
LIST OF PUBLICATIONS

Publications

published or in press

47. Salo, K. I., Pauw, L. S., Echterhoff, G., & **Milek, A.** (2022). Daily stress, closeness, and coping in romantic relationships during COVID-19-related lockdown: An experience-sampling study. *Couple and Family Psychology: Research and Practice*, 11(3), 217–231. <https://doi.org/10.1037/cfp0000228>. **(IF 0.90)**
46. Randall, A. K., Leon, G., Basili, E., ... **Milek, A.**, ...Hermesch, N., ... & Chiarolanza, C. (2021). Coping with global uncertainty: Perceptions of COVID-19 psychological distress, relationship quality, and dyadic coping for romantic partners across 27 countries. *Journal of Social and Personal Relationships*. <https://doi.org/10.1177/02654075211034236> **(IF 3.04)**
45. Meier, T., **Milek, A.**, Mehl, M. R., Nussbeck, F. W., Neysari, M., Bodenmann, G., Martin, M., Zemp, M., & Horn, A. B. (2021). I blame you, I hear you: Couples' pronoun use in conflict and dyadic coping. *Journal of Social and Personal Relationships*. <https://doi.org/10.1177/02654075211029721> **(IF 3.04)**
44. Manvelian, A., Fivecoat H., **Milek A.**, & Lawrence E. (2021). Ending the silo effect: A test of the relational domain spillover model. *Family Process*, 00, 1– 19. <https://doi.org/10.1111/famp.12728> **(IF 4.32)**
43. große Deters, F., Meier ,T., **Milek, A.**, Horn, A. B. (2021). Self-focused and other-focused health concerns as predictors of the uptake of corona contact tracing apps: Empirical study. *Journal of Medical Internet Research*. 23(8). doi: 10.2196/29268 **(IF 5.43)**
42. Turliuc, M.N., **Milek, A.**, & Trillingsgaard, T.L. (2021). Editorial: Individual versus Dyadic Processes: Health and Relationship Outcomes. *Frontiers in Psychology*. 12:714548. doi: 10.3389/fpsyg.2021.714548 **(IF 2.99)**
41. Pauw, L. S., Hoozevee, S., Breitenstein, C., Meier, F., Rauch-Andereg, V., Neysari, M., Martin, M., Bodenmann, G., & **Milek, A.** (2021). Spillover effects when taking turns in dyadic coping: How lingering negative affect and perceived partner responsiveness shape subsequent support provision. *Frontiers in Psychology*, 12. <https://doi.org/10.3389/fpsyg.2021.637534> **(IF 2.99)**
40. Danvers, A. F., **Milek, A.**, Tackman, A. M., Kaplan, D. M., Robbins, M. L., Poslinelli, A., Moseley, S., Raison, C. L., Sbarra, D., & Mehl, M. R. (2021). Is frequent sighing an indicator of dispositional negative emotionality? A multi-sample, multi-measure naturalistic-observation study. *Journal of Research in Personality*, 90, 104046. <https://doi.org/10.1016/j.jrp.2020.104046>. **(IF 2.77)**
39. Meier, T., Boyd, R. L., Mehl, M. R., **Milek, A.**, Pennebaker, J. W., Martin, M., Wolf, M., & Horn, A. B. (2020). Stereotyping in the digital age: Male language is “ingenious”, female language is “beautiful” – and popular. *PLOS ONE*, 15(12), e0243637. <https://doi.org/10.1371/journal.pone.0243637> **(IF 2.74)**
- 38. Milek, A.**, Paz Castro, R., & Zemp, M. (2020). Familienzeit als Schutzfaktor für emotionale Probleme und Verhaltensprobleme von Kindern und Jugendlichen mit Diabetes mellitus Typ 1 [Family time as a protective factor for emotional and behavioral problems of children and adolescents with diabetes mellitus type 1]. *Zeitschrift für Psychiatrie, Psychologie und Psychotherapie*, 68(4), 252–262. <https://doi.org/10.1024/1661-4747/a000423> **(IF 0.51)**
37. Zemp, M., Paetzold, I., & **Milek, A.** (2020). The impact of interparental conflict on children's attention and memory performance: Interparental conflict and children's attention and memory. *Family Relations*. <https://doi.org/10.1111/fare.12481> **(IF 1.32)**
36. Meier, T., Boyd, R.L., Mehl, M. R., **Milek, A.**, Pennebaker, J.W., Martin, M., Wolf, M. & Horn, A.B. (2020). (Not) Lost in translation: Psychological adaptation occurs during speech translation. *Social Psychological and Personality Science*. 194855061989925. <https://doi.org/10.1177/1948550619899258> **(IF 4.38)**

35. **Milek, A.**, & Bodenmann, G. (2020). Emotionsregulation in der Partnerschaft. [Emotion regulation in couples]. In S. Barnow (Hrsg.), *Handbuch Emotionsregulation: Zwischen psychischer Gesundheit und Psychopathologie* (S. 149–161). Springer. https://doi.org/10.1007/978-3-662-60280-5_10
34. Kaplan, D. M., Rentscher, K.E., Lim, M., Reyes, R., Keating, D., Romero, J., Shah, A., Smith, A.D., York, K.A., **Milek, A.**, Tackman, A. M., & Mehl, M.R. (2020). Best practices for Electronically Activated Recorder (EAR) data coding and processing: A practical guide for researchers. *Behavior Research Methods*. **(IF 4.43)**
33. ^aMeier, F., **Milek, A.**, Rauch-Anderegg, V., Benz-Fraginière, C., Nieuwenboom, J. W., Schmid, H., Halford, W. K., & Bodenmann, G. (2020). Fair enough? Decreased equity of dyadic coping across the transition to parenthood associated with depression of first-time parents. *PLoS ONE*, *15*(2), e0227342. <https://doi.org/10.1371/journal.pone.0227342> **(IF 2.74)**
32. ^aRauch-Anderegg, V., Kuhn, R., **Milek, A.**, Halford, W. K., & Bodenmann, G. (2019). Relationship behaviors across the transition to parenthood. *Journal of Family Issues*, *41*(4), 483–506. <https://doi.org/10.1177/0192513X19878864> **(IF 1.25)**
31. Alves, S., **Milek, A.**, Bodenmann, G., Fonseca, A., Canavarro, M.C., & Pereira, M. (2019). Romantic attachment, dyadic coping, and parental adjustment across the transition to parenthood. *Personal Relationships*, *26*(2), 286–309. <https://doi.org/10.1111/per.12278> **(IF 1.52)**
30. ^aLeuchtmann, L., **Milek, A.**, Bernecker, K., Nussbeck, F. W., Backes, S., Martin, M., ... Bodenmann, G. (2019). Temporal dynamics of couples' communication behaviors in conflict discussions: A longitudinal analysis. *Journal of Social and Personal Relationships*, *36*(9), 2937–2960. <https://doi.org/10.1177/0265407518806582> **(IF 2.36)**
29. Darwiche, J., **Milek, A.**, Antonietti, J.-P., & Vial, Y. (2019). Partner support during the prenatal testing period after assisted conception. *Women and Birth*, *32*(2), e264–e271. <https://doi.org/10.1016/j.wombi.2018.07.006> **(IF 2.31)**
28. Kaplan, D. M., Raison, C. L., **Milek, A.**, Tackman, A. M., Pace, T. W. W., & Mehl, M. R. (2018). Dispositional mindfulness in daily life: A naturalistic observation study. *PlosOne*, *13*(11), e0206029. <https://doi.org/10.1371/journal.pone.0206029> **(IF 2.78)**
27. **Milek, A.**, Butler, E.A., Tackman, A. M., Kaplan, D., Raison, C.L., Sbarra, D. A., Vazire, S., & Mehl, M.R. (2018). "Eavesdropping on happiness" revisited: A pooled, multi-sample replication of the association between life satisfaction and daily conversation quantity and quality. *Psychological Science*, *29*(9), 1451–1462. <https://doi.org/10.1177/095679761877425> **(IF 4.90)**
26. Hilpert, P., Xu, F., **Milek, A.**, Atkins, D. C., Bodenmann, G., & Bradbury, T. (2018). Couples coping with stress: Between-person differences and within-person processes. *Journal of Family Psychology*, *32*(3), 366–374. <https://doi.org/10.1037/fam0000380> **(IF 2.35)**
25. ^aLeuchtmann, L., Zemp, M., **Milek, A.**, Nussbeck, F.W., Brandstaetter, V., & Bodenmann, G. (2018). The role of clarity of other people's feelings in dyadic coping. *Personal Relationships*, *25*(1), 38–49. <https://doi.org/10.1111/per.12226> **(IF 1.10)**
24. **Milek, A.**, & Bodenmann, G. (2018). Stressbewältigung. [Stress management]. In J. Margraf & S. Schneider (Eds.), *Lehrbuch der Verhaltenstherapie* (4th ed., Vol. 2, pp. 557–568). Heidelberg: Springer.
- 23.*Breitenstein, C. J., **Milek, A.**, Nussbeck, F. W., Davila, J., & Bodenmann, G. (2018). Stress, dyadic coping, and relationship satisfaction in late adolescent couples. *Journal of Social and Personal Relationships*, *35*(5), 770–790. <https://doi.org/10.1177/0265407517698049> **(IF 1.68)**
**both authors contributed equally: shared first authorship*
- 22.^aKuhn, R., **Milek, A.**, Meuwly, N., Bradbury, T., & Bodenmann, G. (2017). Zooming in: A microanalysis of couples' dyadic coping conversations after experimentally induced stress. *Journal of Family Psychology*, *31*(8), 1063–1073. <https://doi.org/10.1037/fam0000354> **(IF 2.23)**
21. Zemp, M., **Milek, A.**, Cummings, E. M., & Bodenmann, G. (2017). Longitudinal interrelations between dyadic coping and coparenting conflict in couples. *Journal of Child and Family Studies*, *26*(8), 2276–2290. <https://doi.org/10.1007/s10826-017-0742-4> **(IF 1.59)**

20. Horn, A. B., **Milek, A.**, Brunner, A., & Maercker, A. (2017). Less positive sharing in the couple mediates the link between depression and relationship quality: A dyadic longitudinal study. *Journal of Social and Clinical Psychology* 36(7), 1-19. <https://doi.org/10.1521/jscp.2017.36.7.535> (IF 1.30)
19. **Milek, A.**, & Bodenmann, G. (2017). *Gemeinsame Zeit in der Partnerschaft: Theoretische und praktische Hinweise für die Arbeit mit Paaren*. Heidelberg: Springer.
18. **Milek, A.**, Randall, A. K., Nussbeck, F. W., Breitenstein, C. J., & Bodenmann, G. (2017). Deleterious effects of stress on time spent together and parents' relationship satisfaction. *Journal of Couple & Relationship Therapy*, 16(3), 210-231. <https://doi.org/10.1080/15332691.2016.1238799> (IF 1.27)
17. **Milek, A.**, & Bodenmann, G. (2016). Psycho-education on the influence of stress on couples. In G. R. Weeks & S. T. Fife (Eds.), *Techniques for the couple therapist: Essential interventions* (pp. 227-230). New York: Routledge.
16. Bodenmann, G., & **Milek, A.** (2016). 3-phase-method of dyadic coping. In G. R. Weeks & S. T. Fife (Eds.), *Techniques for the couple therapist: Essential interventions* (pp. 231-235). New York: Routledge.
15. Zemp, M., **Milek, A.**, Davies, P. T., & Bodenmann, G. (2016). Improved child problem behavior enhances the parents' relationship quality: A randomized trial. *Journal of Family Psychology*, 30(8), 896-906. <http://dx.doi.org/10.1037/fam0000212> (IF 1.74)
14. Zemp, M., **Milek, A.**, Cummings, E. M., Cina, A., & Bodenmann, G. (2016). How couple- and parenting-focused programs affect child behavioral problems: A randomized controlled trial. *Journal of Child and Family Studies*, 25(3), 798-810. <http://doi.org/10.1007/s10826-015-0260-1> (IF 1.39)
13. **Milek, A.**, Butler, E. A., & Bodenmann, G. (2015). The interplay of couple's shared time, women's intimacy, and intradyadic stress. *Journal of Family Psychology*, 29(6), 831-842. <http://dx.doi.org/10.1037/fam0000133> (IF 1.67)
12. Bodenmann, G., & **Milek, A.** (2012). Zeit in der Partnerschaft [Spending time as a couple]. In F. Becker-Stoll, H.-P. Klös, H. Rainer & G. Thüsing (Hrsg.), *Expertisen zum Achten Familienbericht: Zeit für Familie* (S. 211-232). München: Ifo-Institut für Wirtschaftsforschung.
11. Pielmaier, L., **Milek, A.**, Nussbeck, F., Walder, B., & Maercker, A. (2012). Trajectories of posttraumatic stress symptoms in significant others of patients with severe traumatic brain injury. *Journal of Loss and Trauma*, 18(6), 521-538. <http://dx.doi.org/10.1080/15325024.2012.719342> (IF 0.73)
10. Heinen, T., **Milek, A.**, Hohmann, T., & Raab, M. (2011) (Hrsgs.). *Embodiment: Wahrnehmung – Kognition – Handlung [Embodiment: Perception – Cognition – Action]*. Köln: Hundt Druck GmbH Köln.
9. **Milek, A.**, Stork, C., & Gillwald, A. (2011). Engendering communication: A perspective on ICT access and usage in Africa. *Info*, 13 (3), 125-141. <http://dx.doi.org/10.1108/14636691111131493>
8. Gillwald, A., **Milek, A.**, & Stork, C. (2010). *Towards evidence based ICT policy and regulation in Africa: Gender and assessment of ICT access and usage in Africa*. Research ICT Africa. Available at: <http://www.researchictafrica.net/publications.php>
7. Neumann, M., **Milek, A.**, Maaz, K., & Gresch, C. (2010). Zur Bedeutung der Klassenzusammensetzung für den Übergang von der Grundschule in die weiterführenden Schulen. In K. Maaz, J. Baumert et al. (Hrsg.), *Der Übergang von der Grundschule in die weiterführende Schule - Leistungsgerechtigkeit und regionale, soziale und ethnisch-kulturelle Disparitäten*. Bildungsforschung Band 34 (S. 229-251). Bonn, Berlin: BMBF.
6. **Milek, A.**, Lüdtke, O., Trautwein, U., Maaz, K., & Stubbe, C. T. (2009). Wie konsistent sind Referenzgruppeneffekte bei der Vergabe von Schulformempfehlungen? Bundeslandsspezifische Analysen mit Daten der IGLU-Studie [How consistent are reference group effects on teachers' school track decision making? Analyses conducted with PIRLS data on the German Federal State level]. In J. Baumert, K. Maaz, Trautwein, U. (Hrsg.) *Bildungsentscheidungen. Zeitschrift für Erziehungswissenschaft - Sonderband 12* (S. 282-301). Wiesbaden: VS Verlag für Sozialwissenschaften. (IF 0.84)
5. Nagy, G., **Milek, A.**, & Kropf, M. (2009). Warum schlagen Männer und Frauen unterschiedliche Karrierewege ein? [Why do men and women differ in their career choices]. *BIJU-Studienbrief* 1, 11-13.

4. Milek, A. (2009). Leistungsstarke Klassenkameraden als Gefahr für das Selbstkonzept. [High achieving classmates as a thread for one own academic self-concept]. *TOSCA-News 8*, 6-8.

3. Milek, A., & Husemann, N. (2008). Abi 2002 – Abi 2006: Erste Analysen der Strukturreform. [Graduates 2002 – graduates 2006: First results of the structural school reform]. *TOSCA-News 7*, 3-5.

2. Milek, A., & Husemann, N. (2007). Was macht eigentlich Paul? Eine Darstellung der derzeitigen Lebenssituation junger Erwachsener. [And what does Paul nowadays? A descriptive analysis of life situations of young adults]. *TOSCA-News 6*, 10-13.

1. Milek, A., & Trautwein, U. (2005). Schlechte Fragen sind halbe Antworten. [When bad questions become the answer]. *TOSCA-News 4*, 11-14.

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IF – reported for year of publication

in revision/ submitted

Milek, A., Kuhn, R., Nussbeck, F.W., Horn, A.B., & Bodenmann, G. (in revision). When you partner really listens: Communicating stress in couple conversations.

Chiarolanza, C., Randall, A.K., **Milek, A.** ... et al. (in revision). Perceptions of individual, relational, and systemic stress for individuals around the world living through the COVID-19 pandemic.

*Meier, F., ***Milek A.**, Breitenstein, C.S., Senn, M., & Bodenmann, G. (submitted). Depressive symptoms associated with inequity of dyadic coping in adolescent couples.

**both authors contributed equally: shared first authorship*

Kukowski, C., Nussbeck, F.W., Brandstätter, V., Bodenmann, G., & **Milek, A.** (in revision). Dissecting the association between couples' direct-negative conflict communication and relationship satisfaction: A study design-dependent analysis.

Pauw, L.S., Vu, T., Sun, R., Vuillier, L., **Milek, A.**, & Sauter, D. (submitted). Emotion regulation and wellbeing: A cross-cultural study during the COVID-19 outbreak.

Hermesch, N. Salo, K.I., Randall, A.K., Chiarolanza, C., & **Milek, A.** (submitted). The Double Burden of Work and Childcare for Parents During the COVID-19 Pandemic: Work-Family Conflicts as Stressor for Individual and Relational Well-Being.

Pauw, L.S., Sun, R., Zoppolat, G. Righetti, F., & Milek, A. (submitted). May I help you? The Relationship Between Interpersonal Emotion Regulation and Emotional and Relational Wellbeing in Daily Life preprint - DOI: [10.31219/osf.io/2mwfq](https://doi.org/10.31219/osf.io/2mwfq)

Theses

Milek, A. (2015). *Spending time with one's partner: The interplay between dimensions of shared time, external stress, and couples' relationship functioning.* University of Zurich, Zurich. Dissertation.

Milek, A. (2009). *Referenzgruppeneffekte beim Übergang von der Grundschule in die Sekundarstufe I: Eine mehrebenenanalytische Untersuchung der IGLU-Daten.* [Reference group effects on teachers' school track recommendations. A multi-level analysis with PIRLS (Germany) data.] Unpublished manuscript. Master thesis.

Blogs

Milek, A. (2018). *Klarheit über die Gefühle Anderer: Zu wissen, was andere fühlen, hilft bei der gemeinsamen Stressbewältigung.* University of Zurich. <https://www.uzh.ch/blog/pasez-blog/2018/10/08/pasez-blog/>

Conference Contributions & Invited Talks (selection)

Milek, A., Tomberge, V., Hoberg, N., & Pauw, L.S. (2022). The Effect of Phubbing on Relationship Functioning in Romantic Couples: A Daily Diary Study. Paper presented at the 52nd Congress of the German Psychological Society, University of Hildesheim, September 12th, Hildesheim, Germany.

Milek, A., Hoberg, N., Salo, K. I., & Pauw, L.S. (2022). Is a day without the smartphone a lost day? A daily diary study assessing smartphone use and individual wellbeing. Paper presented at the 52nd Congress of the German Psychological Society, University of Hildesheim, September 12th, Hildesheim, Germany.

Milek, A. (2022). Health in the context of social relationships [Gesundheit im Kontext sozialer Beziehungen]. **Invited talk** - presented at the Colloquium Psychology at Bergischen University Wuppertal, February 3rd, Wuppertal, Germany.

Milek, A., Salo, K., & Pauw, L.S. (2021). Smartphone usage, burnout and family time: A study protocol for a mobile sensing - experience sampling study. Paper presented at the Society for Ambulatory Assessment Conference 2021, Universität Zürich, July 2nd, Zürich, Switzerland.

Milek, A., (2020). Evidence based couple therapy: Current status and future directions. **Invited talk** - presented at the Conference “Mapping Social Interaction through Sound: Conceptual Framework, Technological Development, and Real-World Studies”, November 28th, Berlin, Germany.

Milek, A., (2020). „What’s up honey“ statt “Wie geht es dir, Schatz”? Chancen und Risiken der Digitalisierung in Paarbeziehungen. **Invited talk** - presented at the HEA Colloquium of the Department of Psychology at University of Zurich, October 21th, Zurich, Switzerland.

Milek, A., (2020). Teamwork beyond the field: How family dynamics, stress, & health play together. **Invited talk** - presented at the Colloquium of the Department of Performance Psychology at German Sport University Cologne, January 30th, Cologne, Germany.

Milek, A., (2019). „Wo stehen wir gerade?“ - Aktuelle Entwicklungen in der Paar- und Familienforschung. [Current developments in couple and family research]. **Invited talk** - presented at “Forschung trifft Praxis” of the Ehe-, Familien- und Lebensberatung, November 22th, Münster, Germany.

Milek, A., (2019). Couple and Family Psychology Lab - Couples inside & out: Psychobiology, Psychopathology and Health. **Invited talk** - presented at the Intimate Relationship Research Workshop, August 27th, Sønderborg, Denmark.

Milek, A., Sager, C., Breitenstein, C., Meier, F. & Bodenmann, G. (2019). Perceived fairness of dyadic coping in adolescent couples and its links to depression and relationship satisfaction. Paper presented at the 9th World Congress of Behavioural and Cognitive Therapies (WCBCT), July 20th, Berlin, Germany.

Milek, A. (2018). Family environments and health. **Invited talk** - presented at the Colloquium of the Institute of Psychology (University of Münster) – September 6th, Münster, Germany.

Milek, A. (2018). Prevention and health behavior enhancement in couples and families. **Invited talk** - presented at Psychology – Update Refresher, Dec 7th, Zurich, Switzerland.

Milek, A. (2017). Eavesdropping: Ecological momentary assessment using the electronically activated recorder (EAR). **Invited talk** - presented at the Pre-Conference on Ambulatory Assessment of the Division of Social Psychology of the German Society for Psychology (DGPs), Sep 3rd, Ulm, Germany.

Milek, A., Tackman, A. M., Raison, C. L. Sbarra, D. A., & Mehl, M. R. (2017). A multi-sample, multi-method analysis of the obtrusiveness of and participants’ adherence with the electronically activated recorder (EAR) method. Paper presented at the 5th Biennial Conference of the Society for Ambulatory Assessment (SAA), Jun 15-17th, Luxembourg, Luxembourg.

Milek, A. (2017). Couple interactions: Intricacies of analyzing EAR data from a within-level perspective. Paper presented at the Expert Meeting: Dynamic Systems Modelling, Jun 14-15th, Luxembourg, Luxembourg.

Zemp, M., **Milek, A.**, & Bodenmann, G. (2017). Warum es einem nur so gut geht wie den anderen in der Familie – Interdependenz zwischen der elterlichen Partnerschaft und dem kindlichen Befinden. Paper presented at the 10th Workshop congress of the Division of Clinical Psychology and Psychotherapy of the German Society for Psychology (DGPs), May 25-27th, Chemnitz, Germany.

Milek, A., Butler, E.A., Kaplan, D.M., & Mehl, M.R. (2017). Naturalistically observed conversations and subjective well-being in people’s everyday life: A replication study. Poster presented at the 18th Annual Convention of the Society for Personality and Social Psychology (SPSP), Jan 19-22th, San Antonio, Texas, USA.

Leuchtman, L., Zemp, M., **Milek, A.**, & Bodenmann, G. (2017). The significance of clarity of other people’s feelings for dyadic coping. Poster presented at the Dyadic Coping Congress “Dyadic Coping: Health, Family and Cultural Contexts”, Jan 9th- 10th, Milan, Italy.

Kuhn, R., **Milek, A.**, Meuwly, N., & Bodenmann, G. (2017). Couples’ dyadic coping conversations after experimentally induced stress. Poster presented at the Dyadic Coping Congress “Dyadic Coping: Health, Family and Cultural Contexts”, Jan 9th- 10th, Milan, Italy.

Zemp, M., **Milek, A.**, & Bodenmann, G. (2016). Improved child problem behavior enhances the parents’ relationship quality: A randomized trial. Paper presented at the 50th conference of the German Society for Psychology (DGPs), Sep 18-22th, Leipzig, Germany.

Darwiche, J., Antonietti, J.-P., **Milek, A.**, & Vial, Y. (2016). Partner support during pregnancy: the effect on anxiety and depression. Paper presented at the 8th Congress of the European Society on Family Relations, Aug 31th- Sep 3rd, Dortmund, Germany.

Kuhn, R., **Milek, A.**, Meuwly, N. & Bodenmann, G. (2016). Dynamics of dyadic coping in experimentally stressed couples. Paper presented at the 8th Congress of the European Society on Family Relations, Aug 31th- Sep 3rd, Dortmund, Germany.

Zemp, M., **Milek, A.**, & Bodenmann, G. (2016) Can couple-focused programs improve child adjustment? A randomized trial. Poster presented at the 5th international PAIRFAM conference "Parenting, Co-Parenting and Child Well-Being in Changing Families", June 29th – July 1st, Munich, Germany.

Milek, A., Bolger, N., & Bodenmann, G. (2016). Mediating mechanisms of stress spillover in couples: Shared time, self-disclosure and mood. Paper presented at the International Association for Relationship Research (IARR) -conference, July 20-24th, Toronto, Canada.

Zemp, M., **Milek, A.**, & Bodenmann, G. (2016). How do parenting- and couple-focused programs affect child problem behavior? A randomized trial. Paper presented at the International Association for Relationship Research (IARR) -conference, July 20-24th, Toronto, Canada.

Milek, A., Senn, M., & Bodenmann, G. (2016). Perceptions of family time: Let the children have their say. Poster presented at the 28th annual convention of the Association for Psychological Science (aps), May 26-29th, Chicago, USA.

Milek, A., & Bodenmann, G. (2015). Parents' satisfaction with shared time and the importance of self-disclosure. Paper presented at the 14th SSP/SGP Conference on "The future of Psychology", Sep 8-9th, Geneva, Switzerland.

Zemp, M., **Milek, A.**, & Bodenmann, G. (2015). For the children's sake: How parenting- and couple-focused programs affect child behavioral problems. Poster presented at the 14th SSP/SGP Conference on "The future of Psychology", Sep 8-9th, Geneva, Switzerland.

Milek, A., Horn, A.B., & Bakes, S. (2015). Co-Regulation in the couple: the role of language use, disclosure, and dimensions of dyadic coping. Symposium organized at the International Association for Relationship Research (IARR) mini-conference on "Self-regulation in Close Relationships", July 10th, Amsterdam, Netherlands.

Breitenstein, C. J., **Milek, A.**, Nussbeck, F. W., & Bodenmann, G. (2015). Stress, dyadic coping and relationship satisfaction in late adolescent couples. Poster presented at the International Association for Relationship Research (IARR) mini-conference on "Self-regulation in Close Relationships", July 10th, Amsterdam, Netherlands.

Zemp, M., **Milek, A.**, & Bodenmann, G. (2015). The significance of parental dyadic coping for children. Paper presented at the International Association for Relationship Research (IARR) mini-conference on "Self-regulation in Close Relationships", July 10th, Amsterdam, Netherlands.

Milek, A. (2015). Einbezug des Partners bei der Störungsbehandlung [Including the partner in interventions]. **Invited talk** at "Psychiatrie und Psychotherapie Update Refresher", Forum für medizinische Fortbildung, May 28th, Zurich, Switzerland.

Milek, A. (2015). Paarlif Business: Wie sieht wirksame Stress- und Burnout-Prophylaxe in Unternehmen aus? Wissenschaftliche Entwicklung, Praxisorientierte Umsetzung [CCET business: How does effective stress and burnout prevention look like? Scientific development, practical implementation]. **Invited talk** at "Personal Swiss", April 15th, Zurich, Switzerland.

Leuchtman, L., Hilpert, P., **Milek, A.**, Bodenmann, G., & Schoebi, D. (2015). Reaktivität von Beziehungszufriedenheit gegenüber positivem Partnerverhalten und der moderierende Einfluss von Wohlbefinden: Eine Tagebuchstudie. Poster presented at the 13th Congress of the M Sc and PhD Candidates of the Department of Psychology of the University of Zurich, 25th May, Zurich, Switzerland.

Milek, A., Butler, E.A., & Bodenmann, G. (2015). Within- and between-person effects of couple's time together on women's intimacy. Poster presented at the International Convention of Psychological Science (ICPS), March 15th, Amsterdam, Netherlands.

Milek, A., Bolger, N., & Bodenmann, G. (2014). Wenn Stress die alltägliche gemeinsame Zeit in der Partnerschaft verdirbt. [When stress contaminates everyday life in an intimate relationship]. Paper presented at the 49th conference of the German Society of Psychology (DGPs), September 22th, Bochum, Germany.

Horn, A. B., **Milek, A.,** Brauner, A., & Maercker, A. (2014). Mental health and interpersonal well-being: Positive sharing as a mediator between depression and couple satisfaction". Paper presented at the 28th conference of the European Health Psychology Society (EHPS), August 26th-30th, Innsbruck, Austria.

Horn, A. B., **Milek, A.,** Brauner, A., & Maercker, A. (2014). Depressive Symptome und Partnerschaftszufriedenheit: Kapitalisierung als Mediator. [Depressive symptoms and relationship satisfaction: Capitalization as mediator]. Poster presented at the 32th symposium of the section "Clinical Psychology and Psychotherapy" of the German Society of Psychology (DGPs), 28. – 30. May, Braunschweig, Germany.

Milek, A., Senn, M., & Bodemann, G. (2014). Stress, keine Zeit – und das Kind spielt auch noch verrückt? [Stress, no time – that's when the children go berserk]. Poster presented at the 32th symposium of the section "Clinical Psychology and Psychotherapy" of the German Society of Psychology (DGPs), 28. – 30. May, Braunschweig, Germany.

Milek, A., Bolger, N., & Bodenmann, G. (2013) No time for the partner – Does shared time matter for couples' intimacy? Paper presented at the 13. Biannual Congress of the Swiss Psychological Society (SGP), 11. - 12. September, Basel, Switzerland.

Goetz, C. J., **Milek, A.,** & Bodenmann, G. (2013) The nature of dyadic coping in Adolescent couples. Poster presented at the Sixth International Meeting of Stress and Dyadic Coping - Couples Coping with Cancer-Related Stress: Translating Research to Practice, June 21, Louisville, KY, USA.

Milek, A., Goetz, C. J., & Bodemann, G. (2013). Not enough time for dyadic coping? Poster presented at the Sixth International Meeting of Stress and Dyadic Coping - Couples Coping with Cancer-Related Stress: Translating Research to Practice, June 21, Louisville, KY, USA.

Milek, A., Goetz, C. J., & Bodenmann, G. (2013). Time Quality vs. Quantity: Which matters most for Relationships? Poster presented at the 11th Congress of the M Sc and PhD Candidates of the Department of Psychology of the University of Zurich, 30th May, Zurich, Switzerland.

Milek, A. (2012). Paarlife - a new approach to fighting stress for working couples. **Invited talk** at "Family and Career Netzwerk" LaRoche, November 22th, Basel, Switzerland.

Milek, A., Goetz, C. J., Nussbeck, F. W., & Bodenmann, G. (2012). Alltagsstress: Keine Zeit für die Partnerschaft als Risikofaktor? [Stress in everyday life: „No time for the spouse“ as risk factor for relationship satisfaction]. Poster presented at the 48th conference of the German Society of Psychology (DGPs), 23. – 27. September, Bielefeld, Germany.

Goetz, C. J., **Milek, A.,** Nussbeck, F. W., & Bodenmann, G. (2012). Gemeinsamkeiten und Unterschiede im dyadischen Coping von adoleszenten und erwachsenen Paaren [Similarities and differences in dyadic coping in grown-up and adolescent couples]. Paper presented at the 48th conference of the German Society of Psychology (DGPs), 23. – 27. September, Bielefeld, Germany.

Milek, A., Paz, R., Eugster, C., Zemp, M., & Bodenmann, G. (2012). Does spending time with parents reduce juvenile psychopathological symptoms? Paper presented at the 42nd annual congress of the European Association for Behavioural and Cognitive Therapies (EABCT), 29. August - 1. September., Geneva, Switzerland.

Goetz, C. J., **Milek, A.,** Nussbeck; F. W., & Bodenmann, G. (2012). Dyadic coping, self-esteem and depressed mood in adolescents' romantic relationships? Paper presented at the 42nd annual congress of the European Association for Behavioural and Cognitive Therapies (EABCT), 29. August - 1. September., Geneva, Switzerland.

Milek, A. (2012) Wie viel Zeit verbringen Paare miteinander und wie? Darling, was machst du eben? [How much time do couples spend together? Darling, what are you doing just now?] **Invited talk** at "Tagung Zeit und Familie – Reflexion, Prävention und Intervention" University of Zurich, 24th August, Zurich, Switzerland.

Milek, A., Goetz, C. J., & Bodenmann, G. (2012). How external stress poisons the relationship: Mediating mechanisms of couple time. Poster presented at the 10th Congress of the M Sc and PhD Candidates of the Department of Psychology of the University of Zurich, 31th May, Zurich, Switzerland.

Milek, A., Goetz, C. J., & Bodenmann, G. (2011). Time spent with spouse: Having children as a challenge. Poster presented at the Interdisciplinary International Conference pairfam "Partnership Relations in Context", Ludwig-Maximilians University Munich, 21-22 September, Munich, Germany.

Milek, A. (2011). Emotional intelligence and leadership styles of soccer coaches. Paper presented at the 13th FEPSAC Conference "Sport and Exercise Psychology: Human Performance, Well-Being and Health", 12-17 July, Madeira, Portugal.

Milek, A., Stubbe, T. C., Trautwein, U., Lüdtke, O., & Maaz, K. (2010) Reference Group Effects on Teachers' School Track Recommendations. Results from PIRLS 2006 Germany. Paper presented at the 4th IEA International Research Conference, 1-3 July, Göteborg, Sweden.

Milek, A. (2010). Gender and Assessment of ICT Access and Usage in Africa. Paper presented at the 2010 CPR Africa Conference, University of Cape Town, 19-21 April, Cape Town, South Africa.

Outreach and Media Coverage (selection)

2023

- Interview - WAZ: [Jetzt leg noch mal das Handy weg](#)
- Radio interview – WDR Quarks: Phubbing

2022

- Interview - TK-Magazin: [Wie viel Smartphone tut einer Beziehung gut?](#)

2021

- Interview in Apotheken Umschau: ["Gute Partnerschaft trotz Pandemie: Tipps"](#)

2020

- Interview - wdr.de: [Weihnachten friedlich - wie geht das in Corona-Zeiten?](#)
- Interview - Radio Leverkusen: [Entschleunigtes Weihnachtsfest in Zeiten von Corona](#)
- Podcast - WWU-Cast: [Wie beeinflusst Corona Paare und Familien?](#)
- Interview in Zeit Online: [Man kann ja auch im Mai einen Gänsebraten essen](#)
- Invited guest at Deutschlandfunk Lebenszeit: [Verordnete Distanz - Liebe und Freundschaft in Corona-Zeiten](#) (October, 9th, 2020)
- Invited guest of Dr. Yael Adler: Podcast of the Techniker Krankenkasse "Health to Hear" on the topic ["Couple relationships"](#)
- Video by BR24 on dealing with conflicts in times of the COVID-19 crisis based on the expertise of Prof. Dr. Anne Milek: [Was tun, damit es Zuhause nicht eskaliert?](#)
- Interview in SWR Aktuell: [Die Situation von Paaren in der Krisenzeit](#)
- Interview in Spiegel: [Familien in der Corona-Krise](#)
- Interview in ZeitOnline: [Lagerkoller oder Chance? Wie man in der Isolation \(über\)lebt](#)
- Interview in Spektrum.de: [Es ist nie zu früh, um an einer Beziehung zu arbeiten](#)

2019

- Interview in TK - Das Magazin 02-2019: [Quality time – Zeit für Beziehungen](#)
- Blog in Gehirn&Geist 08/2019: [Gute Frage – Reden Frauen mehr als Männer?](#)
- Radio Interview at Deutschlandfunk Nova: [Wie wir Vielredner stoppen](#)

Before 2019

- Book preview of Milek & Bodenmann (2017) in Gehirn&Geist 3/2017: [Gemeinsame Zeit in der Partnerschaft - Theoretische und praktische Hinweise für die Arbeit mit Paaren](#)
- Interview in Familienleben: [Zeit in der Beziehung - Qualität geht über Quantität](#)
- Blog about Milek et al. (2018) in Psychology Today: [Does the Quantity of Social Interactions Affect Happiness?](#)
- Blog about Milek et al. (2018) in The Wall Street Journal: [Save Yourself from Tedious Small Talk](#)

Anne Milek – Publications - 04/2023

- Press release of the University of Arizona about Milek et al.(2018)
[Replication Study Shows No Evidence That Small Talk Harms Well-Being](#)
- Blog about Milek, Butler & Bodenmann (2015) in Psychology Today:
[Why Arguing Can \(and Should\) Make You Closer](#)