

## Research

Bert Uchino's research is focused on the influence of social relationships on health outcomes. Epidemiological studies show that individuals in good quality relationships live longer and suffer less health problems than individuals in problematic relationships. Uchino's primary work has been examining how relationships that are more conflicted or ambivalent (containing both positive and negative qualities), influence biological pathways that are implicated in the risk for developing chronic health conditions such as cardiovascular disease.

## Collaborations

In collaboration with Timothy Smith, Wendy Birmingham, McKenzie Carlisle, Kimberly Bowen, David Sanbonmatsu, and Kathleen Light, Uchino's current publications have tested more specific relationship processes on disease relevant physiological pathways. This new work attempts to build greater specificity into their theoretical models that can aid in developing better intervention models to help individuals manage their relationships and improve their health.

## Publications

Uchino, B.N., Sanbonmatsu, D.M., & Birmingham, W. (in press). Knowing your partner is not enough: Spousal importance moderates the link between attitude familiarity and ambulatory blood pressure. *Journal of Behavioral Medicine*.

Uchino, B.N., Bosch, J.A., Smith, T.W., Carlisle, M., Birmingham, W., Bowen, K.S., Light, K.C., Heaney, J., & O'Hartaigh, Brian (in press). Relationships and cardiovascular risk: Perceived spousal ambivalence in specific relationship contexts and its links to inflammation. *Health Psychology*.

Bowen, K., Uchino, B.N., Birmingham, W., Carlisle, M., Smith, T.W., & Light, K.S. (in press). The stress-buffering effects of functional social support on ambulatory blood pressure. *Health Psychology*.

Uchino, B.N., Smith, T.W., Carlisle, M., Birmingham, W., & Light, K.C. (in press). The quality of spouses' social networks uniquely contributes to each other's cardiovascular risk. *PLOS One*.

NPR: <http://www.npr.org/blogs/health/2013/03/26/175283008/maybe-isolation-not-loneliness-shortens-life>