

ANALISA ARROYO

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Education

Ph.D., *University of Arizona*, Communication (Minor: Family Studies and Human Development), 2013
Committee: Jake Harwood and Chris Segrin (Co-chairs), Joe Bonito, & Melissa Curran
M.A., *University of Arizona*, Communication, 2010
Committee: Jake Harwood (Chair), Chris Segrin, & Joe Bonito
B.A., *The Ohio State University*, Communication and Sociology, 2008

Areas of Specialization

Interpersonal Communication
Health Communication
Family Communication
Relational Communication
Mental Health and Well-being
Body Image and Disordered Eating

Academic Positions

University of Georgia
Professor, Department of Communication Studies, 2025-Present
Associate Professor, Department of Communication Studies, 2019-2025
Assistant Professor, Department of Communication Studies, 2013-2019
Affiliated Faculty: Institute for Women's Studies, Owens Institute for Behavioral Research
University of Arizona
Graduate Teaching Assistant/Associate, Department of Communication, 2008-2013
Undergraduate Internship Coordinator, Department of Communication, 2012-2013

Administrative/Leadership Positions

Director of Graduate Studies, 2023-Present
Associate Department Head, 2020-2023
Interpersonal and Health Area Chair, 2017-2022
Basic Course Director (Interpersonal Communication), 2018-2022

Editorships

Guest Editor, Journal of Family Communication, 2026
Guest Editor, Communication Monographs, 2025
Editorial Board, Communication Research, 2025-Present
Editorial Board, Personal Relationships, 2024-2026
Editorial Board, Journal of Social and Personal Relationships, 2021-Present
Editorial Board, Journal of Family Communication, 2021-Present
Associate Editor, Communication Monographs, 2023-2025

Honors, Awards, and Fellowships

Fellowships and Awards

Selected Fellow (\$2,500), Service-Learning Fellow, UGA's Office of Service-Learning, 2026-2027
Selected Honoree, Lorain City Schools' Distinguished Alumni Award (highest alumni honor), Lorain, Ohio, 2026

Selected Fellow, Study in a Second Discipline in the School of Social Work, UGA's Office of the Provost, 2022

Selected Fellow, Georgia CTSA TEAMS (Clinical and Translational Science Alliance–Translational Education and Mentoring in Science), 2020-2021

Selected Fellow, OIBR Grant Development Program, UGA's Owens Institute for Behavioral Research, 2015

Dissertation Award (\$1,000), Department of Communication, University of Arizona, 2012

Research Award (\$1,000), Department of Communication, University of Arizona, 2012

Research Award (\$500), Department of Communication, University of Arizona, 2011

Diversity Fellowship (\$10,000), Graduate College, University of Arizona, 2010

Diversity Fellowship (\$3,000), Graduate College, University of Arizona, 2008

Morrill Scholarship Program, Office of Diversity and Inclusion, The Ohio State University, 2004-2008

Research Awards

Top Paper, National Communication Association, Family Communication Division, 2019

Top Paper, National Communication Association, Health Communication Division, 2018

Top Paper, National Communication Association, Health Communication Division, 2014

Top Four Paper, National Communication Association, Family Communication Division, 2011

Teaching Awards

Faculty Excellence Award, Presented by Department of Communication Studies' Graduate Students, University of Georgia, 2017, 2026

Student/Faculty Enrichment Fund, Office of the Vice President for Student Affairs, University of Georgia, Spring 2026

Career Center Recognition, Contribution to Undergraduate Career Development, University of Georgia Career Center, Spring 2019, Fall 2019, Fall 2020, Fall 2021

RESEARCH

Edited Books/Special Issues

Arroyo, A., Webber, K. T., & Hernández, L. H. (Eds.) (under contract; forthcoming, 2028). *The oppression of bodily politics: Engaging communication and liberatory praxis as social justice*. Bloomsbury Academic.

Featured in the *Critical Futures: Creative Interventions and Revolutionary Possibilities* series (L. LeMaster & A. Johnson, Series Eds.).

Basinger, E., & **Arroyo, A.** (under contract; forthcoming, 2027). *Anti-fatness in relationships: Pathways to disconnection and belonging in interpersonal contexts*. Cambridge University Press.

Featured in the *Advances in Personal Relationships* series (T. Orbuch, L. K. Knobloch, S. Donato, & W. J. Chopik, Series Eds.).

Basinger, E. D., **Arroyo, A.**, Asbury, M. B., Fox, R., Otis, H. N., Pickett Miller, N., Giles, H., & Turner, M. (2025). Dialogue on difference: Fat liberation in communication. *Communication Monographs*, 92(1), 1-19. <https://doi.org/10.1080/03637751.2024.2444318>

Peer-Reviewed Journal Articles (*indicates student co-author at time of writing)

Arroyo, A. (2026). Trauma-sensitive parenting in the context of intergenerational trauma and resiliencies: Associations between adverse and benevolent childhood experiences, parenting practices, and depression in parents and adult children. *Journal of Family Communication*, 26(3), 361–383. <https://doi.org/10.1080/15267431.2026.2688415>

Arroyo, A., Richardson, E. W., Futris, T. G., Brown, R.*, & Gilbert, A.* (2026; advance online

- publication). Adverse childhood experiences, mental health, and relationship quality in romantic couples: Relationship maintenance behaviors as an interpersonal resource. *Journal of Social and Personal Relationships*. <https://doi.org/10.1177/02654075261445143>
- Curran, T., & Arroyo, A. (2025). Social isolation and initiation skills: A longitudinal test of the Loneliness Model and the buffering effect of cognitive flexibility. *Frontiers in Communication (Health Communication)*. Doi: 10.3389/fcomm.2025.1687413
- Arroyo, A., Woszidlo, A., & Stillion Southard, B. A. (2025). Feminist identity, mothering attitudes, maternal agency, and postpartum depression symptomatology in new mothers with infants. *Journal of Family Communication*, 25(2), 129–146. <https://doi.org/10.1080/15267431.2025.2472677>
- Arroyo, A., Richardson, E. W., Hargrove, C. M.*, & Futris, T. G. (2024). Foster caregivers' depressive symptoms and parenting stress: Applying the theory of resilience and relational load. *Family Relations*, 73(2), 1438-1454. <https://doi.org/10.1111/fare.12908>
- Curran, T., Arroyo, A., & Fabbriatore, J.* (2023). Family communication patterns and racial microaggressions among White adult children. *Journal of Family Communication*, 23(2), 157-170. <https://doi.org/10.1080/15267431.2023.2205844>
- Curran, T., Arroyo, A., Fabbriatore, J.*, & Jiao, J.* (2023). The associations between White privilege critical consciousness, racial attitudes, and intergroup anxiety among parents and adult children in White families. *Communication Monographs*, 90(2), 246-270. <https://doi.org/10.1080/03637751.2023.2202712>
- Arroyo, A., Stillion Southard, B. A., & Martz, D. (2022). Feminist embodiment, body talk, and body image among mothers and daughters. *Body Image*, 41, 354-366. <https://doi.org/10.1016/j.bodyim.2022.04.005>
- Arroyo, A., Curran, T., & Ruppel, E. K. (2022). Direct and indirect associations among self-disclosure skills, social support, and psychosocial outcomes during the transition to college. *Journal of Social and Personal Relationships*, 39(3), 505-525. <https://doi.org/10.1177/02654075211036741>
- Arroyo, A., Woszidlo, A., & Janovec, A.* (2020). Voice as a mediator of mothers' and daughters' feminist attitudes and psychological outcomes: An application of silencing the self theory and social cognitive theory of gender development and differentiation. *Communication Monographs*, 87(4), 506-526. <https://doi.org/10.1080/03637751.2020.1758949>
- Arroyo, A., Stillion Southard, B. A., Cohen, H.*, & Caban, S.* (2020). Maternal communication strategies that promote daughters' body image. *Communication Research*, 47(3), 402-427. <https://doi.org/10.1177/0093650218781737>
- Arroyo, A., & Burke, T. J., & Young, V. J. (2019). Promoting positive body image in close relationships: An application of confirmation, self-determination, social control, and social support. *Journal of Social and Personal Relationships*, 37(3), 1030-1050. <https://doi.org/10.1177/0265407519886066>
- Arroyo, A., Segrin, C., & Andersen, K. K.* (2018). Examining the role of expressed emotion in the intergenerational transmission of mental health problems. *Journal of Social and Clinical Psychology*, 37, 812-834. <https://doi.org/10.1521/jscp.2018.37.10.812>
- Curran, T. M., & Arroyo, A. (2018). Emulating parental levels of taking conflict personally: Associations with behavioral and mental health outcomes in adult children. *Journal of Family Communication*, 18, 171-184. <https://doi.org/10.1080/15267431.2018.1450254>
- Arroyo, A., Segrin, C., & Andersen, K. K.* (2017). Intergenerational transmission of disordered eating attitudes: Direct and indirect maternal influence strategies among grandmothers, mothers, and daughters. *Body Image*, 20, 107-115. <https://doi.org/10.1016/j.bodyim.2017.01.001>
- Arroyo, A., Segrin, C., Harwood, J., & Bonito, J. A. (2017). Co-rumination of fat talk and weight control practices: An application of confirmation theory. *Health Communication*, 32, 438-450. <https://doi.org/10.1080/10410236.2016.1140263>

- Arroyo, A., & Brunner, S.*** (2016). Negative body talk as an outcome of friends' fitness posts on social networking sites: Body surveillance and social comparison as potential moderators. *Journal of Applied Communication Research*, 44, 216-235. <https://doi.org/10.1080/00909882.2016.1192293>
- Arroyo, A., & Andersen, K. K.*** (2016). Appearance-related communication and body image outcomes: Fat talk and old talk among mothers and daughters. *Journal of Family Communication*, 16, 95-110. <https://doi.org/10.1080/15267431.2016.1144604>
- Arroyo, A., Segrin, C., & Curran, T. M.*** (2016). Maternal care and control as mediators in the relationship between mothers' and adult children's psychosocial well-being. *Journal of Family Communication*, 16, 216-228. <https://doi.org/10.1080/15267431.2016.1170684>
- Arroyo, A., & Andersen, K. K.*** (2016). The relationship between mother-daughter self-objectification: Identifying direct, indirect, and conditional direct effects. *Sex Roles*, 76, 231-241. <https://doi.org/10.1007/s11199-015-0554-1>
- Arroyo, A.** (2015). Magazine exposure and body dissatisfaction: The mediating roles of thin ideal internalization and fat talk. *Communication Research Reports*, 32, 246-252. <https://doi.org/10.1080/08824096.2015.1052905>
- Atwell Seate, A., Joyce, N., Harwood, J., & **Arroyo, A.** (2015). Necessary and sufficient conditions for positive intergroup contact: A fuzzy sets qualitative comparative analysis approach to understanding intergroup attitudes. *Communication Quarterly*, 63, 135-155. <https://doi.org/10.1080/01463373.2015.1012215>
- Wright, P. J., **Arroyo, A.**, & Bae, S. (2015). An experimental analysis of young women's attitude toward the male gaze following exposure to centerfold images of varying explicitness. *Communication Reports*, 28, 1-11. <https://doi.org/10.1080/08934215.2014.915048>
- Tang, C., Curran, M. A., & **Arroyo, A.** (2014). Cohabitors' reasons for living together, satisfaction with sacrifice, and relationship quality. *Marriage and Family Review*, 50, 598-620. <https://doi.org/10.1080/01494929.2014.938289>
- Arroyo, A., Segrin, C., & Harwood, J.** (2014). Appearance-related communication mediates the link between self-objectification and health and well-being outcomes. *Human Communication Research*, 40, 463-482. <https://doi.org/10.1111/hcre.12036>
- Arroyo, A., & Harwood, J.** (2014). Theorizing fat talk: Intrapersonal, interpersonal, and intergroup communication about groups. *Annals of the International Communication Association* (formerly *Communication Yearbook*), 38(1), 175-205. <https://doi.org/10.1080/23808985.2014.11679162>
- Arroyo, A.** (2014). Connecting theory to fat talk: Body dissatisfaction mediates the relationships between weight discrepancy, upward comparison, body surveillance, and fat talk. *Body Image*, 11, 303-306. <https://doi.org/10.1016/j.bodyim.2014.04.006>
- Arroyo, A., & Segrin, C.** (2013). Family interactions and disordered eating attitudes: The mediating roles of social competence and psychological distress. *Communication Monographs*, 80, 399-424. <https://doi.org/10.1080/03637751.2013.828158>
- Wright, P. J., & **Arroyo, A.** (2013). Internet pornography and U.S. women's sexual risk behavior: Results from a national sample. *Mass Communication and Society*, 16, 617-638. <https://doi.org/10.1080/15205436.2012.754045>
- Wright, P. J., Randall, A. K., & **Arroyo, A.** (2013). Father-daughter communication about sex moderates the association between exposure to MTV's *16 and Pregnant/Teen Mom* and female students' pregnancy-risk behavior. *Sexuality & Culture*, 17(1), 50-66. <https://doi.org/10.1007/s12119-012-9137-2>
- Arroyo, A., Nevarez, N., Segrin, C., & Harwood, J.** (2012). The association between parent and adult child shyness, social skills, and perceived family communication environment. *Journal of Family Communication*, 12, 249-264. <https://doi.org/10.1080/15267431.2012.686941>

- Arroyo, A., & Harwood, J.** (2012). Exploring the causes and consequences of engaging in fat talk. *Journal of Applied Communication Research, 40*, 167-187.
<https://doi.org/10.1080/00909882.2012.654500>
- Segrin, C., Nevarez, N., **Arroyo, A., & Harwood, J.** (2012). Family of origin environment and adolescent bullying predict young adult loneliness. *Journal of Psychology, 146*, 119-134.
<https://doi.org/10.1080/00223980.2011.555791>
- Arroyo, A., & Segrin, C.** (2011). The relationship between self-perceptions and other-perceptions of communication competence and friendship quality. *Communication Studies, 62*, 547-562.
<https://doi.org/10.1080/10510974.2011.580037>
- Arroyo, A., & Harwood, J.** (2011). Communication competence mediates the link between shyness and relational quality. *Personality and Individual Differences, 50*, 264-267.
<https://doi.org/10.1016/j.paid.2010.09.041>
- Harwood, J., Paolini, S., Joyce, N., Rubin, M., & **Arroyo, A.** (2011). Secondary transfer effects from imagined contact: Group similarity affects the generalization gradient. *British Journal of Social Psychology, 50*, 180-189. <https://doi.org/10.1348/014466610X524263>

Chapters in Books

- Arroyo, A., Basinger, E., & Quinlan, M.** (accepted). Discourses about weight and body size. *Handbook of Women and Health Communication*.
- Alleva, J. A., **Arroyo, A., & Tylka, T. L.** (accepted). Relational body image. *Handbook of Body Image*. Tylka, Webb, Fuller-Tyszkiewicz, and Rodgers (Eds.)
- Burke, T. J., **Arroyo, A., & Young, V. J.** (2023). Weight-related communication: Helpful, hurtful, and unavoidable. In A. Goodboy & K. Shultz (Eds.), *Introduction to communication studies: Translating communication scholarship into meaningful practice (2nd ed.)*. Kendall Hunt.
- Arroyo, A., Young, V. J., & Burke, T. J.** (2022). Ideal body wishes for the soon-to-be Mrs.: Communicating resistance and acceptance of everyday body talk. In D. Braithwaite, J. Child, K. Rossetto, & J. Wood (Eds.), *Casing interpersonal communication: Case studies in personal and social relationships*. Kendall Hunt.
- Arroyo, A., & Andersen, K.*** (2018). Weight and weightism. In H. Giles & J. Harwood (Eds.), *Encyclopedia of intergroup communication*. Oxford University Press.
- Segrin, C., & **Arroyo, A.** (2016). Dark side of family communication. In L. Olson & M. Fine (Eds.), *The darker side of family communication: The harmful, the morally suspect, and the socially inappropriate* (pp. 3-26). Peter Lang.

Public Scholarship

- Arroyo, A.** (August, 2016). Is “fitspiration” related to negative body talk? *Communication Currents*. [Translated by National Communication Association]
- Arroyo, A.** (December, 2013). Social incompetence and disordered eating attitudes: The role of critical and overinvolved mothers. *Communication Currents*.
- Arroyo, A.** (June, 2012). “I’m so fat!”: The negative outcomes of fat talk. *Communication Currents*.

Media Coverage of Scholarship

- UGA Today*, Your childhood may haunt your relationships, July 2026
- Georgia Broadcasting Company*, New study examines how childhood trauma affects intimate relationships in adulthood, July 2026
- UGA Today*, Communications faculty says that moms can help their daughters with body positivity, October 2022

StudyFinds, Feminism may promote better body image for mothers and daughters, August 2022
UGA Today, Feminism may lead to better body image, July 2022
Health is Love Co., Body talk, January 2022
Parents Magazine, 5 things to do when your child says 'I'm Fat,' September 2021
Grady Newsource, Body neutrality movement makes its way to social media, 2020
WUGA, Athens news matters: Feminist mothers, November 2020
UGA Today, Mothers affect how daughters act in close relationships, November 2020
KU News, Self-assured daughters reduce feminist moms' psychological distress, July 2020
The Full Bloom Project, How do I effectively communicate body positivity to my kids? April 2019
Women's Health (Magazine), Why so many women body-shame themselves, December 2015
Deseret News, What one Instagram account can teach us about mother-daughter relationships, June 2015
National Clearinghouse on Families and Youth, Reality shows contribute to decline in teenage childbearing, other factors also, May 2014
WebMD Magazine, Build a healthy mother-daughter bond, May 2014
U.S. News and World Reports, Over-involved mothers tied to women's poor eating, body attitudes, study says, September 2013
Business Standard, Overbearing moms to blame for daughters' poor social skills, September 2013
Science Daily, Overbearing mothers can produce daughters with poor social skills and disordered eating attitudes, September 2013
MSN-Healthy Living, Over-involved mothers tied to women's poor eating, body attitudes, study says, September 2013
Medical Xpress, Poor social skills linked to disordered eating attitudes, September 2013
Fitness Magazine, July/August 2012 Issue
The Atlantic, 'Teen Mom' and the daddy complex, May 2012
Newswise, Viewers family background affects how they react to MTV's show 16 and pregnant, May 2012
Live Science, TV glamorizes teen pregnancy, May 2012
Fox News, Calling yourself fat increases depression risk, March 2012
MSNBC, Calling yourself fat increases depression risk, March 2012
Live Science, Does TV Glamorize Teenage Pregnancy? May 2012
U.S. Department of Health and Human Services, Talking about weight tied to poor self-image, depression: Study, March 2012
Good Morning America, Talking about weight tied to poor self-image, depression: Study March 2012
MSN Health and Fitness, Talking about weight tied to poor self-image, depression: Study, March 2012
Yahoo! News, Talking about weight tied to poor self-image, depression: Study, March 2012
Medline Plus, Talking about weight tied to poor self-image, depression: Study March 2012
Deseret News, Talking with dad impacts females view of teen pregnancy shows, May 2012
U.S. News and World Reports, Talking about weight tied to poor self-image, depression: study, March 2012
The Lantern, OSU students offer helping hand against violence, November 2006

Invited Colloquia, Talks, and Lectures

Invited Colloquia and Lectures

Research Colloquium, Mother-daughter socialization: Challenging social ideals and improving mental health. The Ohio State University, School of Communication, 2024
Public Lecture, Between mothers and daughters: Communication strategies that promote women's body image. Michigan State University, Department of Communication Studies' "Celebrating Excellence in Communication Scholarship" event, 2023

Research Colloquium, Mother-daughter communication and body image outcomes. University of Arizona, Department of Communication, 2019

Research Colloquium, Health and well-being outcomes related to interpersonal communication. Kent State University, School of Communication Studies, 2016

Invited Colloquia and Talks on Campus

Research Colloquium, Healthism and body-based oppression. Department of Communication Studies, 2025

Research Colloquium, Between mothers and daughters: Communication strategies that promote women's body image. Food and Nutrition Sciences, 2022

Research Colloquium, Between mothers and daughters: Communication strategies that promote women's body image. Institute of Women's Studies, 2022

Research Colloquium, Feminist embodiment, body talk, and body image among mothers and daughters. Department of Communication Studies, 2022

Research Colloquium, Mothers, daughters, and body image. Department of Communication Studies, 2017

Invited Panelist, Miss Representation Panel for UGA's NEDA Awareness Week, 2016

Invited Panelist, Family and Community as Pathways for Health: Obesity Prevention and Intervention Strategies, University of Georgia—State of the Art Conference, 2014

Competitively Selected Convention Papers, Posters, and Presentations

International Conventions

Arroyo et al. (2026). *Ableism, anti-fat bias, and ageism: Connecting normative health-related attitudes, body-based prejudices, and microaggressions acceptance*. The 19th International Conference on Language and Social Psychology (ICLASP19): Tucson, AZ.

Richardson, E., W. Leavitt, C., Futris, T., **Arroyo, A.** (2025). *Depressive symptoms, relationship satisfaction, loneliness, and mindfulness*. International Association for Relationship Research: Uxbridge, England.

Burke, T. J., Young, V. J., & **Arroyo, A.** (2023). *Positive health promotion in mother-daughter relationships*. International Association for Relationship Research: Phoenix, AZ.

Arroyo, A., Stillion Southard, B. A., & Martz, D. (2022). *Feminist embodiment, body talk, and body image among mothers and daughters*. International Communication Association: Virtual due to COVID-19 (Paris, France).

Arroyo, A., Curran, T., & Ruppel, E. K. (2021). *Direct and indirect associations among self-disclosure skills, social support, and psychosocial outcomes during the transition to college*. International Communication Association: Virtual due to COVID-19.

Arroyo, A. (2021). *Talking about "health" in close relationships*. Presenter on the spotlight panel titled "Transforming our understanding of interpersonal health communication processes." National Communication Association: Virtual due to COVID-19.

Smith, S. A., & **Arroyo, A.** (October, 2018). *My parents made me apply: The role of families in the job search process of recent college graduates*. Association for Business Communication's Annual International Conference: Miami, FL.

Arroyo, A., & Andersen, K.* (May, 2015). *Appearance-related communication and body image outcomes: Fat talk and old talk among mothers and daughters*. International Communication Association: San Juan, Puerto Rico.

Gallegos, M., **Arroyo, A.**, & Segrin, C. (May, 2015). *Stress and health: The role of communication with others*. International Communication Association: San Juan, Puerto Rico.

Arroyo, A., & Kline, S. (July, 2008). *The shy person's struggle in seeking social support*. International Association for Relationship Research: Providence, RI.

National Conventions

- Curran, T., **Arroyo, A.**, & Acheme, D. E. (November, 2026) *Intergenerational transmissions of passive and antiracist bystanding in White families*. National Communication Association: New Orleans, LA.
- Arroyo, A.** (November, 2025). *Weight and body size*. Presenter on spotlight panel titled “Elevate, Expand, Empower: Conversations in Women’s Health Communication.” National Communication Association: Denver, CO.
- Arroyo, A.** (November, 2024). *Health-related ableism, anti-fat bias, and ageism: Attitudes and microaggressions*. Presenter on the panel titled “Discourses of (Dis)regard: Denying Body Sovereignty through Healthist Discourse.” National Communication Association: New Orleans, LA.
- Owanuga, O., & **Arroyo, A.** (November, 2024). *Defying distance in long-distance relationships: An application of the theory of resilience and relational load*. National Communication Association: New Orleans, LA.
- Arroyo, A.**, Woszidlo, A., & Stillion Southard, B. A. (November, 2023). *Feminist identity, mothering attitudes, and maternal agency: Predicting mother-infant wellbeing outcomes*. National Communication Association: National Harbor, MD.
- Curran, T., **Arroyo, A.**, & Fabbriatore, J.* (November, 2022). *Intergenerational transmissions of white privilege attitudes, racism, and anti-racism in White families*. National Communication Association: New Orleans, LA.
- Arroyo, A.**, Woszidlo, A., & Janovec, A.* (November, 2019). *The relationships between mothers’ and daughters’ feminist identity, voice, and psychological outcomes*. National Communication Association: Baltimore, MD. Top Paper in the Family Communication Division.
- Arroyo, A.**, Stillion Southard, B. A., Cohen, H.,* & Caban, S.* (November, 2018). *Maternal communication strategies that promote daughters’ body image*. National Communication Association: Salt Lake City, UT. Top Paper in the Health Communication Division.
- Arroyo, A.**, Stillion Southard, B. A., & Aughtman, L.* (November, 2018). *Mother-daughter consciousness raising discussions and body image*. National Communication Association: Salt Lake City, UT.
- Arroyo, A.** (November, 2018). *Consciousness raising in the context of mother-daughter discussions: From Elizabeth Cady Stanton’s “Our Girls” (1980) to today*. Presenter on the spotlight panel titled “Women Civil Rights Leaders Then and Now: A Play on the (White, Affluent, American) Suffrage Narrative.” National Communication Association: Salt Lake City, UT.
- Arroyo, A.**, Segrin, C., & Andersen, K. K.* (November, 2016). *Intergenerational transmission of disordered eating attitudes: Direct and indirect maternal communication strategies among grandmothers, mothers, and daughters*. National Communication Association: Philadelphia, PA.
- Arroyo, A.**, & Brunner, S.* (November, 2015). *#Fitspirations and #FatTalk: The moderating roles of body surveillance and social comparison between friends’ fitness posts and negative body talk*. National Communication Association: Las Vegas, NV.
- Andersen, K. K.*, & **Arroyo, A.** (November, 2015). *The relationship between mother-daughter self-objectification: Exploring direct, indirect, and conditional direct effects*. National Communication Association: Las Vegas, NV.
- Curran, T. M.*, & **Arroyo, A.** (November, 2015). *Self-objectification, appearance-related communication, and depression among middle-aged women: A mediational pathway*. National Communication Association: Las Vegas, NV.
- Arroyo, A.**, Segrin, C., Harwood, J., & Bonito, J. A. (November, 2014). *Co-rumination of fat talk and weight control practices: An application of confirmation theory*. National Communication Association: Chicago, IL. Top Paper in the Health Communication Division.

- Arroyo, A., & Segrin, C.** (November, 2013). *Family interactions and disordered eating attitudes: The mediating roles of social competence and psychological distress*. National Communication Association: Washington D.C.
- Arroyo, A.** (November, 2013). *Magazine exposure and body dissatisfaction: The mediating roles of appearance-related attitudes and fat talk*. National Communication Association: Washington D.C.
- Arroyo, A., & Wright, P. J.** (November, 2013). *Young women's evaluation of female media models and subsequent self-evaluations*. National Communication Association: Washington D.C.
- Arroyo, A. & Harwood, J.** (November, 2011). *A longitudinal analysis of the causes and consequences of engaging in fat talk*. National Communication Association: New Orleans, LA.
- Arroyo, A., Nevarez, N., Segrin, C., & Harwood, J.** (November, 2011). *The association between parent and adult child shyness, social skills, and perceived family communication environment*. National Communication Association: New Orleans, LA. Top Four Paper in the Family Communication Division.
- Atwell Seate, A., Joyce, N., Harwood, J., & **Arroyo, A.** (November, 2011). *Necessary and sufficient conditions for intergroup contact: A fuzzy sets qualitative comparative analysis approach to understanding intergroup attitudes*. National Communication Association: New Orleans, LA.
- Arroyo, A.** (November, 2010). *The cycle of shyness: Beyond initial interactions*. National Communication Association: San Francisco, CA.

Regional/Local Conventions

- Gilbert, A.*, Futris, T., Bailey, Z., Richardson, E., **Arroyo, A.**, & Brown, R.* (April, 2024). *The moderating effects of mindfulness on the association between adverse childhood experiences and adult mental health*. Center for Undergraduate Research Opportunities, Spring Symposium: Athens, GA.
- Arroyo, A.**, Richardson, E. W., Futris, T. G., Brown, R.*, & Gilbert, A.* (February, 2024). *Adverse childhood experiences, mental health, and couple relationship quality: Relationship maintenance behaviors as an interpersonal resource*. Southeast Regional Clinical & Translational Science Conference: Pine Mountain, GA.
- Dunivan, M., & **Arroyo, A.** (February, 2012). *The motivations and consequences of deception in differing relationship stages*. Western States Communication Association: Albuquerque, NM.

Grant Activity

External Grants (Funded)

- Co-I, *Helping Every Area of Relationships Thrive—Adults (HEART)*, US Dept of Health & Human Services (HHS-2025-ACF-OFA-ZB-0109), \$6,190,000, PI: Ted Futris, 2025–2030
- PI, *Waterhouse Family Institute for the Study of Communication and Society*, Villanova University (202425123), \$10,000, 2024

External Grants (Unfunded)

- Co-I, *Spencer Foundation*, \$500,000, PI: Soroya McFarlane, 2023
- P.E.O. International Scholar Award Program*, 2011
- Ford Foundation Fellowship Programs* – Predoctoral Competition, 2010

Internal/University Grants (Funded)

- Co-PI, *Teaming for Interdisciplinary Research (TIR) Pre-Seed Program*, University of Georgia, PI: Maria Bermudez, \$3,500, 2025
- PI, *Department of Communication Studies*, University of Georgia, \$1,800, 2023
- PI, *'Obesity' Research Initiative*, University of Georgia, \$400, 2023

PI, *Department of Communication Studies*, University of Georgia, \$1,500, 2020
 PI, *Department of Communication Studies*, University of Georgia, \$1,500, 2018
 PI, *Department of Communication Studies*, University of Georgia, \$1,320, 2017
 PI, *Academic Affairs and Provost*, University of Georgia, \$5,000, 2014

Internal/University Grants (Unfunded)

Co-PI, *Presidential Interdisciplinary Seed Grant Program*, University of Georgia (\$97,985). PI: Maria Bermudez, 2025

TEACHING

Guest Lectures

Invited Lectures

Interpersonal and Health Communication. Health Communication Undergraduate Class. Invited virtual lecture by Dr. Tricia Burke. Texas State University, Department of Communication Studies, recorded in 2020 and has been shown annually thereafter
Fat talk. Health Communication Undergraduate Class. Invited virtual lecture by Dr. Tricia Burke. Texas State University, Department of Communication Studies, 2016
Fat talk. Health Communication Graduate Seminar. Invited virtual lecture by Dr. Lynsey Romo. North Carolina University, Department of Communication, 2016

Invited Talks and Workshops on Campus

Intergenerational transmission of body image between mothers and daughters. Invited Dr. Emma Liang, Nutrition Sciences, Graduate Seminar, 2024
How do people come back from difficulty? Theory of resilience and relational load. Invited by Dr. Mackensie Minniear, Department of Communication Studies, 2023
Communicating resistance and acceptance of everyday body talk. Invited by Dr. Emma Liang, Nutrition Sciences, First Year Odyssey, 2022
What is fat talk? Invited Dr. Emma Liang, Nutrition Sciences, Graduate Seminar, 2022
What is fat talk? Invited by Dr. Emma Liang, Nutrition Sciences, First Year Odyssey, Fall 2021
What is fat talk? Invited by Dr. Emma Liang, Nutrition Sciences, First Year Odyssey, Spring 2021
Bridges to Doctorate Program, Graduate School, 2018

Instructor of Record

University of Georgia (*developed or redeveloped)

Graduate Courses

Communication and Body Image* (5 students; taught 1 time)
 Family Communication Seminar* (8-10 students; taught 5 times)
 Social Scientific Research Methods* (5 students; taught 3 times)
 Seminar in Interpersonal Communication Education (10 students; taught 3 times)
 Seminar in Interpersonal Communication Theory* (5 students; taught 4 times)

Undergraduate Courses Taught

Communicating in Close Relationships* (small class = 40 students; large lecture = 100 students; taught 14 times)
 Communication and Body Image* (40 students; taught 4 times)
 Empirical Research Methods in Communication (30 students; taught 3 times)
 Interpersonal Communication (Honors)* (20 students; taught 2 times)
 Introduction to Interpersonal Communication (small class = 30 students, taught 1 time; large lecture = 180-240 students, taught 4 times)

University of Arizona

Undergraduate Courses Taught

- Applied Organizational Communication (30 students; taught 4 times)
- Health Communication Theory (30 students; taught 2 times)
- Introduction to the Study of Human Communication (30 students; taught 1 time)

Graduate Teaching Assistant (large lecture courses)

- Family Communication (1 time)
- Intercultural Communication (1 time)
- Introduction to Research Methods in Communication (1 time)
- Introduction to the Study of Human Communication (3 times)
- Nonverbal Communication (1 time)
- Theories of Small Group Communication (1 time)

Courses Supervised (Courses taught by Graduate Students)

- Empirical Research Methods in Communication (7 times)
- Introduction to Interpersonal Communication (roughly 30 sections a semester; 8 semesters)
- Topics in Interpersonal and Health Communication Processes (4 times)

Advising and Mentoring

Faculty Mentorship

- Dr. Sachiko Terui, Assistant Professor, 2023-Present
- Dr. Mackensie Minniear, Assistant Professor, 2020-Present
- Dr. Kristi Schaller, Lecturer, 2013-2014
- Dr. Tiffany White, Lecturer, 2018-2019

Major Advisor

Ph.D.

- In progress:* Betty Bau, Elle Johnson
- Completed:* Selena Pang (2025), Jessica Fabbriatore (2025), Andre Fedd (2023), Kristin Andersen (2022)
- Withdrew:* Ryan Martinez, Madison Ray

M.A.

- In progress:*
- Completed:* Ashtyn Evans (2026), Kaelie Masaschi (2026), Sydney Luff (2024), Samantha Ritchy (2024), Rebecca Hughes (2024), Lauren Cojulun (2022), Madison Speece (2022), Natalie Doss (2021), Tumininu Awonga (2020), LaQuae Aughtman (2019), Sarah Caban (2018)

Committee Member

Ph.D.

- In progress:*
- Completed:* Sadona Thompson–Psychology (2026), Beauty Acheampong (2026), Rhoda Olaleye–Grady (2023), Volha Murashka (2022), Soela Kim (2021), Anastacia Janovec (2021), Mengfei Guan (2018), Valerie Coles (2017), Timothy Curran (2017)
- Withdrew:* Taewook Ham, Heather Cohen

M.A.

- In progress:*

Completed: Clay Cook (2025), Morgan Thoem (2025), Hannah Smith (2022), Aarum Youn-Heil (2020), Emilie Ellis–FDHS (2020), Elle Johnson (2020), Katie Scott (2019), Juhyung Sun (2019), Anastacia Janovec (2017), Debra Gerrits (2017), Kristin Anderson (2014)

McNair Scholars Program

Natalie Nevarez (2010-2012)

Research Practicums and Independent Studies

Graduate Students

Emily Takamasa (Spring 2026), Kaelie Masaschi (Fall 2025), Betty Bai (Fall 2025), Clay Cook (Spring 2025), Ashtyn Evans (Spring 2025), Morgan Thoem (Fall 2024), Ryan Martinez (Spring 2024), Rebecca Hughes (Fall 2023), Samantha Richey (Fall 2023), Allison Worsdale (Fall 2021), Natalie Doss (Fall 2020), Selena Pang (Fall 2020), Elle Johnson (Fall 2019), Katie Scott (Spring 2019), Tumininu Awonga (Spring 2019), Anastacia Janovic (Spring 2019), LaQuae Aughtman (Spring 2018), Heather Cohen (Spring 2017), Sarah Caban (Spring 2017), Mengfei Guan (Spring 2016), Timothy Curran (Spring 2015), Kristin Andersen (Fall 2013, Fall 2014)

Undergraduate Students

Hannah Maldonado-Matos (Spring 2026), Chenxi Lui (Fall 2024), Lilybet Jones (Spring 2024, Fall 2024), Ayanna Grant (Spring 2020), Natalie Doss (Spring 2019), Jonas Taylor (Spring 2018), Justin Lee (Spring 2018), Katherine Marshall (Fall 2017, Spring 2018), Sarah Caban (Spring 2016), Sara Aho (Summer 2014)

SERVICE

Service to the Discipline and Profession

Invited Guest, NCA's Scholars' Office Hours, 2026

Guest Editor, ACE's Special Issue, Journal of Family Communication, 2026

Invited External Reviewer, Tenure and Promotion to Associate, 2025 (West Virginia University)

Editorial Board, Communication Research, 2025-Present

Guest Editor, Dialogue on Difference: Fat Liberation and Communication, Communication Monographs, 2025

Editorial Board, Personal Relationships, 2024-Present

Mentor, NCA Family COMM Division Mentoring Program, 2024

Mentor, PhD Student Reviewer Program (SRP), Journal of Family Communication, 2024-2025

Associate Editor, Communication Monographs, 2023-2025

Representative, NCA's Scholars Office Hours (Communication Monographs Editorial Team), 2023

Editorial Board, Journal of Social and Personal Relationships, 2021-Present

Editorial Board, Journal of Family Communication, 2021-Present

Invited External Reviewer, Tenure and Promotion to Associate, 2022

Member, Dissertation Awards Committee, Family Communication Division (NCA), 2021

Member, Awards Committee, Family Communication Division (NCA), 2020

Ad Hoc Blind Peer Reviewer (Body Image, Canadian Journal of Behavioral Research, Communication Monographs, Communication Quarterly, Communication Research, Computers in Human Behavior, Family Process, Health Communication, International Communication Association, Journal of Family Communication, Journal of Family Issues, Journal of Family Psychology, Journal of Health Psychology, Journal of Social and Personal Relationships, National Communication Association, Health Communication Division, National Communication Association, Interpersonal Communication Division, Personal Relationships, Sex Roles, Southern Communication Journal, Women's Studies International Forum)

Service to the University of Georgia and Franklin College

Chair, Planning and Evaluation Committee, Franklin College Faculty Senate, 2015-2016

Member, Franklin College Faculty Senate, Department Representative, 2014-2017

Member, Academic Standards Committee, Franklin College Faculty Senate, 2016-2017

Member, Planning and Evaluation Committee, Franklin College Faculty Senate, 2014-2015

Leadership for the Department of Communication at the University of Georgia

Search Committee Chair, Professor in Health Communication, 2025-2026

Search Committee Chair, Department Head and Professor, 2024-2025

Director of Graduate Studies, 2023-Present

Chair, Graduate Committee, 2023-Present

Member, Executive Committee, 2017-Present

Chair, Third Year Review Committee, 2023

Associate Department Head, 2020-2023

Basic Course Director (Interpersonal Communication), 2018-2022

Chair, Interpersonal and Health Area, 2017-2022

Chair, Third Year Review Committee, 2022

Chair, Research Lab Proposal Committee, 2021

Search Committee Chair, Limited Term Instructor Search in Interpersonal Communication, 2019

Service to the Department of Communication Studies at the University of Georgia

Third Year Review Committee (Dr. Doris Acheme), 2025

Post Tenure Review Committee (Dr. Bjørn Stillion Southard), 2025

Third Year Review Committee, 2024

Search Committee, Associate Professor in Interpersonal and Health Communication, 2023

Search Committee, Limited-Term Lecturer, 2022

Merit Document Committee, 2020-2021

Search Committee, Assistant Professor in Interpersonal and Interracial Communication, 2021

Post Tenure Review Committee (Dr. Jennifer Samp), 2020

Graduate Committee, 2018-2020

Search Committee, Assistant Professor in Interpersonal and Health Communication, 2019

Science and Health Certificate Committee, 2017

Undergraduate Curriculum Committee, 2015

Service to the Community

BE REAL Ambassador, Provides presentations and workshops on body confidence to the adults (parents and educators) in children's lives, [BE REAL USA](https://www.berealusa.org/), 2025-Present

Peer Mentor to New Parents during the perinatal period, Athens Parent Wellbeing, Athens, GA, 2023-2024

Invited Panelist, Hispanic Leadership Panel, Hispanic Employee Research Group-BAT Services Company, 2020

Academic Research Consultant, Naked Truth—a body image promotion program, Athens, GA, 2018-2019

Invited Panelist, "Family and Community as Pathways for Health: Obesity Prevention and Intervention Strategies," UGA's State-of-the-Art Conference, June 2014

Program Director, "Media and Me" Media Literacy Program, Girls Inc., Tucson, Arizona, 2012

PROFESSIONAL DEVELOPMENT

Research

- Enrolled Participant*, The Academic Woman's Writing Roadmap 6-week online course about academic publishing, www.cathymazak.com, 2018
- Enrolled Participant*, Fixed and Random Factors in Mixed Models: What IS the Difference? Statistics Webinar by The Analysis Factor, 2016
- Enrolled Participant*, Principal Component Analysis, Online Webinar by The Analysis Factor, 2016
- Enrolled Participant*, Essentials of Survey Research Methodology, Workshop by the Carl Vinson Institute of Government's Survey Research Group, University of Georgia, 2016
- Enrolled Participant*, Advanced Quantitative Analysis: Multilevel and Growth Curve Modeling, 15-week course by Dr. K.A.S. Wickrama from Human Development and Family Studies, University of Georgia, 2015
- Enrolled Participant*, Modeling Individual Differences in Behavior (Multiple Regression, Structural Equation Modeling, Multilevel Modeling), 1-week workshop by the Department of Psychology, North Carolina State University, 2014
- Enrolled Participant*, Multilevel Analysis 101 with SPSS, SAS, and R, Workshop by the Owens Institute for Behavioral Research, University of Georgia, 2014
- Enrolled Participant*, GrantSMART: Workshop on Developing NIH Proposals, Workshop at University of Georgia, 2013
- Selected Participant*, Research Grant Development Awards, Summer long workshop by Social and Behavioral Sciences Research Institute, University of Arizona, 2011
- Selected Participant*, Invitational Master's Student Institute, Rutgers University, 2009

Teaching

- Enrolled Participant*, Faculty Career Everywhere Program, UGA Career Center, 2024
- Enrolled Participant*, Strategies and Tools for Aligning Expectations of Graduate Mentor and Mentee, UGA Graduate School, 2023
- Enrolled Participant*, Promoting Body Trust® in Your Work (8-week training), The Center for Body Trust, <https://centerforbodytrust.com>, 2022
- Enrolled Participant*, Best Practices for Mentoring Graduate Students, University of Georgia Graduate School (Tracy C. Davis Director, Excellence in Mentoring Initiative Northwestern University), 2017
- Selected Fellow*, Teaching Academy Fellows Program, University of Georgia, 2014-2015

Administration and Service

- Mentee*, Graduate Coordinator Mentorship Program, Franklin College–University of Georgia, 2023-2024
- Invited Participant*, Academic Affairs Faculty Symposium: Transforming Graduate Education, sponsored by the President's Office and the UGA Teaching Academy, University of Georgia, 2015
- Enrolled Participant*, Critical Conversations: Communicating Up, Down, and Sideways, GovLoop–Continuing Professional Education Credit, 2015

Certificates of Completion

- Certified Body Trust® Educator/Specialist*, The Center for Body Trust, 2024
- Career Advocate Certificate*, UGA Career Center, 2024
- Certificate of Completion*, Postpartum Support International and Policy Center for Maternal Mental Health Professional Maternal Mental Health Certificate Training, 2024
- Certificate in Diversity and Inclusion*, Office of Institutional Diversity, University of Georgia, 2022
- Certificate in College Teaching*, Office of Instruction and Assessment, University of Arizona, 2012

PROFESSIONAL ASSOCIATIONS

National Communication Association

International Communication Association

International Association of Relationship Research

International Association of Language and Social Psychology

Updated: August 2026