

Curriculum Vitae

**RACHEL M. McLAREN**

The University of Iowa  
Department of Communication Studies  
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**EDUCATION**

**The Pennsylvania State University** **University Park, Pennsylvania**  
Ph.D. in Communication Arts and Science 2008  
  
M.A. in Communication Arts and Sciences 2005  
  
**La Salle University** **Philadelphia, Pennsylvania**  
B.A. in Communication, Honors Program, *Maxima Cum Laude* 2003

**ACADEMIC AND PROFESSIONAL EXPERIENCE**

**Associate Professor** 2016 – present  
*The University of Iowa*  
  
**Assistant Professor** 2008 - 2016  
*The University of Iowa*  
  
**Teaching Assistant** Fall 2003-Spring 2004; Fall 2005-Fall 2007  
*The Pennsylvania State University*  
  
**Research Assistant** Summer 2007  
*The Pennsylvania State University*  
  
**Coordinator, Teamwork Center** Fall 2004 – Spring 2005  
*The Pennsylvania State University*

**HONORS AND AWARDS**

**Research Awards**  
**Internal Grant, \$25,040** 2009-2010  
**Social Science Funding Program (SSFP). *Hurtful communication between parents and adolescent children.***  
The University of Iowa, Office for the Vice President of Research  
  
**Outstanding Dissertation of the Year Award** 2009  
Interpersonal Communication Division, National Communication Association  
  
**Old Gold Research Fellowship** 2009  
The University of Iowa  
  
**Internal Research Award** 2006-2008  
The Pennsylvania State University, Department of Communication Arts & Sciences

## Top Paper Awards

- Family Communication Division, Top 4 Paper** 2017  
\*Jackl, J. A., & McLaren, R. M. (November 2017). "You're always expected to be your best": Master Narrative Expectations of Modern Parenthood. Paper presented at the annual meeting of the National Communication Association Conference in Dallas, TX. *Top Paper Panel, Family Communication Division*.
- Interpersonal Communication Division, Top 4 paper** 2016  
Solomon, D. H., Knobloch, L. K., Theiss, J. A., & McLaren, R. M. (November 2016). Paper presented at the annual meeting of the National Communication Association Conference in Philadelphia, PA. *Relational Turbulence Theory: Explaining Variation in Subjective Experiences and Communication within Romantic Relationships*.
- Interpersonal Communication Division, Top Paper** 2016  
**Western States Communication Association**  
\*Jayachandiran, C., & McLaren, R. M. (February 2016). *Narrative Constructions of Emerging Adulthood: Negotiating Identity Dilemmas in the Storying of Hurtful Interaction with Parents*.
- Interpersonal Communication Division, Top 3 Paper** 2008  
**National Communication Association**  
Priem, J. S., McLaren, R. M., & Solomon, D. H. (2008, November) *Relational Messages, Perceptions of Hurt, and Biological Stress Reactions to a Disconfirming Interaction*.
- Language and Social Interaction Division, Top Paper** 2005  
**Southern States Communication Association**  
Walker, A. M., Hamrick, K. K., & McLaren, R. M. (2005, April). *Parent-offspring communication about alcohol and other drugs: A replication and extension*.
- Graduate Student Award for Excellence in Teaching** 2006  
International Communication Association
- Kathryn DeBoer Distinguished Teaching Award** 2006  
The Pennsylvania State University, Department of Communication Arts & Sciences

## MEMBERSHIPS

- National Communication Association 2004-present
- International Communication Association 2007-present
- International Association for Relationship Researchers 2008-present

## PUBLICATIONS

\*Student co-author

\*Ray, C., Manusov, V., & McLaren, R. M. (accepted). 'Emotional Support Won't Cure Cancer': Reasons People Give for Not Providing Emotional Support. *Western Journal of Communication*.

Pederson, J. R., & McLaren, R. M. (2017). Indirect effects of supportive communication during conversations about coping with relational transgressions. *Personal Relationships*, 24, 804-819.

Knobloch, L. K., Solomon, D. H., Theiss, J. A., & **McLaren, R. M.** (2017). Relational Turbulence Theory: Understanding Family Communication During Times of Change. In D. O. Braithwaite, E. Suter, & K. Floyd's (Eds.) *Engaging Theories in Family Communication: Multiple Perspectives, 2<sup>nd</sup> edition*. Thousand Oaks, CA: Sage Publications.

Scharp, K. M., & **McLaren, R. M.** (2017). Uncertainty issues, management, and transformation in adult children's stories of their estrangement with their parents. *Journal of Social and Personal Relationships*. doi: 10.1177/0265407517699097

Solomon, D. H., Knobloch, L. K., Theiss, J. A., & **McLaren, R. M.** (2016). Relational Turbulence Theory: Explaining Variation in Subjective Experiences and Communication within Romantic Relationships. *Human Communication Research, 42*, 507-532. doi:10.1111/hcre.12091

**McLaren, R. M.**, & High, A. (2015). The Effect of Under- and Over-Benefited Support Gaps on Hurt Feelings, Esteem, and Relationships. *Communication Research*. doi: 10.1177/0093650215605155

Pederson, J. R., & **McLaren, R. M.** (2015). Managing information following hurtful events: How social network members negotiate private information. *Journal of Social and Personal Relationships, 33*, 961-983. doi: 10.1177/0265407515612242

Steuber, K. R., & **McLaren, R. M.** (2015). Privacy recalibration in personal relationships: Rule usage before and after an incident of boundary turbulence. *Communication Quarterly, 63*, 345-364. doi: 10.1080/01463373.2015.1039717

**McLaren, R. M.**, & \*Pederson, J. (2015). Fostering hope in a hurtful world: The role of communication in promoting hope and resilience in the face of difficult experiences. In G. A. Beck and T. Socha's (Eds.) *Communicating Hope and Resilience across the Lifespan*. Peter Lang International.

**McLaren, R. M.**, & Sillars, A. (2014). Hurtful episodes in parent-adolescent relationships: How accounts and attributions contribute to the difficulty of talking about hurt. *Communication Monographs, 81*, 359-385. doi: 10.1080/03637751.2014.933244

**McLaren, R. M.**, & Solomon, D. H. (2014). Victim and perpetrator differences for hurtful communication: An actor-partner interdependence model. *Human Communication Research, 40*, 291-308. doi: 10.1111/hcre.12031

**McLaren, R. M.**, & Solomon, D. H. (2014). Contextualizing experiences of hurt within close relationships. *Communication Quarterly, 62*, 323-341. doi: 10.1080/01463373.2014.911766

**McLaren, R. M.**, & \*Pederson, J. R. (2014). Relational communication and understanding in conversations about hurtful events between parents and adolescents. *Journal of Communication, 64*, 145-166. doi: 10.1111/jcom.12072

**McLaren, R. M.**, & Solomon, D. H. (2014). Relational framing theory. In D. O. Braithwaite & P. Schrodt (Eds.), *Engaging Theories in Interpersonal Communication, 2<sup>nd</sup> edition* (pp. 115 – 128). Thousand Oaks, CA: Sage Publications.

**McLaren, R. M.**, Dillard, J. P., Tusing, K. J., & Solomon, D. H. (2014). Relational framing theory: Utterance form and relational context as antecedents of frame salience. *Communication Quarterly, 62*, 518-535. doi: 10.1080/01463373.2014.949387

**McLaren, R. M.** & Steuber, K. R. (2013). Emotions, communicative responses, and relational consequences of boundary turbulence. *Journal of Social and Personal Relationships*, 30, 606-626. doi: 10.1177/0265407512463997

**McLaren, R. M.**, Solomon, D. H., & Priem, J. S. (2012). The effect of relationship characteristics on reactions to hurtful messages from romantic partners. *Journal of Communication*, 62, 950-971. doi: 10.1111/j.1460-2466.2012.01678.x.

**McLaren, R. M.**, Solomon, D. H., & Priem, J. S. (2011). Explaining variation in contemporaneous responses to hurt in premarital romantic relationships: A relational turbulence model perspective. *Communication Research*, 38, 543-564. doi: 10.1177/0093650210377896

**McLaren, R. M.**, & Solomon, D. H. (2010). Appraisal and distancing responses to hurtful messages II: A diary study of dating partners and friends. *Communication Research Reports*, 27, 193-206. doi: 10.1080/08824096.2010.496325

Priem, J. S., **McLaren, R. M.**, & Solomon, D. H. (2010). Relational messages, perceptions of hurt, and biological stress reactions to a disconfirming interaction. *Communication Research*, 37, 48-72. doi: 10.1177/0093650209351470

**McLaren, R. M.**, & Solomon, D. H. (2008). Appraisal and distancing responses in response to hurtful messages. *Communication Research*, 35, 339-357. doi: 10.1177/0093650208315961.

Solomon, D. H., & **McLaren, R. M.** (2008). Relational framing theory. In L. A. Baxter & D. O. Braithwaite (Eds.), *Engaging Theories in Interpersonal Communication*, (pp. 103-115). Thousand Oaks, CA: Sage Publications.

## MINOR PUBLICATIONS

**McLaren, R. M.** (in press). Relational framing theory. In C. Berger & M. Roloff (Eds.), *International Encyclopedia of Interpersonal Communication*. Malden, MA: Wiley-Blackwell Publishing.

**McLaren, R. M.** (in press). Conflict tactics scale. In C. Shehan (Ed.), *Encyclopedia of Family Studies*. Wiley-Blackwell Publishing.

Sillars, A., & **McLaren, R. M.** (in press). Understanding and conflict. In C. Berger & M. Roloff (Eds.), *International Encyclopedia of Interpersonal Communication*. Malden, MA: Wiley-Blackwell Publishing.

Sillars, A., & **McLaren, R. M.** (in press). Attribution in conflict. In C. Berger & M. Roloff's (Eds.), *International Encyclopedia of Interpersonal Communication*. Malden, MA: Wiley-Blackwell Publishing.

## WORKS REPRINTED

**McLaren, R. M.**, & Sillars, A. (October 2014). Talking about hurtful communication in the family. *Communication Currents*, 9. Online publication available at: <http://www.natcom.org/CommCurrentsArticle.aspx?id=5393#> [a version of the 2014 McLaren & Sillars *Communication Monographs* study re-written for a broad audience]

## MANUSCRIPTS UNDER REVIEW

\*Schumaker, A., Abbott, A. L., Campo, M., Ashida, S., Young, R., Parker, E., **McLaren, R. M.** (under review). Without the medicine, it's just a spoonful of sugar: A content analysis of humor, threat, and efficacy in health-related ad council print ads. Submitted to the *Journal of Health Communication*.

## MANUSCRIPTS IN PROGRESS

\*Student co-author

Jackl, J. A., & **McLaren, R. M.** (undergoing revisions). "You're always expected to be your best": Master Narrative Expectations of Modern Parenthood.

Pederson, J. R., High, A. C., **McLaren, R. M.** (undergoing revisions). *Support gaps surrounding conversations about coping with relational transgressions*.

Bennett, L. K., & **McLaren, R. M.** (in progress). Sometimes the truth hurts: Examining emotional reactions and relational perceptions of feedback messages.

**McLaren, R. M.**, Schnettler, M. M., & High, A. C. (in progress). Social support for people with obsessive compulsive disorder: Uniting the theory of conversationally induced reappraisals and the dual-process theory of supportive communication outcomes.

**McLaren, R. M.**, & Sillars, A. (In progress). *Parents and Adolescents Conversations about Hurt: How characteristics of interactions predict empathic accuracy*.

Pederson, J. R.\*, & **McLaren, R. M.** (Undergoing revisions). *Sharing Forgiveness: Exploring How Social Network Members Process Hurtful Experiences*.

High, A. C., & **McLaren, R. M.** (In progress). *Unmet desires for support: Moderators of support gaps*.

## PEER-REVIEWED CONVENTION ACTIVITY

\*Student co-author

\*Ray, C., Manusov, V., & **McLaren, R. M.** (November 2017). Breaking the Rules?: Why People Choose Not to Provide Emotional Support to Others. Paper presented at the annual meeting of the National Communication Association Conference in Dallas, TX.

\*Jackl, J. A., & **McLaren, R. M.** (November 2017). "You're always expected to be your best": Master Narrative Expectations of Modern Parenthood. Paper presented at the annual meeting of the National Communication Association Conference in Dallas, TX. *Top 4 Paper Panel, Family Communication Division*.

\*Bennett, L. K., & **McLaren, R. M.** (June 2017). Sometimes the truth hurts: Examining emotional reactions and relational perceptions of feedback messages. Paper presented at the meeting for the International Association for Relationship Research Mini-Conference in Syracuse, NY.

Solomon, D. H., Knobloch, L. K., Theiss, J. A., & **McLaren, R. M.** (November 2016). Relational Turbulence Theory: Explaining Variation in Subjective Experiences and Communication within Romantic Relationships. Paper presented at the annual meeting of the National Communication Association Conference in Philadelphia, PA. *Top 4 Paper Award, Interpersonal Division*.

Scharp, K. M., & McLaren, R. M. (June 2016). *Uncertainty issues, management, and transformation in adult children's stories of their estrangement with their parents*. Paper presented at the annual meeting of the International Communication Association Conference in Fukuoka, Japan.

\*Jayachandiran, C., & McLaren, R. M. (February 2016). *Narrative Constructions of Emerging Adulthood: Negotiating Identity Dilemmas in the Storying of Hurtful Interaction with Parents*. Paper to be presented at the annual meeting of the Western States Communication Association Conference, San Diego, CA. *Top paper award*.

McLaren, R. M., & High, A. C. (November 2015). *Hurtful but Helpful Support: The influence of received support, support gaps, and hurt feelings on individual and relational outcomes*. Paper to be presented at the annual meeting of the National Communication Association, Las Vegas, NV.

Pederson, J. R., McLaren, R. M., & High, A. C. (November 2015). *Support (In)adequacy During Conversations About Coping with Relational Transgressions*. Paper to be presented at the annual meeting of the National Communication Association, Las Vegas, NV.

Pederson, J. R., High, A. C., & McLaren, R. M. (June 2015). *The Relationship between Verbal Person Centeredness and Well-Being during Conversations about Coping with Relational Transgressions*. Paper presented at the meeting of the International Association for Relationship Research Mini-Conference on Relationships, Health, and Wellness, New Brunswick, NJ.

Pederson, J. R., & McLaren, R. M. (November 2014). *Conversations about coping with relational transgressions: How social support corresponds with stress and negative emotions*. Paper presented at the annual meeting of the National Communication Association, Chicago, IL.

McLaren, R. M., Sillars, A., \*Cho, M. K., & \*Taylor, J. (May 2014). *Hurtful episodes in parent-adolescent relationships: How accounts and attributions contribute to the difficulty of talking about hurt*. Paper presented at the annual meeting of the International Communication Association, Seattle, WA.

Steuber, K. R., & McLaren, R. M. (November 2013). *Privacy recalibration in close relationships: Rule usage before and after an incident of boundary turbulence*. Paper presented at the meeting of the National Communication Association, Washington, DC.

\*Pederson, J., & McLaren, R. M. (November 2013). *Managing information following hurtful experiences: How social network members negotiate private information*. Paper to be presented at the meeting of the National Communication Association, Washington, DC.

McLaren, R. M., & \*Pederson, J. (November 2012). *Relational communication and understanding in conversations about hurtful events between parents and adolescents*. Paper presented at the meeting of the National Communication Association, Orlando, FL.

\*Pederson, J., & McLaren, R. M. (July 2012). *Sharing Forgiveness: Exploring How Social Network Members Process Hurtful Experiences*. Paper presented at the meeting of the International Association for Relationship Researchers, Chicago, IL.

McLaren, R. M. & Steuber, K. R. (May 2012). *Obstacles and opportunities: Emotions, communicative responses, and relational consequences of boundary turbulence*. Paper presented at the meeting of the International Communication Association, Phoenix, AZ.

Priem, J. S., Solomon, D. H., & **McLaren, R. M.** (October 2011). *Relationship qualities, emotions, and cortisol responses to hurtful messages from a dating partner*. Paper presented at the meeting of the International Association for Relationship Research Mini-Conference on Health, Emotion, and Relationships, Tucson, AZ.

**McLaren, R. M.**, Solomon, D. H. (November 2009). *Victim and perpetrator differences for hurtful communication: An actor-partner interdependence model*. Paper presented at the meeting of the National Communication Association, Chicago, IL.

**McLaren, R. M.**, Solomon, D. H., & Priem, J. S. (May 2009). *The effect of relationship characteristics on reactions to hurtful messages from romantic partners*. Paper presented at the meeting of the International Communication Association, Chicago, IL.

Priem, J. S., **McLaren, R. M.**, & Solomon, D. H. (November 2008) *Relational Messages, Perceptions of Hurt, and Biological Stress Reactions to a Disconfirming Interaction*. Paper presented at the meeting of the National Communication Association, San Diego, CA. *Top 3 Paper Award*.

**McLaren, R. M.**, Priem, J. S., & Solomon, D. H. (July 2008). *Layers of Identity and Experiences of Hurt: A Theme Analysis*. Paper presented at the meeting of the International Association for Relationship Research, Providence, RI.

**McLaren, R. M.**, Solomon, D. H., & Priem, J. S. (May 2008). *A relational turbulence model of experiences of hurt in premarital romantic relationships*. Paper presented at the meeting of the International Communication Association, Montreal, ON.

**McLaren, R. M.** (October 2007). *Relational framing during relationship transitions*. Invited panel at the meeting of the Pennsylvania Communication Association.

**McLaren, R. M.**, & Solomon, D. H. (November 2007). *Contextualizing experiences of hurt within close relationships*. Paper presented at the meeting of the National Communication Association, Chicago, IL.

**McLaren, R. M.**, & Solomon, D. H. (May 2007). *Applying appraisal theories of emotion to the experience of hurt II: A diary study of dating partners and friends*. Paper presented at the meeting of the International Communication Association, San Francisco, CA.

**McLaren, R. M.**, & Solomon, D. H. (November 2006). *Applying appraisal theories of emotion to the experience of hurt*. Paper presented at the meeting of the National Communication Association, San Antonio, TX.

Walker, A. M., Hamrick, K. K., & **McLaren, R. M.** (April 2005). *Parent-offspring communication about alcohol and other drugs: A replication and extension*. Paper presented at the meeting of the Southern States Communication Association, Baton Rouge, LA. *Top Paper Award*.

## TEACHING

### Teaching Evaluations

Scores available upon request.

### Students Advised

Degree Objective	Years Advised	Outcome
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<b>Ph.D. Candidates</b>		
Dinndorf	2017 - present	New PhD student
Bennett	2016 - present	Passed Program of Study
Jayachandiran	2014 - present	Passed Dissertation Proposal
Jackl	2014 – 2017	Graduated May 2017
Paxman	2014 – 2016	Graduated May 2016
Kampa	2010 - 2015	Graduated May 2015
Pederson	2009 – 2014	Graduated May 2014
Whitehill	2009 – 2010	Withdrew
Meng	2008-2009	Changed advisors
Undergrad Honors Thesis		
Kubichan	2009-2010	Graduated
Rubezhova	2010-2011	Graduated
<b>Committee Memberships</b>		
Graduate Student Committees		
Schumacher	2016-2017	Graduated
Kelley	2015-2017	Changed committee members
Crowley	2014-2017	Graduated
Wotipka	2013-2016	Graduated
Buchanan	2011-2016	Graduated
Thomas	2012-2015	Graduated
Jackl	2013-2014	Became advisee
Jayachandiran	2013-2014	Became advisee
Brummett	2012-2014	Graduated
Paxman	2011-2014	Became advisor
Wadya	2010-2012	Withdrew
Usera	2010-2012	Changed committee members
Scharp	2011-2014	Graduated
Bernabo	2010-2011	Changed committee members
Bookman	2009-2010	Changed committee members
Jannusch	2010-2011	Changed committee members
Livesay	2008-2011	Changed committee members
Norwood	2008 - 2010	Graduated
Undergrad Honors Thesis		
Shelton	2010-2011	Graduated
Andrys	2010	Graduated
Roberts	2009-2010	Graduated
DiLeo	2009-2010	Graduated
Vollstedt	2008-2009	Graduated

## **OTHER TEACHING EXPERIENCE**

### **Invited Guest Lecturer**

**Leadership and Public Speaking in Groups (51:092 Leadership and Resourcefulness)**

2010

*The University of Iowa*

Updated March 2018



## DEPARTMENTAL AND UNIVERSITY SERVICE

<b>Executive Committee</b> <i>University of Iowa</i>	Spring 2018
<b>Faculty Assembly - Secretary</b> <i>University of Iowa</i>	2017-2018
<b>External Departmental Review Committee for Sociology Department</b> <i>The University of Iowa</i>	Fall 2017
<b>Graduate Affairs Committee</b> <i>The University of Iowa</i>	2017-2018
<b>Hiring Committee, Chair</b> <i>The University of Iowa</i>	Fall 2017
<b>Ad-Hoc Committee for Developing Departmental Hiring Priorities</b> <i>The University of Iowa</i>	Spring 2017
<b>20/20 Charrette - College of Liberal Arts and Sciences</b> <i>The University of Iowa</i>	Spring 2017
<b>Hiring Committee, Co-chair</b> <i>The University of Iowa</i>	Fall 2016
<b>Merit Review Committee</b> <i>The University of Iowa</i>	2016, 2017
<b>Events Committee</b> <i>The University of Iowa</i>	2014- Fall 2015
<b>Facilitator for Panel on Teaching Small Classes at New Faculty Orientation</b> <i>The University of Iowa</i>	2014, 2015, 2017
<b>Becker Memorial Conference Committee</b> <i>The University of Iowa</i>	Spring 2014
<b>Undergraduate Affairs Committee</b> <i>The University of Iowa</i>	Fall 2008, Spring 2013, 2015-2016
<b>Committee on Committees</b> <i>The University of Iowa</i>	Spring 2012
<b>Search Committee for Department Executive Officer</b> <i>The University of Iowa</i>	2011-2012
<b>Supervisor for Teaching Assistants</b> <i>The University of Iowa</i>	Fall 2008-Spring 2011

Updated March 2018

**Lecture, Awards, and Department Seminar Committee** 2009-2011  
*The University of Iowa*

**Jakobsen Research Conference, Judge** 2009  
*The University of Iowa*

**Hiring Committee for Faculty Position** 2008, 2017-2018  
*The University of Iowa*

## **PROFESSIONAL SERVICE**

**Awards Committee** 2016-2018  
International Association for Relationship Researchers

**Thesis/Dissertation Award Committee** 2015-2016  
*Interpersonal Communication Division, National Communication Association*

### **Editorial Board Member**

*Communication Monographs* 2016-present  
*Communication Quarterly* 2018-present  
*Southern Journal of Communication* 2015-present  
*Western Journal of Communication* 2012, 2014- 2017  
*Communication Monographs, special issue on physiology/biology* 2014

### **Ad-Hoc Reviewer** (in alphabetical order)

*Adaptive Human Behavior and Physiology* 2018  
*Communication Monographs* 2014-present  
*Communication Quarterly* 2014-present  
*Communication Research* 2011-2015  
*Communication Studies* 2011  
*Human Communication Research* 2010, 2012, 2014-present  
*Journal of Family Communication* 2014  
*Journal of Applied Communication Research* 2011-2014  
*Journal of Communication* 2012, 2014  
*Journal of Social and Personal Relationships* 2009, 2010, 2012, 2014-present  
*Personal Relationships* 2011  
*Psychological Abstracts* 2013  
*Social Psychology Quarterly* 2011  
*Southern Journal of Communication* 2015-present  
*Western Journal of Communication* 2013-2015

**Writing Coach and Workshop Facilitator** 2015-present  
*National Center for Faculty Development and Diversity*

**Nominating Committee** 2011-2012  
*Interpersonal Communication Division, National Communication Association*

**Thesis Award Committee** 2009-2010  
*International Communication Association, Interpersonal Division*