /SS/14SS

Type: Workshop 06/23/2014 06/27/2014 Organization: Michigan State University Title: Dyadic Data Analysis Workshop Hours: 30 /US/14US

Preferred Information

Professor https://sites.google.com/view/tcflab Degrees: Ph.D.

IRB Protocol

Ame2_2016-5630 Amendment 2 for IRB Study #2016-5630 Approval: 05/01/2017 Principal Investigator Whitton, Sarah A&S Psychology

Ame11_2015-6333 Amendment 11 for IRB Study #2015-6333 Approval: 06/13/2017 Principal Investigator Whitton, Sarah A&S Psychology Lidgard, Adrienne (Research Coordinator)

Ame1_2012-4611 Amendment 1 for IRB Study #2012-4611 Approval: 06/14/2013 Principal Investigator Whitton, Sarah A&S Psychology Weitbrecht, Eliza (Research Coordinator)

Ame1_2015-6333 Amendment 1 for IRB Study #2015-6333 Approval: 02/26/2016 Principal Investigator Whitton, Sarah A&S Psychology James-Kangal, Neslihan (Research Coordinator)

MOD06_2015-8812-001 Modification #6 for ChiGirls Principal Investigator Whitton, Sarah A&S Psychology

Ame4_2012-3576 Amendment 4 for IRB Study #2012-3576 Approval: 01/09/2017 Principal Investigator Whitton, Sarah A&S Psychology

Ame3_2015-6333 Amendment 3 for IRB Study #2015-6333 Approval: 08/01/2016 Principal Investigator Whitton, Sarah A&S Psychology James-Kangal, Neslihan (Research Coordinator)

Ame6_2015-6333 Amendment 6 for IRB Study #2015-6333 Approval: 11/10/2016 Principal Investigator Whitton, Sarah A&S Psychology Lidgard, Adrienne (Research Coordinator)

Ame2_2015-8812 Amendment 2 for IRB Study #2015-8812 Approval: 02/07/2017 Principal Investigator Whitton, Sarah A&S Psychology James-Kangal, Neslihan (Research Coordinator)

Ame10_2015-6333 Amendment 10 for IRB Study #2015-6333 Approval: 05/17/2017 Principal Investigator Whitton, Sarah A&S Psychology Lidgard, Adrienne (Research Coordinator)

Ame4_2016-5630 Amendment 4 for IRB Study #2016-5630 Approval: 09/27/2017 Principal Investigator Whitton, Sarah A&S Psychology

Ame3_2012-3576 Amendment 3 for IRB Study #2012-3576 Approval: 01/06/2016 Principal Investigator Whitton, Sarah A&S Psychology

Ame2_2015-6333 Amendment 2 for IRB Study #2015-6333 Approval: 04/05/2016 Principal Investigator Whitton, Sarah A&S Psychology James-Kangal, Neslihan (Research Coordinator)
Amendment 8 for IRB Study #2015-6333 Approval: 01/12/2017 Principal Investigator Whitton, Sarah A&S Psychology Lidgard, Adrienne (Research Coordinator)

Continuing Review for Study Partner Assisted Smoking Cessation Approval: 08/02/2019 Principal Investigator Whitton, Sarah A&S Psychology

Amendment 4 for IRB Study #2015-6333 Approval: 09/02/2016 Principal Investigator Whitton, Sarah A&S Psychology Lidgard, Adrienne (Research Coordinator)

Amendment 1 for IRB Study #2016-5630 Approval: 03/28/2017 Principal Investigator Whitton, Sarah A&S Psychology

Modification #14 for Study Partner Assisted Smoking Cessation Approval: 11/21/2019 Principal Investigator Whitton, Sarah A&S Psychology

Amendment 1 for IRB Study #2015-8812 Approval: 11/30/2016 Principal Investigator Whitton, Sarah A&S Psychology James-Kangal, Neslihan (Research Coordinator)

Amendment 5 for IRB Study #2016-5630 Approval: 12/13/2017 Principal Investigator Whitton, Sarah A&S Psychology

Amendment 7 for IRB Study #2015-6333 Approval: 11/21/2016 Principal Investigator Whitton, Sarah A&S Psychology Lidgard, Adrienne (Research Coordinator)

Amendment 1 for IRB Study #2012-3576 Approval: 06/13/2014 Principal Investigator Whitton, Sarah A&S Psychology

Amendment 2 for IRB Study #2012-3576 Approval: 12/12/2014 Principal Investigator Whitton, Sarah A&S Psychology

Amendment 2 for IRB Study #2015-7243 Approval: 12/01/2016 Principal Investigator Whitton, Sarah A&S Psychology

Amendment 13 for IRB Study #2015-6333 Approval: 08/27/2018 Principal Investigator Whitton, Sarah A&S Psychology Godfrey, Lisa Mary (Research Coordinator)

Amendment 3 for IRB Study #2016-5630 Approval: 07/24/2017 Principal Investigator Whitton, Sarah A&S Psychology

Amendment 12 for IRB Study #2015-6333 Approval: 10/11/2017 Principal Investigator Whitton, Sarah A&S Psychology Lidgard, Adrienne (Research Coordinator)

Amendment 9 for IRB Study #2015-6333 Approval: 02/07/2017 Principal Investigator Whitton, Sarah A&S Psychology Lidgard, Adrienne (Research Coordinator)

Amendment 5 for IRB Study #2015-6333 Approval: 10/14/2016 Principal Investigator Whitton, Sarah A&S Psychology Lidgard, Adrienne (Research Coordinator)