

Beth Russell

Associate Professor

I am an Associate Professor in the HDFS department, the Director of the Center for Applied Research in Human Development ([CARHD](#)), and the program coordinator for the Certificate program in [Family Life Education](#) (CFLE), offered through the National Council on Family Relations. I mentor graduate students through the following program specializations:

- [Health and Well-being](#)
- [Parenthood and Parent-Child Relationships](#)
- [Prevention & Early Intervention](#)

I am currently accepting graduate student applicants for the **2020-2021** academic year.

Research Interests: Self-regulation in normative and at-risk samples

I study the development of self-regulation with a specific focus on the regulation of distress. I use a lifespan frame of study for my work and anchor most of my work in theoretical approaches that emphasize social and contextual influence on individual behavior. I often use mixed-method designs and am most intrigued by studies that lend themselves of application in the lived settings of the population at hand. My research falls into the following broad categories:

- parent-child mutual or co-regulation where child outcomes are heavily scaffolded by the caregiver
- self-regulation in youth where maturity demands for individuation from caregivers lead self-regulation to the forefront
- self-regulation during the transition to parenthood, where parent-child exchanges rely on parents' regulatory skill.

Challenges to skillful regulation can be encountered in each of these phases so I often address these individual and contextual factors as well. Current topics include

- substance use and recovery
- families coping with a chronic health condition
- parenting in the context of cumulative disadvantage

Dr. Russell's CV

Selected Recent Publications (*student co-authors):

Russell, B. S., Hutchison, M.*, & Fusco, A.* (2019). Emotion regulation outcomes and preliminary feasibility evidence from a mindfulness intervention for adolescent substance use. *Journal of Child and Adolescent Substance Abuse*. doi: 10.1080/1067828X.2018.1561577

Guite, J. W., Russell, B. S., Homan, K., J., Tepe, R. M., & Williams, S. E. (2018). Parenting in the context of children's chronic illness: Balancing care and burden. *Children*, 5, 161, doi:10.3390/children5120161

Guite, J. W., Russell, B. S., Pantaleao, A.*, Heller, A. T.*, Donohue, E.*, Galica, J., Zempsky, W., & Ohanessian, C. M. (2018). Parents as coping coaches for adolescents with chronic pain: Promoting caregiver self-regulation. *Clinical Practice in Pediatric Psychology*, 6(3), 223-237. doi <http://dx.doi.org/10.1037/cpp0000244>

Lee, S.*, Park, C., & Russell, B. S. (2018). Does distress tolerance interact with trait anxiety to predict challenge or threat appraisals? *Personality and Individual Differences*, 132, 14-19

Park, C., Russell, B. S., & Fendrich, M. (2018). Mind-body approaches to prevention and intervention for young adults' alcohol and other drug use/abuse. *Medicines*, 5, 64-74. doi:10.3390/medicines5030064

Russell, B. S., Lincoln, C. R.*, & Starkweather, A., (2018, in press). Distress tolerance as a theoretical mechanism of action for the self-management of chronic conditions. *Journal of Holistic Nursing*, DOI: 10.1177/0898010118777327. [Epub ahead of print]

Elsaesser, C., Russell, B. S., Ohanessian, C. M., & Patton, D. (2017). Parenting in a digital age: Implications for online youth interpersonal violence. *Aggression and Violent Behavior: A Review Journal*, 35, 62-72

- Lincoln, C. R.* , Russell, B. S., Racine, L.* , & Donohue, E.* (2017). Mother-child interactions and preschoolers' emotion regulation outcomes: Nurturing autonomous emotion regulation. *Journal of Child and Family Studies*, 26(2), 559-573. DOI 10.1007/s10826-016-0561-z
- Russell, B. S. & Gordon, M. (2017). Parenting and adolescent substance use: Moderation effects of community engagement in a nationally representative sample. *International Journal of Mental Health and Addiction*, 15(5), 1023-1036. DOI 10.1007/s11469-017-9728-0
- Russell, B. S., Simpson, E.* , Flannery, K.* , & Ohannessian, C. M. (2017). The impact of adolescent substance use on family functioning: A mediation of internalizing symptoms. *Youth and Society*, DOI: <https://doi.org/10.1177/0044118X16688708>
- Russell, B. S., Thompson Heller, A.* , & Hutchison, M.* (2017). Differences in adolescent emotion regulation and impulsivity: A group comparison study of school-based recovery students. *Substance Use and Misuse*, 52(1), 1-12
- Russell, B. S., Lee, J. O., Speiker, S., & Oxford, M. L. (2016). Parenting and preschool self-regulation as predictors of social emotional competence in 1st grade. *Journal of Research in Childhood Education*, 30(2), 153-169. DOI: 10.1080/02568543.2016.1143414
- Russell, B. S., Maksut, J.* , Lincoln, C. R.* , & Leland, A. J.* (2016). Computer-mediated parenting education: Digital family service provision. *Children and Youth Services Review*, 62, 1-8. doi:10.1016/j.chilyouth.2016.01.012
- Russell, B. S., Leland, A. J.* , & Trudeau, J. J. (2015). Social influence on adolescent polysubstance use: The escalation to opioid use. *Substance Use & Misuse*, 50(10), 1325-1331, DOI: 10.3109/10826084.2015.1013128
- Russell, B.S., & Lincoln, C. R.* (2015). Distress tolerance and emotion regulation: Promoting maternal mental health across the transition to parenthood. *Parenting: Science & Practice*, 16 (1), 22-35. DOI:10.1080/15295192.2016.1116893