

# Joshua R. Novak, Ph.D., LMFT, AAMFT Approved Supervisor

## CURRICULUM VITAE

Updated January 2023

Marriage and Family Therapy Program, Department of Human Development and Family Science  
Auburn University

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## EDUCATION

- 2015**      **Ph.D. in Marriage and Family Therapy**  
Brigham Young University  
Dissertation: *A Longitudinal Study of Therapist EFT Interventions Predicting In-Session Positive Couple Behavior*  
Chair: Dr. Jonathan Sandberg
- 2012**      **Master of Science in Marriage and Family Therapy**  
Texas Tech University  
Thesis: *The Relationship between the Experience of Childhood Abuse and Perceptions of Safety in Current Adult Intimate Relationships*  
Chair: Dr. Douglas B. Smith
- 2010**      **Bachelor of Arts in Psychology**  
Anderson University, *Magna Cum Laude*

## PROFESSIONAL EXPERIENCE

### Academic and Research Positions:

- 2019-present**    **Assistant Professor**, Marriage and Family Therapy Program, Appointment in Human Development and Family Science (HDFS) & Alabama Agricultural Experiment Station (AAES), *Auburn University*
- 2016-2019**      **Assistant Professor** Marriage and Family Therapy Program, Human Development and Family Studies, *Utah State University*
- 2017-present**    **Director**, *Relationships and Health Lab*, an interdisciplinary lab with HDFS, Nutrition, Psychology, Pharmacy, Kinesiology, and Nursing  
[relationshipsandhealthlab.weebly.com](http://relationshipsandhealthlab.weebly.com)
- 2015-2016**      **Post-Doctoral Fellow**, *Kansas State University*, Jared R. Anderson, Ph.D.

- 2012-2015**     **Research Fellow**, Brigham Young University, Jonathan G. Sandberg, Ph.D.
- 2010-2012**     **Research Fellow**, Texas Tech University, Jason B. Whiting, Ph.D.
- 2009-2010**     **Research Assistant**, Anderson University, Dr. Linda Swindell

**Interdisciplinary and Collaborative Teams**

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- 2020-**     *Member*, Interprofessional Education Group; Clinical group consisting of Nursing, Pharmacy, Dietetics, & Social Work at Auburn University
- 2020-**     *Member*, Dyadic Research on Health and Illness across the Adult Lifespan; Gerontological Society of America (GSA)
- 2019-**     *Member*, Diabetes and Obesity Group - faculty and scholars from UAB, Auburn, UA, and ACES
- 2019-**     *Member*, Telehealth Network; Collaborative group consisting of faculty and scholars from UAB, Auburn, UA, and ACES
- 2019-**     *Member*, [Boshell Diabetes Group](#)
- 2019-**     *Member*, Auburn University College of Human Sciences Translational Science

**HONORS & AWARDS**

**AWARDS:**

- 2022     [American Association for Marriage and Family Therapy \(AAMFT\) Research and Education Foundation; Outstanding Research Publication Award: \*Bioregulation and the MFT\*](#)
- 2021     [Auburn HDFS Faculty Excellence Award for Teaching and Research](#)
- 2017     Issues in Aging Focus Group Award-NCFR
- 2015     JMFT Outstanding Reviewer
- 2014     Cutting Edge Research Award-AAMFT
- 2012     Texas Tech University Outstanding Thesis Award: 2<sup>nd</sup> Place
- 2012     Research Poster Conference-3<sup>rd</sup> Place in Human Sciences

**SCHOLARSHIPS:**

- |           |  |         |
|-----------|--|---------|
| 2014      | Blaine R. Porter Scholarship               | \$11000 |
| 2011-2012 | TTU CJ Davidson HS Scholarship             | \$1000  |
| 2010-2011 | TTU James and Elizabeth May HS Scholarship | \$1000  |

## RESEARCH

### **Primary Contribution #1: Family as the Proximal Context for Health Behavior Change and Illness Management**

Broadly speaking, my research focuses on the nexus of family relationships and health, with a large **focus on couple relationships** in general health behaviors and health outcomes in specific disease contexts. **My work has sought to make both theoretical and empirical contributions that underscore the family as the proximal context for both behavior change and illness management.**

**Contribution 1A: General Health Behavior Processes.** In a recent paper (Wilson & Novak, 2021), a colleague and I explored joint health behaviors, that is the extent to which couples engage in health behaviors together, as the mechanism that unites the marriage and health literature and the health concordance literature. I have also focused on specific health behaviors in couples, including diet behaviors, exercise, and sleep. For example, in a study of gay married couples, Novak et al., (2020) revealed that more severe diet undermining was associated with both partners' poorer diet quality, which was explained by more frequent couple food disagreements and higher depressive symptoms for both heavier and lighter partners in the relationship. Other work has examined dietary and exercise-related dynamics between and among gay male couples and heterosexual couples (August, Novak, et al., 2022; Novak et al., 2023). Finally, I have investigated sleep hygiene concordance and sleep-related conflict between partners (Novak et al., under review; Novak et al., under review). *In sum, these collection of studies point to the importance of considering dyadic level factors and dynamics in health behaviors.*

**Contribution 1A: Relationships in Disease and Illness Management.** I have also investigated couple relationships in acute illnesses (Novak et al., 2020), aging relationships (Novak et al., 2022), cardiovascular disease (Novak et al., 2014), and several manuscript exploring dynamics and processes in couples with type 2 diabetes, including stressors (Anderson, Novak, et al., 2016), personality (Novak et al., 2017a), and economic pressure (Novak et al., 2017b) between partners as well as spouses evaluations of dyadic coping (Trump, Novak, et al., 2018). *Taken together, these studies provide evidence that both acute and chronic illness management is an interpersonal process—the patient's health is intimately linked with their partner and (1) strong couple relations can buffer against some of the negative effects of illness and disease complications but (2) less than ideal relationship dynamics can undermine health behavior changes and exacerbate disease complications.*

I have also investigated both **dynamics and outcomes of involvement for family members of those with chronic conditions.** Novak et al. (2022) found 4 distinct classes of family members in their involvement, distress, and appraisals of type 2 diabetes management: *Moderately Concerned, Involved, and Distressed* (32.51%), *Least Concerned, Distressed, and Involved* (27.13%), *Less Concerned and Distressed, Moderately Involved* (23.77%), and *Most Concerned, Involved, and Distressed* (16.82%). In an intervention study with family members of those with dementia (Fauth, Novak, et al., 2021), an online, self-guided acceptance and commitment therapy intervention demonstrated improved outcomes on depressive symptoms, stress, caregiver burden and increased positive aspects of caregiving. Finally, Novak et al. (2022) articulates how

family-based interventions of obesity are not fully theoretically driven and only include one or two family members in programming. *Thus, this work highlights how current family interventions may be (1) ignoring other subsystems in long-term, successful health behavior change, (2) applying a one-size-fits-all approach to intervention delivery, or (3) not considering or addressing family members' own biopsychosocial health that is interconnected with the patient's health and disease outcomes.*

***In sum, contribution 1 has identified both (1) risk and protective factors, (2) conditions under which illness management and health behaviors are successful or not, and (3) the critical and alarming need for dyad and family-level prevention, intervention, and health promotion programs.***

**Primary Contribution #2: Health Behaviors and The Link between Cognitive, Emotional, and Social Health in Therapy Contexts**

Clinically, and as an offshoot of my main line, I have proposed novel frameworks for how health behaviors—diet (Novak et al., 2021), sleep (Novak & Gillis, 2021), and exercise (Novak & Ellis, 2021)—affect the cognitive, emotional, and relational health of clients. This collection of conceptual papers *is the first articulation in the field* of why and how the MFT should attend to issues of sleep, diet, and physical activity and covers information on assessment, psychoeducation, scripts for how to convey information to clients, how to attend to barriers, and collaboration with proper professionals. Finally, and importantly, these papers provide recommendations for clinical training and education as well as specific questions for future research. These papers hope to *stimulate new areas of inquiry* that can identify where clients' levels of sleep, diet, and exercise might be maximized to boost and further improve therapy outcomes. This line will branch into evaluating therapy outcomes with a focus of these in treatment (with 2-3 manuscripts in progress).

**CONTRACTS AND GRANTS**

**SUBMITTED/UNDER REVIEW:**

2023-2024 *Youth Diabetes Camps: A Novel Approach to Investigating Diabetes Stigma in a Diverse Youth Population.* Office of Inclusion and Diversity (OID) Exploratory Grants Programs. Kavookjian, J., **Novak, J. R.**, Gamston, C., & Whitley, H. P. **\$10,000.** Submitted 01-20-2023.

2023-2028 *Comparing a remotely delivered dietary intervention (DASH) vs. DASH with couples relationship education (DASH+CRE) in older married dyads with hypertension.* Patient-Centered Outcomes Research Institute. Frugé, A., & **Novak, J. R.** (Dual PIs), Robinson, A.T, Tsai, P.F., and Wang, C.H. (Co-Is). **\$3,331,630.79.** Submitted 01-10-2023.

**FUNDED:**

2020-2021 AAES Hatch Planning Grant for *The Diabetes Family Network: Online education for families with diabetes.* **Novak, J. R.** (PI). **\$5,000.**

- 2020-2022 *Health Status and Health Behavior Congruity between Partners in Couples with Type 2 Diabetes: An interdependence and socioecological approach.* Auburn University Intramural Grants Program- Interdisciplinary Team Research Grant. **Novak, J. R.** (PI), Frugé, A., Wadsworth, D., & Hunt, C. (Co-Is). **\$46,266.**
- 2020-2021 *Testing the Partners in Health Program: a hybrid relationship education class for couples with chronic illnesses.* Auburn University Women’s Philanthropy Board (WPB). **Novak, J. R.** (PI). **\$4,000.**
- 2018-2023 *Partner Involvement in an Aquatic Intervention for Osteoarthritis.* Seedall, R., Bressel, E. & **Novak, J. R.** (Co-PI). Primary Objectives: To develop, test, and evaluate an intervention program for older individuals with osteoarthritis and their partners for rural couples. Funded by Utah Agriculture Experiment Station. Total award: **\$99,385.00.**
- 2017-2019 *Development of a Web-based Acceptance and Commitment Therapy Intervention for Dementia Caregivers in Utah.* Fauth, E. B. (PI), **Novak, J. R. (co-I)**, & Levin, M. (Co-I). Primary Objectives: To develop, test, and implement a web-based Acceptance and Commitment Therapy intervention and education program for rural caregivers of persons with dementia. Funded by Utah State University Extension Grant. Total award: **\$29,951.00.**

**NOT FUNDED:**

- 2021-2023 *The Diabetes Family Support Program.* Alabama Agricultural Experiment Station- Agricultural Research Enhancement, Exploration and Development (AgR-SEED) Grant. **Novak, J. R.** (PI), Kavookjian, J., Whitely, H., & Burnett, D. O. Total Requested \$49,804. (Submitted 5-21-2021).
- 2021-2024 *ACT for Caregivers: Online support for family caregivers of persons with dementia.* The Kamprad Family Foundation for Entrepreneurship, Research & Charity. Johansson, L., Fauth, E.B., Ernsth-Bravell, M., **Novak, J.R.**, Levin, M., & Torgé, C.J. \$4,945,162SK (\$563,887.43 USD).
- 2021-2022 *Piloting a Self-Guided Acceptance and Commitment Therapy Intervention for Parents of Children with Physical, Intellectual, and Developmental Conditions.* Research Support Program, Auburn University. **Novak, J.R. (PI)**, Fauth, E.B., Aller, T., & Levin, M. \$31,955.
- 2021-2022 *Piloting a Web-based Intervention for Family Members of Individuals with Type 2 Diabetes.* Deep South Regional Center for Diabetes Translational Research (CDTR). **Novak, J.R. (PI)**, Kavookjian, J., Burnett, D., & Whitley, H. (\$40,000).
- 2021-2024 *ACT for Caregivers: Online therapy training for informal dementia carers in Sweden.* The Kamprad Family Foundation for Entrepreneurship, Research & Charity. Johansson, L., Fauth, E.B., Ernsth-Bravell, M., Levin, M., **Novak, J.R.**, & Torgé, C.J. \$4,945,162SK (\$563,887.43 USD).

- 2021-2024 *ACT for Caregivers: Online therapy training for informal dementia carers in Sweden.* Forte: Swedish Research Council for Health, Working Life and Welfare. Johansson, L., Fauth, E.B., Ernsth-Bravell, M., Levin, M., **Novak, J.R.**, & Torgé, C.J. \$4,879,026SK (\$506,622.45 USD).
- 2021-2023 *The Diabetes Family Network: Online education for families with diabetes.* Alabama Agricultural Experiment Station- Agricultural Research Enhancement, Exploration and Development (AgR-SEED) Grant. **Novak, J. R.** (PI). Total Requested \$49,804.
- 2017 *A Community Based Participatory Research Project on Integrating Spirituality in Psychotherapy.* Robinson, W.D., **Novak, J. R.**, Oka, M., & Seedall, R. Submitted to The John Templeton Foundation. Total Requested: \$280,000.
- 2017 *Health Attitudes and Beliefs of Gay Married Men: Identifying dyadic, direct and indirect mechanisms that promote health behaviors.* Submitted to The Center for Women and Gender Grant Program. Miyairi-Steel, M. (PI), **Novak, J. R.** (Co-I), Gast, J. & Peak, T. Total Requested: \$9, 313.60
- 2017 *Gender and Power in Couple Therapy: A Multidimensional Study.* Oka, M., Robinson, W.D., Seedall, R., & **Novak, J.R.** Submitted to The Center for Women and Gender Grant Program. Total Requested: \$13,000
- 2016 *Applying State Space Grid Analysis to Couple, Family, and Relationship Research: Using Gridware for Sequential Analysis.* **Novak, J.R. (PI)**. Submitted to The Family Process Institute. Total Requested: \$5,000
- 2014 *fMRI and the Couple Relationship.* **Novak, J.R. (PI)** & Sandberg, J.G. (co-PI). Submitted to Brigham Young University Research Fellowship Award. Total Requested: \$15,000

### Student Mentored Contracts & Grants

#### FUNDED:

##### Auburn University:

*Associations between Parenting Strategies, Child Physical Activity, Screen Time Usage, and child ADHD Symptoms.* Undergraduate Research Fellowship Program Award. \$1,000. Kylie Seaton & **Joshua R. Novak**. 2020-2021.

##### Utah State University:

*Applying Sexual Script Theory to Hooking Up: A Latent Profile Analysis.* College of Education and Human Services Graduate Student Research Award. Mitchell R Rhodes & **Novak, J.R.** (\$2,000). 2018.

*Mental Health Awareness and Advocacy: Measurement Development in a Community Sample.* (Graduate Research and Creative Opportunities Award; GRCO). Ty B. Aller (PhD Student) & **Novak, J.R.** (\$996.00). 2017-2018.

*Examining Relationship Process variables as Moderators in the Associations between Financial Distress and Individual Emotional Distress in Emerging Adults.* Undergraduate Research & Creative Opportunities (Undergraduate Research and Creative Opportunities Award; URCO). Rhees Johnson & **Novak, J.R.** This project sought funding to examine how relationship processes (such as communication, attachment, and relationship satisfaction) might attenuate the relationship between financial distress and emotional distress in emerging adults. \$1,000.00. 2016-2017.

**NOT FUNDED:**

*Neuroscience and Marriage and Family Therapy: What’s Being Taught?* (Graduate Research and Creative Opportunities Award; GRCO). Dottie Cobia & **Novak, J.R.** (\$600). Submitted 6-15-18.

*Young Adults Hook Up Behaviors: A Micro-Level Investigation of Sexual Behaviors and Issues of Consent* (Graduate Research and Creative Opportunities Award; GRCO). Mitchell R Rhodes & **Novak, J.R.** (\$1,000). Submitted 6-15-17.

**PUBLICATIONS**

**Journal Articles (REFEREED):**

<b>First Authored</b>	<b>Second Authored</b>	<b>Other Authored</b>	<b>Total</b>
23	8	9	40

<b>Graduate Student Publications</b>		<b>Undergraduate Student Publications</b>	
	13		5

‡ denotes equal author contribution; \* denotes graduate student collaborator \*\* denotes undergraduate student collaborator; †Article Award

**2023**

40. **Novak, J. R.**, August, K., Wei, M.\*, Peak, T, Gast, J., & Miyairi, M. (accepted). Examining Exercise Specific Relational Processes on Exercise, Emotional Distress, and Relationship Quality among Heterosexual and Gay Male Couples. *Journal of Health Psychology* (**65%**; **IF= 4.917**). <https://doi.org/10.1177/13591053221150351>

**2022**

39. Wilson, S. J., **Novak, J. R.**, Yorgason, J. B., Martire, L. M., & Lyons, K. S. (in press). Defining and Advancing the State of Dyadic Health Science. *The Gerontologist, gnac187*. Advance online publication. <https://doi.org/10.1093/geront/gnac187> (**20%**; **IF = 5.271**).

38. Smith, K. S., Tissier, A., Bail, J. R., **Novak, J. R.**, Morrow, C. D., Denmark-Wahnefried, W., & Frugé, A.D. (in press). Health-related quality of life is associated with fecal microbial composition in breast cancer survivors. *Supportive Care in Cancer* (**10%**; **IF = 3.958**).
37. Smith, K. S., Morris, M. M., Morrow, C. D., **Novak, J. R.**, Roberts, M. D., & Frugé, A.D. (in press). Associations between changes in fat-free mass, fecal microbe diversity, and mood disturbance in young adults after 10-weeks of resistance training. *Microorganisms*, *10*(12), 2344; <https://doi.org/10.3390/microorganisms10122344>, Special Issue "Beneficial Microbes: Food, Mood and Beyond" (**20%**; **IF = 5.143**).
36. **Novak, J. R.**, Wilson, S. J., Ermer, A. E., & Harper, J. M. (in press). Aging Together: Dyadic Profiles of Older Couples' Marital Quality, Psychological Well-Being, and Physical Health. *Journal of Social and Personal Relationships* (**80%**; **IF = 3.039**).  
<https://doi.org/10.1177/02654075221135451>
35. **Novak, J. R.**, Pratt, K., Hernandez, D. C., & Berge, J. M. (2022). Family Systems and Obesity: A review of key concepts and influences within and between family subsystems and a call for Family-Informed Interventions. *Journal of Family Theory & Review* (**65%**; **IF = 3.833**). <http://doi.org/10.1111/jftr.12474>
34. **Novak, J. R.**, August, K., Kavookjian, J., Whitely, H., & Burnett, D. O. (2022). Exploring Typologies of Type 2 Family Members' Illness Appraisals, Involvement, and Psychological Distress. *Journal of Health Psychology* (**85%**; **IF = 3.789**).  
<http://dx.doi.org/10.1177/13591053221115326>
33. Gautreaux, C. E., Smith, K. S., Dolan, L., Marlin, M. B., Greene, M. W., **Novak, J. R.**, & Frugé, A. D. (2022). Early Pandemic Improvements in Diet Quality are Associated with Increased Physical Activity and Weight Loss in US Adults. *International Journal of Environmental Research and Public Health*. (**5%**; **IF = 4.614**).  
<http://dx.doi.org/10.3390/ijerph19148289>
32. August, K., **Novak, J. R.**, Peak, T, Gast, J., & Miyairi, M. (2022). Examining Foodwork and Eating Behaviors Between and Among Heterosexual and Gay Couples. *Appetite*. (**40%**; **IF = 5.012**). <https://doi.org/10.1016/j.appet.2022.105953>

## 2021

31. Wilson, S. J., & **Novak, J. R.** (2021). The Implications of Being “in it Together”: Relationship Satisfaction and Joint Health Behaviors Predict Better Health and Stronger Concordance between Partners. *Annals of Behavioral Medicine* (**40%**; **ISI impact factor = 4.908**; 2020). <http://dx.doi.org/10.1093/abm/kaab099>

*\*Nominated by the Dyadic Research Interest Group (Gerontological Society of America) as one of the top dyadic papers of 2021†*

30. **Novak, J. R.**, & Ellis, F.\* (2021). A Framework for Incorporating Physical Activity in Treatment: Competencies, Guidelines, and Implications for Family Therapists. *Journal of Marital and Family Therapy*, 48(2), 523-542. <https://doi.org/10.1111/jmft.12550> (95%; ISI impact factor = 2.379; 2020).
29. **Novak, J. R.**, Robinson, L. R.\* , & Korn, L. E. (2021). What LMFTs Should Know About Nutrition, Mental Health, and Collaborative Care with Nutrition Professionals. *Journal of Marital and Family Therapy*, 48(2), 502-522. <http://doi.org/10.1111/jmft.12540> (85%; ISI impact factor = 2.379; 2020).
28. Fauth, E., **Novak, J. R.**, & Levin, M. E. (2021). Outcomes from an Online Acceptance and Commitment Therapy (ACT) Program for Dementia Family Caregivers. *Aging & Mental Health*. <https://doi.org/10.1080/13607863.2021.1942432>. (40%; Impact Factor = 3.658; 2020).
27. **Novak, J. R.** & Gillis, B.T.\* (2021). A Primer on Sleep for MFTs: Implications and practical considerations. *Journal of Marital and Family Therapy*, 48(2), 543-559. <https://doi.org/10.1111/jmft.12528>. (75%; ISI impact factor = 2.379; 2020).
26. Aller, T. B.\* , Fauth, E., **Novak, J. R.**, & Schwartz, S. (2021). Measuring mental health literacy: Development of the Mental Health Awareness and Advocacy Assessment Tool (MHAA-AT) in a college sample. *Journal of MultiDisciplinary Evaluation*, 17(39), 15-31. [https://journals.sfu.ca/jmde/index.php/jmde\\_1/article/view/671](https://journals.sfu.ca/jmde/index.php/jmde_1/article/view/671) (35%; N/A).
25. Peak, T., Gast, J., & **Novak, J. R.** (2021). Caregiving and Caring with Pride: A thematic analysis of health behavior work among older gay married couples. *Journal of Gay and Lesbian Social Services*, 33(1), 123-136. <https://doi.org/10.1080/10538720.2020.1850387> (15%; H index = 38)
24. **Novak, J. R.**, Wilson, S. J., Gast, J., Miyairi, M., & Peak, T. (2021). Associations between Partner's Diet Undermining and Poor Diet in Mixed-Weight, Gay Married Couples: A dyadic mediation model. *Psychology & Health*, 36(10), 1147-1164. <http://dx.doi.org/10.1080/08870446.2020.1836179> (75%; Impact Factor = 3.073; 2020).  
\**Editor's Choice Article*.

## 2020

23. Lister, K.\* , Watts, C. M., **Novak, J. R.**, Moyer-Packenham, P. S., Ashby, J., & Roxburgh, A. (2020). The Role of Gender on the Associations Among Children's Attitudes, Mathematics Knowledge, Digital Game Use, Perceptions of Affordances, and Achievement. *International Journal of Science and Mathematics Education*. <http://dx.doi.org/10.1007/s10763-020-10111-8> (40%; Impact Factor = 2.073; 2020).
22. **Novak, J. R.**, Johnson, A.\* , Peak, T., Gast, J., & Arnell, M. (2020). A Qualitative Inquiry on Religious Married Men's Perceptions of Relationship Dynamics during Everyday

Sickness. *Journal of Health Psychology*, 26(11), 2040–2055.  
<http://dx.doi.org/10.1177/1359105319900277> (90%; IF = 3.231; 2020).

2019

21. **Novak, J. R.** (2019). Initial development of a new scale for examining couples' beliefs about their role in their partner's health: The Relationship Health Belief Scale. *Families, Systems, & Health*, 37(3), 224-234. <http://dx.doi.org/10.1037/fsh0000434/>. (100%; ISI impact factor = 1.95; 2020)
20. **Novak, J. R.**, Peak, T., Gast, J., & Arnell, M. (2019). Associations between masculine norms and healthcare utilization in highly religious, heterosexual married men. *American Journal of Men's Health*. <https://doi.org/10.1177%2F1557988319856739> (80%; ISI impact factor = 2.804; 2019).

2018

19. Ruhlmann, L. M.\*, Nelson-Goff, B. S., **Novak, J. R.**, Fuss, C.\*\*, Gnagi, T.\*\*, & Schifer, M.\*\*. (2018). Psychological and relational health profiles of soldiers in committed romantic relationships. *Journal of Family Psychology*, 32(8), 1057-1067. <https://psycnet.apa.org/doi/10.1037/fam0000471> (35%; ISI impact factor = 2.69; 2020)
18. **Novak, J. R.**, Gast, J., Peak, T., Johnson, R.R.\*\*, Morrey, R.\*\*, Smith, M.\*\*, & Souders, M.\*\* (2018). A case study of health-related support processes in two happy gay couples. *American Journal of Lifestyle Medicine*, 12(6), 462-471. <http://dx.doi.org/10.1177/1559827618788854> (90%; ISI impact factor = 1.24; 2020)
17. **Novak, J. R.** & Johnson, R. R\*\*. (2018). Associations between financial avoidance, emotional distress, and relationship conflict frequency in emerging adults in college. *Journal of Financial Therapy*, 8(2) 63-80. <http://dx.doi.org/10.4148/1944-9771.1146> (75%; ISI impact factor = 1.778; 2020)
16. **Novak, J. R.**<sup>†</sup>, Sandberg, J.G.<sup>†</sup>, & Busby, D. M. (2018). Using difference scores to inform therapy practice: Differences in perceptions of attachment behaviors between partners in a clinical sample. *Journal of Marital and Family Therapy*, 44(4), 624-639. <http://dx.doi.org/10.1111/jmft.12303> (85%; ISI impact factor = 2.379; 2020)
15. **Novak, J. R.**, Smith, H. M., Larson, J. H., & Crane, D. R. (2018). Commitment, forgiveness, and relationship self-regulation: An actor-partner interdependence model of relationship virtues and relationship effort in couple relationships. *Journal of Marital and Family Therapy*, 44(2), 353-365 <http://dx.doi.org/10.1111/jmft.12258> (50%; ISI impact factor = 2.379; 2020)

*\*Honorable Mention of top article in JMFT in 2018†*

14. **Novak, J. R.**, Whiting, J. B., Brown, M. D., & Harris, S. M. (2018). The impact of relationship education on the couple relationship: A grounded theory of intentionality and awareness. *Journal of Couple and Relationship Therapy*.

<http://dx.doi.org/10.1080/15332691.2017.1417939>. (70%; ISI impact factor = 0.35; 2017)

13. Trump, L.\*, **Novak, J. R.**, Anderson, J. R., Johnson, M. D., Walker, A., Wilcox, A., Lewis, V. L., & Robbins, D. C. (2018). Evaluative coping, emotional distress, and adherence in couples with type 2 diabetes. *Families, Systems, & Health*, 36(1), 87-96.  
<http://dx.doi.org/10.1037/fsh0000302> (40%; ISI impact factor = 1.077; 2014)

#### 2017

12. **Novak, J. R.**, Anderson, J. R., Johnson, M. D., Walker, A., Wilcox, A., Lewis, V. L., & Robbins, D. C. (2017). Associations between economic pressure and diabetes efficacy in couples with type 2 diabetes. *Family Relations*, 66(2), 273-286.  
<http://dx.doi.org/10.1111/fare.12246>. (65%; ISI Impact factor = 1.727; 2016).
11. **Novak, J. R.**, Anderson, J. R., Johnson, M. D., Hardy, N., Walker, A., Wilcox, A., Lewis, V. L., & Robbins, D. C. (2017). Does personality matter in diabetes adherence?: Exploring the pathways between neuroticism and patient adherence in couples with type 2 diabetes. *Applied Psychology: Health and Well-Being*, 9(2), 207-227.  
<http://dx.doi.org/10.1111/aphw.12087> (65% contribution; ISI Impact factor = 2.351; 2016).  
*\*Among Top Downloaded article in a Wiley Journal of 2017-2018†*
10. **Novak, J. R.**, Sandberg, J. G., & Davis, S. Y.\* (2017). The role of attachment behaviors in the link between relationship satisfaction and depression in clinical couples: Implications for clinical practice. *Journal of Marital and Family Therapy*, 43(2), 352-363.  
<http://dx.doi.org/10.1111/jmft.12201> (85%; ISI impact factor = 2.379; 2020)

#### 2016

9. Anderson, J. R., **Novak, J. R.**, Dietz\*, S. L., Johnson, M. D., Walker, A., Wilcox, A., Lewis, V. L., & Robbins, D. C. (2016). A dyadic multiple mediation model of patient and spouse stressors predicting patient dietary and exercise adherence via depression symptoms and diabetes self-efficacy. *Journal of Behavioral Medicine*, 39(6), 1020-1032.  
<http://dx.doi.org/10.1007/s10865-016-9796-9> (40%; Impact factor = 2.960; 2020)
8. Sandberg, J.G., **Novak, J. R.** & Bates, T. (2016). Can couple level attachment mediate the influence of depression on health? *The American Journal of Family Therapy*, 44(2), 80-94.  
<http://dx.doi.org/10.1080/01926187.2016.1145082> (35%; ISI Impact factor = 0.947; 2020)
7. Sandberg, J. G., **Novak, J. R.**, Busby, D. M., & Davis, S. Y. (2016). The brief accessibility, responsiveness, and engagement scale (BARE): A tool for measuring attachment behaviors in clinical couples. *Journal of Marital and Family Therapy*.  
<http://dx.doi.org/10.1111/jmft.12151> (40%; ISI impact factor = 2.379; 2020)

6. **Novak, J. R.**, Sandberg, J. G., **\*\*Stucki, B.**, Davis, S. Y., Brown, A., Schade, L., & Holt-Lunstad, J. (2016). A contextual analysis of high fidelity and low fidelity sessions in emotion-focused couples therapy. *Journal of Couple and Relationship Therapy*, 15(1), 36-60. <http://dx.doi.org/10.1080/15332691.2014.962209> (80%; IF = 0.53; H index = 12)

## 2015

5. **Novak, J. R.**, Sandberg, J. G., Jeffery, A., & Davis, S.Y. (2015). The impact of texting on perceptions of face-to-face communication in couples in different relationship stages. *Journal of Couple and Relationship Therapy*.  
<http://dx.doi.org/10.1080/15332691.2015.1062452> (80%; IF = 0.50; H index = 12)
4. **Novak, J. R.**, Smith, D. B., & Sandberg, J. G. (2015). The association between the report of childhood abuse and perceptions of safety in current adult intimate relationships. *The American Journal of Family Therapy*, 43(5), 425-440.  
<http://dx.doi.org/10.1080/01926187.2015.1080129> (90%; ISI Impact factor = 0.947; 2020)
3. Knapp, D., Sandberg, J. G., **Novak, J. R.**, Larson, J. (2015). The mediating role of attachment behaviors on the relationship between family-of-origin and couple communication: Implications for couples therapy. *Journal of Couple and Relationship Therapy*, 14, 17-38.  
<http://dx.doi.org/10.1080/15332691.2014.953650> (25%; IF = 0.50; H index = 12)
2. Sandberg, J. G., Brown, A., Schade, L., **Novak, J. R.**, Denton, W., & Holt-Lunstad, J. (2015). Measuring fidelity in emotionally focused couples therapy (EFT): A pilot test of the EFT therapist fidelity scale. *American Journal of Family Therapy*, 43(3), 251-268.  
<http://dx.doi.org/10.1080/01926187.2015.1034637> (25%; ISI Impact factor = 0.947; 2020)

## 2014

1. **Novak, J. R.**, Sandberg, J. G., & Harper, J. M. (2014). Older couples with and without cardiovascular disease: Testing associations between and among affective communication, marital satisfaction, physical, and mental health. *Families, Systems, and Health*, 32(2), 186-197. <http://dx.doi.org/10.1037/fsh0000015>. (75%; ISI impact factor = 1.95; 2020)

### Accepted Manuscripts in Undergraduate Journals (peer-reviewed):

1. Seaton, K. **\*\*** & **Novak, J. R.** (2021). Associations between Parent Physical Activity, Negative Parenting Behaviors, and Child ADHD Symptoms. *Auburn University Journal of Undergraduate Scholarship*. <http://our.auburn.edu/wp-content/uploads/2021/11/Seaton-pdf-1.pdf>

### Manuscripts Under Review:

Smith, K. S., Morris, M. M., Morrow, C. D., **Novak, J. R.**, Roberts, M. D., & Fruge, A.D. Mood disturbance, but not overall diet quality, is associated with fecal microbiome diversity in free-living adults. *Nutritional Neuroscience* (10%; IF = 4.062; submitted 10-20-2022).

**Novak, J. R.**, Robinson, L. R.\*, Wei, M.\*, Burke, L., McGill, J., & Adler-Baeder, F. A Mixed-Method Pilot Study for Couples Managing Chronic Illnesses: Evaluating the Healthy We, Healthy Us: Becoming Partners in Health Program. *Couple and Family Psychology: Research & Practice*. (90%; IF = 0.875; submitted 9-28-2022).

Lowery, D. F., **Novak, J. R.**, McWey, L. M., & Ketring, S. A. A Dyadic Mediation Model Examining Associations Between Ineffective Arguing, Emotional Distress, and Violence Perpetration and Victimization Among Couples. *Journal of Marital and Family Therapy* (40%; R&R due 4-17-2023).

### **Manuscripts in Preparation:**

**Novak, J. R.**, Miller, K.\*\*, Gunn, H. E., & Troxel, W. M. Yours, Mine, or Ours? Examining Outcomes of Sleep Hygiene Concordance in Mixed-Gender, Bed-Sharing Couple Relationships. Intended Journal: *Sleep Health* (60% contribution; IF = 4.207).

**Novak, J. R.**, Miller, K.\*\*, Gunn, H. E., & Troxel, W. M. Development of the Sleep Conflict Scale. Intended Journal: *Sleep Health* (IF = 4.207).

Wei, M.\*, Parsons, L.E.\*, **Novak, J. R.**, De Almeida, G. V.\*, Peak, T., & Gast, J. Validating the Intuitive Eating Scale-2 in a Sample of Gay Male Couples. *Appetite*.

Piechota, A.\*, **Novak, J. R.**, Vu, T.\*, & Monin, J. K. Emotion Regulation and Positive Affect in Dementia Care Dyads. *GeroPsych: The Journal of Gerontopsychology and Geriatric Psychiatry* (IF =1.543).

**Novak, J. R.**, Montgomery, H.\*\*\*, Bouchillon, K.\*\*\*, Keller, A.\*\*\*, Whitely, H., Kavookjian, J., & Burnett, D. O. Rural-Urban Disparities in the Provision of Support by Type 2 Diabetes Family Members.

Wei, M., Adler-Baeder, F., & **Novak, J. R.** Dyadic Longitudinal Associations between Couple Relationship Skills, Perceived Stress, and Sleep Quality among Couple Relationship Education Participants. *Family Process*.

Fauth, E. B., **Novak, J.R.**, Aller, T., Kelley, H., & Levin, M. Higher Value-based Living Attenuates the Link between Frequency of BSPD and Depressive Symptoms through Lower Caregiver Burden in Family Dementia Caregivers.

**Novak, J. R.**, Wilson, S. J., Yorgason, J. B., Martire, L. M., & Lyons, K. S. Matching Methods to Research Questions in Dyadic Health Science. *The Gerontologist* (20% contribution; IF = 5.271; submitted 8-9-2022).

Shrout, R., & **Novak, J. R.** A Two Sample Investigation of the Dyadic Biobehavioral Stress Model: Cross-sectional and Longitudinal Associations.

### **Book Chapters/Entries:**

**Novak, J. R.** (2019). *Relationship Self-Regulation*. Macmillan Encyclopedia of Intimate and Family Relationships: An Interdisciplinary Approach (MEIFR). James J. Ponzetti (Ed.). Macmillan Reference USA/Gale.

### **Book Reviews:**

**Novak, J. R.** (2017). Review of Nielsen, A. C. (2016). *A roadmap for couple therapy: Integrating systemic, psychodynamic, and behavioral approaches*. *Journal of Marital and Family Therapy*, 43(3), 554-555. DOI: 10.1111/jmft.12228

**Novak, J. R.** (2015). Review of Dahl, J. et al., *ACT and RFT in relationships: Helping clients deepen intimacy and maintain healthy commitments using acceptance and commitment therapy and relational frame theory*. *Journal of Couple and Relationship Therapy*, 3, 298-299.

### **Other Publications (Non-Refereed):**

**Novak, J. R.** (2022). *Don't Sleep on It: An Urgent Call for MFTs to Attend to Sleep in Therapy*. Family Therapy Magazine. Vol. 21, Issue 6. November/December Issue, 2022. <https://ftm.aamft.org/dont-sleep-on-it-an-urgent-call-for-mfts-to-attend-to-sleep-in-therapy/?IMISTOKEN=fYXvGQs6GKx7nIaXYQVdGcQaE%24P%24ywZkrl>

**Novak, J. R.** (2022). *Sweat it off: The Importance of Physical Activity in Client Biopsychosocial Functioning*. Family Therapy Magazine. Vol. 21, Issue 6. November/December Issue, 2022. <https://ftm.aamft.org/sweat-it-off-the-importance-of-physical-activity-in-client-biopsychosocial-functioning/?IMISTOKEN=LRiE7wHpbaqB%24P%24pLiHonzJfy3W%24f9dkQvK>

**Novak, J. R.** (2022). *Why MFTs Should Assess for Nutrition Habits in Therapy*. Family Therapy Magazine. Vol. 21, Issue 6. November/December Issue, 2022. <https://ftm.aamft.org/why-mfts-should-assess-and-discuss-nutrition-habits-in-therapy/?IMISTOKEN=fYXvGQs6GKwyZqjKIjqKvIWCRPi%24P%24CraB>

Anderson, J. R., **Novak, J.R.**, Hubbard, A., Dietz, S., Gilmore, P., Bloom, L., & Pilato, A. (2016). *State of the Family: Kansas Child & Family Wellbeing Indicators*. Manhattan, KS.

Brown, M., Harris, S., Whiting, J., Porter, R., & **Novak, J. R.** (2011). Year 3 Final Evaluation of the Regional Intermediary (RI) Program. Report written to the Texas Health and Human Services Commission.

Harris, S., Whiting, J., Brown, M., Porter, R., Rappleyea, D., & **Novak, J. R.** (2011). Year 5 Final Evaluation of the Healthy Marriage Demonstration Project (HMDP). Report written to the Texas Health and Human Services Commission.

Schramm, D., Harris, S., Whiting, J., Porter, R., Brown, M., & **Novak, J. R.** (2011). *Counting the economic costs of divorce in Texas*. Report submitted to Texas Health and Human Services Commission.

Porter, R., Brown, M., **Novak, J.**, Whiting, J., & Harris, S. (October, April, 2010-2011). Semi-annual reports for the Healthy Marriage Development Program. Report submitted to the Texas Health and Human Services Commission.

### PRESENTATIONS (PEER REVIEWED)

#### National Presentations

47. **Novak, J. R.**, Frugé, A. D., Wadsworth, D., & Hunt, C. *Daily Double Steps: Concordance of Daily Physical Activity between Persons with Type 2 Diabetes and their Partners* in the Symposium: Studying naturalistic behaviors and health of individuals and dyads using innovative technologies. American Psychosomatic Society. Puerto Rico, March 2023. Symposium Co-chair.
46. **Novak, J. R.** & Monin, J. K. *Correlates of Systolic Blood Pressure Recovery in Dementia Care Dyads during a Relationally Stressful Task* in the Symposium: Prospective Predictors of Risk of Cardiovascular Disease in Caregivers. American Psychosomatic Society. Puerto Rico, March 2023.
45. Gossner, J. D., Fauth, E. B., Levin, M., & **Novak, J. R.** Caregiver Depression and Progress Towards Values: An Autoregressive Cross-lagged Panel Model. Poster Abstract for the Gerontological Society of America (GSA) National Conference. November, 2022. Indianapolis, IN.
44. Piechota, A., **Novak, J. R.**, Vu, T., & Monin, J.K. Emotion regulation and positive affect in spousal dementia care dyads. *Positive Affect in Dementia Care Dyads Symposium* for Gerontological Society of America (GSA) National Conference. November, 2022. Indianapolis, IN.
43. **Novak, J. R.**, Whitely, H., Kavookjian, J., & Burnett, D. O. Associations between Diabetes Management and Family Members' Psychosocial and Physical Health during the COVID-19 Pandemic. National Conference for the Association for Diabetes Care and Education. Baltimore, MD. August, 2022.
42. **Novak, J. R.**, Gunn, H., & Troxel, W. *Couples' Sleep Hygiene, Sleep Quality, and Attachment in Opposite-Sex, Bed Sharing Couples*. Poster Abstract for the International Association for Relationship Research. July 2022. London, UK.
41. Mason, M., August, K. J., **Novak, J. R.**, & Markey, C. H. *Predictors of Collaborative Coping in Couples Managing Type 2 Diabetes: Illness Factors, Relationship Factors, and Interdependent Self-Construction*. Poster Abstract for the International Association for Relationship Research. July 2022. London, UK.

40. August, K., **Novak, J. R.**, Peak, T., Gast, J., & Miyairi, M. *Examining Foodwork and Eating Behaviors Between and Among Heterosexual and Gay Couples. Bidirectional Links Between Family Dynamics and Health Behaviors in Diverse Populations*. Symposium abstract for the International Association for Relationship Research. July 2022. London, UK. **\*\*Symposium Chair\*\***
39. **Novak, J. R.**, August, K., Whitely, H., Kavookjian, J., & Burnett, D. O. *Exploring Typologies of Type 2 Family Members' Illness Appraisals, Involvement, and Psychological Distress. Bidirectional Links Between Family Dynamics and Health Behaviors in Diverse Populations*. Symposium abstract for the International Association for Relationship Research. July 2022. London, UK. **\*\*Symposium Chair\*\***
38. **Novak, J.R.**, Ermer, A., & Wilson, S. J. A Dyadic Latent Profile Analysis of Older Couples' Psychological, Relational, and Physical Health. Where you go, I go: Relationship Dynamics and Dyadic Links to Health and Well-being. Symposium Abstract for the Gerontological Society of America (GSA) National Conference. November, 2021. Phoenix, AZ.
37. Fauth, E. B., **Novak, J.R.**, Aller, T., Kelley, H., & Levin, M. Higher Value-based Living Attenuates the Link between Frequency of BSPD and Depressive Symptoms through Lower Caregiver Burden in Family Dementia Caregivers. Poster Abstract for the Gerontological Society of America (GSA) National Conference. November, 2021. Phoenix, AZ.
36. **Novak, J.R.**, Wei, M., & Seaton, K. Associations between Health Support and Control and Exercising Together on Exercise Self-Efficacy in Heterosexual Married Couples. Poster Abstract for the National Council on Family Relationships. National Conference. November, 2021. Baltimore, MD.
35. Wei, M., **Novak, J.R.**, Miyairi-Steel, M., Peak, T., & Gast, J. *Health Support, Health Control, and Intuitive Eating in Gay Married Men*. Poster presented at the National Conference for Family Relations. November, 2020. St. Louis, MO.
34. **Novak, J.R.**, Wilson, S.J., Peak, T., Gast, J., & Miyairi-Steel, M. *Health-Related Support and Control on Poor Diet in Mixed-Weight, Older Gay Married Couples*. Aging in Context: The Past, Present, and Future of Research on Older Adults' Social Ties. Symposium Abstract for the Gerontological Society of America (GSA) National Conference. November, 2020. Philadelphia, PA.
33. **Novak, J.R.**, & Wilson, S.J. *Are differences in bed times bad for relationships? Associations with attachment & conflict in middle-aged couples*. Paper abstract for the Gerontological Society of American National Conference. November, 2020. Philadelphia, PA.

32. Wilson, S.J. & **Novak, J.R.** *The Correlates of Being “in it Together”*: Joint Health Behaviors Predict Better Health and Stronger Resemblance Between Partners. Symposium Abstract for the Gerontological Society of America (GSA) National Conference. November, 2020. Philadelphia, PA.
31. Robinson, L., Hillock, D., & **Novak, J.R.** *Relationship Satisfaction & Diet: Exploring the Mechanisms through which Intimate Relationships Influence Physical Health*. Poster presented at American Association of Marriage and Family Therapy Conference (AAMFT). November, 2020. Orlando, FL.
30. Fauth, E., **Novak, J.R.**, & Levin, M. *ACT for Caregivers: A self-guided web-based acceptance and commitment therapy intervention for family dementia caregivers*. Poster presented at the National Conference for Family Relations. November, 2019. Fort Worth, TX.
29. **Novak, J. R.**, Johnson, A., Peak, T., & Gast, J., & Arnell, M. *A Qualitative Inquiry on Married Men’s Perceptions of Individual and Relationship Dynamics during Common Everyday Sickness*. Poster presented at the National Conference for Family Relations. November, 2019. Fort Worth, TX.
28. Gast, J., **Novak, J.R.**, Peak, T., Arnell, M., & Leiker, J. *Masculinity and Healthcare Utilization: A socioecological model approach*. Annual Conference for The American Public Health Association. November, 2019. Philadelphia, PA.
27. Gast, J., **Novak, J.R.**, & Peak, T. *A case study of health-related support processes in two happy gay couples*. Annual Conference for the Society for Public Health Education. March, 2019. Salt Lake City, UT.
26. **Novak, J.R.**, Perez, C., Seedall, R. *Associations between Communication Behaviors and Attachment Styles: Testing Gridlock as an important mediator*. Poster presented at the National Conference for Family Relations. November, 2018. San Diego, CA.
25. **Novak, J.R.**, Gast, J., & Dorsch, T. *Dyadic Associations of Eating Encourage and Discouragement on Eating Habits in Married Couples*. Lightning Paper presented at the National Conference for Family Relations. November, 2018. San Diego, CA.
24. Rhodes, M. R., **Novak, J.R.**, & Spuhler, B. K. *Predictors of Sexual Assertiveness among Highly Religious Single Young Adults*. Poster presented at the National Conference for Family Relations. November, 2018. San Diego, CA.
23. Spuhler, B., Bradford, K., **Novak, J. R.**, & Higginbotham, B. *Hitting the Mark: A Latent Trajectory Analysis of Relationship Quality across a Stepfamily Education Course*. Poster presented at the National Conference for Family Relations. November, 2018. San Diego, CA.

22. Lybbert, R., Sandberg, J. G., & **Novak, J. R.** *Initial spark of hope: Considering attachment first*. Poster presented at the National Conference for Family Relations. November, 2018. San Diego, CA.
21. Ruhlmann, L. M., Nelson Goff, B. S., **Novak, J. R.**, Fuss, C., Gnagi, T., & Schiferl, M. Psychological and relational health profiles of soldiers in committed romantic relationships. In C. M. Marini (Chair), *Mental health among military couples: Innovations in theory and practice*. Accepted symposium to be presented at the annual meeting of the National Council on Family Relations. November, 2018. San Diego, CA.
20. Cobia, D., Tuft, A., **Novak, J.R.**, & Sandberg, J. G. (2018). *Dyadic Perceptions of Health Strain on Relationship Satisfaction in Couples in Therapy*. Poster presentation at the annual meeting of Association of Marriage and Family Therapy. November, 2018. Louisville, KY.
19. Tuft., A., Cobia., D., **Novak, J.R.**, & Anderson, J. R. *Does Relationship Sacrifice Predict Couple Coping in Military Couples?* Poster presentation at the annual meeting of Association of Marriage and Family Therapy. November, 2018. Louisville, KY.
18. Grimm, M. X., Lyons, L. K., **Novak, J. R.**, Dorsch, T. E. *The Influence of Level of Sport Participation on Parent Involvement, Self-Efficacy, and Academic Outcomes*. Poster presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPA). June, 2018. Denver, CO.
17. Ruhlmann, L. M., Nelson Goff, B. S., **Novak, J. R.**, Fuss, C., Gnagi, T., & Schiferl, M. *Identifying and predicting typologies of married soldiers: A latent profile analysis*. Poster presentation at the annual meeting of the International Society for Traumatic Stress Studies (ISTSS). November, 2017. Chicago, IL.
16. **Novak, J. R.**, Johnson, R. J., Fauth, B., Lee, Y., & Harper, J. *Associations between Economic Pressure and Physical Health in Later Life Marriages*. Poster presentation at the annual meeting of National Council on Family Relations. November, 2017. Orlando, FL.  
**‡Winner of the Issues of Aging Focus Group Award-NCFR‡**
15. **Novak, J. R.**, Smith, H. M., Larson, J. H. Shafer, K. M., & Crane, D. R. *An Actor Partner Interdependence Model of Commitment, Forgiveness, and RSR*. Poster presentation at the annual meeting of National Council on Family Relations. November, 2017. Orlando, FL.
14. Spuhler, B. K., **Novak, J. R.**, Bradford, K., Higginbotham, B. *Relationship Satisfaction and Need for Change as Predictors of RE Outcomes*. Poster presentation at the annual meeting of National Council on Family Relations. November, 2017. Orlando, FL.
13. Sandberg, J. G., **Novak, J. R.**, & Hee, C. *Attachment Behavior discrepancies amongst clinical couples*. Poster presentation at the annual meeting of Association of Marriage and Family Therapy. October, 2017. Atlanta, GA.

12. **Novak, J. R.**, Anderson, J. R., & Johnson, M. D. *Patient and Spouse Stressors Predicting Patient Diabetes Adherence*. Poster presentation at the annual meeting of National Council on Family Relations. November, 2016. Minneapolis, MN.
11. Oseland, L. M., **Novak, J. R.**, Nelson Goff, B. S., Fuss, C. *Relationship conflict as a mediator between trauma exposure and health outcomes in soldiers*. Poster presentation at the annual meeting of International Society for Traumatic Stress Studies (ISTSS): November, 2016. Dallas, TX.
10. Hubbard, A. **Novak, J.R.**, Anderson, J. R., & Johnson, M. D. *Father Work Stress and its Relation to Negative Interactions and Problematic Child Behavior*. Poster presentation at the annual meeting of National Council on Family Relations. November, 2016. Minneapolis, MN.
9. **Novak, J. R.**, Anderson, J. R., & Johnson, M. D. *Associations between Economic Pressure and Diabetes Efficacy in Couples with Type 2 Diabetes*. Poster presentation at the annual meeting of Collaborative Family Healthcare Association. October, 2016. Charlotte, NC.
8. **Novak, J. R.**, Oseland, L., Anderson, J. R., & Johnson, M. D. *Broken Dreams and Empty Arms: The role of parenthood expectancy on depression and relationship instability after infertility*. Poster presentation at the annual meeting of Collaborative Family Healthcare Association. October, 2016. Charlotte, NC.
7. **Novak, J. R.**, Sandberg, J. G., Brown, A., Schade, L., Denton, W., & Holt-Lunstad, J. *Measuring Fidelity in Emotion Focused Couples Therapy*. Poster presentation at the annual meeting of National Council on Family Relations. November, 2015. Vancouver, BC, Canada.
6. **Novak, J. R.**, Sandberg, J.G., Stucki, B., Davis, S., Brown, A., & Schade, L. *A Contextual Analysis of High and Low Fidelity EFT*. Poster presentation at the annual meeting of Association of Marriage and Family Therapy National Conference. September, 2015. Austin, TX.
5. Davis, S., **Novak, J.R.**, Sandberg, J.G., & Busby, D. *Measuring Attachment Behaviors for Couples in Clinical Samples*. Poster presentation at the annual meeting of Association of Marriage and Family Therapy National Conference. September, 2015. Austin, TX.
4. **Novak, J. R.** & Sandberg, J. G. *The Impact of Technology on Face-to-Face Communication*. Poster presentation at the annual meeting of Association of Marriage and Family Therapy. October, 2014. Milwaukee, WI.  
  
≠Cutting Edge Poster Award≠
3. **Novak, J. R.**, Bradford, A., & Sandberg, J. G. *Is Your Perception Your Partner's Reality?* Poster presentation at the annual meeting of Association of Marriage and Family Therapy. October, 2014. Milwaukee, WI.

2. Bates, M., Sandberg, J. G., & **Novak, J. R.** *Relational Predictors of BMI for Couples*. Poster presentation at the annual meeting of Association of Marriage and Family Therapy. October, 2014. Milwaukee, WI.
1. **Novak, J. R.** *Communication in couples with husbands with heart disease*. Poster presentation at the annual meeting of American Association of Marriage and Family Therapy. October, 2013. Portland, OR.

#### **International Presentations:**

2. Fauth, E. B., Schiwal, A., **Novak, J. R.**, & Levin, M. E. (2019, May). An Acceptance and Commitment Therapy (ACT) intervention for at-home caregivers of persons with dementia: Positive caregiver outcomes within a novel, online, self-guided program. Poster presented at the International Association of Gerontology and Geriatrics - European Region Congress, Gothenburg, Sweden.
1. Bates, M., Sandberg, J. G., & **Novak, J. R.** *The Relationship between Family Stress and Body Mass Index (BMI): A Mediation Model*. The Second International Forum on Marriage and Family Therapy: The Fusion of MFT in China and the World. July, 2014. Beijing, China.

#### **Regional Presentations:**

17. Wei, M., Parons, L.E., de Almeida, G. V., & **Novak, J. R.** *Validation of the Intuitive Eating Scale-2 in a Sample of Gay Men Dyads*. Poster submitted to the CHS Graduate Student Research Symposium. March 21, 2022. Auburn University.
16. **Novak, J. R.** *Helping, Hurting, or Both?: Exploring Typologies of Type 2 Diabetes Family Members' Distress and Involvement*. Poster presented at the 13<sup>th</sup> Annual Boshell Research Day. Boshell Diabetes Group. September, 2021. Auburn, Alabama.
15. Wood, M., Bostany, E. , & **Novak, J. R.** *Covid-19 Pandemic and Family Systems*. Poster presented at the Auburn Research Student Symposium. March, 2021.
14. Seaton, K. M., & **Novak, J. R.** *Parenting Behaviors, Child Physical Activity, and Screen-Time Among Families with ADHD*. Poster presented at the Auburn Research Student Symposium. March, 2021.
13. Ryan, K., Thomas, A., Ellis, F., & **Novak, J. R.** *By Chance, with Confidence, or Both?: Testing Important Moderators Between Partner Diet Undermining and Poor Diet in Heterosexual Couples*. Poster presented at the Auburn Research Student Symposium. March, 2021.
12. **Novak, J. R.**, Robinson, L., Burke, L., Wei, M., & Adler-Baeder, F. *Results from a Pilot Program for Couples with Chronic Illnesses during the COVID-19 Pandemic*. Poster presented at the 2021 Faculty Research Symposium at Auburn University, Auburn, Alabama. January, 2021.

11. Robinson, L., Hillock, D., & **Novak, J.R.** *Relationship Satisfaction & Diet: Exploring the Mechanisms through which Intimate Relationships Influence Physical Health*. Poster presented at the Southeastern Council on Family Relations Conference (SECFR). April, 2020. Birmingham, Alabama.
10. Hillock, D., Robinson, L., & **Novak, J.R.** *Relationship Satisfaction and Exercise Self-Efficacy Mediated by Mental Health*. Poster presented at the Southeastern Council on Family Relations Conference (SECFR). April, 2020. Birmingham, Alabama.
9. **Novak, J.R.**, Perez, C., Seedall, R. *Associations between Communication Behaviors and Attachment Styles: Testing Gridlock as an important mediator*. Poster presented at Lubbock Christian University's Healthy Families Conference. April, 2019. Lubbock, TX.
8. Johnson, R. R. & **Novak, J.R.** *Associations between financial avoidance, emotional distress, and relationship conflict frequency in emerging adults in college*. Poster presented at the Fall Undergraduate Research Orientation. Utah State University. September, 2017.
7. Johnson, R. & **Novak, J. R.** *Associations between Economic Pressure and Physical Health in Later Life Marriages*. Fall Undergraduate Research Symposium: Enhancing the Human Condition. Utah State University, Logan Utah. December, 2016.
6. **Novak, J. R.** *Couples Therapy: Therapist Fidelity to EFT and In-session Couple Behavior*. Poster presentation at the Brigham Young University Mary Lou Foulton Conference. April, 2014.
5. **Novak, J. R.** *Perceived Self and Other Attachment and Relationship Quality*. Poster presentation at the Utah Association of Marriage and Family Therapy State Conference. Sandy, UT. May, 2013.
4. **Novak, J. R.** *The Associations among Stress, Communication, Health, and Depression in Couples*. Poster presentation at the Brigham Young University Mary Lou Foulton Conference. April, 2013
3. **Novak, J. R.** *When Push Comes to Shove: Working with Parents of Adolescents with Eating Disorders*. Workshop presented at Argosy University, Draper, UT. March, 2013.
2. **Novak, J. R.** *The Association Between the Experience of Abuse in Childhood and Perceptions of Safety in Current Adult Intimate Relationships*. Poster presentation at the Texas Tech Graduate Research Conference. Lubbock, TX. Spring 2012.
1. **Novak, J. R.** *Client Expectations about Counseling*. Poster presented at the Butler Undergraduate Research Conference. 2010. Indianapolis, IN.

## STATISTICAL TRAINING:

### Courses Taken:

Brigham Young University- General Linear Modeling, SEM, Advanced Quantitative Methods, Ethnographic Techniques, and Longitudinal SEM Workshop

Texas Tech University-Research Methods

Anderson University- Introduction to Statistics, Experimental Design

**Statistical Knowledge and Programs:**

SPSS, Amos, MPLUS, Stata

Regression, SEM, Multiple Group Analysis, Multilevel analysis, Mediation Analyses, Moderation Analyses, Conditional Process Models, Growth Curve models, Common Fate Growth Curve models, Growth Mixture Modeling (Individual and Dual trajectory), Piecewise Latent Trajectory Models, Autoregressive Cross-lagged Models, Autoregressive Latent Trajectory Models

**ADDITIONAL TRAINING:**

**Research/Statistics**

<i>Dynamic Modeling and State Space Grids Workshop</i> Tom Hollenstein, Utah State University	April 2019
<i>Mindware Psychophysiology Seminar and Workshop</i> Las Vegas, NV	April 2019
<i>MFT Process Research Summit</i> Rick Miller, Snowbird, UT	June 2018
<i>MFT Process Research Summit</i> Rick Miller, Park City, UT	June 2016
<i>Longitudinal SEM: Applications with Individual and Family Level Data</i> Dr. Jeremy Yorgason and Dr. Justin Dyer, Brigham Young University, Provo, UT	June 2015

**Grant Writing**

<i>AAES Virtual Grant Writing Workshop, Grant Writers' Seminar and Workshop</i> All day workshop, Auburn University, Auburn, AL	October 2020
<i>Write Winning Grant Proposals workshop</i> All day workshop, Utah State University, Logan, UT	October 2016
<i>Grant Writing Workshop</i> All day workshop, Kansas State University, Manhattan, KS	May 2016

**INVITED RESEARCH PRESENTATIONS:**

**Novak, J. R.** *Using Amazon’s Mechanical Turk for Participant Recruitment.* Presentation given on October 13<sup>th</sup>, 2017. College of Education and Human Services, Utah State University.

**Novak, J. R.** *Using Amazon’s Mechanical Turk for Participant Recruitment.* Presentation given on March 31<sup>st</sup>, 2017. College of Education and Human Services, Utah State University.

**Novak, J. R.** *Find participants for your research study.* Panel member for the Training for Research Faculty. March 22<sup>nd</sup>, 2017. Utah State University, university wide.

## TEACHING & ADVISING

### COURSES TAUGHT:

#### Auburn University

HDFS 4950: Mental Health Awareness and Advocacy

**Fall 2021**

HDFS 7640: Couples & Sex Therapy

**Fall 2020, Fall 2021, Fall 2022**

HDFS 7660: Systemic Impact of Illness, MedFT, & Psychopharmacology

**Spring 2020, Spring 2021, Spring 2021**

HDFS 7670: Individual, Couple, & Family Dynamics of Addiction, Recovery, & Treatment

**Spring 2020, Spring 2021, Spring 2023**

HDFS 7680: Diagnosis, Assessment, and Treatment

**Fall 2022**

HDF 7920: Practicum in Marriage and Family Therapy

**Summer 2020, Summer 2021, Spring 2022, Spring 2023**

HDFS 7990: Research and Thesis (Throughout)

#### Utah State University

FCHD 7033: Modeling Dyadic/Longitudinal Data

F17

FCHD 7970/7980: Research Seminar

S17-S19

FCHD 5540: Family Life Education Methods

F16, S17, F17, S18, F18, S19

FCHD 6200/7200: Couple Processes and Intervention

F16

#### Kansas State University

FSHS 870 (3 credits; co-taught)

Couples and Sex Therapy

S16

FSHS 885 (2 credits)

Master’s Practicum

S16

#### Brigham Young University

SFL 335 (3 credits)

Family Adaptation and Resiliency

F14

MFT 655

Practicum in Marriage and Family Therapy

S14, F14

### GRANTS RELATED TO TEACHING:

2020            Biggio Center Summer Course (Re) Design Seminar: Active Learning Stipend Award, Auburn University. \$1,000

**Additional Teaching Experience**

- Premarital education instructor*, Texas Tech University 2010-2011  
 Taught premarital couples material from the *Great Start* Premarital Education Manual
- Assistant*, Texas Tech University-2011 Family Therapy Symposium January 2011  
 Mediator for Presentations
- Student Teacher*, Anderson University Spring 2010  
 Taught interpersonal communication skills to undergraduate students for spring semester

**ADDITIONAL TEACHING TRAINING:**

- Summer Course Redesign*-Biggio Center July 2020  
 Auburn University, Auburn, AL
- New Faculty Scholars Program* Fall 2019-Spring 2020  
 Auburn University, Auburn, AL
- Practical Applications of the Teaching Naked Cycle* November 2016  
 Utah State University, Logan, UT
- Teaching Naked: How Moving Technology Out of Your Classroom Will Improve Student Learning*; Utah State University, Logan, UT November 2016
- Empowering Teaching Excellence Conference* August 2016  
 Utah State University, Logan, UT
- Empowering Teaching Excellence: Foundations of USU Teaching* August 2016  
 Utah State University, Logan, UT

**GRADUATE ADVISING:**

**Graduate Committee Chair**

<b>Student Name</b>	<b>University</b>	<b>Degree</b>	<b>Year</b>
Matthew Siufanua	Auburn University	MS in MFT	2022-2024
L.E. Parsons	Auburn University	MS in HDFS	2021-2023
Dylann Lowery	Auburn University	MS in MFT	2020-2022
<i>Thesis: A Dyadic Mediation Model Examining Associations Between Ineffective Arguing, Emotional Distress, and Violence Perpetration/Victimization in Couples Before Therapy</i>			
Faith Ellis	Auburn University	MS in MFT	2020-2022
<i>Thesis: When Power Becomes a Turn-Off: Interactions Between Relational Power and Ineffective Arguing on Sexual Satisfaction in Heterosexual Couples Seeking Therapy</i>			

Lindsey Robinson	Auburn University	MS in MFT	2019-2021
Thesis: <i>ASSOCIATIONS BETWEEN SLEEP QUALITY, THERAPEUTIC ALLIANCE, AND INEFFECTIVE ARGUING AMONG COUPLES IN THERAPY</i>			
Dylan Hillock	Auburn University	MS in MFT	2019-2022
Thesis: <i>Does Exercise Moderate the Association Between Emotional Distress and Relationship Satisfaction for Couples in Therapy?</i>			
Ashley Tuft	Utah State University	MMFT	2017-2019
Dorothy Clayton	Utah State University	MMFT	2017-2019
Mitchell Rhodes (co-chair)	Utah State University	PhD	2016-2018
Dissertation: <i>APPLYING SEXUAL SCRIPT THEORY TO HOOKING UP: A LATENT PROFILE ANALYSIS OF PREDICTORS AND OUTCOMES OF CLASS MEMBERSHIP</i>			
Evan Stewart	Utah State University	MMFT	2016-2018

### Graduate Student Committee Member

Student Name	University	Degree	Year	Chair
Mary Dawson	Auburn University	PhD in HDFS	2025	Di Samek
Megan Mason	Rutgers University	PhD in Psychology	2023	Kristin August
Krissy Smith	Auburn University	PhD in Dietetics	2022	Andrew Fruge
Trevor Dahle	Auburn University	PhD in HDFS	2023	Francesca Adler Baeder
Edward Ballester	Auburn University	PhD Counseling Psychology	2022	Brian McCabe
Menglin Wei	Auburn University	MS in HDFS	2021	Francesca Adler-Baeder
Benjamin Burke (QE)	Auburn University	PhD in HDFS	2021	Mallory Lucier-Greer
Brian Gillis (QE)	Auburn University	PhD in HDFS	2021	Mona El-Sheikh
Rui Ding	Auburn University	MS in MFT	2021	Diana Samek
Taylor Gnagi	Auburn University	MS in MFT	2020	Scott Ketring
Rhees Johnson	Auburn University	MS in MFT	2020	Scott Ketring
Debbie Campbell (Outside Reader)	Auburn University	PhD Counseling Psych	2020	Mallory Lucier-Greer; Marilyn Cornish (co-chair)
Raechel Russo	Utah State University	MS in MFT	2018-2020	Ryan Seedall
Mindy Dokos	Utah State University	MS in HDFS	2017-2019	Beth Fauth
Alex Schiwal	Utah State University	PhD in HDFS	2016-2019	Beth Fauth
Rachel Smith	Utah State University	MS in HDFS	2017-2019	Dave Schramm
Adam Johnson	Utah State University	MS	2017-2019	Dave Robinson

Austin Beck	Kansas State University	PhD in MFT	2015-2018	Jared Durtschi
Bryan Spuhler	Utah State University	PhD	2016-	Kay Bradford
Ty Aller	Utah State University	PhD	2015-	Beth Fauth/Scot Allgood
Rebecka Schultz	Utah State University	MS	2015-2019	Beth Fauth
Sarah Naylor	Utah State University	MS	2015-2017	Dave Robinson

**Graduate Research Assistants:**

Student Name	University	Degree	Years worked
Faith Ellis	Auburn University	MS in HDFS (MFT)	2020-2021
Linsey Robinson	Auburn University	MS in HDFS (MFT)	2019-2021
Jeffrey Scott Crapo	Utah State University	PhD in HDFS	2018-2019
Adam Johnson	Utah State University	MS in HDFS (MFT)	2018-2019

**GRADUATE RESEARCH MENTORING:**

Name	Department/University	Dates Worked
Giovanna Veiga de Almeida	HDFS/MFT MS	09/2022-
Parsons Parsons	HDFS MS	09/2021-
Menglin Wei	HDFS MS & PhD	10/2020-

**Graduate Teaching Assistants:**

N/A

**UNDERGRADUATE RESEARCH MENTORING:**

Name	Major	Department/College/University	Dates Worked
Jacob Pruitt	Biomedical Sciences	College of Science and Mathematics	01/2023-Present
Katy Marten	Biomedical Sciences	College of Science and Mathematics	01/2023-Present
Laura “Eliza” Stanley	Clinical Mental Health MS	Department of Special Education, Rehabilitation, and Counseling	01/2023-Present
Kate Bouchillon	Biomedical Sciences	College of Science and Mathematics	08/2022-Present
Hannah Montgomery	Genetics	College of Science and Mathematics	08/2022-Present
Allie Keller	Psychology	Psychology/AU	09/2022-Present
Kaleigh Miller	Nutrition Science/HDFS	HDFS/AU	10/2021-Present

Abigail Thomas	Biomedical Science	Biological Science/AU	01/2021-12/2021
Mallory Wood	Psychology	Psychology/AU	05/2020-05/2021
Keeley Ryan	Microbiology	Microbiology, Molecular & Cell Biology/AU	03/2020-05/2022
Natalie Hill	Dietetics	NDHM/AU	01/2020-05/2020
Kylie Seaton	Psychology	Psychology/AU	11/2019-12/2021
Katie Clark	Nutrition Wellness	NDHM/AU	11/2019-05/2020
Genevieve Corte	Nutrition Wellness	NDHM/AU	08/2019-05/2020
Evelyn Bostany	HDFS	HDFS/AU	08/2019-05/2020
Rhees Johnson	HDFS	HDFS/USU	08/2016-05/218
McKenzie DeSpain	Kinesiology	KHS/USU	08/2015-05/2017
Claudia Tedoni*	HDFS	HDFS/KSU	08/2015-05/2016
Jordan Clipson*	HDFS	HDFS/KSU	08/2015-05/2016
*Poster Presentation: “Honey, Can We Talk?”: The Role of Emotional Disclosure in Romantic Relationships. <i>Winner of the Spring 2016 Undergraduate Research Conference</i> , Kansas State University, April, 2016.			

## CLINICAL EXPERIENCE

### CLINICAL CREDENTIALS:

AAMFT Approved Supervisor, 07/15-Present (exp. 07/25)

Licensed Marriage and Family Therapist, Alabama (License no. L513; exp. 12/20)

Licensed Marriage and Family Therapist, Utah (License no. 8978978-3904; exp. 09/20)

### CLINICAL WORK:

*Licensed Marriage and Family Therapist* (August 2020-present), *Auburn Therapy Associates, LLC* (Co-owner), Auburn, Alabama. Outpatient Individual, Couple, and Family Therapy.

*Licensed Marriage and Family Therapist* (May 2018-2019), *Green Canyon Therapy, LLC* (Co-owner) at North Logan Therapy Associates (NLTA), Logan, Utah. Outpatient Individual, Couple, and Family Therapy.

*Associate Marriage and Family Therapist* (March 2017-May 2018), North Logan Therapy Associates (NLTA), Logan, Utah, Logan Utah. Outpatient Individual, Couple, and Family Therapy. Supervisor: Dave Robinson (license no. 8122489-3902)

*Marriage and Family Therapist Associate* (March 2014-July 2015), Suncrest Counseling, American Fork, Utah Provided couple, family, and individual therapy in a community mental health setting. Conducted Substance abuse assessments and therapy for court mandated clients.

*Marriage and Family Therapist Associate* (August 2012-June 2015), Brigham Young University Comprehensive Clinic. Provided couple, family, and individual therapy in community mental health setting. Facilitated services including assessment, diagnosis, treatment plan development and implementation, case management, and termination. Received supervision from AAMFT approved supervisors.

*Marriage and Family Therapist Associate* (2011-2012), Lubbock County Juvenile Justice Center, Lubbock, Texas. Provided individual, family, group, and multi-family therapy in a residential long-term juvenile detention center. Facilitated services including psychoeducation instruction, assessment, treatment plan development and implementation of the *Why Try?* Program, case management, coordination with probation officers, court system, security officers, teaching of one-time offense curriculum, on-call therapist for suicide/homicide intervention. Multicultural counseling with Latino and African American families.

*Marriage and Family Therapist Associate* (2010-2012), Texas Tech University Family Therapy Clinic, Lubbock, Texas. Provided couple, family, and individual therapy in community mental health setting. Facilitated services including assessment, diagnosis, treatment plan development and implementation, case management, and termination. Received supervision from AAMFT approved supervisors.

*Interpersonal Communication Instructor* (2010), Anderson Christian Center, Anderson, Indiana  
Taught Interpersonal communication skills to homeless men in the city of Anderson.

*Hospital Chaplain* (2009 – 2010), Anderson Community Hospital, Anderson, Indiana  
Provided daily visits and counseling services to patients in 250 hospital beds, Cancer Care Center, and Hospice. Handled crises in ICU and ER. Provided services to hospital staff. On- call chaplain for death, dying, and bereavement care

*Fall Intern* (2009), MLJ Adoptions, Indianapolis, Indiana  
Conducted Home study interviews, coordinated with adoption agencies, administrative duties.

#### **ADDITIONAL TRAINING:**

Certified Mental Health Integrative Medicine Provider (CMHIMP) course (Pesi.org)

Eye Movement Desensitization and Reprocessing- EMDR (2017)-Salt Lake City, November 2017 and March 2018

Emotion Focused Couples Therapy Externship (2012)

Four-day intensive workshop conducted by Dr. Scott Wooley and Dr. Rebecca Jorgensen in Salt Lake City, UT

Certified Instructor for *Great Start Premarital Education* (2010-Present)

## SERVICE

### PROFESSIONAL SERVICE:

#### **Editorial Board:**

*Journal of Couple and Relationship Therapy* (2019-2021)

*Journal of Marital and Family Therapy* (2019-2024)

*Personal Relationships* (2018-2020; 2021-2023)

#### **Ad-hoc Manuscript Reviewer:**

*Marriage & Family Review* (2021-present)

*Couple and Family Psychology: Research & Practice* (2020-present)

*British Journal of Psychology* (2020-present)

*Journal of Health Psychology* (2020-present)

*Sex and Relationship Therapy* (2019-present)

*Journal of Marriage and Family* (2015-present)

*Journal of Financial Therapy* (2017-present)

*Family Relations* (2016-Present)

*Journal of Marital and Family Therapy* (2015-present)

*Personal Relationships* (2015-present)

*Contemporary Family Therapy* (2012)

*Journal of Gerontology: Psychological Sciences* (2021-present)

*Pilot and Feasibility Studies* (2022-present)

*International Journal of Behavioral Medicine* (2022-present)

*Journal of Diabetes Research* (2022-present)

*Applied Psychology: Health and Well-being* (2022-present)

*Sleep Health* (2022-Present)

#### **NCFR National Conference Presentation Reviewer:**

Family Therapy Section (2016-Present)

Families and Health Section (2017-Present)

#### **AAMFT National Conference Presentation Reviewer (2015 – Present)**

**Committee on Accreditation for Marriage and Family Therapy Education (COAMFTE):** Eligibility Review Committee (ERC) January 1, 2023-December 31, 2024

#### **Other service:**

2016 NCFR Speed Mentor for the Speed Mentoring Session

### UNIVERSITY SERVICE:

2020-Present, Action Committee Member for the Campus Safety, Counseling, and Student Health committee on LGBTQIA+, *Auburn University*

2020-2021, Department Faculty Advisory Committee, *Auburn University*  
2017-2019, FCHD Research Committee Chair, *Utah State University*  
2016-2017, FCHD Comprehensive Examinations Committee Member, *Utah State University*  
2016-2017, FCHD Research Forum Committee Member, *Utah State University*

## **PROFESSIONAL AFFILIATIONS:**

### **Current Memberships:**

International Association for Relationship Research (IARR)	(2021-Present)
Gerontological Society of America, Professional Member	(2021-Present)
National Council on Family Relations, New Professional Member	(2015-Present)
American Association for Marriage and Family Therapy, Clinical Fellow	(2018-Present)
Alabama Association of Marriage and Family Therapy (ALAMFT)	(2019-Present)

### **Past Memberships:**

American Association for Marriage and Family Therapy, Pre-Clinical Fellow	(2015-2018)
Collaborative Family Healthcare Association	(2016-2017)
American Association for Marriage and Family Therapy, Student Member	(2010-2015)
Utah Association of Marriage and Family Therapy (UAMFT)	(2012-2015)
Texas Association of Marriage and Family Therapy (TAMFT)	(2010-2012)

## **OTHER ACTIVITIES:**

*Strengthening Marriage* Facilitator for Couples (8 week course) (2014-2015)

*Project Manager* for Couple Attachment Study (2012-2015)

Overseeing and managing data collection of longitudinal couple data for over 100 couples (sessions 1-12)

*Special Committee Member* for revamping the PhD curriculum at BYU (2014)

Helped create and develop the requirements for the PhD program

*Special Project Therapist* (2014)

Provided EFT therapy for couples with Polycystic Ovarian Syndrome (PCOS), infertility, and weight issues

*Guest Blogger* for Project Heal: Utah Chapter (2014)

Wrote blogs for Eating Disorder website, held chapter meetings, promoted awareness of Eating Disorders & Recovery

*PhD Student Representative* at BYU (2013-2014)

*Lab Technician* (2012-2014)

Performing laboratory experiments using EEG techniques and Administering Neuro-Psychological tests

*Program Evaluator* for Davis County Behavioral Health (Dec. 2012)

Developed and implemented a program evaluation for Davis County (Utah) Behavioral Health. Plan included program assessment; community needs assessment, and logic model. Carried out both a process evaluation and an outcome evaluation using specific tools and instruments.

## OUTREACH

### HEALTH AND RELATIONSHIP PRESENTATIONS:

**Novak, J. R.** *Guest Panel Member on Relationships and Rare Illnesses.* Alabama Rare- Virtual Conference. Invited; Auburn, Alabama (February, 2021).

**Novak, J. R.** *Navigating Family Relationships and Food: General Considerations and Pandemic-related Implications.* Invited lecture given at the Auburn District Dietetic Association; Auburn, Alabama (November, 2020).

### RELATIONSHIP PRESENTATIONS:

**Novak, J. R.** *Sticking Together When Things Get Tough.* Invited lecture given at the Northern Utah Marriage Celebration, Weber State University; Ogden, Utah (February, 2018)

**Novak, J. R.** *Attachment Theory and Adult Relationships* Invited lecture given for Utah 4H Extension, Midway, Utah (May, 2017)

**Novak, J. R.** *Healthy Couples Workshop.* Facilitated a weekend retreat for couples with relationship difficulties. Salt Lake City, Utah (March, 2017)

## DIVERSITY/SENSITIVITY/SOCIOCULTURAL AWARENESS TRAINING & LEADERSHIP\*

\* Note: Selected trainings only

*RaceTalk Skills for Cross-racial Communication* 05/2021  
Faciliated by Dr. Bedelia Richards, RaceTalk LLC, President

*Healing Interpersonal & Racial Trauma*, HDFS/Psychology Webinar, 02/2021  
Dr. Isha Metzger

*Gender & Sexism in MFT*, Group Leader, Auburn University, MFT 2020-2021

*Microaggressions and Implicit Bias: Anti-bias strategies for targets, allies, and bystanders*,  
Wiley Psychology Webinar, Dr. Derald Sue Summer, 2020

*White Fragility*, Department Discussion, HDFS Summer, 2020

*Anti-Racism Training*, Auburn University, HDFS Department Summer, 2020

<i>SAFE ZONE Training</i> , LGBTQIA+, Auburn University	Fall, 2019
<i>Men Allies for Gender Equity Workshop</i> , Auburn University	Fall, 2019
<i>Allies Training</i> , Utah State University	Fall, 2016

## MEDIA/NEWS/INTERVIEW COVERAGE

2022	The Manspace Podcast, Episode 31- <i>Fitness</i> , <a href="https://podcasts.apple.com/us/podcast/the-manspace/id1582637713">https://podcasts.apple.com/us/podcast/the-manspace/id1582637713</a>
2021	Therapy Talk on Obesity, Nutrition, & Global Perspectives. <i>Family Therapy Magazine</i> , 20(5). September/October 2021.
2021	Men's Health Expert. WCHE 1520 AM called Libby's Luncheonette. June 28, 2021. <a href="https://libbymillsnutrition.com/media/libbys-podcast/">https://libbymillsnutrition.com/media/libbys-podcast/</a>
2020	How to Cope with the Burden of Disease on Relationships <i>The Front Line</i> —Auburn University Experts take on Coronavirus Released April 07, 2020. <a href="https://ocm.auburn.edu/experts/2020/04/071001-cope-burden-disease.php?ref=coronavirus">https://ocm.auburn.edu/experts/2020/04/071001-cope-burden-disease.php?ref=coronavirus</a>