

Phil Kavanagh  
Psychology



## Biography

I am an Associate Professor in Clinical Psychology and Course Convenor for the Master of Clinical Psychology course at the University of Canberra (UC). I lecture across the undergraduate, honours, and master's courses at UC and provide research and clinical supervision to students. My previous roles include: Associate Professor of Evolutionary Psychology and Head of Psychology (ISN Psychology); Principal ISN Research Fellow (Florey Institute of Neuroscience and Mental Health); Acting Associate Head of School: Research, Discipline Head: Psychology, and Program Director for the Master of Psychology (Clinical) program (University of South Australia [UniSA]). While at UniSA I lectured across both the undergraduate and postgraduate psychology programs, provided research supervision to honours, master's, and PhD students, and clinical supervision to students in the master's of clinical psychology program. I am still an Adjunct Associate Professor at the University of South Australia.

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. 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.

## Qualifications

PhD, University of Canterbury  
Award Date: 17 Dec 2008

Bachelor, University of Canterbury  
Award Date: 17 Apr 2003

## Employment

### Psychology

University of Canberra  
15 Mar 2022 → present

### Adjunct

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

## Research outputs

**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.

**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., 21 Mar 2022, (E-pub ahead of print) In: *Clinical Psychologist*. p. 1-14 14 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., 2022, (E-pub ahead of print) In: *Journal of Behavioral and Cognitive Therapy*. p. 1-10 10 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*. p. 1-16 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 Boxtel, J., Flood, A., Busby Grant, J., Kavanagh, P., Kelty, S., Neill, J., O'Brien, L., Pymont, C., & 2 others Rickwood, D. & Watsford, C., Sep 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., Jeftic, 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., Lentoora, 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 Sep 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 a life history model of psychopathology: A replication and extension**

Kahl, B. L., Kavanagh, P. S. & Gleaves, D. H., 2020, In: *Current Psychology*. p. 1-14 14 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 Sep 2017, In: *Journal of Homosexuality*. 64, 11, p. 1583-1595 13 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.

**Personality disorders**

Kavanagh, P., Pelling, N. & Burton, L., 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.

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

McBain, R., Cropley, 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**

James, S., Kavanagh, P. S., Jonason, P. K., Chonody, J. M. & Scrutton, H. E., Oct 2014, In: *Personality and Individual Differences*. 68, p. 211-216 6 p.

**Education, safe drinking practices and fetal alcohol spectrum disorder in the Kimberley region of Western Australia**  
Kavanagh, P. S. & Payne, J. S., Sep 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?**  
Jonason, P. K., Kavanagh, P. S., Webster, G. D. & Fitzgerald, D., 2011, In: Journal of Methods and Measurement in the Social Sciences. 2, 1, p. 28-44 17 p.

**The dark side of love: Love styles and the Dark Triad**  
Jonason, P. K. & Kavanagh, P., Oct 2010, In: Personality and Individual Differences. 49, 6, p. 606-610 5 p.

**The Mating Sociometer: A Regulatory Mechanism for Mating Aspirations**  
Kavanagh, P. S., Robins, S. C. & Ellis, B. J., Jul 2010, In: Journal of Personality and Social Psychology. 99, 1, p. 120-132 13 p.