

Tom Hollenstein, PhD

Professor

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Quick Links:

[Grants](#)[Publications](#)[Invited Talks](#)Google citation profile: <http://scholar.google.com/citations?user=G7Mm4jQAAAAJ>**Education**

- 2001 - 2005 Ph.D., Developmental Science, University of Toronto, Canada
Advisor: Marc D. Lewis, Ph.D.
Dissertation: *Socioemotional Flexibility at the Early Adolescent Transition*
- 1999-2001 M.S., Psychology, University of Oregon, Eugene, Oregon
Advisor: Sara D. Hodges, Ph.D.
- 1985-1989 B.A. (cum laude), Psychology, University of Massachusetts at Amherst

Professional Experience

- 2021 - present Professor, Department of Psychology, Queen's University
- 2011 - 2021 Associate Professor, Department of Psychology, Queen's University
- 2005 - 2011 Assistant Professor, Department of Psychology, Queen's University
- 2003 - 2005 Coding Supervisor, Specific Affect Coding System, Hospital for Sick Children, Toronto
- 2001 - 2005 Project Coordinator, Adolescent Research Project, Department of Human Development and Applied Psychology, University of Toronto
- 1996 - 2001 Oregon Social Learning Center, Eugene, OR
Observational data manager & analyst, center-wide
Data Manager, 2 large longitudinal research projects
Coder: Interpersonal Process Code
Data systems developer for Indian Family Wellness Project

Grants and Fellowships

- 2022 - 2027 **Hollenstein, T.** Natural Sciences and Engineering Research Council of Canada, *Emotion System Dynamics: Regulation and Concordance across Time Scales*. \$235,000

- 2020 **Hollenstein, T.** & Colasante, T. Queen's University SARS CoV-2/COVID-19 Competition. *Digital Emotional Support: Navigating the Effects of Social Distancing during and after the COVID-19 Crisis*, \$20,000
- 2020 – 2021 **Hollenstein, T.** Natural Sciences and Engineering Research Council of Canada: Research Tools and Instruments. *Integrated Psychophysiology and Observational System for Synchronous Measurement and Analysis*. \$114,642
- 2020 – 2024 Bowie, C., Duffy, A., Harkness, K., **Hollenstein, T.**, Milev, R., Soares, C., & Vasquez, G. Canadian Institutes of Health Research. *Functional Improvement and Recurrence Risk after First Episode Depression: Independent and Interactive Roles of Premorbid Factors, Cognition, Reward, and Stress* \$673,200
- 2020 – 2022 Stewart, J., Armstrong, T, & **Hollenstein, T.** Social Sciences and Humanities Research Council: Insight Development Grant. *Unpacking Suicide Capability: Refining the Definition and Measurement of Fearlessness about Death*. \$74,972
- 2018 – 2023 **Hollenstein, T.** & Lougheed, J. Social Sciences and Humanities Research Council of Canada. *Development of Socioemotional Flexibility across Adolescence*. \$179,706
- 2017 – 2022 **Hollenstein, T.** Natural Sciences and Engineering Research Council of Canada, *Emotion System Regulation: Concordance, Dynamics, & Time Scales*. \$160,000
- 2016 – 2018 Koval, P., Kuppens, P., Gleeson, J., & **Hollenstein, T.** ARC Discovery Project Grant. *Emotion regulation in daily life: Capturing context and flexibility*. \$227,699 AUD
- 2016 – 2017 **Hollenstein, T.** Natural Sciences and Engineering Research Council of Canada, *Emotion System Regulation: Concordance, Dynamics, & Time Scales*. \$25,000
- 2015 - 2016 Sabbagh, M., Troje, N., Chivers, M., & **Hollenstein, T.** Natural Sciences and Engineering Council of Canada. *High-density brain electrophysiological recording for Queen's University*. \$108,490
- 2014 – 2016 **Hollenstein, T.** Granic, I., & Khalid-Khan, S. Ontario Mental Health Foundation. *A Video Game Intervention to Reduce Child Anxiety*. \$150,000
- 2014 – 2019 Cuelmans, E., Kuppens, P., Vanpaemel, W., Van Mechelen, I., Tuerlinckx, F., & **Hollenstein, T.** Bijzonder Onderzoeksfonds (BOF)/Special Research Fund of the KU Leuven, University of Leuven. *Formal models of the affective system: Dynamics, exogenous inputs and relation to subjective well-being* € 1,250,000.
- 2014 – 2018 Côté, J., Bruner, M., Barling, J., **Hollenstein, T.**, Erickson, K., & Gainforth, H. Social Sciences and Humanities Research Council of Canada. *Transformational Leadership in Youth Sport: Fostering Youth Development and Long-Term Participation*. \$97,500
- 2013 – 2016 Chivers, M. L., Brotto, L., **Hollenstein, T.**, & van Anders, S. Canadian Institutes of Health, *Sexual desire emerges from arousal: Testing a model of responsive desire in women with and without sexual difficulties*. \$182,000

- 2013 – 2014 **Hollenstein, T.**, Harkness, K., & Lanteigne, D. Senate Advisory Research Committee, Queen's University. *Ameliorating Emotional Vulnerabilities in First Year Students*. \$6,700
- 2011 – 2016 **Hollenstein, T.** Natural Sciences and Engineering Research Council of Canada, *The Dynamics of Emotional Discordance: Psychophysiology, Observed Affect, and Self-reported Experience*. \$113,400
- 2011 – 2012 **Hollenstein, T.** Social Sciences and Humanities Research Council of Canada, *Adolescent Emotion Regulation Dynamics*. \$28,200
- 2011 – 2013 **Hollenstein, T.**, Craig, W., & Granic, I. Social Sciences and Humanities Research Council of Canada, *Dyadic Emotion Regulation in Childhood and Adolescence*, \$53,960
- 2011 – 2014 Craig, W. & **Hollenstein, T.** Social Sciences and Humanities Research Council of Canada. *The Role of Shame in Adolescent Peer Victimization*. \$120,000
- 2011 – 2014 Côté, J., Bruner, M., **Hollenstein, T.**, & Deakin, J. Social Sciences and Humanities Research Council of Canada *A developmental comparison of coach-centered and youth-centred sport settings*. \$97,500
- 2010 – 2011 **Hollenstein, T.** Social Sciences and Humanities Research Council of Canada, *Adolescent Emotion Regulation Dynamics*. \$29,200
- 2009 - 2010 **Hollenstein, T.** Social Sciences and Humanities Research Council of Canada *Development, Distribution, and Evaluation of a Multi-dimensional Analysis Tool for Synchronized Sequential Data*. \$5,000.
- 2008 - 2009 **Hollenstein, T.** Social Sciences and Humanities Research Council of Canada *Development, Distribution, and Evaluation of a Multi-dimensional Analysis Tool for Synchronized Sequential Data*. \$5,000.
- 2008 - 2011 Côté, J., Deakin, J., Fraser-Thomas, J., & **Hollenstein, T.** Social Sciences and Humanities Research Council of Canada *Understanding the influence of interpersonal interactions on youth sport participation and development*. \$109,660.
- 2007 - 2009 **Hollenstein, T.** & Harkness, K. Advisory Research Committee, Queen's University. *Hippocampal Volume in Adolescent Depression: A Structural Magnetic Resonance Imaging Study*. \$10,000.
- 2006 - 2010 **Hollenstein, T.** Canadian Foundation for Innovation. *Adolescent Socioemotional Development Laboratory*. \$137,425.
- 2006 - 2007 **Hollenstein, T.** Advisory Research Committee, Queen's University. *Hormones, Emotions, and the Timing of the Female Transition into Adolescence*. \$4,500.
- 2003 – 2005 **Hollenstein, T.** Pre-doctoral National Research Service Award, National Institute of Mental Health. *Socioemotional Flexibility at the Early Adolescent Transition*. \$28,000 (USD) per year.

2001 **Hollenstein, T.** Oregon Social Learning Center, Prevention/Intervention Theory Core Grant., NIMH *Studying structural differences underlying family interactions using dynamic systems methods.* \$5,486 (USD).

Awards

2015 – 2016 Queen's University, Faculty of Arts and Science, Graduate Teaching Award in Psychology

2002 Ames Award, Canadian Psychological Association for outstanding presentation at the Biennial Meeting of the International Society for the Study of Behavioral Development. *Structural changes in family interactions during the early adolescent transition: A dynamic systems approach.* \$200

2001 – 2003 Entrance Scholarship, University of Toronto. \$12,000 per year.

Consulting Experience

2015 State Space Grid Consultant, M. Angeles Cerezo, University of Valencia, Spain

2013 State Space Grid Consultant, Claudio Martinez, University Diego Portales, Santiago, Chile

2009 State Space Grid Consultant, Viven Lee, University of Western Ontario

2008 State Space Grid Consultant, Yvonne Bohr, Lamarsh Centre for Research on Violence & Conflict, York University, Toronto, Ontario

2006-2007 Coding Consultant, Uzma Rehman, Queen's University, Kingston, Ontario

2006-2007 State Space Grid Consultant, Anna Lichtwark-Aschoff, University of Groningen, The Netherlands

2006 State Space Grid Consultant, David Wolfe, Center for Addiction and Mental Health, London, Ontario

2006-2007 State Space Grid Consultant, Susan Branje, University of Utrecht, The Netherlands

2006 State Space Grid Consultant, Rutger Engels, University of Nijmegen, The Netherlands

2005 State Space Grid Consultant, Rick Fabes, Carol Martin, & Laura Hanish, Arizona State University

2002 – 2003 Methodological Consultant, Manolson Center, Toronto

2001 – 2002 State Space Grid Consultant, Infant Mental Health Research Group, Los Angeles, CA

2000 – 2001 Methodological Consultant for IRIS Media, Inc., Eugene, OR

Professional Activities and Affiliations

Academic Societies:

Association for Psychological Science

International Society for Research in Emotion

International Society for the Study of Behavioral Development

Jean Piaget Society

Society for Research in Child Development

Society for Research on Adolescence

Society for Affective Science

Special Issue Editor:

Biological Psychology
Child Development Perspectives

Consulting Editor:

Emotion

Associate Editor:

Journal of Research on Adolescence

Ad-hoc Reviewer:

Behavioral Methods | Biological Psychology | British Journal of Psychology | Child Abuse and Neglect | Child Development | Clinical Psychological Science | Cognition and Emotion | Current Directions in Psychological Science | Development 2018 Conference | Development and Psychopathology | Developmental Psychology | Developmental Review | Developmental Science | Emotion | Emotion Review | Journal of Abnormal Child Psychology | Journal of Adolescence | Journal of Clinical Psychology | Journal of Early Adolescence | Journal of Gerontology: Psychological Sciences | Journal of Research on Adolescence | Journal of Social and Clinical Psychology | Natural Sciences and Engineering Council of Canada | Ontario Graduate Studies Scholarship Applications | Perspectives on Psychological Science | Psychological Methods | Queen's University Life Sciences Fellowships | Social Development | Social Sciences and Humanities Research Council of Canada | Society for Research on Adolescence Conference

Advisory Board:

Re-CONNECT Project, Flanders, Belgium

Publications

Refereed Journals

85. Meneghini, A.M., Colledani, D., Morandini, S., De France, K., & **Hollenstein, T.** (2024). Emotional engagement and caring relationships: The assessment of emotion regulation repertoires of nurses. *Psychological Reports, 127*, 212 - 234. doi: 10.1177/00332941221110548
84. Afriat, M., De France, K. D., Stack, D., Serbin, L., & **Hollenstein, T.** (2023). Relationship quality and mental health implications for adolescents during the covid-19 pandemic: A longitudinal study. *Journal of Child and Family Studies, 32*, 544 - 554.
83. Maciejewski, D., van Roekel, E., Ha, T., De France, K., Lin, L., Lennarz, H., Trompetter, H., Meeus, W., Lichtwarck-Aschoff, A., Branje, S., **Hollenstein, T.**, & Verhagen, M. (2023). Beyond main effects? Affect level as a moderator in the relation between affect dynamics and depressive symptoms. *Journal of Emotion and Psychopathology, 1*, 356 - 372. doi: 10.55913/joep.v1i1.52
82. Schell, V., De France, K., Lin, L., & **Hollenstein, T.** (2023). The role of avoidance in understanding emotional dysfunction associated with a fixed emotion mindset. *Personality and Individual Differences, 201*. doi:10.1016/j.paid.2022.111945

81. Sheeber, L., Loughheed, J., **Hollenstein, T.**, Leve, C., Mudiam, K., Diercks, C., & Allen, N. (2023). Maternal aggressive behavior in interactions with adolescent offspring: Proximal social-cognitive predictors in depressed and nondepressed mothers. *Journal of Psychopathology and Clinical Science*, *132*, 1019 - 1030. doi: [10.1037/abn0000854](https://doi.org/10.1037/abn0000854)
80. Wylie, M., Colasante, T., De France, K., Lin, L., & **Hollenstein, T.** (2023a). Momentary emotion regulation strategy use and success: Testing the influences of emotion intensity and habitual strategy use. *Emotion*, *23*, 375 – 386. doi: [10.1037/emo0001074](https://doi.org/10.1037/emo0001074)
79. Wylie, M., De France, K., & **Hollenstein, T.** (2023b). Adolescents suppress emotional expression more with peers compared to parents and less when they feel close to others. *International Journal of Behavioral Development*, *47*, 1- 8. doi: [10.1177/01650254221132777](https://doi.org/10.1177/01650254221132777)
78. Colasante, T., Lin, L., De France, K., & **Hollenstein, T.** (2022). Any time and place? Digital emotional support for digital natives. *American Psychologist*, *77*, 186–195. doi:[10.1037/amp0000708](https://doi.org/10.1037/amp0000708)
77. De France, K., Hancock, G., Stack, D., Serbin, L., & **Hollenstein, T.** (2022). The mental health implications of COVID-19 for adolescents: Follow-up of a four-wave longitudinal study during the pandemic. *American Psychologist*, *77*, 85 - 99. doi: [10.1037/amp0000838](https://doi.org/10.1037/amp0000838)
76. De France, K., Hicks, O., & **Hollenstein, T.** (2022). Understanding the association between reappraisal use and depressive symptoms during adolescence: The moderating influence of regulatory success. *Cognition and Emotion* *36*, 758-766. doi: [10.1080/02699931.2022.2043245](https://doi.org/10.1080/02699931.2022.2043245)
75. De France, K., & **Hollenstein, T.** (2022). Emotion regulation strategy use and success during adolescence: Assessing the role of context. *Journal of Research on Adolescence*, *32*, 720 – 736. doi: [10.1111/jora.12672](https://doi.org/10.1111/jora.12672).
74. Pauw, L. S., Medland, H., Paling, S. J., Moeck, E., Greenaway, K. H., Kalokerinos, E. K., Hinton, J. D. X., **Hollenstein, T.**, & Koval, P. (2022). Social support predicts differential use, but not differential effectiveness, of expressive suppression and social sharing in daily life. *Affective Science*, *3*, 641 - 652. doi: [10.31234/osf.io/ztw53](https://doi.org/10.31234/osf.io/ztw53)
73. Tag, B., van Berkel, N., Vargo, A. W., Sarsenbayeva, Z., Colasante, T., Wadley, G., Webber, S., Smith, W., Koval, P., **Hollenstein, T.**, Gonclaves, J., & Kostakos, V. (2022). Impact of the global pandemic upon young people’s use of technology for emotion regulation. *Computers in Human Behavior*, *6*. doi: [10.1016/j.chbr.2022.100192](https://doi.org/10.1016/j.chbr.2022.100192)
72. De France, K. & **Hollenstein, T.** (2021). Implicit theories of emotion and mental health during adolescence: The mediating role of emotion regulation. *Cognition and Emotion*, *35*, 367 - 374. doi: [10.1080/02699931.2020.1817727](https://doi.org/10.1080/02699931.2020.1817727)
71. Francis, K., Scholten, H., Granic, I., Loughheed, J., & **Hollenstein, T.** (2021). Insights about Screen-Use Conflict from Discussions between Mothers and Pre-Adolescents: a Thematic Analysis. *International Journal of Environmental Research and Public Health*, *18*, 1- 12. doi:[10.3390/ijerph18094686](https://doi.org/10.3390/ijerph18094686)
70. **Hollenstein, T.**, Colasante, T., & Loughheed, J. (2021). Adolescent and Maternal Anxiety Symptoms Decreased but Depressive Symptoms Increased before to during COVID-19 Lockdown. *Journal of Research on Adolescence*, *31*, 517 – 530. doi: [10.1111/jora.12663](https://doi.org/10.1111/jora.12663)

69. Tran, T., Hagen, A., **Hollenstein, T.**, & Bowie, C. (2021). Physical and Cognitive Effort-Based Decision-Making in Depression: Relationships to Symptoms and Functioning. *Clinical Psychological Science*, 9, 53 - 67. doi: [10.1177/2167702620949236](https://doi.org/10.1177/2167702620949236)
68. Tsui, T., De France, K., Khalid-Khan, S., Granic, I., & **Hollenstein, T.** (2021). Reductions of anxiety symptoms, state anxiety, and anxious arousal in youth playing the video game MindLight. *Games for Health*, 10, 330 – 338. doi: 10.1089/g4h.2020.0083.
67. Wols, A., Lichtwarck-Aschoff, A., Granic, I., & **Hollenstein, T.** (2021). The Effect of Expectations on Experiences and Engagement with an Applied Game for Mental Health. *Games for Health*, 10, 207 - 219. doi: 10.1089/g4h.2020.0115
66. Grommisch, G., Koval, P., Hinton, J. D. X. Gleeson, J., **Hollenstein, T.**, Kuppens, P., & Lischetzke, T. (2020). Modeling Individual Differences in Emotion Regulation Repertoire in Daily Life with Multilevel Latent Profile Analysis, *Emotion*, 20, 1462–1474. doi: 10.1037/emo0000669
65. **Hollenstein, T.** & Colasante, T. (2020). Socioemotional Development in the Digital Age. *Psychological Inquiry*, 31, 250 - 257. doi: 10.1080/1047840X.2020.1820224
64. Kalokerinos, E. K., Murphy, S. C., Koval, P., Bailen, N. H., Crombez, G., **Hollenstein, T.**, Gleeson, J., Thompson, R. J., van Ryckeghem, D. M. L., Kuppens, P., & Bastian, B. (2020). Neuroticism May Not Reflect Emotional Variability. *Proceedings of the National Academy of Sciences*, 117, 9270 - 9276. doi: 10.1073/pnas.1919934117
63. Lougheed, J. P., Brinberg, M., Ram, N. & **Hollenstein, T.** (2020). Emotion Socialization as a Dynamic Process across Emotion Contexts, *Developmental Psychology*, 56, 553 - 565.
62. Medland, H., De France, K., **Hollenstein, T.**, Mussoff, D., & Koval, P. (2020). Regulating the Emotion System in Everyday Life: Reliability and Validity of the RESS-EMA Scale. *European Journal of Psychological Assessment*, 36, 437-446. doi: 10.1027/1015-5759/a000595
61. Pennings, H. J. M. & **Hollenstein, T.** (2020). Teacher-Student Interactions and Teacher Interpersonal Styles: A State Space Grid Analysis. *Journal of Experimental Education*, 88, 382 – 406. doi: 10.1080/00220973.2019.1578724
60. Suschinsky, K. D., Fisher, T. Maunder, L., **Hollenstein, T.** & Chivers, M. (2020). Use of the Bogus Pipeline Increases Sexual Concordance in Women but Not Men. *Archives of Sexual Behavior*, 49, 1517-1532. doi: 10.1007/s10508-020-01737-4
59. Vaughan-Johnston, T. I., Jackowich, R. A., Hudson, C., De France, K., **Hollenstein, T.**, & Jacobson, J. A. (2020). The role of individual differences in emotion regulation efficacy. *Journal of Research on Personality*, 84, 1 - 11. doi: 10.1016/j.jrp.2019.103904
58. De France, K. & **Hollenstein, T.** (2019). Emotion Regulation and Relations to Well-being across the Lifespan. *Developmental Psychology*, 55, 1768 – 1774. doi: 10.1037/dev0000744
57. De France, K., Kindt, K., Lennarz, H. K., & **Hollenstein, T.** (2019) Emotion regulation during adolescence: Antecedent or outcome of depressive symptomology? *International Journal of Behavioral Development*, 43, 107 - 117. doi: 10.1177/0165025418806584

56. Irwin, A., Li, J., Craig, W. M., & **Hollenstein, T.** (2019a). The role of shame in chronic peer victimization. *School Psychology Quarterly, 34*, 178-186. doi: 10.1037/spq0000280
55. Irwin, A., Li, J., Craig, W. M., & **Hollenstein, T.** (2019b). The role of shame in the relation between peer victimization and mental health outcomes. *Journal of Interpersonal Violence, 34*, 156 - 181. doi: 10.1177/0886260516672937
54. Lambe, L., Craig, W., & **Hollenstein, T.** (2019). Blunted physiological stress reactivity among youth with a history of bullying and victimization: Links to depressive symptoms. *Journal of Abnormal Child Psychology, 47*, 1981 - 1993.
53. Lennarz, H. K., **Hollenstein, T.**, Lichtwarck-Aschoff, A., Kuntsche, E., & Granic, I. (2019). Emotion regulation in action: Use, selection, and success of emotion regulation in adolescents' daily lives. *International Journal of Behavioral Development, 43*, 1 - 11. doi: 10.1177/0165025418755540
52. Suschinsky, K. D., Huberman, J. S., Maunder, L., Brotto, L. A., **Hollenstein, T.**, & Chivers, M. L. (2019). The relationship between sexual concordance and sexual functioning in women with and without sexual difficulties. *Journal of Sex and Marital Therapy, 45*, 230-246. doi:10.1080/0092623X.2018.1518881
51. Yang, X., Ram, N., Lougheed, J. P., Molenaar, P., & **Hollenstein, T.** (2019). Adolescents' Emotion System Dynamics: Network-based Analysis of Physiological and Emotional Experience. *Developmental Psychology, 55*, 1982 - 1993.
50. de Ruitter, N., **Hollenstein, T.**, van Geert, P. L. C., & Kunnen, S. (2018). Self-esteem as a complex dynamic system: Intrinsic and extrinsic micro-level dynamics. *Complexity, 1 - 19*. doi: 10.1155/2018/4781563
49. Lougheed, J. P. & **Hollenstein, T.** (2018). Arousal transmission and attenuation in mother-daughter dyads in adolescence. *Social Development, 27*, 19-33. doi: 10.1111/sode.12250
48. De France, K. & **Hollenstein, T.** (2017). Assessing emotion regulation repertoires: The Regulation of Emotion Systems Survey. *Personality and Individual Differences, 119*, 204 - 215.
47. De France, K., Lanteigne, D., Glozman, J., & **Hollenstein, T.** (2017). A new measure of the expression of shame: The shame code. *Journal of Child and Family Studies, 26*, 769-780. doi: 10.1007/s10826-016-0589-0
46. **Hollenstein, T.**, Tighe, A., & Lougheed, J. P. (2017). Emotional development in the context of mother-child relationships. *Current Opinion in Psychology, 17*, 140-144. doi: 10.1016/j.copsyc.2017.07.010
45. Haines, S., Gleeson, J., Kuppens, P., **Hollenstein, T.**, Ciarrochi, J., Labuschagne, I., Grace, C., & Koval, P. (2016). The wisdom to know the difference: Emotion regulation strategy-situation fit in daily life is associated with well-being. *Psychological Science, 27*, 1651-1659. doi: 10.1177/0956797616669086
44. **Hollenstein, T.**, Allen, N. B., & Sheeber, L. (2016). Affective patterns in triadic family interactions: Associations with adolescent depression. *Development and Psychopathology, 28*, 85 - 96. doi: 10.1017/S0954579415000309

43. Lennarz, H. K., van Roekel, E., Kuntsche, E., Lichtwarck-Aschoff, A., **Hollenstein, T.**, Engels, R. C. M. E., & Granic, I. (2016). Associations between interpersonal relationships and negative affect in adolescents: An experience sampling study on the role of trait coping. *Swiss Journal of Psychology, 75*, 71-79. doi: 10.1024/1421-0185/a000172
42. Lougheed, J. P., Craig, W. M., Pepler, D., Connolly, J., O'Hara, A., Granic, I., & **Hollenstein, T.** (2016). Maternal and peer regulation of adolescent emotion: Associations with depression symptoms. *Journal of Abnormal Child Psychology, 44*, 963-974. doi: 10.1007/s10802-015-0084-x.
41. Lougheed, J. P., & **Hollenstein, T.** (2016). Socioemotional flexibility in mother-daughter dyads: Riding the emotional rollercoaster across positive and negative contexts. *Emotion, 16*, 620 - 633. doi: 10.1037/emo0000155
40. Lougheed, J., **Hollenstein, T.**, & Lewis, M. D. (2016). Maternal regulation of daughters' emotion during conflicts from early to mid-adolescence. *Journal of Research on Adolescence, 26*, 610 - 616. doi: 10.1111/jora.12211
39. Lougheed, J., Koval, P., & **Hollenstein, T.** (2016). Sharing the burden: The interpersonal regulation of emotional arousal in mother-daughter dyads. *Emotion, 16*, 83-93. doi: 10.1037/emo0000105
38. Lunkenheimer, E., Lichtwarck-Aschoff, A., **Hollenstein, T.**, Granic, I., & Kemp, C. J. (2016). Breaking down the coercive cycle: How parent and child risk factors influence real-time variability in parental responses to child misbehavior. *Parenting, 16*, 237-256. doi: 10.1080/15295192.2016.1184925.
37. **Hollenstein, T.** (2015). This time, it's real: Affective flexibility, time scales, feedback loops, and the regulation of emotion. *Emotion Review, 7*, 308 - 315. doi: 10.1177/1754073915590621
36. Koval, P., Butler, E., **Hollenstein, T.**, Lanteigne, D., & Kuppens, P. (2015). Emotion regulation and the temporal dynamics of emotions: Effects of cognitive reappraisal and expressive suppression on emotional inertia. *Cognition and Emotion, 29*, 831-851. doi: 10.1080/02699931.2014.948388
35. Lougheed, J., **Hollenstein, T.**, Lichtwarck-Aschoff, A., & Granic, I. (2015). Maternal Regulation of Child Affect in Externalizing and Typically-Developing Children. *Journal of Family Psychology, 29*, 10 - 19. doi: 10.1037/a0038429
34. Ramezani, M., Abolmaesumi, P., Tahmasebi, A., Bosma, R., Tong, R., **Hollenstein, T.**, Harkness, K., & Johnsrude, I. (2015). Fusion Analysis of First Episode Depression: Where Brain Shape Deformations Meet Local Composition of Tissue. *Neuroimage: Clinical, 7*, 114 - 121. doi:10.1016/j.nicl.2014.11.016
33. Tomicic, A., Martinez, C., Perez, J. C., **Hollenstein, T.**, Angulo, S., Gertsman, A., Barroux, I. & Krause, M. (2015). Discourse-voice regulatory strategies in the psychotherapeutic interaction: A state-space dynamics analysis. *Frontiers in Psychology, 6*:378, 1 - 17. doi:10.3389/fpsyg.2015.00378.
32. van der Giessen, D., **Hollenstein, T.**, Hale, W. W., Koot, H. M., Meeus, W., & Branje, S. (2015). Emotional Variability in Mother-Adolescent Conflict Interactions and Internalizing Problems of Mothers and Adolescents: Dyadic and Individual Processes. *Journal of Abnormal Child Psychology, 43*, 339 - 353. doi 10.1007/s10802-014-9910-9

31. Butler, E. A., **Hollenstein, T.**, Shoham, V., & Rohrbaugh, N. (2014). A dynamic state-space analysis of interpersonal emotion regulation in couples who smoke. *Journal of Social and Personal Relationships, 31*, 907 – 927. doi: 10.1177/0265407513508732
30. Eastabrook, J., Flynn, J. J., & **Hollenstein, T.** (2014). Internalizing symptoms in female adolescents: Associations with emotional awareness and emotion regulation. *Journal of Child and Family Studies, 23*, 487 - 496. doi: 10.1007/s10826-012-9705-y
29. **Hollenstein, T.** & Lanteigne, D. (2014). Models and methods of emotional concordance. *Biological Psychology, 98*, 1 - 5.
28. Lanteigne, D., Flynn, J. J., Eastabrook, J., & **Hollenstein, T.** (2014). Discordant patterns among emotional experience, arousal, and expression in adolescence: Relations with emotion regulation and internalizing problems. *Canadian Journal of Behavioural Science, 46*, 29 - 39. doi: 10.1037/a0029968
27. Ramezani, M., Johnsrude, I., Rasouljan, A., Bosma, R., Tong, R., **Hollenstein, T.**, Harkness, K., & Abolmaesumi, P. (2014), Temporal-lobe morphology differs between healthy adolescents and those with early-onset of depression. *Neuroimage: Clinical, 6*, 145 - 155. doi:10.1016/j.nicl.2014.08.007
26. Turnnidge, J., Cote, J., **Hollenstein, T.**, & Deakin, J. (2014). A direct observation of the dynamic content and structure of coach-athlete interactions in a model sport program, *Journal of Applied Sport Psychology, 26*, 225 – 240. doi: 10.1080/10413200.2013.821637
25. Eastabrook, J., Lanteigne, D., & **Hollenstein, T.** (2013). Decoupling between physiological, self-reported, and expressed emotional responses in alexithymia. *Personality and Individual Differences, 55*, 978 – 982. doi: 10.1016/j.paid.2013.08.001
24. **Hollenstein, T.**, Lichtwarck-Aschoff, A., & Potworowski, G. (2013). A model of socioemotional flexibility at three time scales. *Emotion Review, 5*, 397 - 405. doi: 10.1177/1754073913484181
23. **Hollenstein, T.** & Loughheed, J. P. (2013). Beyond Storm and Stress: Typicality, transactions, timing, and temperament to account for adolescent change. *American Psychologist, 68*, 444 - 454. doi: 10.1037/a0033586
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Books

2. Cole, P. M. C. & **Hollenstein, T.** (Eds.). (2018). *Emotion Regulation: A Matter of Time*. New York: Routledge.
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Book Chapters

11. **Hollenstein, T.**, Faulkner, K., Martin, V., & Wylie, M (in press). The Developmental Perspective on Youth in University. In M. Norris (Ed.) *Leading the Way: Envisioning the Future of Higher Education*
10. De France, K. & **Hollenstein, T.** (2022). The development of cognitive reappraisal for regulating emotions: Infancy to adolescence. In D. Dukes, E. Walle, & A. Samson (Eds.) *Handbook of Emotional Development* (pp. 110 – 125). Oxford University Press.
9. **Hollenstein, T.** (2021). Affect Dynamics and Time Scales: Pictures of Movies. In C. Waugh & P. Kuppens (Eds.) *Affective Dynamics* (pp. 117 – 129). Switzerland: Springer Nature. https://doi.org/10.1007/978-3-030-82965-0_6
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5. Granic, I., **Hollenstein, T.**, & Lichtwarck-Aschoff, A. (2016). A survey of dynamic systems methods for developmental psychopathology. In D. Cicchetti (Ed.) *Developmental Psychopathology*, 3rd Edition, (pp. 717 – 759). New York: Wiley.
4. **Hollenstein, T.** (2012). The Dynamic Systems Perspective: What is the System? In L. C. Mayes & M. Lewis (Eds.) *The Cambridge Handbook of Environment in Human Development*, (pp. 138 – 151). New York: Cambridge University Press.
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Book Reviews

2. **Hollenstein, T.** (2010). Alan Fogel, Barbara J. King, and Stuart G. Shanker (Eds.), Human Development in the Twenty-First Century: Visionary Ideas from Systems Scientists, *American Journal of Psychology*, 123, 508-510.
1. **Hollenstein, T.** (2007). Maureen Drysdale, B. J. Rye, Taking Sides: Clashing Views in Adolescence. *Journal of Youth and Adolescence*, 36, 1102-1103.

Conference Proceedings

7. Keskin, G., Lougheed, J. P., & **Hollenstein, T.** (2023, March). *Moment-to-Moment Emotion Dynamics during Mother-Adolescent Conflicts and their Associations with Internalizing Problems*. Society for Affective Science.
6. Wylie, M., De France, K., & **Hollenstein, T.** (2023, March). *Adolescents suppress emotional expression less when they feel close to others and with parents versus peers*. Society for Affective Science.
5. Gupta, M., Lougheed, J., Tran, T., Borsuk-Gudz, M., Cassidy, S., **Hollenstein, T.**, & Bowie, C.R. (2015, March). Understanding complex family interactions in early episode psychosis. In *Schizophrenia Bulletin* (Vol. 41, pp. S174-S175). England: Oxford University Press.
4. Ramezani, M., Rasoulia, A., **Hollenstein, T.**, Harkness, K., Johnsrude, I., & Abolmaesumi, P. (2014, March). Joint source based analysis of multiple brain structures in studying major depressive disorder. In *SPIE Medical Imaging* (pp. 90341P-90341P). International Society for Optics and Photonics.

3. Ramezani, M., Rasoulia, A., Johnsrude, I., **Hollenstein, T.**, Harkness, K., & Abolmaesumi, P. (2013, May). Independent component analysis on Lie groups for multi-object analysis of first episode depression. In *Acoustics, Speech and Signal Processing (ICASSP), 2013 IEEE International Conference on* (pp. 1027-1030). IEEE.
2. Ramezani, M., Rasoulia, A., Abolmaesumi, P., **Hollenstein, T.**, Johnsrude, I., & Harkness, K. (2013, March). Multi-object statistical analysis of late adolescent depression. In *SPIE Medical Imaging* (pp. 86690D-86690D). International Society for Optics and Photonics.
1. **Hollenstein, T.** (2005). Using state space grids to display, describe, quantify, and analyze synchronized time series or event sequences. *Proceedings of the 5th International Conference on Methods and Techniques in Behavioral Research*, Wageningen, Netherlands.

Invited Talks

- GridWare Workshop (online)*, University of Oregon, Eugene, OR (June, 2020)
- Emotion Regulation across Time Scales*, Purdue University, Indiana (October, 2019)
- Emotion Regulation across Time Scales*, Radboud University, Nijmegen, NL (July, 2019)
- Patterns in Time*, Workshop at Radboud University, Nijmegen, NL (July, 2019)
- Emotion Regulation across Time Scales*, University of Toronto, Mississauga (June, 2019)
- GridWare Workshop*, Utah State University (April, 2019)
- Real-time Emotion Dynamics and Development*, Annual Meeting of the Jean Piaget Society, Amsterdam, The Netherlands (June 2018)
- I Can't Believe I Get Paid to Do This: Parent-child Dynamics and the Legacy of Jerry Patterson*. Oregon Research Institute, Eugene, Oregon (July, 2017)
- GridWare Workshop*, University of Groningen, Netherlands (May, 2017)
- Goethe Hell: Emotion Regulation and the Legacy of Storm & Stress*, Radboud University, Nijmegen (July, 2016)
- Interpersonal Research, Dynamic Systems, and State Space Grid Analysis*, Keynote Address at the Society for Interpersonal Theory and Research, Toronto, ON (May, 2015)
- State Space Grids and Multivariate Multilevel Survival Analysis*, Computational Interaction Dynamics, Tucson, AZ (November, 2014)
- Advanced Visualization and Behavioral Analysis with State Space Grids*, Symposium on Behavioral Research Technologies and Advanced Analysis Methods, Atlanta, GA (May, 2014)
- Affect Dynamics and Emotion Regulation*, Arizona State University (February, 2014)
- GridWare Workshop*, Universidad Diego Portales, Santiago, Chile (June, 2013)
- Affective Flexibility at Three Time Scales*, Katholieke Universiteit, Leuven, Belgium (May, 2012)
- Psychophysiology Workshop*, Radboud University, Nijmegen (May, 2012)
- Affective Flexibility*, Radboud University, Nijmegen (April, 2012)
- Affective Flexibility at Three Time Scales*, Arizona State University (March, 2012)
- Adolescent Emotion Regulation*, University of Melbourne (Nov. 2011)
- Affective Flexibility*, Conference on Intraindividual Variability, University of Utrecht (Oct 2011)
- Adolescent Emotion Regulation*, Radboud University, Nijmegen (Oct. 2011)
- Measuring Emotion Regulation Workshop*, Radboud University, Nijmegen (Oct. 2011)
- GridWare Workshop*, University of Utrecht (Oct 2011)
- GridWare Workshop*, Queen's University (July 2011)
- Dynamic Developmental Processes*, "A Process Approach to Education and Development" conference,

- University of Groningen, the Netherlands (Dec. 2010)
- GridWare Workshop*. University of Pittsburgh Medical Center (Nov. 2010)
- GridWare Workshop*. The Merrill Palmer Skillman Institute, Wayne State University, Michigan (Nov. 2010)
- The Three Body Problem: Triadic Interactions*. Observational Methods Chatauqua, Yachats OR (Aug. 2010)
- Adolescent Emotional Dynamics*. McClelland Institute at the University of Arizona. (Nov. 2009)
- GridWare Workshop*. Health, Emotions, and Relationships Program, University of Arizona. (Nov. 2009)
- Introduction to State Space Grids*. Child and Family Center, University of Oregon. (Aug. 2009)
- Dynamic Systems Analyses using State Space Grids*. Peer Relations Pre-conference, Society for Research on Child Development (Apr. 2009)
- State Space Grids Introduction and Workshop*. University of Valle, Columbia. (Feb. 2009)
- Temporal Dynamics of Social Interaction: State Space Grid Analyses*. Institute for Social Research, University of Michigan. (Dec. 2008)
- Introduction to State Space Grids*. LaMarsh Center, York University, Toronto. (June 2008)
- Introduction to State Space Grids*. School of Social and Family Dynamics, University of Arizona (Dec. 2007)
- Introduction to State Space Grids*. Heyman's Institute, Groningen University, the Netherlands. (May 2007)
- State Space Grid Workshop*. Dynamic Systems Methods in the Study of Development: A Practice-oriented Approach conference, Groningen University, the Netherlands. (May 2007)
- Adolescent Brain Development*. Brain Awareness Week, Queen's University (Mar. 2007)
- State Space Grid Workshop*. University of Western Ontario, London, Ontario. (June 2006)
- Variability in Parent-child Interactions across the Early-adolescent Transition*. Behavioural Science Institute, Radboud University, Nijmegen, the Netherlands. (May 2006)
- State Space Grid Workshop*. Groningen University, the Netherlands. (May 2006)
- Variability in Parent-child Interactions across the Early-adolescent Transition*. Heyman's Institute, Groningen University, the Netherlands. (May 2006)
- Emotion and Flexibility across the Early-adolescent Transition: Dynamic Systems Analyses of Parent-Child Interactions*. Research Centre Adolescent Development, Utrecht University, the Netherlands. (Mar. 2006)
- Emotion and Flexibility across the Early-adolescent Transition: Dynamic Systems Analyses of Parent-Child Interactions*. University of Toronto (Feb. 2006)
- Emotion Regulation across the Early Adolescent Transition*. Queen's University (Jan. 2006)
- Emotion Regulation across the Early Adolescent Transition*. Queen's University (Nov. 2005)
- Socioemotional Variability in Parent-Child Interactions across Development*. University of Michigan (Feb. 2005)
- State Space Grids: Applications to Date*. Max Planck Institute, University of Michigan (Feb. 2005)
- State Space Grid Workshop*. University of Michigan (Feb. 2005)
- Dynamic Systems methods for analyzing emotional behavior: state space grids*. International Society for Research on Emotions (July 2004)
- Flexibility and psychopathology: An SSG analysis*. Linking Dynamic Systems and Reinforcement Mechanisms: Complementarities, Disparities and Data, Port Townsend, Washington. (May 2002)

Presentations at Refereed Conferences

- Faulkner, K., Colasante, T., Lougheed, J. P., & **Hollenstein, T.** (2023, April). *Adolescent and Maternal Changes in Using Digital Means for Regulating Emotions Before to During the Pandemic* [Poster Presentation]. Society for Research in Adolescence Annual Meeting, San Diego, CA.
- Martin V., Lougheed J., **Hollenstein T.** (2023, March) *Introducing: Parent emotion socialization in adolescence (PESA)*. Society for Research in Child Development, Emotions Preconference. Salt Lake City
- Wylie, M., De France, K., & **Hollenstein, T.** (2023, March). *Adolescents suppress emotional expression less when they feel close to others and with parents versus peers*. Society for Affective Science

- De France, K., **Hollenstein, T.** (August, 2022). *Understanding the role of context in adolescent emotion regulation*. In De France, K. (chair) *Assessing Emotion Regulation in Schools: Tools for Supporting the Emotional Health of Adolescents*. Paper accepted for presentation at the American Psychological Association (APA), Minneapolis, USA.
- Hollenstein, T.** (March, 2022). *State Space Grids for Individual and Dyadic ESM Data*. Society for Affective Science Annual Meeting.
- Keskin, G., Loughheed, J. P., & **Hollenstein, T.** (2022). *The up-regulation of maternal and adolescent positive affect during conflicts*. Society for Research on Adolescence Biennial Meeting, New Orleans, LA.
- Maciejewski, D., Meeus, W., Branje, S., van Roekel, E., Ha, T., Trompeter, K., DeFrance, K., Lin, L., Granic, I., Lichtwarck-Aschoff, A., **Hollenstein, T.**, & Verhagen, M. (2021, April). *Beyond main effects? Revisiting the role of positive and negative affect level in affective dynamics predicting depressive symptoms during adolescence and young adulthood*. Poster presented at the biennial meeting of the Society for Research on Child Development (SRCD), Online Meeting.
- Hollenstein, T.**, Lin, L., & De France, K. (2019, July). *Taking Emotional Support to the Text Level: Digital and In-person Support and Successful Emotion Regulation*. Meeting of International Society for Research on Emotion, Amsterdam, NL.
- Meneghini A.M., Colledani D., De France K., **Hollenstein T.** (2019, June). The Regulation of Emotion Systems Survey (RESS) to assess nurses' emotional reactions to suffering patients. Poster presented at the XXI Congresso Nazionale AIP.
- Tsui, T., & **Hollenstein, T.** (2019, May). Interpersonal emotion dynamics in close female peer dyads during adolescence. Poster presentation at the annual meeting of the Association for Psychological Science, Washington, D.C.
- De France, K., & **Hollenstein, T.** (2019, May). Emotion Regulation and Relations to Well-being Across the Lifespan. Poster presented at the Association for Psychological Science (APS) Annual Meeting, Washington, DC.
- Loughheed, J. P., Tighe, A. B., & **Hollenstein, T.** (May, 2019). Emotion spillover across social interactions: The emotional rollercoaster task captures the ups and downs of interpersonal emotions across contexts. Association for Psychological Science convention, Washington, DC.
- Tighe, A. B., De France, K., & **Hollenstein, T.** (2019, March). Comparing Emotion Regulation Repertoires Using the Regulation of Emotion Systems Survey (RESS) in an Early Adolescent Sample. Poster presented at the Society for Research in Child Development (SRCD) Biennial Meeting, Baltimore, MD.
- De France, K., & **Hollenstein, T.** (2018, June). Emotion regulation strategy use and well-being across the lifespan. Poster presented at the Canadian Student Health Research Forum, Winnipeg, Manitoba, Canada.
- Hollenstein, T.**, Loughheed, J. P., & Tighe, A. (May, 2018). *Testing the Flex3 Model: Socioemotional Flexibility at Three Time Scales*. Paper presented at annual meeting of Jean Piaget Society, Amsterdam, NL
- De France, K., **Hollenstein, T.** (2018, May). Emotion regulation repertoires across the lifespan. Lecture presented at the Association of Psychological Science Conference, San Francisco, USA.
- De France, K., Lennarz, H., Kindt, K., **Hollenstein, T.** (2018, May). Emotion Regulation during Adolescence: Antecedent or Outcome of Depressive Symptomology? Poster presented at the Association of Psychological Science Conference, San Francisco, USA.
- Tighe, A.B., & **Hollenstein, T.** (2018, May). Emotion Dynamics in Mother-Daughter Relationships Across Adolescence. Symposium Presentation at 30th Annual Association for Psychological Science Conference, San Francisco, CA.
- Tighe, A.B., Loughheed, J.P., & **Hollenstein, T.** (2018, May) Mother-Daughter Socioemotional Flexibility Remains Consistent from Mid- to Late Adolescence. Poster presented at Association for Psychological Science Conference (APS), San Francisco, CA.

- De France, K., Tsui, T., **Hollenstein, T.** (2017, April). Exposure, Safety Behaviors, And Attention to Positive Stimuli While Playing the Video Game MindLight to Predict Anxiety Reduction. Paper presented at the Society of Research in Child Development Conference, Austin, TX, USA.
- De France, K., Granic, I., Lennarz, H., Kindt, K., **Hollenstein, T.** (2017, April). The Role of Suppression in Internalizing Symptoms: Antecedent or Outcome? Poster presented at the Society of Research in Child Development Conference, Austin, TX, USA.
- DeFrance, K., Tsui, T., **Hollenstein, T.**, & Granic, I. (March, 2017). *MindLight Gameplay Behaviors: Predicting Anxiety Reduction*. Paper presented at the Biennial Meeting of the Society for Research on Child Development, Austin, Texas.
- Hollenstein, T.**, DeFrance, K., Tsui, T., Khalid-Khan, S., & Granic, I. (March, 2017). *Improving the Regulation of Anxiety with the Video Game MindLight*. Paper presented at the Society for Research on Child Development Biennial Meeting, Austin, Texas.
- Lougheed, J. P., & **Hollenstein, T.** (March, 2017). *Arousal transmission in mother-daughter dyads in negative and positive emotion contexts*. Paper presented at the Society for Research on Child Development Biennial Meeting, Austin, TX.
- Lougheed, J. P., Tsui, T., & **Hollenstein, T.** (2017, March). *Socioemotional flexibility in mother-daughter dyads: Associations with psychosocial and physiological adjustment*. Paper presented at the Society for Research on Child Development Biennial Meeting, Austin, TX.
- Tsui, T., De France, K., Wilfong, J., Khalid-Khan, S., **Hollenstein, T.** (2017, March). Improvement of Anxious Arousal Regulation After Playing the Video Game MindLight. Poster presented at the Society of Research in Child Development Conference, Austin, TX, USA.
- Schoneveld, E., DeFrance, K., Tsui, T., & **Hollenstein, T.** (March, 2017). *Comparing the Efficacy of a Neurofeedback Video Game to Cognitive-behavioural Interventions: Two Randomized Controlled Trials with Anxious Children*. Paper presented at the biennial meeting of the International Convention of Psychological Science, Vienna, Austria.
- De France & **Hollenstein T.** (October, 2016). *Real-time Analyses of Dosage and Treatment Mechanisms during Video Game Play*. Paper presented at the Society for Research on Child Development Special Topic Meeting: Technology and Media in Children's Development, Irvine, California.
- De France, K., **Hollenstein, T.** (2016, October). Using an experience-sampling smartphone app to study emotion regulation. Poster presented at the Society of Research in Children and Adolescents special topics Technology and Media in Children's Development, Irvine, California, USA.
- De France, K., **Hollenstein, T.** (2016, April). The Regulation of Emotion Systems Survey: A new measure of emotion regulation. Poster presented at the Society of Research on Adolescence Conference, Baltimore, USA.
- Hollenstein, T.** (April, 2016). *Goethe Hell: Emotion Regulation and the Legacy of Storm & Stress*. Paper presented at the biennial meeting of the Society for Research on Adolescence, Baltimore, MD.
- Lougheed, J. P., Koval, P., & **Hollenstein, T.** (April, 2016). The buffering of sympathetic arousal during social stress in mother-daughter dyads. Paper presented at the Society for Research on Adolescence Biennial Meeting, Baltimore, MD.
- De France, K., **Hollenstein, T.** (2015, March). Individualized profiles of emotion regulation strategies: A new measure. Poster presented at the Society of Research in Child Development Conference, Philadelphia, USA.
- Hollenstein, T.** (March, 2015). *Training Emotion Regulation with Video Games*. Presentation at the Emotions Preconference at the Society for Research on Child Development Biennial Meeting.
- Lougheed, J. P., **Hollenstein, T.**, Craig, W. M., Pepler, D. J., & Connelly, J. (March, 2015). *Real-time multilevel survival analysis of adolescent emotion socialization*. Paper presented at the Society for Research on Child Development Biennial Meeting, Philadelphia, PA.
- Lougheed, J. P., **Hollenstein, T.**, & Lewis, M. D. (April, 2014). *Event history analysis of mothers' co-regulation of adolescent daughters' affect*. Paper presented at the Society for Research on Adolescence, Austin, TX.

- Hollenstein, T.** (April, 2014). *Parent and Adolescent Conflict: Empathy and Co-regulation*. Paper presented at the biennial meeting of the Society for Research on Adolescence, Austin, TX.
- Hollenstein, T.** (August, 2013). *State Space Grid Analysis of Affect Dynamics in Triadic Interactions*. Paper presented at the biennial meeting of the International Society for Research on Emotion, Berkeley, CA.
- Lougheed, J. P., **Hollenstein, T.**, Lichtwarck-Aschoff, A., & Granic, I. (August, 2013). *Event history analysis of parent regulation of child negative affect in dyads with typically developing and externalizing children*. International Society for Research on Emotion, Berkeley, CA
- Granic, I., **Hollenstein, T.**, Lunkenheimer, E., Lichtwarck-Aschoff, A. (April, 2013). *The importance of emotional repair in clinical and non-clinical family interactions*. Paper presented at the biennial meeting of the Society for Research in Child Development, Seattle, WA.
- Hollenstein, T.**, Sheeber, L., & Allen, N. B. (April, 2013). *Adolescent Depression and the Affect Dynamics in Mother-Father-Child Triadic Interactions*. Paper presented at the biennial meeting of the Society for Research in Child Development, Seattle, WA.
- Hollenstein, T.** Lanteigne, D., & Lougheed, J. (April, 2013). *Adolescent Social Stress and Social Anxiety: What Are They Anxious About?* Paper presented at the biennial meeting of the Society for Research in Child Development, Seattle, WA.
- Lanteigne, D., Craig, W. M., Rinne, A. M., & **Hollenstein, T.** (April, 2013). *Shame during Social Rejection Predicts Peer Victimization but not Bullying*. Poster presented at the biennial meeting of the Society for Research in Child Development, Seattle, WA.
- Lanteigne, D., **Hollenstein, T.**, Eastabrook, J., & Lougheed, J. (April, 2013). *Longitudinal Patterns Among Emotional Experience, Arousal, and Expression in Adolescence*. Paper presented at the biennial meeting of the Society for Research in Child Development, Seattle, WA.
- Lougheed, J., & **Hollenstein, T.** (April, 2013). *Patterns among Adolescent Emotion Regulation Strategies: Associations with Internalizing Problems*. Poster presented at the biennial meeting of the Society for Research in Child Development, Seattle, WA.
- Lougheed, J., **Hollenstein, T.**, Lichtwarck-Aschoff, A., & Granic, I. (April, 2013). *Multilevel Survival Analysis of Parent Regulation of Child Negative Affect in Dyads With Typically Developing and Externalizing Children*. Paper presented at the biennial meeting of the Society for Research in Child Development, Seattle, WA.
- Lunkenheimer, E., Lichtwarck-Aschoff, A., **Hollenstein, T.** & Granic, I. (April, 2013). *When Kids Don't Comply, Do Parents Change Strategies? A Multilevel Survival Analysis of Variability in Parent-Child Interactions*. Paper presented at the biennial meeting of the Society for Research in Child Development, Seattle, WA.
- Hollenstein, T.**, Sheeber, L., & Allen, N. B. (May, 2012). *Affective Flexibility, Variability, and Predictability during Mother, Father, Adolescent Triadic Interactions: Comparisons of Gender and Depression*. Paper presented at the Conference on Emotion Research in Europe, University of Kent, UK.
- Hollenstein, T.**, Eastabrook, J., Lanteigne, D., & Lougheed, J. (March, 2012). *Dynamics of Social Stress over Time*. Paper presented at the biennial meeting of the Society for Research on Adolescence, Vancouver, BC.
- Hollenstein, T.**, Silk, J., & Granic, I. (March, 2012). *Affective Flexibility in Parent-Child Interactions*. Paper presented at the biennial meeting of the Society for Research on Adolescence, Vancouver, BC.
- Hollenstein, T.** (Oct., 2011). *Affective Flexibility in Parent-Child Interactions*. Paper presented at the Emotions 2011 conference in Tilburg, Netherlands
- Hollenstein, T.**, Lanteigne, D., Flynn, J.J., & (April, 2011). *Patterns of Discordance among Psychophysiological, Self-Reported, and Expressivity Measures of Social Stress in Adolescence*. Paper presented at the biennial meeting of the Society for Research in Child Development, Montreal, QC.
- Lanteigne, D., Glozman, J., & **Hollenstein, T.** (April, 2011). *The Development of an Observational Coding System for Self-Conscious Affect in Adolescence*. Poster presented at the biennial meeting of the Society for Research in Child Development, Montreal, QC.

- Lanteigne, D., **Hollenstein, T.**, Flynn, J.J., Glozman, J., & Mackey, A.M. (May, 2010). *Self-Conscious Emotion in Adolescent Females: Associations between Self-Reported Emotions and Observed Behaviour during a Social Stressor Task*. Poster presented at the Development 2010 conference, Ottawa, Ontario.
- Hollenstein, T.**, Flynn, J.J., & Mackey, A.M. (March, 2010). *Adolescent Emotional Response to Social Stress*. Paper presented at the biennial meeting of the Society for Research on Adolescence, Philadelphia, PA.
- Lunkenheimer, E., **Hollenstein, T.**, Wang, J., & Shields, A. (March, 2010). *Dynamic Affective Patterns in Family Interaction and Preadolescents' Emotion Regulation*. Paper presented at the biennial meeting of the Society for Research on Adolescence, Philadelphia, PA.
- Eastabrook, J., **Hollenstein, T.**, Flynn, J.J., & Mackey, A.M. (March, 2010). *Changes in Physiological Reactivity during a Social Stressor Task in Adolescents with Low and High Alexithymia Symptoms*. Poster presented at the biennial meeting of the Society for Research on Adolescence, Philadelphia, PA.
- Hollenstein, T.** (2009, April). *Twenty Years of Dynamic Systems Approaches to Development: Significant Contributions, Challenges, and Future Directions*. Chair of Roundtable Discussion at the biennial meeting of the Society for Research in Child Development, Denver, CO.
- Todd, R., **Hollenstein, T.**, & Lewis, M. D. (2009, April). *Pulling it Together: Coordinated Brain Activity Associated With Self-Regulation in Young Children*. Paper presented at the biennial meeting of the Society for Research in Child Development, Denver, CO.
- DeRubeis, S., & **Hollenstein, T.** (2009, April). *Coping Strategies Mediate the Relation Between Shame and Depressive Symptoms in Early Adolescence*. Poster presented at the biennial meeting of the Society for Research in Child Development, Denver, CO.
- Flynn, J. & **Hollenstein, T.** (2009, April). *Age-Related Changes in Physiological Reactivity During a Social Stressor Task in Mid- and Late Adolescent Girls*. Poster presented at the biennial meeting of the Society for Research in Child Development, Denver, CO.
- Hollenstein, T.**, Flynn, J., & Mackey, A. (2008, June). *Observed Psychophysiological Reactions to a Self-Conscious Situation in Early and Late Adolescence*. Paper presented at the annual meeting of the Jean Piaget Society, Quebec City, Canada.
- Flynn, J. & **Hollenstein, T.** (2008, April). *The effect of two different emotion regulation strategies on well-being in late adolescence*. Poster presented at the biennial meeting of the Society for Research on Adolescence, Chicago, IL.
- Hollenstein, T.** (2007, May). *"Storm and Stress" Redefined: Consideration of the Timing of Emotion-related Changes in Adolescence*. Paper presented at the annual meeting of the Jean Piaget Society, Amsterdam, The Netherlands.
- Hollenstein, T.** (2007, April). *Changes in Mother-daughter Observed Emotions and Self-reported Conflict Intensity across Early Adolescence*. Paper presented at the biennial meeting of the Society for Research in Child Development, Boston, MA.
- Hollenstein, T.** (2007, April). *State Space Grids: Analyzing Dynamics across Development*. Poster presented at the biennial meeting of the Society for Research in Child Development, Boston, MA.
- McCarthy, A., **Hollenstein, T.**, Muir, D., & Lee, K. (2007, April). *Children's Eye Gaze Pattern during Thinking and Its Relation to Their Knowledge about Thinking-Related Gaze Behavior*. Poster presented at the biennial meeting of the Society for Research in Child Development, Boston, MA.
- Hollenstein, T.** & Lewis, M. D. (2006, March). *Emotions, Emotion Regulation, and Flexibility: A Dynamic Systems Analysis of Mother-Daughter Interactions across Early Adolescence*. Paper presented at the biennial meeting of the Society for Research on Adolescence, San Francisco, CA.
- Hollenstein, T.** (2006, March). *Innovation in Observational Data Analysis: Using State Space Grids to Measure and Model Socioemotional Dynamics in Adolescence*. Paper presented at the biennial meeting of the Society for Research on Adolescence, San Francisco, CA.

- Hollenstein, T.** (2005, September). *Using state space grids to display, describe, quantify, and analyze synchronized time series or event sequences*. Paper presented at the 5th International Conference on Methods and Techniques in Behavioral Research, Wageningen, Netherlands.
- Hollenstein, T., & Lewis, M. D.** (2005, April). *Mapping variability in dyadic interactions with state space grids*. Paper presented at the biennial meeting of the Society for Research in Child Development, Atlanta, GA.
- Hollenstein, T.** (2004, July). *Rigidity and the development of psychopathology*. Poster presented at the biennial meeting of the International Society for the Study of Behavioral Development, Ghent, Belgium.
- Hollenstein, T.** (2004, March). *The variability of adolescent behavior: More evidence of a developmental phase transition from a study of peer interactions*. Poster presented at the biennial meeting of the Society for Research on Adolescence, Baltimore, MD.
- Hollenstein, T.** (2003, August). *Variability as a variable: A model and measure of behavioral flexibility*. Paper presented at the annual meeting of the Society for Chaos Theory in Psychology and the Life Sciences, Boston, MA.
- Hollenstein, T.** (2003, May). *Two dynamic systems studies show developmental phase transitions using state space grids*. Poster presented at the annual meeting of the American Psychological Society, Atlanta, GA.
- Hollenstein, T., & Granic, I.** (2003, April). *Predicting antisocial behavior from dynamic systems measures of parent-child rigidity*. Poster presented at the biennial meeting of the Society for Research in Child Development, Tampa, FL.
- Hollenstein, T., Granic, I., Stoolmiller, M., & Snyder, J.** (2003, April). *Parent-child flexibility and growth in antisocial behavior*. Paper presented at the biennial meeting of the Society for Research in Child Development, Tampa, FL.
- Hollenstein, T.** (2002, August). *Structural changes in family interactions during the early adolescent transition: A dynamic systems approach*. Paper presented at the biennial meeting of the International Society for the Study of Behavioral Development, Ottawa, ON.
- Hollenstein, T.** (2002, June). *Why fluctuations?* Poster presented at the annual meeting of the Jean Piaget Society, Philadelphia, PA.
- Hollenstein, T., & Granic, I.** (2001, August) *Using state space grids to depict phase transitions in adolescent development*. Paper presented at the annual meeting of the Society for Chaos Theory in Psychology and the Life Sciences, Madison, WI.
- Hollenstein, T., Leve, L., Scaramella, L. & Neiderheiser, J.** (2000, April). *Openness in adoption*. Poster presented at Western Psychological Association conference, Portland, OR.

Knowledge Mobilization

- Hollenstein, T. & Faulkner, K.** (2023). Teens and screens: 7 ways tried-and-true parenting approaches can help navigate family conflict. *The Conversation*.
<https://theconversation.com/teens-and-screens-7-ways-tried-and-true-parenting-approaches-can-help-navigate-family-conflict-211416>
- Hollenstein, T.** (2020, March 14). Regulating Emotions in a COVID-19 World [Web blog post].
<https://medium.com/@Tom.Hollenstein/regulating-emotions-in-a-covid-19-world-f3ef394f8294>
- Hollenstein, T.** (2018, January 28). Don't Buy Selye [Web blog post].
<https://medium.com/@Tom.Hollenstein/dont-buy-selye-4563ef040001>

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Hollenstein, T. (2016, June 16). Emotional Yoga: The importance of emotional flexibility for emotional well-being [Web blog post]. <http://emotionnews.org/emotional-yoga-the-importance-of-emotional-flexibility-for-emotional-well-being/>

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Media

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MindLight Video Game (2014) CKWS TV News at 6

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Armes, C. (2015). Close relationships can ease emotional stress. Queen's Gazette, Queen's University.

<http://www.queensu.ca/gazette/stories/close-relationships-can-ease-emotional-stress>

Regulating Emotions in a COVID-19 World (2020, March). Medium

Coronavirus: How to be mindful of your mental health (2020, March). Global News.

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Accepting Anxiety as COVID-19 Looms (2020, April) Queen's Gazette, Queen's University.

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Coping with Anxiety and Emotions during COVID-19 (2020, April). Video for Queen's University Students.

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