

Andrea L. Howard

Department of Psychology, Carleton University
1125 Colonel By Drive • B550 Loeb Building
Ottawa, ON K1S 5B6 Canada

(613) 520-2600 x3055
andrea.howard@carleton.ca
carleton.ca/readylab

ACADEMIC POSITIONS

Associate Professor , Developmental and Quantitative Psychology Department of Psychology, Carleton University	7/2018 – present
Assistant Professor , Developmental and Quantitative Psychology Department of Psychology, Carleton University	7/2013 – 6/2018
Postdoctoral Scholar , Quantitative Psychology Department of Psychology, University of North Carolina at Chapel Hill	9/2010 – 6/2013

EDUCATION

Ph.D., Developmental Psychology (Advisor: Nancy Galambos, Ph.D.) University of Alberta, Department of Psychology	9/2006 – 8/2010
M.A., Developmental Psychology (Advisor: Nancy Galambos, Ph.D.) University of Alberta, Department of Psychology	9/2004 – 8/2006
B.Sc., Honours, Psychology University of Toronto, Mississauga	9/2000 – 5/2004

LEADERSHIP ROLES

Director , Pickering Centre for Research in Human Development Carleton University	5/2020 – 4/2023
Chair , Quantitative Methods Section Canadian Psychological Association	6/2019 – 6/2021

ADMINISTRATIVE SERVICE

Open Science Advisor, <i>Clinical Psychological Science</i>	1/2021 – 12/2024
College of Reviewers, Canadian Institutes of Health Research (CIHR)	8/2020 – 7/2023
Scientific Affairs Committee, Canadian Psychological Association (CPA)	8/2020 – 7/2023
Membership Committee, Society for Research on Adolescence (SRA)	7/2018 – 6/2022

EXTERNAL GRANTS

Social Sciences and Humanities Research Council of Canada (SSHRC) Insight Grant <i>Leveraging the benefits of extracurricular engagement to promote and protect future well-being and employment success following university graduation</i> <u>Role: Co-Investigator</u> (PI: Barker, E. T., Concordia University; Co-Investigator: Véronneau, M.-H, Université du Québec à Montréal)	4/2022 – 3/2026 \$95,085
Canadian Institutes of Health Research (CIHR) Project Grant <i>Drinking to get drunk in the post-secondary context: An ecological momentary assessment of alcohol use and associated harms as a function of intentions, drinking motives, self-control, and protective strategies</i> <u>Role: Principal Investigator</u> (Co-Investigators: Barker, E. T., Concordia University, Milyavskaya, M., Carleton University; Patrick, M., University of Minnesota)	4/2020 – 3/2023 \$172,126
Mauril Bélanger Memorial Youth Addictions Research Grant (Project STEP – United Way Ottawa – Mitacs Accelerate) <i>Peer information and substance use decision-making in street-involved youth</i> <u>Role: Principal Investigator</u> (Intern: MacDonald, E., Carleton University)	7/2018 – 10/2018 \$15,000
Social Sciences and Humanities Research Council of Canada (SSHRC) Insight Grant <i>Profiles of parenting during the transition to university: Understanding environments that predict first-year academic success and well-being</i> <u>Role: Principal Investigator</u> (Collaborator: Barker, E. T., Concordia University)	3/2018 – 3/2023 \$160,563
National Institutes of Health/National Institute on Drug Abuse (NIH/NIDA) <i>Pathways to adult substance use and abuse from childhood ADHD in the MTA</i> <u>Role: Co-Investigator</u> (PI: Molina, B. S. G., University of Pittsburgh)	9/2015 – 9/2019 Total: \$1,066,221 Howard: \$105,840
Social Sciences and Humanities Research Council of Canada (SSHRC) Insight Development Grant <i>Testing a reciprocal model of affect balance and goal regulation to enhance well-being in the transition to adulthood</i> <u>Role: Co-Investigator</u> (PI: Barker, E. T., Concordia University)	6/2012 – 5/2014 \$62,500

INTERNAL GRANTS

CU Development Grant <u>Role: Principal Investigator</u> <i>Self-control and hazardous drinking in university</i>	9/2017 – 12/2018 \$10,000
Faculty of Arts and Social Sciences (FASS) Junior Research Award <u>Role: Principal Investigator</u> <i>A motivational model linking depressed affect to heavy drinking in university students with ADHD</i>	3/2015 \$7,500

EDITORIAL AND PEER-REVIEW CONTRIBUTIONS

Senior Editor (Developmental Section): *Collabra: Psychology* (01/2023 – present)

Associate Editor: *Emerging Adulthood* (07/2020 – 06/2022)

Assistant Editor: *Emerging Adulthood* (01/2019 – 06/2020)

Consulting Editor: *Psychology of Addictive Behaviors* (01/2020 – present)

Consulting Editor: *Journal of Research on Adolescence* (08/2018 – present)

Consulting Editor: *Journal of Abnormal Psychology* (01/2016 – present)

Editorial Board: *Emerging Adulthood* (04/2014 – 12/2018)

Public record of verified **peer reviews** available on **Web of Science:**

<https://www.webofscience.com/wos/author/record/ABC-1146-2021>

PUBLICATIONS (names of student/trainee co-authors in *italics*)

 Open Access  Preregistered  Open data

Preprints

Howard, A. L., & Lamb, M. (2022). Compliance trends in a 14-week ecological momentary assessment study of undergraduate alcohol drinkers. (<https://psyarxiv.com/j9gqk/>)



Lamb, M., & Howard, A. L. (2021). The association between binge eating and health behaviors during times of high and low stress among first-year university students. (<https://osf.io/kedfz>)



Dora, J., Piccirillo, M., Foster, K. T., ... [alphabetically-ordered authorship among 64 co-authors] & King, K. M. (2021). The daily association between affect and alcohol use: A meta-analysis of individual participant data. (<https://psyarxiv.com/xevct>)










Peer-reviewed articles

2022 and Articles in press

49. *Bradley, A. H. M., & Howard, A. L.* (in press). Stress and mood associations with smartphone use in university students: A 12-week longitudinal study. *Clinical Psychological Science*.

(<https://osf.io/frvpb>)



48. *Dunn, L. C., Alexander, S. M., & Howard, A. L. (2022). Social support and end-of-semester depression, burnout, and adjustment in students making the transition to university. *Infant and Child Development, 31(6)*, e2349.*
47. *Di Lonardo Burr, S. M., LeFevre, J.-A., Arnold, L. E., Epstein, J. N., Hinshaw, S. P., Molina, B. S. G., ..., & Howard, A. L. (2022). Paths to post-secondary education enrollment among adolescents with and without childhood ADHD: A longitudinal analysis of symptom and academic trajectories. *Child Development, 93(5)*, 563-580.*
46. *Alexander, S. M., Howard, A. L., & Maggs, J. L. (2022). Personality and alcohol use across college: Examining context-dependent pathways towards alcohol problems. *Substance Use & Misuse, 57(9)*, 1450-1461.*
45. *Peetz, J., & Howard, A. L. (2022). People prefer to diversify across different types of prosocial behavior. *British Journal of Social Psychology, 61(3)*, 924-939.*

44. **Howard, A. L., Carnrite, K., & Barker, E. T. (2022) First-year students' mental health trajectories were disrupted at the onset of COVID-19, but disruptions were not linked to housing and financial vulnerabilities: A Registered Report. *Emerging Adulthood, 10(1)*, 264-281.**
 
41. **Howard, A. L., Alexander, S. M., & Dunn, L. C. (2022). Helicopter parenting is unrelated to student success and well-being: A latent profile analysis of perceived parenting and academic motivation during the transition to university. *Emerging Adulthood, 10(1)*, 197-211.**
Advance online publication: 25 March 2020

- 2021**
43. **Howard, A. L. (2021). A guide to visualizing trajectories of change with confidence bands and raw data. *Advances in Methods and Practices in Psychological Science, 4(4)*, 1-13.**
 
42. *Peetz, J., & Howard, A. L. (2021). Balancing prosocial effort across social categories: Mental accounting heuristics in helping decisions. *Personality and Social Psychology Bulletin, 47(9)*, 1414-1429.*

40. **Howard, A. L. & Barker, E. T. (2021). Mental health of students reporting food insecurity during the transition to university. *Canadian Journal of Dietetic Practice & Research, 82(3)*, 125-130.**
39. *Thérond, A., Pezzoli, P., Abbas, M., Howard, A. L., Bowie, C. R., & Guimond, S. (2021). The efficacy of cognitive remediation in depression: A systematic literature review and meta-analysis. *Journal of Affective Disorders, 284* (April), 238-246.*

2020

38. Macdonald, E. P., & Howard, A. L. (2020). Peer information and substance use decision-making in street-involved youth. *Journal of Research on Adolescence*, 30(4), 970-988.
37. Buchholz, A., Howard, A. L., Baldwin, K., Hammond, N. G., Mohipp, C., Rutherford, J., Kazoun, F., Clark, L., Adamo, K., Goldfield, G., & Hadjiyannakis, S. (2020). Health trajectories of children with severe obesity attending a weight management program. *Paediatrics & Child Health*, 25(7), 439-446.
36. Greenhill, L. L., Swanson, J. M., Hechtman, L., Waxmonsky, J., Arnold, L. E., Molina, B. S. G., Hinshaw, S. P., Jensen, P. S., Abikoff, H. B., Wigal, T., Stehli, A., Howard, A. L., Hermanussen, M., & Hanc, T., for the MTA Cooperative Group (2020). Trajectories of growth associated with long-term stimulant medication in the Multimodal Treatment Study of Attention-Deficit/Hyperactivity Disorder. *Journal of the American Academy of Child and Adolescent Psychiatry*, 59(8), 978-989.
35. Howard, A. L., Kennedy, T. M., Mitchell, J. T., Sibley, M. H., Hinshaw, S. P., Arnold, L. E., Roy, A., Stehli, A., Swanson, J. M., & Molina, B. S. G. (2020). Early substance use in the pathway from childhood ADHD to young adult substance use: Evidence of statistical mediation and substance specificity. *Psychology of Addictive Behaviors*, 34(2), 282-292.
34. Meinzer, M. C., LeMoine, K. A., Howard, A. L., Stehli, A., Arnold, L. E., Hechtman, L., Hinshaw, S. P., Molina B. S. G., Murray, D. W., Sibley, M. H., Swanson, J. M., Tamm, L., & Chronis-Tuscano, A. (2020). Childhood ADHD and involvement in early pregnancy: Mechanisms of risk. *Journal of Attention Disorders*, 24(14), 1955-1965. **Published online** 22 September 2017

2019

33. Kennedy, T. M., Howard, A. L., Mitchell, J. T., Hoza, B., Arnold, L. E., Hechtman, L., Swanson, J. M., Stehli, A., & Molina, B. S. G. (2019). Adult substance use as a function of growth in peer use across adolescence and young adulthood in the context of ADHD: Findings from the MTA. *Addictive Behaviors*, 99, 106106.
32. Howard, A. L., Kennedy, T. M., Macdonald, E. P., Mitchell, J. T., Sibley, M. H., Roy, A., Arnold, L. E., Epstein, J. N., Hinshaw, S. P., Hoza, B., Stehli, A., Swanson, J. M., & Molina, B. S. G. (2019). Depression and ADHD-related risk for substance use in adolescence and early adulthood: Concurrent and prospective associations in the MTA. *Journal of Abnormal Child Psychology*, 47(12), 1903-1916.
31. Mitchell, J.T., Howard, A.L., Belendiuk, K.A., Kennedy, T.M., Stehli, A., Swanson, J.M., Hechtman, L., Arnold, L.E., Hoza, B., Vitiello, B., Lu, B., Kollins, S.H., & Molina, B.S.G. (2019). Cigarette smoking progression among young adults diagnosed with ADHD in childhood: A 16-year longitudinal study of children with and without ADHD. *Nicotine and Tobacco Research*, 21(5), 638-647.


2018

30. Barker, E. T., Howard, A. L., Villemare-Krajden, R., & Galambos, N. L. (2018). The rise and fall of depressive symptoms and academic stress in two samples of university students. *Journal of Youth*

and *Adolescence*, 47(6), 1252-1266.

29. Molina, B. S. G., **Howard, A. L.**, Swanson, J. M., Stehli, A., Mitchell, J. T., *Kennedy, T. M.*, Epstein, J. N., Arnold, L. E., Hechtman, L., Vitiello, B., & Hoza, B. (2018). Substance use through adolescence into early adulthood after childhood-diagnosed ADHD: Findings from the MTA longitudinal study. *Journal of Child Psychology and Psychiatry*, 59(6), 692-702.
28. Swanson, J. M., Wigal, T., Jensen, P. S., Mitchell, J. T., Weisner, T. S., Murray, D., Arnold, L. E., Hechtman, L., Molina, B. S. G., Owens, E. B., Hinshaw, S. P., Belendiuk, K., **Howard, A. L.**, Wigal, S. B., Sorensen, P., & Stehli, A. (2018). The qualitative interview study of persistent and nonpersistent substance use in the MTA: Sample characteristics, frequent use, and reasons for use. *Journal of Attention Disorders*, 22(9_Suppl), 21S-37S.

2017

27. **Howard, A. L.**, & *Pritchard, T. R.* (2017). Heavy drinking in university students with and without attention-deficit/hyperactivity disorder: Contributions of drinking motives and protective behavioral strategies. *Substance Abuse: Research and Treatment*, 11, 1-10.
- 
26. Roy, A., Hechtman, L., Arnold, L. E., Swanson, J. M., Molina, B. S. G., Sibley, M. H., & **Howard, A. L.** (2017). Childhood predictors of adult functional outcomes in the Multimodal Treatment Study of ADHD (MTA). *Journal of the American Academy of Child and Adolescent Psychiatry*, 56(8), 687-695.
 25. Swanson, J. M., Arnold, L. E., Molina, B. S. G., Sibley, M. H., Hechtman, L. T., Hinshaw, S. P., Abikoff, H., Stehli, A., Owens, E. B., Mitchell, J. T., Nichols, J. Q., **Howard, A. L.**, Greenhill, L. L., Hoza, B., Newcorn, J., Jensen, P., Vitiello, B., Wigal, T., Epstein, J., Tamm, L., Lakes, K. D., Waxmonsky, J., Lerner, M., Etcovitch, J., Murray, D., Muenke, M., Acosta, M., Arcos-Burgos, M., Pelham, W. E., & Kraemer, H. (2017). Young adult outcomes in the follow-up of the Multimodal Treatment Study of Attention-Deficit/Hyperactivity Disorder: Symptom persistence, source discrepancy, and height suppression. *Journal of Child Psychology and Psychiatry*, 58(6), 663-678.
 24. Sibley, M. H., Swanson, J. M., Arnold, L. E., Hechtman, L., Owens, E., Stehli, A., Abikoff, H. B., Hinshaw, S. P., Molina, B. S. G., Mitchell, J., Jensen, P., **Howard, A. L.**, Lakes, K., & Pelham, W. E. (2017). Defining ADHD symptom persistence in adulthood: Optimizing sensitivity and specificity. *Journal of Child Psychology and Psychiatry*, 58(6), 655-662.
 23. Vitiello, B., Perez Algorta, G., Arnold, L. E., **Howard, A. L.**, Stehli, A., & Molina, B. S. G. (2017). Psychotic symptoms in Attention-Deficit/Hyperactivity Disorder: An analysis of the MTA database. *Journal of the American Academy of Child and Adolescent Psychiatry*, 56(4), 336-343.
 22. *Newcomb-Anjo, S. E.*, Barker, E. T., & **Howard, A. L.** (2017). A person-centered analysis of risk factors that compromise wellbeing in emerging adulthood. *Journal of Youth & Adolescence*, 46(4), 867-883.

2016

21. *Bainter, S. A.* & **Howard, A. L.** (2016). Comparing within-person effects from multivariate longitudinal models. *Developmental Psychology*, 52(11), 1955-1968.

20. Barker, E. T., **Howard, A. L.**, Galambos, N. L., & Wrosch, C. (2016). Tracking affect and academic success across university: Happy students benefit from bouts of negative mood. *Developmental Psychology*, *52*(11), 2022-2030.
19. Hechtman, L., Swanson, J. M., Sibley, M. H., Stehli, A., Owens, E. B., Mitchell, J. T., Arnold, L. E., Molina, B. S. G., Hinshaw, S. P., Jensen, P. S., Abikoff, H. B., Perez Algorta, G., **Howard, A. L.**, Hoza, B., Etcovitch, J., Houssais, S., Lakes, K. D., & Nichols, J. Q. (2016). Functional adult outcomes 16 years after childhood diagnosis of Attention-Deficit/Hyperactivity Disorder: MTA results. *Journal of the American Academy of Child and Adolescent Psychiatry*, *55*(11), 945-952.
18. Roy, A., Hechtman, L., Arnold, L. E., Sibley, M. H., Molina, B. S. G., Swanson, J. M., & **Howard, A. L.** (2016). Childhood factors affecting persistence and desistence of Attention-Deficit/Hyperactivity Disorder symptoms in adulthood: Results from the MTA. *Journal of the American Academy of Child and Adolescent Psychiatry*, *55*(11), 937-944.
17. **Howard, A. L.**, Strickland, N., Murray, D., Tamm, L., Hinshaw, S. P., Swanson, J. M., Arnold, L. E., & Molina, B. S. G., (2016). Progression of impairment in adolescents with ADHD through the transition out of high school: Contributions of parent involvement and college attendance. *Journal of Abnormal Psychology*, *125*(2), 233-247.

2015

16. **Howard, A. L.** (2015). Leveraging time-varying covariates to test within- and between-person effects and interactions in the multilevel linear model. *Emerging Adulthood*, *3*(6), 400-412.
15. **Howard, A. L.**, Patrick, M. E., & Maggs, J. M. (2015). College student affect and heavy drinking: Variable associations across days, semesters, and people. *Psychology of Addictive Behaviors*, *29*(2), 430-443.
14. **Howard, A. L.**, Molina, B. S. G., Swanson, J. M., Hinshaw, S. P., Belendiuk, K. A., Harty, S. C., Arnold, L. E., Abikoff, H. B., Hechtman, L., Stehli, A., Greenhill, L. L., Newcorn, J. H., & Wigal, T. (2015). Developmental progression to early adult binge drinking and marijuana use from worsening versus stable trajectories of adolescent ADHD and delinquency. *Addiction*, *110*(5), 784-795.
13. Hayes, J., Schimel, J., Williams, T., **Howard, A. L.**, Webber, D., & Faucher, E. (2015). Worldview accommodation: Selectively modifying committed beliefs provides defense against worldview threat. *Self & Identity*, *14*(5), 521-548.
12. Krahn, H., **Howard, A. L.**, & Galambos, N. L. (2015). Exploring or floundering? The meaning of employment and educational fluctuations in emerging adulthood. *Youth & Society*, *47*(2), 245-266.

2010 - 2014

11. **Howard, A. L.**, Galambos, N. L., & Krahn, H. J. (2014). Forecasting life and career satisfaction in midlife from young adult depressive symptoms. *Journal of Applied Developmental Psychology*, *35*(1), 51-57.
10. Curran, P. J., **Howard, A. L.**, Bainter, S. A., Lane, S., & McGinley, J. (2014) The separation of between- and within-person components of individual change over time: A latent curve model with structured residuals. *Journal of Consulting and Clinical Psychology*, *82*(5), 879-894.

9. Bauer, D. J., **Howard, A. L.**, Baldasaro, R., Curran, P. J., Hussong, A. M., Chassin, L., & Zucker, R. (2013). A tri-factor model for integrating ratings across multiple informants. *Psychological Methods, 18*(4), 475-493.
8. Molina, B. S. G., Hinshaw, S. P., Arnold, L. E., Swanson, J. M., Pelham, W. E., Hoza, B., Hechtman, L., Epstein, J. N., Wigal, T., Abikoff, H. B., Elliott, G. R., Greenhill, L. L., Jensen, P. S., Newcorn, J. H., Wells, K. C., Vitiello, B., Gibbons, R. D., **Howard, A. L.**, Houck, P. R., Hur, K., Lu, B., Marcus, S., and the MTA Co-operative Group (2013). Adolescent substance use in the MTA as a function of childhood ADHD, random assignment to childhood treatments, and subsequent medication. *Journal of the American Academy of Child and Adolescent Psychiatry, 52*, 250-263.
7. Galambos, N. L., Vargas Lascano, D. I., **Howard, A. L.**, & Maggs, J. L. (2013). Who sleeps best? Longitudinal patterns and covariates of change in sleep quantity, quality, and timing across four university years. *Behavioral Sleep Medicine, 11*, 8-22. #9 Most downloaded article, 2014
6. Galambos, N. L., **Howard, A. L.**, & Maggs, J. L. (2011). Rise and fall of sleep quantity and quality with student experiences across the first year of university. *Journal of Research on Adolescence, 21*, 342-349.
5. **Howard, A. L.**, Galambos, N. L., & Krahn, H. (2010). Paths to success in young adulthood from mental health and life transitions in emerging adulthood. *International Journal of Behavioral Development, 34*, 538-546.

2009 and Earlier

4. Galambos, N.L., **Dalton, A.L.**[†], & Maggs, J.L. (2009). Losing sleep over it: Daily variation in sleep quantity and quality in Canadian students' first semester of university. *Journal of Research on Adolescence, 19*, 741-761. #7 Most downloaded article in the Journal, 2010
3. **Dalton, A.L.**[†], & Galambos, N.L. (2009). Affect and sexual behavior in the transition to university. *Archives of Sexual Behavior, 38*, 675-687.
2. Langton, C.M., Barbaree, H.E., Harkins, L., Arenovich, T., McNamee, J., Peacock, E.J., **Dalton, A.**[†], Hansen, K.T., Luong, D., & Marcon, H. (2008). Denial and minimization among sexual offenders: Post-treatment presentation and association with sexual recidivism. *Criminal Justice and Behavior, 35*, 69-98.
1. **Dalton, A.L.**[†], & Daneman, M. (2006). Social suggestibility to central and peripheral misinformation. *Memory, 14*, 486-501.

[†]Note: Name change from *Dalton* to *Howard* in 2010

Book chapters and reviews

- Howard, A. L.**, & Curran, P. J. (2014). Latent growth curve models. In A. C. Michalos (Ed.) *Encyclopedia of Quality-of-Life and Well-Being Research* (pp. 3515-3517). Dordrecht, Netherlands: Springer.
- Howard, A. L.** (2013). Review: Handbook of structural equation modeling [Edited by R. Hoyle]. *Structural Equation Modeling, 20*(2), 354-360.

Curran, P. J., Lee, T. H., **Howard, A. L.**, Lane, S. T., & MacCallum, R. C. (2012). Disaggregating within-person and between-person effects in multilevel and structural equation growth models. In J. R. Harring & G. R. Hancock (Eds.) *Advances in Longitudinal Methods in the Social and Behavioral Sciences*. Charlotte, NC: Information Age Publishing.

Howard, A. L., & Galambos, N. L. (2011). Transitions to adulthood. In B. B. Brown & M. Prinstein (Eds.) *Encyclopedia of Adolescence, Vol. 1* (pp. 376-383). San Diego, CA: Academic Press.

Dalton, A. L.[†] (2006). Ecuador. In J.J. Arnett (Ed.) *International Encyclopedia of Adolescence, Vol. 1* (pp. 247-254). New York: Taylor & Francis.

Dalton, A. L.[†] (2006). Paraguay. In J.J. Arnett (Ed.) *International Encyclopedia of Adolescence, Vol. 1* (pp. 758-763). New York: Taylor & Francis.

PRESENTATIONS (student/trainee co-authors' names in *italics*)

Alexander, S. M., **Howard, A. L.**, & Maggs, J. L. (2022, June). Personality differences in stress-related drinking in university students. Poster presented at the 45th Annual Meeting of the Research Society on Alcoholism, Orlando, FL.

Howard, A. L. (2022, June). *Mood and motives can't be measured in the moment: Where do we go from here?* In J. Dora (Chair), The past, present, and future of studying the affect-alcohol use association in intensive longitudinal data: A friendly debate among collaborators. Roundtable presentation at the 45th Annual Meeting of the Research Society on Alcoholism, Orlando, FL. [presented virtually].

Carnrite, K., & **Howard, A.** (2022, June). *Substance use motives as a moderator for the order of alcohol and cannabis use and alcohol consumption while simultaneously using: A daily diary study*. Poster presented at Development 2022: A Canadian Conference on Developmental Psychology, Calgary, AB.

Lamb, M., Buchholz, A., **Howard, A.**, & Bowker, A. (2022, June). *An examination of body esteem and health outcomes in youth enrolled in pediatric weight management*. Poster presented at Development 2022: A Canadian Conference on Developmental Psychology, Calgary, AB.

Lamb, M., & **Howard, A.** (2022, June). The association between binge eating and health behaviours during times of high and low stress among first-year university students. Poster presented at Development 2022: A Canadian Conference on Developmental Psychology, Calgary, AB.

Howard, A. L. (2022, June). *Discussant*. In S. Fang & E. Barker (Chairs), Understanding the developmental antecedents of well-being and adjustment from preschool to emerging adulthood. The use of mixture and growth curve modeling. Invited discussion presented at Development 2022: A Canadian Conference on Developmental Psychology, Calgary, AB.

Howard, A. L. (2022, June). *Career aspirations and mental health during the transition to university*. In E. Barker & A. Howard (Chairs), Mixed-methods approaches enrich understanding of emerging adults' future, current, and past development. Paper presented at Development 2022: A Canadian Conference on Developmental Psychology, Calgary, AB.

- Howard, A. L.** (2020, May). *Occurrences of spurious mediation and moderation*. In M. Miočević (Chair), *Mediation analysis: Finding, weighing, and synthesizing evidence*. Paper accepted for the 81st Annual National Convention of the Canadian Psychological Association, Montréal, QC [*cancelled due to pandemic*].
- Howard, A. L.** (2021, May). *Reflections on 5 years of teaching statistics online*. Invited presentation at Teaching Statistics in Psychology: Virtual Conference.
- Howard, A. L.** (2020, March). *Visualizing Developmental Data*. Workshop to be given at the 18th Biennial Meeting of the Society for Research on Adolescence, San Diego, CA [*cancelled due to pandemic*].
- Alexander, S. M., **Howard, A. L.**, & Maggs, J. L. (2020, March). *Personality and alcohol use across university: Examining context-dependent pathways toward alcohol problems*. Poster accepted for the 18th Biennial Meeting of the Society for Research on Adolescence, San Diego, CA [*cancelled due to pandemic*].
- Dunn, L. C., & **Howard, A. L.** (2020, March). Does social support influence end-of-semester well-being in students with depressive symptoms? Poster accepted for the 18th Biennial Meeting of the Society for Research on Adolescence, San Diego, CA [*cancelled due to pandemic*].
- Macdonald, E. P., & **Howard, A. L.** (2020, March). Who would you take advice from? Peer credibility and substance use information in low and high-risk youth. Poster accepted for the 18th Biennial Meeting of the Society for Research on Adolescence, San Diego, CA [*cancelled due to pandemic*].
- Howard, A. L.**, Alexander, S. M., & Dunn, L. C. (2019, October). *Profiles of parent autonomy support, warmth, involvement, and academic motivation: Helicopter parenting is not linked to poor mental health and adjustment during the transition to university*. In E. Barker & A. Howard (Co-Chairs), *Relational, emotional, and dispositional resources for supporting well-being along pathways into, through, and out of educational contexts in emerging adulthood*. Paper to be presented at the 9th Conference of the Society for the Study of Emerging Adulthood, Toronto, ON.
- Macdonald, E. P., & **Howard, A. L.** (2019, June). *Peer information and substance use decision-making in street-involved youth*. Poster to be presented at the 81st Annual Meeting of the College of Problems on Drug Dependence, San Antonio, TX
- Howard, A. L.** (2019, June). *Multivariate multilevel modeling of growth with a time-varying covariate assessed over a partial age range*. Poster to be presented at the 80th Annual National Convention of the Canadian Psychological Association, Halifax, NS
- Kennedy, T. M., Swanson, J. M., Arnold, L. E., Roy, A., Hechtman, L., Sibley, M. H., Mitchell, J. T., Stehli, A., **Howard, A. L.**, & Molina, B. S. G. (2018, November). Psychosocial treatment utilization in the transition from childhood to adulthood among individuals with ADHD in the MTA. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Washington, DC
- Howard, A. L.**, (2018, October). *Adolescent depression: Concurrent and prospective associations with substance use risk in adolescence and young adulthood in the MTA*. In L. Hechtman (Chair), *Adult findings in the Multimodal Treatment Study of ADHD (MTA) follow-up: Medication and physical maturation, ICD-10 and comorbidity, substance use and depression, and car crashes*. Paper presented

at the 65th Annual Meeting of the American Academy of Child and Adolescent Psychiatry, Seattle, WA.

- Howard, A. L.** (2018, June). *Protective behavioral strategies, drinking motives, and alcohol problems in university student drinkers meeting subthreshold criteria for depression*. In M. N. Lumley (Chair), *Mental health among university students: Novel insights and intervention pathways*. Paper presented at the 29th International Congress of Applied Psychology, Montréal, QC
- Howard, A. L., Alexander, S., & Milyavskaya, M.** (2018, May). *Self-control and drinking motives predict later same-day alcohol consumption in Canadian university students*. In E. T. Barker (Chair), *Applying intensive repeated measures designs to examinations of well-being and success during the transition to adulthood*. Paper presented at Development 2018: A Canadian Conference on Developmental Psychology, Brock University, St. Catharines, ON
- Barker, E. T., Galambos, N. L., & **Howard, A. L.** (2018, May). *Intraindividual variability in affective experience in the transition to university predicts short- and long-term academic success*. In E. T. Barker (Chair), *Applying intensive repeated measures designs to examinations of well-being and success during the transition to adulthood*. Paper presented at Development 2018: A Canadian Conference on Developmental Psychology, Brock University, St. Catharines, ON
- Alexander, S., Howard, A. L., Barker, E. T., & Galambos, N. L. (2018, April). *Sense of entitlement to parent aid linked to better adjustment, grades, and lower depression during the transition to university*. Poster presented at the 17th Biennial Meeting of the Society for Research on Adolescence, Minneapolis, MN.
- Kennedy, T. M., **Howard, A. L.**, Swanson, J. M., Mitchell, J. T., Stehli, A., & Molina, B. S. G. (2018, June). *Substance use and peer use from adolescence to adulthood in the MTA*. Poster to be presented at the 80th Annual Meeting of the College of Problems on Drug Dependence, San Diego, CA.
- Kennedy, T. M., **Howard, A. L.**, & Molina, B. S. G. (2017, September). *Childhood ADHD as a risk factor for violence victimization in adulthood*. *Flash Science* talk to be presented at the 6th National Conference of the Society for Advancement of Violence and Injury Research, Ann Arbor, MI.
- Howard, A. L.**, Molina, B. S. G., Swanson, J. M., Mitchell, J. T., Stehli, A., & Kennedy, T. M. (2017, May). *Substance use escalation into early adulthood among children in the MTA*. Poster presented at the 79th Annual Meeting of the College of Problems on Drug Dependence, Montréal, QC.
- Pritchard, T. R., & **Howard, A. L.** (2017, June). *Onset and severity of psychopathology in adolescents who have and have not experienced trauma: The effect of ADHD diagnosis*. Poster presented at the 78th Annual Convention of the Canadian Psychological Association, Toronto, ON.
- Mantler, J. M., **Howard, A. L.**, & Guardado, R. (2017, June). *The interaction of employability skills and self-control for improving the likelihood of career success for university graduates*. Poster presented at the 78th Annual Convention of the Canadian Psychological Association, Toronto, ON.
- Molina, B.S.G., **Howard, A. L.**, Swanson, J. M., Stehli, A., Mitchell, J. T., & the MTA Co-operative Group (2016, October). *Substance use escalation into early adulthood among the children in the MTA*. Poster presented at the 64th Annual Meeting of the American Academy of Child and Adolescent Psychiatry, Washington, DC.

- Barker, E., *Villemaire-Krajden, R., Howard, A. L., & Galambos, N. L.* (2016, March). Depressive symptom trajectories and stress across the academic year in two samples of university students. Poster presented at the 16th Biennial Meeting of the Society for Research on Adolescence, Baltimore, Md.
- Jorgenson, C., Hill, K., Howard, A. L., & Bowker, A.* (2016, March). *The association between physical activity and psychological states: A multigroup multivariate approach.* Poster presented at the 16th Biennial Meeting of the Society for Research on Adolescence, Baltimore, Md.
- Pritchard, T. R., & Howard, A. L.* (2016, March). Depression, drinking to cope, and protective strategies in university students with and without ADHD. Poster presented at the 16th Biennial Meeting of the Society for Research on Adolescence, Baltimore, Md.
- Ma, C., Xu, C., Huebner, M. G., Schultheis, E., Howard, A. L., & LeFevre, J-A.* (2015, June). Improvements in counting speed in relation to visual-spatial processes. Poster presented at the 25th Annual Meeting of the Canadian Society for Brain Behavior and Cognitive Science, Ottawa, ON.
- Jorgenson, C. & Howard, A. L.* (2015, June). *Associations between daily mental health and psychological well-being and tests of differences between athletes and non-athletes: A multiple-group, multivariate multilevel model.* Poster to be presented at the 76th Annual Convention of the Canadian Psychological Association, Ottawa, ON.
- Summers, N., Polihronis, C., Daniels, T., & Howard, A.* (2015, March). *Social and cyber bullying in late adolescence: Perpetration, victimization, and moral disengagement.* In J. Li (Chair), *Understanding the Developmental Relationship between Peer Victimization and Psychosocial Functioning.* Paper to be presented at the 2015 Biennial Meeting of the Society for Research on Child Development, Philadelphia, PA.
- Polihronis, C., Daniels, T., Summers, N., & Howard, A.* (2015, March). *Examining the risk of emotion and behavior problems on young children's victimization trajectories.* In T. Daniels (Chair), *Longitudinal Approaches to Examining Peer Victimization: What are the Risk and Protective Factors and Where do we go From Here?* Paper to be presented at the 2015 Biennial Meeting of the Society for Research on Child Development, Philadelphia, PA.
- Howard, A. L., Bainter, S., Hussong, A., Curran, P., Bauer, D., Chassin, L., & Sher, K.** (2014, March). *Testing a developmental cascade hypothesis in integrative data analysis.* In A. M. Hussong (Chair), *Integrative Data Analysis in the Study of Adolescent Substance Use.* Paper presented at the 15th Biennial Meeting of the Society for Research on Adolescence, Austin, TX.
- Barker, E. T., **Howard, A. L., & Wrosch, C.** (2014, March). *Associations of negative and positive affect with goal regulation in emerging adulthood.* Poster presented at the 15th Biennial Meeting of the Society for Research on Adolescence, Austin, TX.
- Barker, E. T., *Takefman, K., & Howard, A. L.* (2013, October). *The association of end-of-semester fatigue, sleep problems, and depressive symptoms in university students.* Poster presented at the 6th Conference on Emerging Adulthood, Chicago, IL.
- Howard, A. L., Molina, B. S. G., Swanson, J., Hinshaw, S., Belendiuk, K., and the MTA Cooperative Group** (2013, April). *Growth mixture models predicting early adult substance use from trajectories of inattention, hyperactivity-impulsivity, delinquency, and impairment.* In M. H. Sibley (Chair), *Understanding the Development of Substance Use Problems in Adolescents and Young Adults with*

Attention Deficit/Hyperactivity Disorder. Paper presented at the 2013 Biennial Meeting of the Society for Research on Child Development, Seattle, WA.

Molina, B. S. G., and the MTA Cooperative Group (2012, December). *Substance use, abuse, and dependence in the children of the MTA in adolescence and early adulthood*. In R. Milin (Chair), *Adolescent Substance Abuse from Developmental Perspectives to Treatment*. Symposium at the Annual Meeting of the American Academy of Addiction Psychiatry, Aventura, FL.

Molina, B. S. G., **Howard, A. L.**, Belendiuk, K. A., Stehli, A. M., & Lu, Bo (2012, October). *Substance use trajectories to early adulthood at the 12 year follow-up of the MTA: The roles of childhood ADHD and associated treatment in long-term risk*. Paper presented at the 59th Annual Meeting of the American Association of Child and Adolescent Psychiatry, San Francisco, CA.

Kollins, S. H., Belendiuk, K. A., **Howard, A. L.**, Shiffman, S., Stehli, A. M., & Molina, B. S. G. (2012, October). *Cigarette use and dependence in young adults diagnosed with ADHD in childhood: Results from the longitudinal follow-up of the MTA study*. Paper to be presented at the 59th Annual Meeting of the American Association of Child and Adolescent Psychiatry, San Francisco, CA.

Howard, A. L., Vasilenko, S. A., & Maggs, J. L. (2012, July). *Tracking daily associations between alcohol use and affect across seven semesters of university*. Poster presented at the 22nd Biennial Congress of the International Society for the Study of Behavioral Development, Edmonton, AB, Canada.

Howard, A. L., Molina, B. S. G., Belendiuk, K. A., Stehli, A. M., & the MTA Co-operative Group (2012, June). *Growth mixture models predicting early adult substance use from trajectories of inattention, impulsivity-hyperactivity, delinquency, and impairment*. Poster presented at the 74th Annual Meeting of the College on Problems of Drug Dependence, Palm Springs, CA.

Kollins, S. H., Belendiuk, K. A., **Howard, A. L.**, Shiffman, S., Stehli, A. M., Molina, B. S. G., & the MTA Co-operative Group (2012, June). *Characteristics of cigarette use by young adults diagnosed with ADHD in childhood: Results from the longitudinal follow-up of the MTA children*. Poster presented at the 74th Annual Meeting of the College on Problems of Drug Dependence, Palm Springs, CA.

Howard, A. L., Bauer, D. J., Baldasaro, R., Curran, P. J., & Hussong, A. M. (2012, March). *Combining mother and father reports of children's negative affect using integrative data analysis*. Paper presented at the 14th Biennial Meeting of the Society for Research on Adolescence, Vancouver, B.C.

Krahn, H. J., **Howard, A. L.**, & Galambos, N. L. (2011, October). *Exploring or churning? The meaning of employment and educational fluctuations in emerging adulthood*. Paper presented at the 5th Conference on Emerging Adulthood, Providence, RI.

Vargas Lascano, D. I., Galambos, N. L., **Howard, A. L.**, & Maggs, J. L. (2011, October). *Who sleeps best? Emerging adults' sleep trajectories and their covariates*. Poster presented at the 5th Conference on Emerging Adulthood, Providence, RI.

Barker, E. T., **Howard, A. L.**, & Galambos, N. L. (2011, October). *Trajectories of depressive symptoms across four years of university*. Poster presented at the 5th Conference on Emerging Adulthood, Providence, RI.

Howard, A. L., Burfeind, C., Bainter, S. A., & Curran, P. J. (2011, August). *Assessing the capacity of multilevel models with time-varying covariates to represent relational processes in development*. Poster

presented at the 119th Annual Convention of the American Psychological Association, Washington, D.C.

Howard, A. L., & Galambos, N. L. (2010, July). *Profiles of change in adolescent sexual behaviour*. Paper presented at the 21st Biennial Congress of the International Society for the Study of Behavioral Development, Lusaka, Zambia.

Dalton, A. L., Galambos, N. L., & Krahn, H. J. (2010, March). *Paths to success in adulthood from trajectories of mental health in the post-university years*. Paper presented at the 13th Biennial Meeting of the Society for Research on Adolescence, Philadelphia, PA.

Dalton, A. L., Galambos, N. L., & Maggs, J. L. (2010, March). *Rise and fall of sleep quantity and quality with student experiences across the first year of university*. Poster presented at the 13th Biennial Meeting of the Society for Research on Adolescence, Philadelphia, PA.

Dalton, A. L., Galambos, N. L., & Krahn, H. J. (2009, October). *Paths to success in young adulthood from mental health and life transitions in emerging adulthood*. Paper presented at the 4th Conference on Emerging Adulthood, Atlanta, GA.

Dalton, A. L., & Galambos, N.L. (2008, March). *Trajectories of depressive symptoms across the first year: Predictors and quadratic change*. Paper presented at the 12th Biennial Meeting of the Society for Research on Adolescence, Chicago, IL.

Dalton, A. L., Galambos, N.L., & Maggs, J.L. (2008, March). *Losing sleep over it: Daily variation in sleep quantity and quality in the transition to university*. Poster presented at the 12th Biennial Meeting of the Society for Research on Adolescence, Chicago, IL.

Dalton, A. L. & Galambos, N.L. (2007, February). *Within-time associations between affective experiences and sexual behaviour*. Poster session presented at the 3rd Conference on Emerging Adulthood, Tucson, AZ.

AWARDS AND SCHOLARSHIPS

Awards

Carleton University, Research Achievement Award	2021-2022
Carleton University, FASS Research Excellence Award	2020-2021
Carleton University, Faculty Graduate Mentoring Award	2016
Capital Educators' Award (<i>Nominee</i>)	2015
Ontario Ministry of Training, Colleges, and Universities <i>Ontario Online</i> grant to develop an online graduate course: <i>Structural Equation Modeling</i> (Role: Team Leader; with R. Cribbie & D. Flora, York University, and D. Jackson, University of Windsor)	01/2015 \$75,000
Jacobs Foundation; EARA/SRA Summer School Junior Scholar	2009
Canadian Psychological Association Certificate of Academic Excellence	2007

Graduate Scholarships

Alberta Centre for Child, Family, and Community Research (ACCFRC) Doctoral Award	9/2008 – 8/2010 \$50,000
SSHRC Canada Graduate Scholarships (CGS) Doctoral Fellowship	5/2007 – 4/2010

Alberta Heritage Foundation for Medical Research (AHFMR)/Alberta Mental Health Board (AMHB) Studentship in Mental Health Research	\$105,000 1/2007 – 8/2010
Canadian Institutes of Health Research (CIHR) Canada Graduate Scholarships (CGS) Master's Award	\$32,000 9/2005 – 8/2006 \$17,500