

KAREN K. MELTON, PH.D.

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PERSONAL STATEMENT

As a scholar, my long-term goal is to contribute to the literature on the maintenance of healthy families. At this time, my current research agenda focuses on improving social connectedness through connection experiences. Primary prevention of loneliness and social isolation through the development and maintenance of high-quality relationships has been named a public health priority (Holt-Lunstad et al., 2017). Relationship development and maintenance are driven by *shared experiences* that create opportunities for connection (Aron & Aron, 1986; Heath & Heath, 2017; Kleiber et al., 2011). Less known are the conditions under which general or unspecified shared experiences become protective *connection experiences* within established relationships. My conceptual (Melton, 2017; Melton, Hodge, Duerden, 2019) and empirical work (Melton, 2019) has indicated that both *environmental* factors and *interpersonal* factors influence the connection in shared experiences; specifically, that novelty of the environment and interpersonal touch may be the leading factors in creating connection experiences. Therefore, my current scholarship aims to identify the specific mechanisms of connection experiences that lead to the *growth* or *maintenance* of family relationships.

Other keywords that describe my research include: adolescent development; positive youth development; family relations; oxytocin; family activities—rituals, routines, recreation, and religion; family time; family ecology; decision-making; family identity; family finances; resource management; intentional family; family life education; and program effectiveness.

EDUCATION

Ph.D. Youth Development-Recreation, Parks, & Tourism Sciences; Texas A&M University; 2010-2014

M.S. Youth Development-Recreation, Parks, & Tourism Sciences; Texas A&M University; 2006-2008

B.S. Therapeutic Recreation-Leisure Sciences; Minor: Psychology; University of South Alabama; 2002-2006

EMPLOYMENT HISTORY

2014-	Baylor University; Associate Professor of Child & Family Studies Director of the H.O.P.E. Research Lab (2016-present) Director of Baylor-Compassion Initiative (2018-present) Assistant Professor of Child & Family Studies (2014-2020)
2010-2014	Texas A&M University; College Station, TX; Instructor, Research Assistant & Fellow
2013	Baylor University; Adjunct Faculty
2008-2010	Methodist Children's Home; Director of Program Services
2006-2008	Texas A&M University; Research & Teaching Assistant
2006	SOAR; Wilderness Counselor
2005-2006	Alabama School of Math & Science; Resident Advisor
2005	Camp Baldwin; Camp Staff
2004	Student Life Camp; Recreation Coordinator
2003	North American Mission Board; Missionary

HONORS

- Undergraduate Research Mentor of the Year for Professional Fields, Baylor University, 2018
- Nominated for Outstanding Tenure-Track Faculty, Baylor University, 2018
- BaylorPLUS Salute, 2018
- Rising Star, Baylor University, 2015
- Summer Faculty Institute Fellow, Baylor University, 2016
- Willie May Harris Fellowship, Texas A&M, 2013
- Vice Chancellor's Teaching Excellence Award, Texas A&M, 2013
- Teaching Academy Fellow, Texas A&M, 2012
- SLATE: Student Lead Award for Teaching Excellence, Texas A&M, 2010
- Bradberry Youth Development Scholarship, 2006- 2007, 2010- 2011, 2013-2014
- Peter A. Witt and Joyce I. Nies Graduate Youth Development Fellowship, 2011- 2013
- Rho Phi Lambda, National Honor Society, 2011
- Magna Cum Laude, 2006
- Phi Kappa Phi, National Honor Society, 2005
- Chi Alpha, National Honor Society, 2004
- Phi Etta Sigma, National Honor Society, 2003

PUBLICATIONS

PEER REVIEW PUBLICATIONS

Journal Articles

1. Boccia, M., **Melton, K. K.**, & Larson, M. (2020). An overview of the use of oxytocin measures in leisure studies. *Journal of Leisure Research*, 51(3). doi.org/10.1080/00222216.2019.1687265
2. **Melton, K. K.**, Larson, M., & Boccia, M. (2019) Examining couple recreation & oxytocin via the creation of family experience framework. *Journal of Marriage & Family*, 81(3), 771-782. doi.org/10.1111/jomf.12556
3. **Melton, K. K.** & McAninch, N. (2018). From healthy to thriving: Conceptualization of purposive resource management of intentional families. *Journal of Family & Consumer Sciences*, 110(2), 14-36. doi:10.14307/JFCS110.2.14
4. **Melton, K. K.**, Townsend J. N., Hodge, C. J. (2018). Creation of military family leisure experiences. *Journal of Family Theory & Review*. 10(3), 602-619. https://doi.org/10.1111/jftr.12273
5. **Melton, K. K.** & Ellis, G. (2018). Measurement of time involvement in family activities: Alternative scaling for the Family Leisure Activity Profile. *Leisure Sciences*, 41(6), 535-541. doi.org/10.1080/01490400.2018.1458669
6. **Melton, K. K.**, Lanning, B., & Abel, N. (2018). Family-centered approach to teen-driving program: Program evaluation of parental behavioral outcomes. *Journal of Adolescent and Family Health*, (9)1, 1-13.

7. Lanning, B., **Melton, K.**, & Abel, N. (2018). The impact of a supplemental driver's education program on teenage risk perception and driving behavior. *Transportation Research*, (2018)58, 442-451.
8. **Melton, K. K.** (2017). Family activity model: Crossroads of activity environment and family interactions in family leisure. *Leisure Sciences*, 39(5), 457-473.
doi:10.1080/01490400.2017.1333056
9. **Melton, K. K.** (2017). Review of the family activity model with implications for research & practice. *Texas Association of Family and Consumer Sciences*. 4(1), 21-28.
10. **Melton, K. K.** & Zabriskie, R. (2016). In the pursuit of happiness all family leisure is not equal. Special Issue on Happiness & Leisure. *World Leisure Journal*. 58(4), 311-326.
[doi:10.1080/16078055.2016.1228154](https://doi.org/10.1080/16078055.2016.1228154)
11. **Melton, K. K.**, Ellis, G., & Zabriskie, R. (2016). Assessing alternative techniques for scaling the Family Leisure Activity Profile: Recommendations for future family leisure measurement. *Leisure Sciences*. 38(2), 179-198. [doi:10.1080/01490400.2015.1087356](https://doi.org/10.1080/01490400.2015.1087356)
12. Edwards, M. B., Theriault, D. S., Shores, K. A. & **Melton, K. K.** (2014). Promoting youth physical activity in rural southern communities: Practitioner perceptions of environmental opportunities and barriers. *Journal of Rural Health*, 30(4). 379–387. [doi:10.1111/jrh.12072](https://doi.org/10.1111/jrh.12072)

Manuscripts submitted

1. **Melton, K. K.**, Hodge, C. J., Duerden, D. (submitted Jan 2019; resubmitted July 2019). Ecology of Family Experiences: Contextualizing Family Activities for Human Development & Family Relations.
2. **Melton, K.K.**, & Ament, M. (submitted July 2019) ENGAGE: Increasing parenting outcomes of vulnerable populations.
3. Hodge, C.; Chandler, K.; **Melton, K. K.**, & Stokes, K. (submitted May 2019). Measuring family communication in the leisure context increasing precision through innovation.
4. Boccia, M., **Melton, K. K.**, & Larson, M. (submitted in July 2019). Measuring oxytocin in family leisure studies: A comparison of urine vs saliva.
5. **Melton, K.**, McAninch, N., & Morgan, G. (submitted in July 2019). Financial planning across parenthood: Examining propensity to plan at immediate-, short-, and long-term.

Manuscripts in preparation

6. **Melton, K.**, McGrew, J., & Lee, G. Are we there yet? Adolescent reflections on family travel.
7. **Melton, K.**, Lee, G., & McGrew, J. Adolescent values development through travel.
8. **Melton, K.**, McAninch, N., & Morgan, G. Intentionality with family life scale: Testing reliability & validity
9. **Melton, K.**, McAninch, N., & Morgan, G. Intentionality with family life scale: Testing reliability using IRT

10. **Melton, K.**, McAninch, N., & Morgan, G. Did you put it on the calendar? Examining time management across parenthood.

NON-REFEREED PUBLICATIONS

Book Chapters (reviewed by Editor)

1. **Melton, K. K.** (2018). Family activity model: Crossroads of activity environment and family interactions in family leisure. In D. E. Trussell, R. Jeanes, & E. Such, (Eds.) *Revisiting Family Leisure Research: Critical Reflections on the Future of Family-Centered Scholarship*. London: Taylor & Francis.
2. **Melton, K. K.**, Hodges, C., McAninch, N., & Olschewski, E. (2018). Family matters: Supporting positive youth development through family programming. In P. Witt & L. Caldwell, (Eds.) *Positive Youth Development, 2nd Edition*. State College, PA: Venture Publishing.
3. Duerden, M. D., Norton, K., & **Melton, K.** (2014). Embracing intentionality in adventure programming: The design, implementation, and evaluation of adventure experiences. In R. Black & K.S. Bricker, (Eds.) *Adventure Programming and Travel for the 21st Century*. State College, PA: Venture Publishing.

Professional Publications (reviewed by Editor)

4. Hodge, C. J., **Melton, K.**, Duerden, M. D., O'Neal, C. W., Nichols, L. R., & Lucier-Greer, M. (2019). *Recreation trends, service utilization, and future directions for military Morale, Welfare and Recreation Programs*. Auburn, AL: Military REACH.
https://aub.ie/MilitaryREACH_RecreationReport
5. King, E. & **Melton, K.** (2018). Children's spaces in the home from the 19th through the 21st centuries. *Network*. Minnesota, MN: National Council for Family Relations.
6. **Melton, K.** (2018). Diversify the family activity profile: New advice for strengthening families. *Family Focus Report*. Minnesota, MN: National Council for Family Relations.
7. McAninch, N., & **Melton, K.** (2018) Playing to Purpose: Optimizing Employment Benefits for Family Leisure Time. *Family Focus Report*. Minnesota, MN: National Council for Family Relations.
8. Shahvali, M. M., & **Melton, K.** (2018) To be or not be together: Activities & technology during family vacation. *Family Focus Report*. Minnesota, MN: National Council for Family Relations.
9. **Melton, K.** (2016) Empowering families to diversify their family activity profile. *Network*. Minnesota, MN: National Council for Family Relations.
10. León, M., & **Melton, K.** (2016). *Applying Positive Youth Development Principles to Juvenile Correctional Recreation Programs*. College Station, TX: Sequor Youth Development Initiative.

Technical Reports

11. **Melton, K.** & Ament, M. (2019). *ENGAGE: Evaluation of a Positive Parenting Program*. Technical Report. Waco, TX: Baylor University.

12. Lanning, B., **Melton, K.**, Abel, N. (2015). *Reality Education for Drivers (RED) Program Evaluation*. Technical Report. Waco, TX: Baylor University.

Requested Expert Article

13. **Melton, K.** (2015) *Is your city a TOP city for families!* WalletHub Report on 2015's Best & Worst Cities for Families. Washington D.C.: Wallethub.

FAMILY LIFE EDUCATION

PUBLICATIONS

Curriculum

1. McAninch, N. & **Melton, K.** (in progress). *Intentional Family: Retreat Curriculum*. Waco, TX: Baylor University.
2. **Melton, K.** & McAninch, N. (in progress). *Life in the Trenches: Foster & Adoption Family Stress Management*. Waco, TX: Baylor University.

Online Intervention

McAninch, N. & **Melton, K.** (launched December 2018). *Intentional Family*. Available at www.Intentional.Family

1. *Intentional Family*, March 2020, "Three S's of Intentional Family: While the Kids are Home"
2. *Intentional Family*, December 2019, "Meet the Allens: Preserving their Identity"
3. *Intentional Family*, November 2019, "Meet the Allens: Activating their Plan"
4. *Intentional Family*, October 2019, "Meet the Allens: Establishing their Plan"
5. *Intentional Family*, September 19, 2019, "Meet the Allens: A portrait of an intentional family"
6. *Intentional Family*, June 22, 2019, "Propensity to Plan: Family Time"
7. *Intentional Family*, February 22, 2019, "Exploring identity: What influences your family values"
8. *Intentional Family*, January 24, 2019, "An invitation to identity: Seeking and finding your family values"
9. *Intentional Family*, January 3, 2019, "3 secrets of successful intentional families"
10. *Intentional Family*, December 21, 2018, "Welcome to Intentional.Family: Join us on the journey!"
11. *Intentional Family*, October 28, 2018, "intentional.family: You want a good family life!"
12. *Intentional Family*, October 28, 2018, "4 steps to cultivate your family identity"
13. *Intentional Family*, October 28, 2018, "Step one: Recognize your family identity"
14. *Intentional Family*, October 28, 2018, "Step two: Establish your family plan"
15. *Intentional Family*, October 28, 2018, "Step three: Activate your family plan"
16. *Intentional Family*, October 28, 2018, "Step four: Preserve your family identity"

17. Intentional Family, October 28, 2018, “IF library: Family Identity”
18. Intentional Family, October 28, 2018, “IF library: Family Rhythms”
19. Intentional Family, October 28, 2018, “IF library: Resource management”
20. Intentional Family, October 28, 2018, “IF library: Christian Family Living”
21. Intentional Family, October 28, 2018, “IF Research”
22. Intentional Family, October 28, 2018, “IF Team”

Worksheets

McAninch, N. & **Melton, K.** (2019). *Step 1: Recognizing your family identity—Core family values*. Worksheet available at <https://theintentionalfamilyblog.files.wordpress.com/2019/02/core-family-values-5.pdf>

Infographics

McAninch, N. & **Melton, K.** (2019). *Redefining Parenting Wins*. Infographic available at <https://www.facebook.com/CultivateIF/photos/a.1175543732609548/1238091796354741/?type=3&theater>

PRESENTATIONS

Melton, K. & McAninch, N. (April 2020). Challenges & Stressor. From *Life in the Trenches: Foster & Adoption Family Stress Management*. Presented online to Foster & Adoption Ministry of Highland Baptist Church.

CONFERENCE PRESENTATIONS

Accepted

- Hodge, C., **Melton, K.**, & Sibthorp, J. (May 2020) Commonalities between High Quality Family Experiences and High Quality Youth Programming. Oral presentation at *Sequor Conference on Experience Design*, College Station, TX.
- **Melton, K.**, Hodge, C., Larson, M. & Boccia, M. (May 2020) The Impact of Novel-Environments on Oxytocin, Cortisol, Adrenaline, Noradrenaline, and Dopamine. Oral presentation at *Sequor Conference on Experience Design*. College Station, TX.
- **Melton, K.**, Hodge, C., Agate, S., & Hill, B. (May 2020) The Role of Novelty in Connection Experiences. Oral presentation at *Sequor Conference on Experience Design*. College Station, TX.
- Freeman et al. (May 2020) Panel to explore the application and extension of TSE to family research. Panel speaker at *Sequor Conference on Experience Design*. College Station, TX.
- Freeman et al. (May 2020) Using the experience designer’s toolkit and the theory of structured experiences to design connection experiences. Oral presentaion at *Sequor Conference on Experience Design*. College Station, TX.

Presented

1. **Melton, K.** (February 2020) *Measuring Oxytocin in Leisure Activities*. Invited Panel Speaker in Session: Underutilized Methods of Data Collection in Contemporary Leisure Research; Moderators: Sharaievska, I., & Burke, B; The Academy of Leisure Sciences. Champagne, IL.
2. **Melton, K.**, & Hodge, C., & Duerden, M. (December 2019). *Ecology of Family Experiences: Contextualizing Family Activities for Human Development & Family Relations*. Oral Presentation at the Australia and New Zealand Association of Leisure Studies. Christ Church, NZ.
3. Hodge, C. & **Melton, K.** (December 2019). Conceptualizing families and their leisure: A review. Oral Presentation at the Australia and New Zealand Association of Leisure Studies. Christ Church, NZ.
4. Chandler, K.; Hodge, C., Deboeck, P., **Melton, K.**, & McElvaine, K., (October 2019) *Cost-benefit analysis of ecological momentary assessments to study within-family variability*. Invited presentation for Society for the Study Human Development. Portland, OR.
5. **Melton K.**, McAninch, N., & Morgan, G. (June 2019). *Intentional families: Propensity to plan family time across the family life cycle*. Poster presentation at American Association for Family & Consumer Sciences. St. Louis, MO.
6. McAninch, N., **Melton, K.**, & Fenn, H. (2019, June). *Becoming an intentional family: A four-step process for cultivating and maintaining family identity in a pluralistic society*. Workshop presentation at American Association of Family and Consumer Sciences Annual Conference. St. Louis, MO.
7. **Melton, K.** & Hodge, C. (May 2019). *Conceptual framework for family experience research*. Oral presentation at *Sequor Conference on Experience Design*. College Station, TX.
8. **Melton, K.**, Ettekal, A., & Locke, D. (May 2019). *Experience design in Family & Youth Development*. Panel presentation at *Sequor Conference on Experience Design*. College Station, TX.
9. Ament, M., & **Melton, K. K.** (February 2019). *ENGAGE: Evaluation of Positive Parenting Program*. Poster presented at URSA at Baylor University. Waco, TX.
10. Hodge, C. J., **Melton, K. K.**, Chandler, K., & Boccia, M. (February 2019). *To Boldly Go: Results & Lessons Learned from Novel Data Collection Methods*. Oral presentation at The Academy of Leisure Sciences. Greenville, SC.
11. Ament, M., & **Melton, K. K.** (February 2019). *Evaluation of Positive Parenting Program for Vulnerable Populations*. Poster presented at Texas Council on Family Relations. Austin, TX.
12. Fenn, H., Erickson, J., Ament, M., McAninch, N., & **Melton, K.** (2019, February). *Case study of the Intentional Family Project*. Presented at the Student Poster Competition for the Texas Council on Family Relations Annual Conference in Austin, TX.
13. **Melton, K. K.**, Hodge, C., & Duerden, M. (November 2018). *Creation of Family Experiences: Conceptualizing Concordant and Discordant Experiences of Family Time*. Paper presented at Theory Construction and Research Methodology. San Diego, CA.
14. Duval, A.; Patterson, M. S.; Lanning, B. A.; Ylitalo, K.; & **Melton, K.** (November 2018). *Hooking up experiences on a college campus*. American Public Health Association. San Diego, CA.

15. Lee, G., McGrew, G., & **Melton, K.** (April 2018). *The Trips that Shaped My Life: Adolescent Travel Types and Human Values*. Society of Research on Adolescents. Minneapolis, MN.
16. Duval, A.; Patterson, M. S.; Lanning, B. A.; Ylitalo, K.; & **Melton, K.** (March 2018). *Evaluating Risk Factors of Sexual Violence on a College Campus*. American Academy of Health Behavior Annual Meeting. Portland, OR.
17. **Melton, K.** (November 2017). *Family Time Conceptualized & Measured: Psychological, Physiological, & Behavioral*. Symposium at National Council for Family Relations. Orlando, FL.
18. **Melton, K.** (November 2017). *Conceptualizing Shared Family Time using the Creation of Family Experience Framework*. Paper at National Council for Family Relations. Orlando, FL.
19. Boccia, M., Larson, M. **Melton, K.** (November 2017). *Physiological Measures: Understanding Individuals within the Context of Family Relations*. Paper at National Council for Family Relations. Orlando, FL.
20. McAninch, N. & **Melton, K.**, (November 2017). *Conceptualizing Berry's Acculturation Model for family culture development*. Poster at National Council for Family Relations. Orlando, FL.
21. McGrew, J., Lee, G., **Melton, K.**, (November 2017). *Are we there yet! Adolescent Development in Family Travel*. Poster at National Council for Family Relations. Orlando, FL.
22. **Melton, K.**, McAninch, N., & Ament, M. (June 2017). *Financial Family Processes in Cultivating an Intentional Family Identity*. Paper presented at American Association of Family & Consumer Sciences. Dallas, TX.
23. Boccia, M., Larson, M., & **Melton, K.** (June 2017). *Enhancing family experience research with physiological measures: Insights into psychological states*. Poster presented at American Association of Family & Consumer Sciences. Dallas, TX.
24. Lee, G., McGrew, J. & **Melton, K.** (March 2017). *The Trips that shaped my Life*. Poster presented at URSA Baylor University. Waco, TX.
25. McGrew, J., Lee, G., & **Melton, K.** (March 2017). *Don't Make Me Turn This Car Around: Reflections from Adolescent Family Travel Experiences*. Poster presented at URSA Baylor University. Waco, TX.
26. **Melton, K.**, Larson, M., & Boccia, M. (March 2017). *Impact of Family Experiences on Attachment: Examining Oxytocin Levels*. Poster presented at Society of Research on Child Development. Austin, TX.
27. **Melton, K.** & McAninch, N. (March 2017). *Financial Investment in Family Experiences: Getting the most Bang for your Buck*. Paper presented at Texas Council on Family Relations. Austin, TX.
28. McAninch, N. & **Melton, K.** (March 2017). *Tell me your story: Identifying Financial Values through Family Narratives*. Paper presented at Texas Council on Family Relations. Austin, TX.
29. Lee, G., McGrew, J. & **Melton, K.** (March 2017). *The Trips that shaped my Life: Travel through Adolescent's Perspective*. Poster presented at Texas Council on Family Relations. Austin, TX.
30. McGrew, J., Lee, G., & **Melton, K.** (March 2017). *Don't Make Me Turn This Car Around: Reflections from Adolescent Family Travel Experiences*. Poster presented at Texas Council on Family Relations. Austin, TX.
31. **Melton, K.** (March 2017). *Thinking about Optimal Family Experiences*. Paper presented at Experience Design Industry Management Conference. Provo, UT.
32. **Melton, K.** (February 2017). *Creation of Family Experiences: Bridging the Family Leisure Scholarship*. Paper presented at The Academy for Leisure Sciences. Indianapolis, IN.

33. Trussell, D. & **Melton, K.** (February 2017). A roundtable on family leisure: An analysis of conflicting paradigms revisited. Paper presented at The Academy for Leisure Sciences. Indianapolis, IN.
34. **Melton, K.**, Boccia, M., Larson, M. (November 2016). *Examining oxytocin level to distinguish impact of family activities on attachment*. Paper presented at National Council for Family Relations. Minneapolis, MN.
35. **Melton, K.** & Zabriskie, R. (November 2016). *All family activities are not equal in the pursuit of happiness*. Poster presented at National Council for Family Relations. Minneapolis, MN.
36. Larson, M., **Melton, K.**, & Boccia, M. (September 2016). *Oxytocin's relationship with attachment style and caregiving*. Poster presented at American Association of Family Consumer Sciences—Northeast Texas District Meeting. Waco, TX.
37. Lee, G., McGrew, J., & **Melton, K.** (September 2016). *Content analysis of Relational Tourism: Adolescent perspective of family vacations*. Poster presented at American Association of Family Consumer Sciences—Northeast Texas District Meeting. Waco, TX.
38. **Melton, K.** (March 2016). *The Family Experience Model: Crossroads of Activity Environment & Family Interaction*. Paper presented at Experience Industry Management Conference. Provo, UT.
39. **Melton, K.** (March 2016). *Understanding the Family Leisure Experience*. Paper presented at Southeast Council on Family Relations. Orlando, FL.
40. Hodges, C., **Melton, K.**, & Zabriskie, R. (March 2016). *What is family leisure? Benefits & Critiques*. Poster presented at Southeast Council on Family Relations. Orlando, FL.
41. Zabriskie, R., Hodges, C., **Melton, K.**, & Townsend, J. (March 2016). *Family Recreation: It's More Than Just Fun & Games*. Poster presented at Southeast Council on Family Relations. Orlando, FL.
42. **Melton, K.**, Duerden, M., & Zabriskie, R. (November 2015). *Strengthening the Family through Core and Balance Leisure: An Examination of United Kingdom Families*. Poster presented at National Council on Family Relations. Vancouver, B.C.
43. **Melton, K.**, Ellis, G, & Zabriskie, R. (March 2015). *Measuring Family Leisure Experiences: Alternative Scaling Techniques with the Family Leisure Activity Profile*. Paper presented at Experience Industry Management Conference. Provo, UT.
44. **Melton, K.** (2014). *Collecting Data to improve health outcomes: Using collaboration between organization and university*. Paper presented at Healthy Teen Network Conference. Austin, TX.
45. **Melton, K.** (2014). *Strategic Planning: Moving Your Org from Surviving to Thriving*. Paper presented at Youth Development Initiative Conference. Navasota, TX.
46. Outley, C. Rayfield, J., Theriault, D., Woosnam, K., **Melton, K.**, Ramirez-Mann, & Campbell, K. (2013). *Conducting a Multisite Evaluation Across Texas: Success, Challenges, and Lessons Learned*. Paper presented at American Evaluation Association Conference. Washington D.C.
47. Edwards, M., **Melton, K.**, Bocarro, J., Kanters, M., & Casper, J. (2013) *Perceived Administrative Barriers to Providing Intramural Sports in North Carolina Middle Schools*. Poster presented at Active Living Research Conference, San Diego, CA.
48. **Melton, K.**, & Edwards, M.B. (2012). *Gender Examination of Parent-Child Leisure and Cohesion*. Paper presented at NRPA Leisure Research Symposium. Anaheim, CA.
49. **Melton, K.**, & Ellison, S. (2012) *Adolescent Domestic Human Trafficking: Modern Day Slavery of Youth*. Poster presented at Youth Development Initiative Conference, Austin, TX.
50. Edwards, M. B., **Melton, K.**, Daniel, J., Dunlap, R., & Outley, C. W. (2011). *Perceptions of Youth Leisure-Time Physical Activity in the Rural South*. Paper presented at NRPA Leisure Research Symposium, Atlanta, GA.

51. **Melton, K.,** & Rall, K. (2011). *Logic Models: A Piece of Cake*. Paper presented at Youth Development Initiative Conference. Austin, TX.
52. Reichstein, L., & **Melton, K.** (2011). Interactive Staff Training: Strategies and Tips. Youth Development Initiative Conference. Austin, TX.
53. Duerden, M., **Melton, K.,** & Fernandez, M. (2010). *An Assets Approach to Preparing Educators and Adolescents for College Experience*. Paper presented at Big Tent Conference-Search Institute. Houston, TX.
54. **Melton, K.,** & Roberson, S. (2010). *Listen Up! Youth Voice & Program Quality*. Paper presented at Youth Development Initiative Workshop, Dallas, TX.
55. **Melton, K.** (2010). *Listen Up! Youth Voice & Program Quality*. Paper presented at Youth Development Initiative Conference, Austin, TX.
56. **Melton, K.,** & Witt, P. A. (2008). *Fostering Youth Engagement through Youth Voice, Empowerment, and Participation*. Paper presented at NRPA Congress and Exposition. Baltimore, MD.

RESEARCH FUNDING

Funding Agency	Project Title	Role in project	Amount	Term
Baylor University (Brown Family Scholarship)	Geo-Mapping Poverty & Human Flourishing in Guatemala	PI/OSC	\$11,921	
Baylor University (Research Leave)	HomEx Lab: Social Connectedness in Family Experiences	Principal Investigator	\$10,000	
Templeton Foundation Sub-award	Cultivating Love & Wisdom: A Comparison of Segmented-Youth vs Integrated-Family Approaches to Cultivating Adolescent Virtues in Religious Contexts	PI	\$294,706	
Baylor University (Illuminate)	Improving Child Health in Guatemala: Metrics for the Baylor- Compassion Initiative (PI: Emily Smith)	OSC	\$103,949	
Baylor University (Summer Sabbatical)	Relationship between Intentional Family & Quality of Life: A Cross-sectional study of Family Goals, Resource Management, & Well-Being	Principal Investigator	Summer Salary	05/2019- 08/2019
National Science Foundation (NSF)	Parenting Effects on Individual and Family Time Use: Implications for Adolescent & Adult Well-being (PI: Hodge, UoU)	Co-PI	\$608,475	
Baylor University (URSA)	Strengthening Children & Families: Improving Parental Nurturance through ENGAGE	Principal Investigator	\$5,000	06/2018- 05/2019
Baylor University (URC)	Health Literacy of Adolescents in Texas (PI: Perry-Caldwell, BU)	Co-Investigator	\$2,725	06/2018- 05/2019

American Association of Family & Consumer Sciences	The Intentional Family & Quality of Life: A Cross-sectional study of Family Goals, Resource Management, & Quality of Life	Principal Investigator	\$5,000	08/2018-07/2019
University of Utah	Validating Ecological Momentary Assessments of Family Time in Working Families (PI: Hodge, UoU)	Co-Investigator	\$10,000	01/2018-12/2018
Southern Nursing Research Society	Health Literacy of Adolescents in Texas (PI: Perry-Caldwell, BU)	Co-Investigator	\$4,995	
Baylor University (Summer Sabbatical)	Intentional Family: Healthy Family Functioning & Effective Resource Management	Principal Investigator	Summer Salary	
Baylor University (Social Innovation Collaboration)	Post-Adoption Assessment & Intervention for Challenging Behaviors Among Children with Developmental Disabilities (PI: Madden, BU)	Co-Investigator	\$89,282	
Hole in the Wall Gang	The “Camp Effect” on Stress for children with chronic illness	Principal Investigator	\$39,000	
Baylor University (URSA)	The “Camp Effect” on Stress: Undergraduate Participation in Interdisciplinary Research	Principal Investigator	\$5,000	
Sigma Theta Tau International	Health Literacy of Adolescent in Texas: The Influence of Caregiver Health Literacy (PI: Liz Perry-Caldwell, BU)	Co-Investigator	\$5,000	
Baylor University (Research Leave)	Examining Cortisol, Serotonin, and Catecholamine Levels to Distinguish Impact of Family Experiences	Principal Investigator	\$10,000	08/2017-12/2017
Clemson University	Understanding the Contribution of Family Leisure to Family Functioning, Satisfaction, Communication, and Reintegration of US Military Families (PI: Townsend, Clemson)	Co-Investigator	\$10,000	07/01/16-06/30/17
National Council for Family Relations (Innovative Grant)	Examining Oxytocin Levels to Distinguish Impact of Family Activities on Attachment	Principal Investigator	\$10,000	12/01/15-11/30/16
Baylor, Scott & White, Hillcrest Hospital; TX-DOT	Reality Education for Drivers (RED) Program Evaluation (PI: Lanning, BU)	Co-Investigator	\$9,500	2/01/15-9/30/15
Baylor University (URSA)	Strengthening the Piper Center Child Development Database	Principal Investigator	\$4,722	
Baylor University (Institute for Oral History)	Communication with Loved Ones During Military Deployment	Principal Investigator	\$2,500	
Texas A&M-Willie May Harris Fellowship	Advancing Measurement of Family Leisure	Principal Investigator	\$12,000	08/31/13-08/31/14

RESEARCH PROJECTS

Project	Current Stage	Collaborators	Funding
Social-Connection & Experiences	Idea/IRB	PI: Camilla Hodge (UoU), Brian Hill (BYU)	
HomEx: Systematic Review	Database Search	PI: Karen Melton & Elise King	
Compassion: Guatemala Need Assessment	Idea/IRB	Director: Karen Melton	
Couple Communication during Board Games	Idea/IRB	PI: Karen Melton, Maria Boccia, Reagan Luce*	
Hands of Hope- Program Evaluation	Data Analyses	PI: Camilla Hodge, I: Karen Melton, Ericka Olschewski*	
Sibling Leisure	IRB	PI: Camilla Hodge: I: Karen Melton	UoU
Intentional Family	Analyses & Write-Up	PI: Karen Melton; Nicole McAninch (BU); Marie Ament*	AAFCS, BU
Military Family Leisure	Data Collection	PI: Jasmine Townsend (Clem), Brent Hawkins (Clem), Ramon Zabriskie (BYU), Camilla Hodge (UoU)	Clemson, Penn State, BU, BYU
Validation of EMA for studying family times	Data Entry	PI: Camilla Hodge (UoU); Kelly Chandler (OSU); Karen Melton (BU)	Univ of Utah
Adol Health Literacy	Analyses	PI: Lizz Perry-Caldwell (BU) Karen Melton	BU
Adol Family Travel	Completed	PI: Karen Melton; Jess McGrew*, Grace Lee*	
Physiological Measures of Couple Leisure	Completed	PI: Karen Melton; Maria Boccia (BU); Maddie Larson* (BU)	NCFR
ENGAGE Program Eval	Completed	PI: Karen Melton, Marie Ament*, Karol Ladd, Buckner International	BU
Reality Education for Drivers (RED) Program Evaluation	Completed	PI: Beth Lanning (BU), Karen Melton	BSW-HH; Tx-DOT
Texas Health Adolescent Initiative: Program Evaluation	Completed	PI: Mike Edwards (TAMU),... Karen Melton*	Texas-Health Dept.
RREA Wetland Education Project	Completed	PI: Matt Duerden (TAMU),... Karen Melton*	RREA
Perceptions of Youth Leisure-Time Physical Activity in the Rural South	Completed	PI: Mike Edwards (TAMU),... Karen Melton*	Robert Woods
Twenty-first Century After School Program Evaluation	Completed	PI: Peter Witt (TAMU),... Karen Melton*	Twenty-First Century

*Research Assistant/Student

ACADEMIC COURSES

Texas A&M University

- RPTS 304 Administration of Recreation Resources
- RPTS 370 Youth Development Organizations and Services
- RPTS 489 Youth Development in Faith Based Organizations

Baylor University

- FCS 3204 Intro to Research for CFS
- CFS 4191 Professional Practices in CFS
- CFS 4357 Child and Family Policy & Advocacy
- CFS 4358 Planning & Administration
- CFS 4363 Adolescent Development

Baylor University Teaching Evaluations

Quantitative “Teaching Effectiveness” is an average score based on teaching evaluation scores of communication, attitude toward students, attitude toward subjects, preparation and organization, text and instructional material, and overall. Scores can range from 1 (low) to 6 (high).

Course	Term	Class Size	Response Rate	Teaching Effectiveness
FCS 3204: Research Methods	Spring 2015	26	85%	5.73
CFS 4191: Professional Practices	Spring 2015	33	79%	5.85
CFS 4357: Policy & Advocacy	Spring 2015	26	92%	5.87
CFS 4358: Planning & Admin	Fall 2019	10	89%	5.97
	Spring 2019	26	92%	5.77
	Fall 2018	18	95%	5.94
	Spring 2018	30	87%	5.83
	Spring 2017	13	92%	5.95
	Fall 2016	17	88%	5.85
	Spring 2016	25	88%	5.81
	Fall 2015	40	95%	5.76
	Fall 2014	34	68%	5.26
CFS 4363: Adolescent Dev.	Fall 2018	26	85%	5.81
	Spring 2018	26	88%	5.76
	Spring 2017	28	82%	5.91
	Fall 2016	29	86%	5.67
	Spring 2016	14	79%	5.83
	Fall 2015	41	93%	5.52
	Fall 2014	40	65%	5.55
Overall Teaching Effectiveness				5.76

Baylor University Student Comments: 5 Comments from 5 Courses

- Dr. Melton is very passionate about research and has extensive knowledge on the topic. She did a great job of introducing us to legitimate scientific research without pressuring us to make everything perfect. She effectively made the class a learning experience. (CFS 3204: Research Methods)
- Dr. Melton always makes class worth going to. She always came prepared and she was always ready to answer any questions we had. I liked that she made it less of a lecture and more of a conversation

between the class and her. She really showed that she not only wants us to do well in her class, but also once we leave Baylor. And having this class and her style really help prepare me for what comes next after graduating. (CFS 4191: Professional Practices)

- Dr. Melton you are awesome! It is so great to go into a class where you as the professor are so interested in the topic and really wants to teach your students. You are so knowledgeable about the topic it was great to hear you teach on this subject. It is great how you really try to involve us students by finding out what we are interested in and incorporating that into the class. The activities we did in class were creative and interesting. (CFS 4357: Policy & Advocacy)
- Dr. Melton is a very practical instructor, and I appreciate that all of the assignments in this course served a very specific purpose in helping us learn the process of program planning and grant writing. I thoroughly enjoy Dr. Melton's teaching style—she is fun, relaxed, knowledgeable, and expects a lot from her students. (CFS 4358: Planning & Administration)
- I love Dr. Melton's classes. They are a lot of work, but she makes learning exciting and is extremely engaging during class. She also forces her students to learn the material and apply it, instead of memorize it for a semester. The assignments and exams take a lot of time, but they work, so I guess I can't complain about the workload. (CFS 4363: Adolescent Dev.)

PROFESSIONAL DEVELOPMENT & SERVICE

Professional Organization Affiliations

- National Council of Family Relations (NCFR)
- Texas Council of Family Relations (TxCFR)
- Society of Research on Adolescence (SRA)
- Society of Research on Child Development (SRCD)
- American Association of Family and Consumer Sciences (AAFCS)
- Healthy Teen Network
- Council on Undergraduate Research (CUR)
- National Council of Therapeutic Recreation (NCTR)
- The Academy for Leisure Science (TALS)
- National Parks and Recreation Association (NRPA)
- American Camp Association (ACA)

Associate Editor

- *Journal of Leisure Research* (2020-present)

Journal Manuscript Reviewer

- *Journal of Marriage & Family*
- *Journal of Family Theory & Review*
- *Family Relations*
- *Journal of Park and Recreation Administration*
- *Leisure Sciences*
- *Journal of Leisure Research*
- *Annals of Leisure Research*
- *Journal of Youth Development*

- *Scholar*
- *Illuminaire*
- *American Camp Association*
- *Child & Society*

University and Departmental Service

- Committee Member, Council on Global Engagement (2019-present)
- Director, Baylor-Compassion Initiative (2018-present)
- Advisor, Pursue—Baylor Student Organization (2018-present)
- Instructor, Independent Studies (Su 2015, Fall 2015, Sp 2019)
- Chair, FCS Focus Student Showcase/ FCS Digital Portfolio (2017- present)
- Co-sponsor, RPTS Quiz Bowl (2011)
- Coordinator, Youth Development Seminar (2011)
- Coordinator, Youth Development Social (2011)

Certifications Held

- Certified Therapeutic Recreation Specialist (CTRS)
- Graduate Teaching Academy Certificate
- Online Teaching Certificate
- CITI Protection of Human Research Subjects
- QPR (Suicide Prevention)
- Project WILD Instructor
- Lifeguard Instructor
- Lifeguard
- Challenge Course Practitioner Level 1
- Coronary Pulse Resuscitation (CPR)
- Wilderness First Aid (WFA)
- First Aid
- Water Safety Instructor (WSI)

COMMUNITY SERVICE ACTIVITIES

- 2019-present Foster Village, Board Member
- 2017-present N&W Foundation, Trustee
- 2015-present DaySpring Baptist Church; Extended Care; Family Retreat/Camp Planning;
Foster Care-Aging Out Program
- 2013-2016 Court Appointed Advocate Specialist (CASA); Board Member, Secretary, Chair
of Organization Development
- 2008-2015 Columbus Avenue Baptist Church; Mission Committee, Young Adult Small
Group Director, VBS Volunteer, Host Home for D-Now, Small Group Coordinator,
UpWard Referee, 7th grade Sunday School
- 2010 Toys for Tots, packaging and distribution of toys to families

2011	City of Bryan, TX, Youth Services Coordinator Consultant Project
2009	Fellowship of Christian Athletes as host home for Victory Bowl
2008	Campfire USA, Youth Program
2006-2007	United Way Youth Cabinet, volunteer
2006-2007	Highway 21 migrant, children's teacher
2007	America's Promise Youth Summit, volunteer
2005-2006	Young Life, leader
2005	Easter Seals Camp, outdoor adventure camp for physically disabled
2004-2005	Dayspring Baptist Church; Homeless Ministry; Youth group volunteer: teaching 10 th grade Sunday school, 9 th grade Bible Study, D-Now programming
2004	Dixie Games, Paralympics volunteer
2004	Lakeshore Foundation Outdoor, outdoor adventure camp for physically disabled
2003	Adventure Skill's Workshop, outdoor adventure camp for physically disabled

MEDIA HIGHLIGHT

*Media highlights are primarily based on news articles disseminating findings from 3 journal articles (Melton, & Zabriskie, 2016; Lanning, Melton, & Abel, 2018; and Melton, Larson, & Boccia, 2019). A couple additional media highlights (marked with an *) are from interviews based on my expertise of a particular topic—such as creativity or family vacations.*

News Articles

- *Baptist Standard*, How to plan family quality time during a pandemic, March 20, 2020
- *GQ*, This Date Night Box Might Save Your Relationship. Couples who slay metaphorical dragons together stay together, Sept. 3, 2019
- *Inverse*, Date Night? Scientist Settle on 3 Activities to Turn Up the Romance, June 2019
- *Centennial*, Creativity for Life: From kids to elders and everyone in between imagination matters, May 2019
- *BottomLine*, Painting Class can be Sexy, May 1, 2019
- *Essential Kids*, Not just child's play: could board games be the answer to winning at love?, April 21, 2019
- *Pourquoi Docteur*, Couple: prendre des cours de peinture ou jouer à des jeux de société libère l'hormone de l'amour, Feb. 22, 2019
- *Psych Central*, Painting and Playing Board Games Releases Oxytocin, Feb. 21, 2019
- *Mundiario*, Este pasatiempo inesperado acerca más a las parejas, Feb. 21, 2019
- *MSN*, La actividad que te acerca más a tu pareja, Feb. 21, 2019
- *Muy Interesante*, Jugar juegos de mesa puede mejorar tu vida amorosa, Feb. 18, 2019
- *Millenium Post*, Couples creating art together release more 'love hormone,' Feb. 17, 2019
- *MindBodyGreen*, The Unexpected Hobby That Brings Couples Closer Together, Feb. 17, 2019
- *News.am*, Spice up your date nights by playing board games, study suggests, Feb. 16, 2019

- *Viet Bao*, Trò chơi giúp "chuyện ấy" thăng hoa hơn, Feb. 15, 2019
- *MSN*, Annulez vos plans pour la Saint-Valentin ! Jouez plutôt à un jeu de plateau !, Feb. 14, 2019
- *Times of India*, Secret to a happy & loving relationship: Take art classes, play board games, Feb. 14, 2019
- *Times LIVE*, Art classes, Feb. 14, 2019
- *MarketWatch*, How men can charm women with an intimate date (without breaking the bank), Feb. 14, 2019
- *Time*, This Type of Date Night Activity Could Make You Feel Closer to Your Partner, Feb. 14, 2019
- *Bustle*, Couples Release “The Love Hormone” When Creating Art Or Playing Board Games, Study Finds, Feb. 13, 2019
- *The Asian Age*, Make art for quality couple time, Feb. 13, 2019
- *The Indian Express*, Couples creating art or playing board games release more ‘love hormone’: Study, Feb. 13, 2019
- *Deccan Chronicle*, Make art for quality couple time, Feb. 13, 2019
- *New Kerala*, Valentine’s Day 2019: Couples creating art or playing board games release ‘love hormone,’ Feb. 13, 2019
- *The Hindustan Times*, Valentine’s Day 2019: Couples creating art or playing board games release ‘love hormone’ | sex and relationships, Feb. 13, 2019
- *ANI News*, Valentine’s Day 2019: Couples creating art or playing board games release 'love hormone,' Feb. 13, 2019
- *The Freepress Journal*, Couples creating art or playing board games release more ‘love hormone’: Study, Feb. 13, 2019
- *Business Standard*, Couples creating art or playing board games release more ‘love hormone’: Study, Feb. 13, 2019
- *Medindia*, Creating Art of Playing Board Games Release “Love Hormones,” Feb. 13, 2019
- *Daily Mail*, Spice up your date nights by playing board games: Sharing activities releases the ‘love hormone,’ study suggests, Feb. 13, 2019
- *Inverse*, Scientists Think You Should Get Out of the House This Valentine’s Day, Feb. 13, 2019
- *Inverse*, Scientists Identify 2 Date Activities That May Boost Romantic Relationships, Feb. 13, 2019
- *Yahoo! Lifestyle*, Art classes and board game nights could help bring couples closer says new study, Feb. 13, 2019
- *MedicalXpress*, Couples creating art or playing board games release 'love hormone,' Feb. 12, 2019
- *Newswise*, Couples Creating Art of Playing Board Games Release ‘Love Hormone’ – but the Men Painters Release Most, Feb. 12, 2019
- *EurekAlert!*, Couples creating art or playing board games release 'love hormone,' Feb. 12, 2019
- *Health Medicine Network*, Couples creating art or playing board games release ‘love hormone,’ Feb. 12, 2019
- *Neuroscience News*, Couples Creating Art Release Oxytocin, But Men Who Paint Release the Most, Feb. 12, 2019
- *SCIENMAG (Science Magazine)*, Couples Creating Art Or Playing Board Games Release ‘Love Hormone,’ Feb. 12, 2019
- *MindBodyGreen*, The Unexpected Hobby That Brings Couples Closer Together, Feb. 17, 2019

- *US News & World Report*, Can Teen Drivers Be Scared Into Safe Driving? Sept. 10, 2018
- *HealthDay*, Can Teen Drivers Be Scared Into Safe Driving? Sept. 10, 2018
- *Insurance Journal*, Visits to Intensive Care Unit and Morgue May Boost Teens' Driver Education, Sept. 6, 2018
- *News Medical Life Sciences*, Supplemental drivers' education program helps teens to drive responsibly and defensively, Sept. 6, 2018
- *Science Daily*, 'Reality' driver's ed increases teens' awareness of outcomes of risky driving, Sept. 5, 2018
- *MDLinx*, Reality driver's ed increases teens' awareness of the outcomes of risky driving, Sept. 5, 2018
- *MedicalXpress.com*, 'Reality' driver's ed increases teens' awareness of outcomes of risky driving, Sept. 5, 2018
- *Farmer's Almanac 2018*, Trends for 2018
- *Business Insider Australia*, 7 science-backed ways to be a happier person, Mar 16, 2017
- *EmasHealth*, Family leisure at home—natural remedy for family happiness, Oct 11, 2016
- *Time*, The Key to Family Happiness Is Really Simple, Oct 11, 2016
- *The Siasat Daily*, Leisure Time At Home Vital to Cement Family Bonds, Oct 9, 2016
- *Med India Network for Health*, Leisure Time at Home Helps Strengthen Family Bonds October 7, 2016
- *Health Medicine Network*, pleasant family leisure at home may satisfy families more than fun together elsewhere, study finds, Oct 7, 2016
- *The Economic Times*, Want to strengthen family bonds? Spend quality time at home, Oct 7, 2016
- *ZEENEWS.com*, Here's how you can cement family bonds, Oct 7, 2016
- *The Indian Express*, Leisure time at home vital to cement family bonds, Oct 6, 2016
- *Ne Kerala*, Leisure time at home vital to cement family bonds, oct 6, 2016
- *Big News Network*, Leisure time at home vital to cement family bonds, Oct 6, 2016
- *Yahoo! News India*, Leisure time at home vital to cement family bonds, Oct 6, 2016
- *CanIndia*, Leisure time at home vital to cement family bonds, Oct 6, 2016
- *Pysch Central*, Leisure Time At home May Be Best path to Happy Family Oct 6, 2016
- *Business standard*, Leisure time at home vital to cement family bonds, Oct 6, 2016
- *Daily Mail*, News story from daily Mail, Oct 5, 2016
- *Phys.org*, Pleasant family leisure at home may satisfy families more than fun together elsewhere, Oct 05, 2016
- *Science Daily*, pleasant family leisure at home may satisfy families more than fun together elsewhere, study finds, Oct 5, 2016
- *EurekAlert!*, Pleasant family leisure at home may satisfy families more than fun together elsewhere, Oct 5, 2016
- *Business Insider*, 9 science – backed ways to be a happier person, Sep, 29, 2016
- *Working Mother*, Surprising News about family experience and what makes us happiest, Oct 11, 2016
- *Real Simple*, Hanging Out at Home May Be the Key to Family Happiness, Oct 11, 2016
- *Brief Report*, Want a Happy Family? Abandon the holiday plans and stay at home, researchers say, Oct 12, 2016
- *Steam*, Family Vacations in unfamiliar places can be stressful for some, Oct 11, 2016

Blogs

- *Health eNews*, Want to improve your love life?, March 11, 2019
- *World of Psychology*, Painting and Playing Board Games Releases Oxytocin, Feb. 21, 2019
- *Big Think*, Men who paint release twice as much “love hormone,” Feb. 14, 2019
- *Big Think*, Researchers find how to add more “love hormone” to your relationships, Feb 14, 2019
- *The Sciku Project*, Couple Affection, Feb. 14, 2019
- *Neuroscience RSS Feeds – Neuroscience News Updates*, Couples Creating Art Release Oxytocin, But Men Who Paint Release the Most, Feb. 12, 2019
- *ScienceBlog.com*, Couples Creating Art or Playing Board Games Release ‘Love Hormone’ – Men who Paint Release Most, Feb. 12, 2019
- *Brain Blogger*, The Science of a Happy Family Leisure Time, October 12, 2016

Podcast/Radio

- *iHeartMedia*, Couples Who Create Art or Play Games Together Release ‘Love Hormone,’ Feb. 13, 2019
- *Iowa Public Radio-Talk of Iowa*, Family Vacations, June 15, 2017
- *Buckshot*, The Key to a Happy Family with Dr. Karen Melton, Oct 14, 2016
- *RMF 24*, Spend Time with your family at home..., Oct 7, 2016

Twitter

- @kuNi_6969, Art Classes, Board Games, & Oxytocin, Feb. 19, 2019
- @psychconsultant, Art Classes, Board Games, & Oxytocin, Feb. 19, 2019
- @MichaelWolfPA, Art Classes, Board Games, & Oxytocin, Feb. 15, 2019
- @BjoernJagnow, Art Classes, Board Games, & Oxytocin, Feb. 13, 2019
- *World Leisure Org*, In pursuit of #happiness October 21, 2016
- *Alejandar L-Nunez*, In the pursuit of #happiness, October 21, 2016
- *Liz Schiller*, UK finding, Oct 13, 2016
- *Mandy Stanley*, In pursuit of happiness Oct 12, 2016
- *Timothy Caulfield*, In pursuit of happiness, Oct 12, 2016
- *The Vanier Institute*, Pleasant family leisure at home, Oct 12, 2016

Video

- *Today Show*, Date Night To Do, March 18, 2019
- *WEWS-TV (Cleveland, OH)*, Board Games Lead to More Couple Interaction, Feb. 14, 2019
- *WTTV-TV (Indianapolis, IN/CBS)*, Oxytocin Research: Painting, playing board games, Feb. 13, 2019
- *ABC affiliates 28+(e.g., KXXV-TV, KWTX-TV, etc)*, Can teen drivers be scared into safe driving, September 11, 2018
- *Good Morning America*, Staying Home the Key to Happiness, Oct 6, 2016