

Phil KAVANAGH
Psychology
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Biography

I am an Associate Professor in Clinical Psychology and Discipline Lead at the University of Canberra (UC), and the current Deputy Chair for HODSPA. Prior positions include Head of Psychology and Associate Professor of Evolutionary at ISN Psychology, Acting Associate Head of School Research, Discipline Head Psychology, and Program Director for the Master of Psychology (Clinical) program in the School of Psychology, Social Work and Social Policy at the University of South Australia (UniSA); I am still an Adjunct Associate Professor at UniSA.

I completed my degree at the University of Canterbury in Christchurch (NZ) in 1999 as a "mature age" student, graduating in 2002 with a BSc(Hons) 1st class in Psychology. From there, I went on to complete both a PhD and Postgraduate Diploma in Clinical Psychology (PGDipClinPsych) concurrently; completing both in 2008. Shortly after completing my qualifications, I started a conjoined position with Central Queensland University as a Lecturer in Clinical Psychology and Queensland Health as a Service Evaluation and Research Coordinator for Evolve Therapeutic Services (ETS). My professional experiences have been varied and diverse, covering university settings, hospital settings, residential treatment facilities, clinical research projects, and clinical practice. I have worked in government organisations, non-government organisations, and privately.

My research interests are in the areas that overlap between social, personality, and clinical psychology broadly. I have two intersecting streams of research that I have been developing to lead toward a program of research investigating psychopathology from an evolutionary psychology perspective. My first stream of research is testing and expanding sociometer theory—an evolutionary theory about the role and function of self-esteem, how it is associated with social acceptance and rejection, and how this might influence subsequent mental health problems (e.g., anxiety, depression). My second stream of research is examining the darker sides of personality, specifically the behavioural and psychological correlates and consequences of narcissism, Machiavellianism, and psychopathy. This second stream of research is also couched in an evolutionary framework and influenced by Life History Theory. These two streams of research, alongside my interest and practice in clinical psychology have led me to start investigating the aetiology of psychopathology from a life history theory perspective. More recently I have been engaged in research looking at the unmet supportive care needs for cancer patients, and the psychological aspects associated with this.

Qualifications

PhD, University of Canterbury
Award Date: 17 Dec 2008

University of Canterbury
Award Date: 17 Dec 2008

Bachelor, The relations between social exclusion, friendship investment and state self-esteem, University of Canterbury
Feb 1999 → Nov 2002
Award Date: 17 Apr 2003

Employment

Associate Professor - Clinical Psychology

Psychology
Faculty of Health
14 Oct 2019 → 31 Dec 2049

Deputy Chair

Heads of Departments and Schools of Psychology Association (HODSPA)
Australia
20 Oct 2023 → present

Adjunct

University of South Australia
Adelaide, Australia
8 Jan 2018 → present

Research outputs

SSRI use is not associated with the intensity of romantic love, obsessive thinking about a loved one, commitment, or sexual frequency in a sample of young adults experiencing romantic love

Bode, A., Kowal, M., Aghedu, F. C. & Kavanagh, P. S., 2025, In: *Journal of Affective Disorders*. 375, p. 472-477 6 p.

Development and psychometric evaluation of a new domain-specific coparenting measure: Coparenting Children's Emotion Scale

Ambrosi, C. C., Kavanagh, P. S., Evans, S. & Havighurst, S. S., Dec 2024, In: *Family Process*. 63, 4, p. 2581-2602 22 p.

The effects of exercise dose on psychological health outcomes in people diagnosed with cancer: a systematic review and meta-analysis

Calder, J., Kavanagh, P. S., Bacon, R., Chau, M., Sidhu, D. & Toohey, K., Dec 2024, (E-pub ahead of print) In: *Disability and Rehabilitation*. p. 1-9 9 p.

Sense of coherence moderates job demand-resources and impact on burnout among nurses and midwives in the context of the COVID-19 pandemic: A cross-sectional survey

Paterson, C., Davis, D., Roberts, C., Bail, K., Wallis, E., Northam, H. L., Frost, J., Jojo, N., McGrory, C., Dombkins, A. & Kavanagh, P. S., Oct 2024, In: *Journal of Advanced Nursing*. 80, 10, p. 4113-4125 13 p.

Parental Perspectives on Principals' Responses to Homophobic, Biphobic, and Transphobic Bullying in Australian High Schools: An Exploratory Study

Hanlon, L. G., Webb, S. N., Chonody, J. M., Price, D. A. & Kavanagh, P. S., May 2024, In: *International Journal of Bullying Prevention*. p. 1-13 13 p.

Understanding the needs and preferences for cancer care among First Nations people: An integrative review

Paterson, C., Roberts, C., Blackburn, J., Jojo, N., Northam, H. L., Wallis, E., Hind, A., Caulfield, R., Barratt, M., Toohey, K., Kavanagh, P. S., Bacon, R. & Wilson, R. L., May 2024, In: *Journal of Advanced Nursing*. 80, 5, p. 1776-1812 37 p.

Romantic love and sexual frequency: Challenging beliefs

Bode, A., Kowal, M., Cannas Aghedu, F. & Kavanagh, P. S., 2024, In: *Journal of Sex and Marital Therapy*. 50, 7, p. 894-905 12 p.

To understand the experiences, needs, and preferences for supportive care, among children and adolescents (0-19 years) diagnosed with cancer: A systematic review of qualitative studies

Paterson, C., Kavanagh, P. S., Bacon, R., Turner, M., Moore, M., Barratt, M. & Chau, M., 27 Dec 2023, In: *Journal of Cancer Survivorship*. p. 1-25 25 p.

Exploring Experiences Among People Diagnosed With Cancer During the COVID-19 Pandemic: A Qualitative Descriptive Study

Legge, H., Toohey, K., Kavanagh, P. S. & Paterson, C., Dec 2023, In: *Seminars in Oncology Nursing*. 39, 6, p. 1-8 8 p., 151508.

Romantic love and behavioral activation system sensitivity to a loved one

Bode, A. & Kavanagh, P. S., 10 Nov 2023, In: *Behavioral Sciences*. 13, 11, p. 1-18 18 p., 921.

Parents on the Same Page: A Mixed-Methods Investigation of the Acceptability and Appropriateness of Tuning in to Kids Together

Ambrosi, C. C., Evans, S., Kavanagh, P. & Havighurst, S. S., 7 Oct 2023, In: *Journal of Child and Family Studies*. 32, 12, p. 3714-3730 17 p.

The unmet supportive care needs of people affected by cancer during the COVID-19 pandemic: an integrative review

Legge, H., Toohey, K., Kavanagh, P. S. & Paterson, C., Aug 2023, In: *Journal of Cancer Survivorship*. 17, 4, p. 1036-1056 21 p.

What Are the Unmet Supportive Care Needs of People Affected by Cancer: An Umbrella Systematic Review

Paterson, C., Toohey, K., Bacon, R., Kavanagh, P. & Roberts, C., Jun 2023, In: *Seminars in Oncology Nursing*. 39, 3, p. 1-14 14 p., 151353.

Internalization of a thin ideal and body dissatisfaction in lesbian and heterosexual women: Testing a Moderated Mediation Model

Dahlenburg, S. C., Gleaves, D. H., Kavanagh, P. S. & Hutchinson, A. D., 2023, (E-pub ahead of print) In: *Psychology of Sexual Orientation and Gender Diversity*. p. 1-12 12 p.

An Education Intervention Addressing Health Students' COVID-19 Vaccine Knowledge, Attitudes, and Behaviours

Bushell, M., Kavanagh, P., Millar, C., Nahon, I., Mahon, N., Bevitt, T. & Frost, J., 25 Oct 2022, In: *Australian Journal of Clinical Education*. 11, 2, p. 15-25 12 p.

Emotion regulation as a mediator between early maladaptive schemas and non-suicidal self-injury in youth

Nicol, A., Kavanagh, P. S., Murray, K. & Mak, A. S., Sept 2022, In: *Journal of Behavioral and Cognitive Therapy*. 32, 3, p. 161-170 10 p.

Testing a life history model of psychopathology: A replication and extension

Kahl, B. L., Kavanagh, P. S. & Gleaves, D. H., Sept 2022, In: *Current Psychology*. 41, 9, p. 6233-6246 14 p.

Commentary on Boysen and Isaacs (2022) and Boysen et al. (2022)

Kavanagh, P. S. & Kahl, B. L., Jul 2022, In: *Evolutionary Behavioral Sciences*. 16, 3, p. 289-293 5 p.

Exploring pharmacists' understanding and experience of providing LGBTI healthcare

Langdon, E., Kavanagh, P. & Bushell, M., Jun 2022, In: *Exploratory Research in Clinical and Social Pharmacy*. 6, 100134, p. 1-5 5 p., 100134.

The Development of an Adapted Coparenting Program: Tuning in to Kids Together

Ambrosi, C. C., Kavanagh, P. & Havighurst, S. S., 4 Jan 2022, (E-pub ahead of print) In: *International Journal of Systemic Therapy*. 33, 1, p. 1-22 22 p.

The relationship between early maladaptive schemas and the functions of self-injurious behaviour in youth

Nicol, A., Mak, A. S., Murray, K. & Kavanagh, P. S., 2022, In: *Clinical Psychologist*. 26, 3, p. 296-308 13 p.

COVIDiSTRESS Global Survey dataset on psychological and behavioural consequences of the COVID-19 outbreak

COVIDiSTRESS Global Survey Consortium, Dec 2021, In: *Scientific Data*. 8, 1, p. 1-27 27 p., 3.

Extending a Life History Model of Psychopathology: Expectations and Schemas as Potential Mechanisms

Kahl, B. L., Kavanagh, P. S. & Gleaves, D. H., 7 Oct 2021, (E-pub ahead of print) In: *Evolutionary Psychological Science*. 8, 2, p. 158-173 16 p.

Decolonising and Indigenising the Psychology Curriculum: Co-creating and Co-implementing a Holistic, Long-term and Iterative Journey Map

Buergelt, P., Brown, P. M., George, A., Buckmaster, D., Ng Tseung-Wong, C., Crisp, D., Lewis, V., Martinello, M., Kemp, T., Applebee, W., Collis, P., Boer, D., van Bortel, J., Flood, A., Busby Grant, J., Kavanagh, P., Kelty, S., Neill, J., O'Brien, L., Pymont, C., & 2 othersRickwood, D. & Watsford, C., Sept 2021, p. 1-1. 1 p.

A New Reality: The Role of Simulated Learning Activities in Postgraduate Psychology Training Programs

Australian Postgraduate Psychology Simulation Education Working Group (APPESWG), 26 Jul 2021, In: *Frontiers in Education*. 6, p. 1-19 19 p., 653269.

Early maladaptive schemas in young people who self-injure

Nicol, A., Mak, A. S., Murray, K. & Kavanagh, P. S., Jul 2021, In: *Journal of Clinical Psychology*. 77, 7, p. 1745-1762 18 p.

Stress and worry in the 2020 coronavirus pandemic: Relationships to trust and compliance with preventive measures across 48 countries in the COVIDiSTRESS global survey

Lieberoth, A., Lin, S. Y., Stöckli, S., Han, H., Kowal, M., Gelpi, R., Chrona, S., Tran, T. P., Jetic, A., Rasmussen, J., Cakal, H., Yamada, Y., Amin, R., Flis, I., Debove, S., Sahin, H., Turk, F., Delgado-Garcia, G., Yeh, Y. Y., Ho, Y. W., & 109 others Sikka, P., Lacko, D., Mamede, S., Zerhouni, O., Tuominen, J., Austin, T. B., Wang, H. E., Ikizer, G., Studzinska, S. L. A., Uddin, M. K., Chen, F. P. G. J. F. Y., Aybegum, M. K., Sanli, M., Lys, M. S. A. E., Gonzalez, R. F., Alcantara, V. R., Griffin, A., Rafael, C., Lopez, C., Nezkusilova, J., Cepulic, D. B., Aquino, S., Marot, T. A., Blackburn, A. M., Boullu, L., Bavolar, J., Kacmar, P., Wu, C. K. S., Joao, C. A., Natividade, J. C., Mari, S., Dranseika, V., Ahmed, O., Cristofori, I., Coil-Martin, T., Eichel, K., Kumaga, R., Caglar, E. E., Bamwesigye, D., Tag, B., Contreras-Lbanez, C. C., Jamir, J., Aruta, B. R., Naidu, P. A., Dilekler, I., Cenek, J., Islam, M. N., Ch'ng, B., Sechi, C., Nebel, S., Sayilan, G., Jha, S., Vestergren, S., Lhaya, K., Guillaume, G., Travaglino, G. A., Rachev, N. R., Hanusz, K., Pirko, M., West, J. N., Cyrus-Lai, W., Najmussaib, A., Romano, E., Noreika, V., Musliu, A., Sungailaite, E., Kosa, M., Lentoor, A. G., Sinha, N., Bender, A. R., Meshi, D., Bhandari, P., Byrne, G., Kalinova, K., Hubena, B., Ninaus, M., Scarpaci, C. D. A., Koszatkowska, K., Pankowski, D., Yaneva, T., Izquierdo, S. M., Uzelac, E., Lee, Y., Hristova, D., Hakim, M. A., Deschrijver, E., Kavanagh, P. S., Shata, A., Reyna, C., Leon, G. A. D., Tisocco, F., Milfont, T. L., Shani, M., Mola, D. J., Mahlungulu, S., Ozery, D. H., Caniels, M. C. J., Correa, P. S., Ortiz, M. V., Vilar, R., Makaveeva, T., Pummerer, L., Nikolova, I., Bujic, M., Szebeni, Z., Taranu, T. P. M., Martinez, L., Belaus, T. C. A. & Dubrov, D., 10 Feb 2021, In: Royal Society Open Science. 8, 2, p. 1-33 33 p., 200589.

The Effect of Exercise on Body Composition and Physical Performance in Prostate Cancer Patients Undergoing Androgen Deprivation Therapy (ADT): A Narrative Synthesis

Logan, L., Toohey, K., Kavanagh, P. S., Paterson, C. & McKune, A. J., Oct 2020, In: Seminars in Oncology Nursing. 36, 5, p. 1-11 11 p., 151067.

Attitudes toward same-sex family rights: Education facilitating progressive attitude change

Webb, S. N., Kavanagh, P. & Chonody, J. M., 1 Sept 2020, In: Australian Journal of Psychology. 72, 3, p. 293-303 11 p.

Improving Physical and Mental Health in Patients with Prostate Cancer Undergoing Androgen Deprivation Therapy: Strategies to Promote and Improve Physical Activity Quality and Quantity

Toohey, K., McKune, A., Nahon, I., Kavanagh, P. S., Newton, R. U. & Paterson, C., Aug 2020, In: Seminars in Oncology Nursing. 36, 4, p. 1-6 6 p., 151051.

Straight, LGB, Married, Living in Sin, Children Out of Wedlock: A Comparison of Attitudes Towards 'Different' Family Structures

Webb, S. N., Kavanagh, P. S. & Chonody, J. M., 3 Feb 2020, In: Journal of GLBT Family Studies. 16, 1, p. 66-82 17 p.

Testing the unsolved problems hypothesis: The evolutionary life issues-mitigating function of nature exposure and its relationship with human well-being

O, J., Kavanagh, P. S., Brüne, M. & Esposito, G., Aug 2019, In: Urban Forestry and Urban Greening. 44, p. 1-9 9 p., 126396.

An Integrated Model of Work–Study Conflict and Work–Study Facilitation

Owen, M. S., Kavanagh, P. S. & Dollard, M. F., 1 Oct 2018, In: Journal of Career Development. 45, 5, p. 504-517 14 p.

Do We Think Children Need a Mom and Dad? Understanding How Gender Ideology Impact Attitudes Toward Same-Gender Parent Family Rights

Webb, S. N., Chonody, J. M. & Kavanagh, P. S., 24 Aug 2018, In: Journal of Homosexuality. 65, 10, p. 1351-1371 21 p.

Evolutionary perspective

Kahl, B. L. & Kavanagh, P., 23 Jun 2018, *Encyclopedia of Personality and Individual Differences*. Zeigler-Hill, V. & Shackelford, T. K. (eds.). Switzerland: Springer, p. 1-12 12 p. (Encyclopedia of Personality and Individual Differences).

Are expectations the missing link between life history strategies and psychopathology?

Kavanagh, P. S. & Kahl, B. L., Feb 2018, In: Frontiers in Psychology. 9, p. 1-7 7 p., 89.

Intimate Partner Violence, Interpersonal Aggression, and Life History Strategy

Figueredo, A. J., Jacobs, W. J., Gladden, P. R., Bianchi, J. M., Patch, E. A., Kavanagh, P. S., Beck, C. J. A., Sotomayor-Peterson, M., Jiang, Y. & Li, N. P., Jan 2018, In: *Evolutionary Behavioral Sciences*. 12, 1, p. 1-31 31 p.

Antisocial personality traits

Kavanagh, P., 2018, *Encyclopedia of personality and individual differences*. Zeigler-Hill, V. & Shackelford, T. K. (eds.). United States: Springer, p. 1-4 4 p. (Encyclopedia of Personality and Individual Differences).

Basic Values and the Dark Triad Traits

Jonason, P. K., Foster, J. D., Kavanagh, P. S., Gouveia, V. V. & Birkás, B., 2018, In: *Journal of Individual Differences*. 39, 4, p. 220-228 9 p.

"If You Don't Like Gay Marriage, Don't Get One!": A Qualitative Analysis of Attitudes Toward Same-Sex Marriage in South Australia

Webb, S. N., Chonody, J. & Kavanagh, P. S., 20 Oct 2017, In: *Journal of GLBT Family Studies*. 13, 5, p. 439-458 20 p.

Attitudes Toward Same-Sex Parenting: An Effect of Gender

Webb, S. N., Chonody, J. M. & Kavanagh, P. S., 19 Sept 2017, In: *Journal of Homosexuality*. 64, 11, p. 1583-1595 13 p.

Personality disorders

Kavanagh, P., Pelling, N. & Burton, L., 1 Jan 2017, *Abnormal Psychology in Context: The Australian and New Zealand Handbook*. Pelling, N. & Burton, L. (eds.). Australia: Cambridge University Press, p. 258-265 8 p.

Life history strategies and psychopathology: The faster the life strategies, the more symptoms of psychopathology

Hurst, J. E. & Kavanagh, P. S., Jan 2017, In: *Evolution and Human Behavior*. 38, 1, p. 1-8 8 p.

The K-SF-42: A new short form of the Arizona life history battery

Figueredo, A. J., Garcia, R. A., Michael Menke, J., Jacobs, W. J., Gladden, P. R., Bianchi, J. M., Patch, E. A., Beck, C. J. A., Kavanagh, P. S., Sotomayor-Peterson, M., Jiang, Y. & Li, N. P., Jan 2017, In: *Evolutionary Psychology*. 15, 1, p. 1-12 12 p.

The devil made me do it: Press and personality in malevolent creativity

McBain, R., Copley, D. & Kavanagh, P., 2017, In: *The International Journal of Creativity & Problem Solving*. 27, 1, p. 21-44 23 p.

Life History Theory

Kavanagh, P. S. & Kahl, B. L., 11 Dec 2016, *Encyclopedia of Evolutionary Psychological Science*. Weekes-Shackelford, V., Shackelford, T. K. & Weekes-Shackelford, V. A. (eds.). Netherlands: Springer, p. 1-12 12 p. (Encyclopedia of Evolutionary Psychological Science).

A comparison of two neonatal withdrawal scales: A retrospective case note audit

Fox, K., Kavanagh, P. S. & Fielder, A. L., Dec 2016, In: *Journal of Neonatal Nursing*. 22, 6, p. 284-291 8 p.

Connect. Challenge. Do. Design and Evaluation of Goalzie: A Goal-setting Campaign to Promote Help-seeking for Wellbeing

Spears, B., Taddeo, C., Barnes, A., Collin, P., Swift, T., Webb-Williams, J., Kavanagh, P., Drennan, J., Razzeli, M. & Borbone, V., Jun 2016, Melbourne, Australia: Young and Well Cooperative Research Centre. 62 p.

Something Haunting You? Reframing and Promoting Help-Seeking for Young Men: The Co-Creation and Evaluation of a Social Marketing Campaign

Spears, B., Taddeo, C., Barnes, A., Collin, P., Swift, T., Webb-Williams, J., Brock, C., Kavanagh, P., Drennan, J., Razzeli, M. & Borbone, V., Jun 2016, Melbourne, Australia: Young and Well Cooperative Research Centre. 80 p.

Does Closeness to Someone Who Is Gay, Lesbian, or Bisexual Influence Etiology Beliefs About Homosexuality?

Chonody, J. M., Kavanagh, P. S. & Woodford, M. R., 2016, In: *Journal of Homosexuality*. 63, 12, p. 1726-1748 23 p.

Psychology regulation, education, and representation in Australia
Kavanagh, P. S., 2015, In: *International Journal of Mental Health*. 44, 1-2, p. 4-10 7 p.

Self-esteem

Kavanagh, P. S. & Scrutton, H. E., 2015, *Evolutionary Perspectives on Social Psychology*. Zeigler-Hill, V., Welling, L. & Shackelford, T. (eds.). 1 ed. Switzerland: Springer, p. 127-136 10 p. (Evolutionary Psychology).

Sleep, executive functioning and behaviour in children and adolescents with type 1 diabetes

Caruso, N. C., Radovanovic, B., Kennedy, J. D., Couper, J., Kohler, M., Kavanagh, P. S., Martin, A. J. & Lushington, K., Dec 2014, In: *Sleep Medicine*. 15, 12, p. 1490-1499 10 p.

The Dark Triad, schadenfreude, and sensational interests: Dark personalities, dark emotions, and dark behaviors

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Education, safe drinking practices and fetal alcohol spectrum disorder in the Kimberley region of Western Australia

Kavanagh, P. S. & Payne, J. S., Sept 2014, In: *Journal of Paediatrics and Child Health*. 50, 9, p. 701-706 6 p.

The mating sociometer and attractive others: A double-edged sword in romantic relationships

Kavanagh, P. S., Fletcher, G. J. O. & Ellis, B. J., 2014, In: *Journal of Social Psychology*. 154, 2, p. 126-141 16 p.

The Dark Triad and animal cruelty: Dark personalities, dark attitudes, and dark behaviors

Kavanagh, P. S., Signal, T. D. & Taylor, N., Oct 2013, In: *Personality and Individual Differences*. 55, 6, p. 666-670 5 p.

The effect of cognitive status and visuospatial performance on affective theory of mind in Parkinson's disease

McKinlay, A., Albicini, M. & Kavanagh, P. S., 2013, In: *Neuropsychiatric Disease and Treatment*. 9, p. 1071-1076 6 p.

Comparing the Measured and Latent Dark Triad: Are Three Measures Better than One?

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The dark side of love: Love styles and the Dark Triad

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The Mating Sociometer: A Regulatory Mechanism for Mating Aspirations

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