

**CURRICULUM VITAE**  
**SARA E. MERNITZ (*nee* SANDBERG-THOMA)**

**DEPARTMENT OFFICE**

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**WEBSITES**

[Google Scholar](#)

**ACADEMIC POSITIONS**

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- 2017 to present    NICHD Postdoctoral Fellow, Population Research Center, University of Texas at Austin
- 2016-2017        Postdoctoral Researcher, Institute for Population Research, The Ohio State University
- 2010-2016        Graduate Research and Teaching Associate, Department of Human Sciences, The Ohio State University

**EDUCATION**

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- Ph.D.    Human Development and Family Science, The Ohio State University, 2016  
(Graduate Interdisciplinary Specialization in Quantitative Research Methods)  
Dissertation: “Long-term cohabitation: Prevalence, predictors, and mental health outcomes.”
- M.S.    Human Development and Family Science, The Ohio State University, 2012
- B.A.    Psychology, University of Minnesota, 2009

**REFEREED MANUSCRIPTS: PUBLISHED/IN PRESS**

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- Mernitz, S. E. (2017). The mental health implications of emerging adult long-term cohabitation. *Emerging Adulthood*. Advance online publication. doi: [10.1177/2167696817733913](https://doi.org/10.1177/2167696817733913)
- Mernitz, S. E. & Kamp Dush, C. M. (2016). Emotional health across the transition to first and second unions among emerging adults. *Journal of Family Psychology*, *30*, 233-244. doi:[10.1037/fam0000159](https://doi.org/10.1037/fam0000159)
- Sandberg-Thoma, S. E., Snyder, A. R., & Jang, B. (2015). The emotional health of boomerang kids. *Journal of Marriage and Family*, *77*, 806-818. doi:[10.1111/jomf.12183](https://doi.org/10.1111/jomf.12183)
- Kamp Dush, C. M., Rhoades, G. K., Sandberg-Thoma, S. E., & Schoppe-Sullivan, S. J. (2014). Commitment across the transition to parenthood among married and cohabiting couples.

*Couple and Family Psychology: Research and Practice*, 3, 126-136. doi:  
[10.1037/cfp0000006](https://doi.org/10.1037/cfp0000006)

Sandberg-Thoma, S. E., & Kamp Dush, C.M. (2014). Casual sexual relationships and mental health in adolescence and emerging adulthood. *Journal of Sex Research*, 51, 121-131. doi: [10.1080/00224499.2013.821440](https://doi.org/10.1080/00224499.2013.821440)

Sandberg-Thoma, S. E., & Kamp Dush, C.M. (2014). Indicators of adolescent depression and relationship progression in emerging adulthood. *Journal of Marriage and Family*, 76, 191-206. doi: [10.1111/jomf.12081](https://doi.org/10.1111/jomf.12081)

#### **BOOKS/BOOK CHAPTERS: PUBLISHED/IN PRESS**

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Kamp Dush, C. M., Arocho, R., Mernitz, S. E., & Rhoades, G. (in press). Cohabitation and single mothering in the U.S.: A review and a call for psychological research. In B. Fiese (Ed.), *Handbook of Contemporary Family Psychology*

#### **MANUSCRIPTS: UNDER REVIEW**

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Mernitz, S. E. (under review). *A cohort comparison of trends in cohabitation duration*. Revise and resubmit for *Demographic Research*.

Snyder, A. R., Mernitz, S. E., & Jang, B. (under review). *Transitioning to adulthood among the forgotten half: Home leaving and living arrangements*. Revise and resubmit for *Advances in Life Course Research*.

Snyder, A. R., Mernitz, S. E., & Jang, B. (under review) *Failure to Launch? Exits from and returns to the family home among emerging adults in the U.S.* Revise and resubmit for *Demography*.

Mernitz, S.E., Snyder, A. R., & Jang, B. (under review). *A cohort comparison of gender differences in exiting and returning to the family home among U.S. young adults*. Manuscript submitted for publication.

Kamp Dush, C. M., Arocho, R., Mernitz, S. E., & Bartholomew, K. (under review). *The intergenerational transmission of family instability*. Manuscript submitted for publication.

#### **MANUSCRIPTS: IN PROGRESS**

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Mernitz, S. E. (2018). *Racial or ethnic differences in cohabitation duration and mental health*. Manuscript in progress.

Mernitz, S. E. & Pollitt, A. M. (2018). *Same-sex union formation during the transition to adulthood*. Manuscript in progress.

Pollitt, A. M. & Mernitz, S. E. (2018). *The influence of religiosity on alcohol use among sexual minority youth in same- and different-sex unions*. Manuscript in progress.

Mernitz, S. E., Pollitt, A., & Umberson, D. (2018). *Same-sex marriage and mental health: The role of marital quality*. Book chapter proposal accepted to *Same-Sex Unions, Health, and Wellbeing*.

## **RESEARCH FUNDING: NOT FUNDED**

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Principal Investigator with Stephen Russell, Debra Umberson, and Kim Fromme. *Alcohol Use and Intimate Relationships: A Mixed Methods Investigation in Vulnerable Youth Populations*. Ruth L. Kirschstein National Research Service Award (NRSA) Individual Postdoctoral Fellowship (F32) submitted to the National Institute on Alcohol Abuse and Alcoholism (NIAAA). Total costs: \$157,290.00. Impact Score: 48

Principal Investigator with Stephen Russell, Debra Umberson, and Kim Fromme. *Intimate Relationships and Alcohol Use: A Mixed Methods Investigation in Vulnerable Youth Populations*. National Science Foundation Social, Behavioral, and Economic Sciences (SBE) Postdoctoral Research Fellowship. Total costs: \$195,626.00.

Principal Investigator. *A Dyadic Investigation into the Association between Mental Health Status and Intimate Relationships*. National Science Foundation, Graduate Research Fellowship Program. Awarded Honorable Mention in 2012.

## **SELECTED REFEREED PRESENTATIONS**

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Mernitz, S. E. & Pollitt, A. M. (2018, April). *Same-sex union formation during the transition to adulthood*. Paper to be presented at the annual meeting of the Population Association of America, Denver, CO.

Pollitt, A. M. & Mernitz, S. E. (2018, April). *The influence of religiosity on alcohol use among sexual minority youth in same- and different-sex unions*. Poster to be presented at the annual meeting of the Population Association of America, Denver, CO.

Mernitz, S. E. (2017, November). *Racial or ethnic differences in cohabitation duration and mental health*. Poster presented at the annual meeting of the National Council on Family Relations, Orlando, FL.

Mernitz, S. E. (2017, April). *A cohort comparison of trends in cohabitation duration*. Poster presented at the annual meeting of the Population Association of America, Chicago, IL.

Snyder, A. R., Mernitz, S. E., & Jang, B. (2017, April). *Transitioning to adulthood among the forgotten half: Home leaving and living arrangements*. Poster presented at the annual meeting of the Population Association of America, Chicago, IL.

- Mernitz, S. E. (2016, March). *Stable cohabitation and health during the transition to adulthood*. Poster presented at the annual meeting of the Population Association of America, Washington, D.C.
- Jang, B., Snyder, A. R., & Mernitz, S. E. (2016, March). *The life course of high school dropouts during the transition to adulthood*. Poster presented at the annual meeting of the Population Association of America, Washington, D.C.
- Jang, B. & Mernitz, S. E. (2015, November). *Mental health and geographic distance to parents in the transition to adulthood in the U.S.* Paper presented at the annual meeting of the National Council on Family Relations, Vancouver, British Columbia, Canada.
- Mernitz, S. E. (2015, November). *Predictors of stable cohabitation during the transition to adulthood*. Poster presented at the annual meeting of the National Council on Family Relations, Vancouver, British Columbia, Canada.
- Brown, R. R., Kamp Dush, C. M., Mernitz, S. E., & Schoppe-Sullivan, S. J. (2015, November). *Conflict behaviors and shared leisure: Interactions predicting mental health outcomes*. Paper presented at the annual meeting of the National Council on Family Relations, Vancouver, British Columbia, Canada.
- Sandberg-Thoma, S. E., Kamp Dush, C.M., & Rhoades, G. R. (2014, November). *Individual mental health and perceptions of romantic partners*. Poster presented at the annual meeting of the National Council on Family Relations, Baltimore, MD.
- Sandberg-Thoma, S. E. & Kamp Dush, C. M. (2014, July). *Depressive symptom trajectories across time from entrance into different relationship statuses*. Paper presented at the biannual meeting of the International Association for Relationship Research, Melbourne, Australia.
- Sandberg-Thoma, S. E., Snyder, A. R., & Jang, B. (2013, September). *The emotional health of boomerang kids*. Paper presented at the annual meeting of the Society for Longitudinal and Life Course Studies, Amsterdam, The Netherlands.
- Sandberg-Thoma, S. E. & Kamp Dush, C. M. (2013, April). *Serial cohabitation and depressive symptoms in emerging adulthood*. Poster presented at the annual meeting of the Population Association of America, New Orleans, LA.
- Sandberg-Thoma, S. E. & Kotila, L. (2012, November). *Life events and mental health at the transition to parenthood*. Paper presented at the annual meeting of the National Council on Family Relations, Phoenix, AZ.
- Kamp Dush, C. M., Rhoades, G. K., Kotila, L., & Sandberg-Thoma, S. E. (2012, July). *The deinstitutionalization of marriage vs. the new institutional marriage: A test of two theories on modern marriage*. Paper presented at the biannual meeting of the International Association for Relationship Research, Chicago, IL.

Sandberg-Thoma, S. E., & Kamp Dush, C. M. (2012, July). *The influence of mental health on casual, sexual relationships in adolescence and emerging adulthood*. Paper presented at the biannual meeting of the International Association for Relationship Research, Chicago, IL.

Sandberg-Thoma, S. E. & Kamp Dush, C. M. (2012, May). *The association between mental health and relationship progression*. Paper presented at the annual meeting of the Population Association of America, San Francisco, CA.

### **INVITED PRESENTATIONS**

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Mernitz, S.E. (2016, February). Intimate relationships and mental health during the transition to adulthood. Paper presented to the Department of Human Sciences Seminar Series, The Ohio State University, Columbus, OH.

Discussant (2012, May). *The job demand-control (support) model, work-family spillover and postpartum depression: A longitudinal analysis*. Session presented at the 2012 annual meeting of the Population Association of America, San Francisco, CA.

### **FELLOWSHIPS, HONORS AND AWARDS**

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2015 to 2016 Patrick McKenry Memorial Fund Scholarship, The Ohio State University (\$650)

2015 to 2016 Dorothy D. Scott Fund Scholarship, The Ohio State University (\$2,850)

2015 National Council on Family Relations Student Award, National Council on Family Relations (NCFR) (\$500)  
\*An annual award given to one NCFR graduate student member who has demonstrated excellence as a student and shows high potential for contribution to the discipline of family studies.

2014 to 2015 College of Education and Human Ecology Graduate Dissertation Fellowship, The Ohio State University (\$22,930)

2014 to 2015 Anita R. McCormick Endowment Fund Scholarship, The Ohio State University (\$5,000)

2014, 2015 College of Education and Human Ecology Graduate Student Travel Award, The Ohio State University (\$250, \$250)

2014 Travel Award, International Association for Relationship Research (\$380)

2013 to 2014 Gladys Branegan Fellowship, The Ohio State University (\$3,000)

2012 to 2013 Pauline A. Weaver Scholarship, The Ohio State University (\$3,100)

2012 to 2013 Lucile and Roland Kennedy Scholarship, The Ohio State University (\$2000)

2012 Honorable Mention, National Science Foundation Graduate Student Fellowship

## **MENTORING**

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### *Graduate Students*

2016 to 2017 Michael Shepard, Human Development and Family Science, The Ohio State University  
2016 to 2017 Meghna Mahambrey, Human Development and Family Science, The Ohio State University  
2013 to 2014 Rachel Brown, Human Development and Family Science, The Ohio State University

### *Undergraduate Students*

2017 Jessica Perez, Psychology, University of Texas at Austin  
2014 Chanell Washington, Psychology, University of Missouri; Summer Research Opportunities Program, The Ohio State University  
2013 to 2014 Ashlee D. Slyman, Psychology, The Ohio State University  
2013 to 2014 Alexis M. Pizzulo, Human Development and Family Science, The Ohio State University  
2012 to 2014 Elizabeth A. Untied, Human Development and Family Science, The Ohio State University  
2011 to 2012 Lavena Staten, Sociology, The Ohio State University

## **TEACHING EXPERIENCE**

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2013 to 2014, Instructor, Department of Human Sciences, The Ohio State University  
2015 to 2016 *Undergraduate*: Adolescence and Emerging Adult Development  
Student Evaluation of Instruction Overall: Autumn 2013 (4.4/5, average 4.3);  
Spring 2014 (4.9/5, average 4.3), Autumn 2015 (4.5/5, average 4.3), Spring 2016  
(4.7/5, average 4.3)  
2010 to 2013 Graduate Teaching Associate, Department of Human Development and Family Science, The Ohio State University.  
*Undergraduate*: Guidance of Young Children in Groups; Constructing a Curriculum Model for Young Children; Guiding Behavior in Social Contexts

## **PROFESSIONAL MEMBERSHIPS**

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International Association for Relationship Research  
National Council on Family Relations  
Population Association of America  
Interdisciplinary Association for Population Health Science

## **PROFESSIONAL SERVICE**

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Ad-hoc Reviewer, *Journal of Family Psychology*, *Journal of Marriage and Family*, *Journal of Sex Research*, *Emerging Adulthood*, *Social Currents*, *Personal Relationships*

2016 Student Award Selection Committee, National Council on Family Relations

**UNIVERSITY, COLLEGE, AND DEPARTMENTAL SERVICE**

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2013 to 2016 Founder and Member, Institute for Population Research Graduate Student Organization, The Ohio State University

2014 to 2015 President, Institute for Population Research Graduate Student Organization, The Ohio State University

2013 to 2014 Vice President, Institute for Population Research Graduate Student Organization, The Ohio State University

**TRAININGS**

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2016 Completed Research Methodology Center Statistics Workshop, led by Craig Enders, in Missing Data

2014 Completed National Council on Family Relations Four-Part Statistics Webinar Series, led by Alan Acock, in Missing Values, SEM, & Growth Curves using Stata

2014 Completed College of Education and Human Ecology Statistics Workshop, led by Richard Lomax, in Power Analysis

2012 Completed Statistical Horizons Workshop, led by Paul Allison, in Longitudinal Data Analysis