

**Rosie Shrout**  
**Assistant Professor, University of British Columbia**

**1. What first drew you to relationship science?**

In undergrad, I typically chose to write my class papers on relationships and gender. This eventually led to my honors thesis on (mis)matches in people's current and ideal partner personality. I took a slight detour into sport psychology while working on my master's, which introduced me to health psychology. I've been researching the intersection of relationships and health ever since!

**2. What's a project you're especially proud of right now, and why?**

I can't believe that, as a PhD student, I conducted a year-long study on couples coping with chronic illness. My extremely wise and thoughtful advisor suggested having only the wave 1 survey be tied to my dissertation, and then I could still collect 6- and 12-month follow-up surveys as part of a larger project. I applied for fellowships and lots of small grants to cobble together enough funding to do the study, which was eventually published in the *Journal of Family Psychology*!

**3. What do you find most exciting or rewarding about studying relationships?**

How cool is it that we get to study relationships for a career? I feel so fortunate to get to do this every day. I know this is cheesy and isn't actually answering the question, but I genuinely feel grateful. To actually answer the question, it is very rewarding when I'm talking to someone about my research and they connect with it directly, feel seen, and share their personal experiences with me.

**4. What's something about relationships that people often misunderstand—or that your work has changed your mind about?**

Well, that honors thesis I wrote in undergrad... the title of my thesis course credits was "Do opposites attract?". A fun title for a course or movie storyline, but as one of my undergrad mentors, Dr. Arlene Stillwell, said, "nope, they don't."

**5. What are you working on next, or what question are you most excited to pursue?**

It has been fun to have ongoing projects spanning my interests (and my students' interests!). These include investigating how couples cope across breast cancer survivorship, comparing women's health in the US and Canada, and examining health and well-being in the months after a partner's recent or suspected infidelity. Sometimes it can be tricky to go back and forth between these projects, but I've enjoyed getting back to some of my grad school interests while also exploring new topics and ideas.

**6. What advice would you give to students or early-career scholars interested in relationship science?**

Join IARR's mentoring program! I was a mentee for many, many years. I learned so much from my mentors and received an incredible amount of support and encouragement from them, especially while applying for and starting postdoc and faculty positions. One last important thing to remember: you belong here. No matter what discipline or program you are in, or what career you want, you are a relationship researcher and a valued part of our community.