



Concurrent and time-lagged physiological synchrony in romantic partners across mutually stressful and enjoyment conversations

Master of Counseling Thesis Defense

by Gabriel Leon

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Virtual Meeting: <https://asu.zoom.us/j/85413701317>

About the Presenter

Gabriel A. León works as a volunteer research assistant in the Couples Coping with Stress Lab led by Professor Ashley K. Randall in CISA's Faculty of Counseling and Counseling Psychology. León earned a BS in Psychology in 2017 and an MS in Business Analytics in 2019, from Grand Canyon University. He begins a PhD program in Clinical Science at the University of Southern California in fall 2021, where he plans to continue studying the dynamics of emotion and stress and their implication for wellbeing in close relationships.

This study analyzes physiological data (i.e., electrodermal skin conductance) collected from a sample of 41 different-gender romantic couples to test for moment-to-moment covariation in partners' physiology, and if these dynamics differ across conversations about mutual stressors and topics of shared enjoyment, respectively. Knowledge of partners' shared emotional and physiological dynamics in different social contexts can inform future interventions that serve to improve partners' ability to bond and cope with stress.

