

## J Douglas Coatsworth

### Education and Training

University of Minnesota  
Harvard University

Clinical Psychology  
Psychology and Social Relations

Pd.D., 1994  
B.S., 1983

### Research and Professional Experience

#### **Positions.**

2017-2018	<b>Member</b> , Colorado Prevention Certification Board
2017- 2018	<b>Treasurer</b> , Board of Directors, Society for Prevention Research
2013 - Present	<b>Professor</b> , Colorado State University Department of Human Development and Family Studies <b>Director</b> , Applied Developmental Science Program <b>Director</b> , Colorado State University Prevention Research Center
2012 - 2013	<b>Professor</b> , The Pennsylvania State University Department of Human Development and Family Studies Prevention Research Center for the Promotion of Human Development
2011 – 2013	<b>Professor-in-Charge of the Graduate Program</b> Department of Human Development and Family Studies The Pennsylvania State University
2006 - 2012	<b>Associate Professor</b> , The Pennsylvania State University Department of Human Development and Family Studies
2006 - 2011	<b>Professor-in-Charge of the Undergraduate Program</b> Department of Human Development and Family Studies The Pennsylvania State University
2000 - 2006	<b>Assistant Professor</b> , The Pennsylvania State University Department of Human Development and Family Studies

#### **Professional Activities.**

Society Memberships: The Society for Prevention Research, The American Psychological Association;  
Society for Research on Adolescence;

#### **Editorial Board Member Peer Reviewed Journal:**

2005-present Journal of Primary Prevention

#### **Teaching Experience.**

For the past 18 years I have taught undergraduate and graduate level university classes in human development and family studies, and prevention science. I have taught courses on family theory, basics of prevention science, preventive interventions, program planning and evaluation, community interventions.

#### **Honors and Awards.**

2018	Outstanding Honors Academic Advisor Award, Colorado State University Honors College
2008	President's Award for Engagement with Students, The Pennsylvania State University
2006	Health and Human Development Alumni Society Excellence in Teaching Award, College of Health and Human Development, The Pennsylvania State University
2005	Evelyn R. Saubel Faculty Award, College of Health and Human Development, The Pennsylvania State University.

- 2003 Outstanding Research Publication Award from the American Association for Marriage and Family Therapy for the article: Coatsworth, J. D., Pantin, H., & Szapocznik, J. (2002). Familias Unidas: A family-centered ecodevelopmental intervention to reduce risk for conduct problems and substance use among Hispanic adolescents. *Clinical Child and Family Psychology Review*, 5, 113-132.
- 2001 Early Career Preventionist Award from the Society for Prevention Research

**Grants Received (Selected from Recent).**

- 2018 – 2020 Empowering Youth And Families In Rural Colorado: Implementing SFP 10-14 To Prevent Opioid Misuse, National Institute of Food and Agriculture, Principal Investigator.
- 2018 – 2020 Advancing IDEAS for Health, Colorado Health Foundation, Domestic Foundations, Investigator, George, M. R. W. (PI) Riggs, N. (CoPI)
- 2018 - 2020 Merging Yoga and Self-Management to develop Skills (MY-Skills), National Center for Complementary and Integrative Medicine (NCCIH), , Investigator, (Co- PIs: C Fruhauf & A Schmid)
- 2017-2022 Decreasing Stress and Anxiety in Adolescents from High-Conflict Homes: Testing a Mindfulness Group + Ecological Momentary Intervention, Career Development Award from the National Center for Complementary and Integrative Medicine (NCCIH), Mentor (Rachel Lucas-Thompson, PI)
- 2017 – 2019 Elucidating Pathways to Character via Short-Term and Longer-Term Changes Using Individual and Dyadic Approaches, John Templeton Foundation, Investigator, (Gloria Luong, PI).
- 2017-2018 Building a Compassionate Community Actively Living Mindfulness (CCALM) to Promote Health and Well-Being Among Older Adults, Family Caregivers, and Care Staff; Colorado Foundation for Public Health and the Environment, Domestic Foundations, Principal Investigator
- 2016-2019 Assessing and Changing the Culture of Concussion Reporting in Middle and High School Youth: A Community Collaborative Approach, NCAA/DOD, Principal Investigator.
- 2016-2018 Advancing IDEAS for Health, Colorado Health Foundation, Domestic Foundations, Investigator (Riggs, N. (PI), George, M. R. W. (CoPI))
- 2009 – 2014 Efficacy Trial of a Mindfulness-enhanced Strengthening Families Program, National Institute of Drug Abuse Principal Investigator
- 2007-2010 The Social Ecology of Urban Adolescent Substance Use: A Multiple Domain Approach, National Institute on Drug Abuse, \$436,035, Co-Investigator (Michael Mason, Principal Investigator).
- 2006-2007 Pilot Efficacy Study of a Mindfulness-Based Parenting Intervention, Penn State Children Youth and Families Consortium, Principal Investigator,
- 2003 – 2005 Neighborhood Variation in the Effects of Prevention Programs on Positive Youth Outcomes, The William T. Grant Foundation, Co-Investigator, (Deborah Gorman-Smith, & Sean Reardon, Principal Investigators)..
- 2003 – 2005 Promoting Positive Activity Engagement in Adolescence, Penn State Children Youth and Families Consortium, Principal Investigator.
- 2003 – 2005 Clinical Processes in Drug Abuse Prevention, National Institute on Drug Abuse, Principal Investigator,

## Peer Reviewed Journal Publications (from Last 4 Years)

- Coatsworth, J.D., Timpe, Z., Nix, R.T., Duncan, L.G., & Greenberg, M.T. (in press). Change in mindfulness mediates effects of MSFP on parenting practices: Mother and father differences. *Mindfulness*
- Coatsworth, J.D., Timpe, Z., Nix, R.T., Duncan, L.G., & Greenberg, M.T. (in press). Changes in Mindful Parenting: Associations with changes in Parenting, Parent-Youth Relationship Quality and Youth Behavior *Journal of the Society for Social Work and Research*.
- Coatsworth, J.D., & George, M.W. (in press). Family Processes and Evidence-based Prevention. In Z. Sloboda, H. Petras & E. Robertson (Eds.) *Prevention of Substance Use*. New York: Springer
- Coatsworth, J.D., George, M.W., & Walker, A.K. (in press). Creating Mindful and Compassionate Schools: Including Parents as Partners. To appear in T. Jennings, A DeMauro & P. Mischenko (Eds.) *Mindfulness in Schools: Transforming School Cultures through Mindful Awareness and Compassion*. New York: Guilford Press.
- Lucas-Thompson, R.G., Broderick, P.C., Coatsworth, J.D. & Smyth, J.M. (in press) New Avenues for Promoting Mindfulness in Adolescence using mHealth. *Journal of Child and Family Studies*
- Dalager, S., Annameier, S., Bruggink, S., Pivarunas, B., Coatsworth, J.D., Schmid, A.A., Bell, C., Broderick, P., Brown, K. W., Quaglia, J., & Shomaker, L. B. (in press). Mindfulness-based group intervention for an adolescent girl at risk for type 2 diabetes: A case report. *Advances in Mind-Body Medicine*
- Coatsworth, J.D. & MacPhee, D. (2018). Competence and Performance. In M.H. Bornstein, M.E. Arterberry, K.L. Fingerman, & J.E. Lansford (Eds.), *The SAGE Encyclopedia of Lifespan Human Development*. Thousand Oaks, CA: SAGE Publications.  
<http://dx.doi.org/10.4135/9781506307633.n157>
- Coatsworth, J. D., Hemady, K., & George, M.W. (2017), Predictors of Group Leaders' Perceptions of Parents' Initial and Dynamic Engagement in a Family Preventive Intervention. *Prevention Science*. Advance online publication. April 2017; doi:10.1007/s11121-017-0781-5
- Conroy, D. E. & Coatsworth, J.D. (2017). Coaches. In R.J.R. Levesque (Ed.) *Encyclopedia of Adolescence*, New York, New York: Springer International Publishing. Advance online publication. July 2017; [doi:10.1007/978-3-319-32132-5\\_184-2](https://doi.org/10.1007/978-3-319-32132-5_184-2)
- Molloy-Elreda, L. E., Coatsworth, J. D., Gest, S. D., & Ram, N., & Bamberger, K.T. (2016). Understanding Process in Group-Based Intervention Delivery: Social Network Analysis and Intra-Entity Variability Methods as Windows into the "Black Box". *Prevention Science*, 17, 925-936.
- Burt, K., Coatsworth, J. D., & Masten, A. S. (2016). Competence and Psychopathology. In D. Cicchetti & D. Cohen (Eds.), *Developmental psychopathology (3rd ed.)* (pp. 1-50). New York: Wiley.
- Lippold, M.A., Duncan, L. G., Coatsworth, J.D., Nix, R. L., & Greenberg, M.T. (2015). Understanding how mindful parenting may be linked to mother-adolescent communication, *Journal of Youth and Adolescence*, 44, 1663 – 1674. DOI 10.1007/s10964-015-0325-x
- Duncan, L. G., Coatsworth, J. D., Gayles, J, Geier, M, & Greenberg, M. T. (2015). Using Mother-Youth Behavioral Observations to Discriminate High Versus Low Self-Reported Mindful Parenting. *Journal of Family Psychology*, 29, 276-282. <http://dx.doi.org/10.1037/a0038857>
- Coatsworth, J.D., Duncan, L.G., Nix, R.L., Greenberg, M.G., Gayles, J.G., Bamberger, K.T., Berrena, E., & Demi, M.A. (2015). Integrating Mindfulness with Parent Training: Effects of the Mindfulness-enhanced Strengthening Families Program. *Developmental Psychology*, 51, 26-35.  
<http://dx.doi.org/10.1037/a0038212>

- Coatsworth, J.D., Duncan, L.G., Berrena, E., Bamberger, K.T., Loeschinger, D., Greenberg, M.G., & Nix, R.L. (2014). The Mindfulness-enhanced Strengthening Families Program: Integrating brief mindfulness activities and parent training within an evidence-based prevention program. *New Directions in Youth Development*, 142, 45-58. DOI: 10.1002/yd.20096.
- Bamberger, K.T., Coatsworth, J.D., Fosco, G. M. & Ram, N. (2014). Patterns and Predictors of Change in Participants' Engagement in a Family-Based Preventive Intervention. *Journal of Family Psychology*, 28, 811-820. <http://dx.doi.org/10.1037/fam0000036>.
- Coatsworth, J. D., & Sharp, E.H. (2013). Discovering positive lives and futures: Adolescent eudaimonic expression through activity involvement. In A. Waterman (Ed.), *The best within us: Positive Psychology perspectives on eudaimonic functioning* (pp. 249-268) Washington, DC: APA Press.
- Coatsworth, J. D. (2013). Could emotional security theory help advance family-focused preventive interventions? In N.S. Landale, S.M. McHale & A. Booth (Eds.). *Families and Child Health* (pp. 97-104). New York: Springer.