

Sandra Yu Rueger

Curriculum Vitae

Wheaton College
School of Psychology, Counseling, and Family Therapy
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ACADEMIC POSITIONS

- 2021 – Present** **Professor**
School of Psychology, Counseling, and Family Therapy
Wheaton College, Wheaton, IL
- 2011 – 2023** **Research Specialist**
Department of Psychiatry and Behavioral Neuroscience
The University of Chicago, Chicago, IL
- 2015 – 2021** **Associate Professor**
School of Psychology, Counseling, and Family Therapy
Wheaton College, Wheaton, IL
- 2011 – 2015** **Assistant Professor**
Department of Psychology
Wheaton College, Wheaton, IL
- 2010 – 2011** **Postdoctoral Fellow, Substance Abuse Treatment and Research**
Department of Psychiatry and Behavioral Neuroscience
The University of Chicago, Chicago, IL
- 1996 – 2002** **Instructor**
Accelerated Undergraduate Degree Program
Judson University, Elgin, IL

EDUCATION

- 2010** **Ph.D. in Psychology**
Northern Illinois University, DeKalb, IL
- 2009 – 2010** **Predoctoral Intern at APA-Approved Training Program**
Children's Memorial Hospital (now Ann and Robert H. Lurie Children's
Hospital of Chicago), Chicago, IL
- 2005** **M.A. in Psychology**
Northern Illinois University, DeKalb, IL
- 1989** **M.A. in Clinical Psychology, Marriage and Family Specialization**
Wheaton College, Wheaton, IL
- 1985** **B.A. in Psychology**
Northwestern University, Evanston, IL

PUBLICATIONS

Peer Reviewed Journal Articles (* student authors)

- Rueger, S. Y.** & *Steggerda, J. C. (2023). Hope is a mediator between enhancing attributional style and depressive symptoms in early adolescence. *Child Psychiatry & Human Development*. Advance online publication. <https://doi.org/10.1007/s10578-023-01511-2>
- Coyle, S., **Rueger, S. Y.**, Zhou, J., Chen, P., & *Case, S. (2023). Social support from mothers and fathers, family socioeconomic adversity, and academic performance in early adolescence. *Journal of Child and Family Studies*, 32(7), 1-16.
- Rueger, S. Y.**, *Pyun, Y., Coyle, S., Wimmer, J., & *Stone, L. B. (2022). Youth depression and perceived social support from parents: A meta-analysis of gender, and stress-related differences. *Psychological Bulletin*, 148(9-10), 710–740.
<https://doi.org/10.1037/bul0000378>
- Rueger, S. Y.**, Worthington, E. L., Jr., Davis, E. B., Chen, Z. J., Maloney, J. M., Eveleigh, E., Cowden, R. G., *Stone, L. B., *Lemke, A. W., & *Glowiak, K. (2022). Development and initial validation of the Persevering Hope Scale: Measuring wait-power in four independent samples. *Journal of Personality Assessment*, 1–16.
<https://doi.org/10.1080/00223891.2022.2032100>
- Cowden, R. G., **Rueger, S. Y.**, Davis, E. B., Counted, V., Kent, B. V., Chen, Y., VanderWeele, T. J.,
*Rim, M., *Lemke, A. W., & Worthington, E. L., Jr. (2022). Resource loss, positive religious coping, and suffering during the COVID-19 pandemic: A prospective cohort study of U.S. adults with chronic illness. *Mental Health, Religion, & Culture*, 1–17.
<https://doi.org/10.1080/13674676.2021.1948000>
- Lozano, P., **Rueger, S. Y.**, Lam, H., Louie, N., Southworth, A., Maene, C., Mo, Y., Randal, F., & Kim, K. (2021). Prevalence of depression symptoms before and during the COVID-19 pandemic among two Asian American ethnic groups. *Journal of Immigrant and Minority Health*. <https://doi.org/10.1007/s10903-021-01287-4>
- Rueger, S. Y.**, Cipra, A., *Choe, H. J., *Steggerda, J., *Kirby, A. E., & *Stone, L. B. (2021). Abbreviated assessment tool of learned helplessness and mastery orientation: The Student Behavior Checklist-Brief. *Journal of Psychoeducational Assessment*, 39(6), 772-777.
- Coyle, S., Cipra, A., & **Rueger, S. Y.** (2021). Bullying types and roles in early adolescence: Latent classes of perpetrators and victims. *Journal of School Psychology*, 89, 51–71.
<https://doi.org/10.1016/j.jsp.2021.09.003>
- Cowden, R., Davis, E., Counted, V., Chen, Y., **Rueger, S. Y.**, VanderWeele, T., *Lemke, A., *Glowiak, K., & Worthington, E. (2021). Suffering, mental health, and psychological well-being during the COVID-19 pandemic: A longitudinal study of U.S. adults with chronic health conditions. *Well Being, Space, & Society*, 2, 100048.
<https://doi.org/10.1016/j.wss.2021.100048>

- Cowden, R., Pargament, K., Chen, Z., Davis, E., *Lemke, A., *Glowiak, K., **Rueger, S. Y.**, & Worthington, E. (2021). Religious/spiritual struggles and psychological distress: A test of three models in a longitudinal study of adults with chronic health conditions. *Journal of Clinical Psychology*. Advance online publication: <https://doi.org/10.1002/jclp.23232>
- *Mendez, P., **Rueger, S. Y.**, Yoo, H., & Garcia, M. C. (2021). Uniendo familias latinas: Testing the spillover hypothesis with latino mothers and fathers. *The Family Journal*, 29(4), 434–441. <https://doi.org/10.1177/1066480720988121>
- *Steggerda, J., & **Rueger, S. Y.** (2020). Measurement of attributional style for positive and negative events using the Children’s Attributional Style Interview-II. *Journal of Psychoeducational Assessment*, 39 (4), 1-14. <https://doi.org/10.1177/0734282920958219>
- Rueger, S. Y.**, Jones, S. L., & Worthington, E. L., Jr. (2020). Using Jones’ integration approach to accommodate Attachment-Based Family Therapy to Christian treatment of depression in adolescence. *Journal of Psychology and Theology*, 48, 66-81.
- Worthington, E. L., Jr., **Rueger, S. Y.**, Davis, E. B., & Wortham, J. (2019). “Mere” Christian forgiveness: An ecumenical Christian conceptualization of forgiveness through the lens of stress-and-coping theory. *Religions*, 10(44), 1-15.
- Chavarria, J., **Rueger, S. Y.**, & King, A. C. (2018). Hangover in Post-College-Aged Drinkers: Psychometric Properties of the Hangover Symptom Scale (HSS) and the Hangover Symptom Scale-Short Form (HSS-5). *Alcoholism: Clinical and Experimental Research*, 42(6), 1122-1131. <https://doi.org/10.1111/acer.13634>
- Fridberg, D. J., **Rueger, S. Y.**, Smith, P., & King, A. C. (2017). Association of anticipated and laboratory-derived alcohol stimulation, sedation, and reward. *Alcoholism: Clinical and Experimental Research*, 41(7), 1361-1369. <https://doi.org/10.1111/acer.1341>
- *Smith, L., *Aycock, C., *Hook, K., Chen, P., & **Rueger, S. Y.** (2017). Parental monitoring moderates the relation between radio exposure and adolescent alcohol and tobacco use: Preliminary findings from a national survey. *Journal of Child and Adolescent Substance Abuse*, 26, 314-323.
- Rueger, S. Y.**, & *George, R. (2016). Indirect effects of attributional style for positive events on depressive symptoms through self-esteem in early adolescence. *Journal of Youth and Adolescence*. doi: 10.1007/s10964-016-0530-2.
- Rueger, S. Y.**, Malecki, C. M., *Pyun, Y., *Aycock, C., & *Coyle, S. (2016). A meta-analytic review of the association between perceived social support and depression in childhood and adolescence. *Psychological Bulletin*. <http://dx.doi.org/10.1037/bul0000058>
- Hu, H.-X., Zang, G.-B., Liu, Z.-L., **Rueger, S. Y.**, McNamara, P., King, A. C., & Hao, W. (2015). Different subjective and objective responses to alcohol among heavy and light drinkers of Han and Uyghur nationalities in China: *Journal of Addictions Nursing*, 26(4), 191–202. <http://doi.org/10.1097/JAN.0000000000000096>
- Malecki, C. M., Demaray, M. D., Coyle, S., Geosling, R., **Rueger, S. Y.**, & Becker, L. D. (2015). Frequency, power differential, and intentionality and the relationship to anxiety, depression, and self-esteem for victims of bullying. *Child Youth Care Forum*, 44, 115-131.

- Rueger, S. Y.,** Hu, H. X., McNamara, P., Cao, D. C., Hao, W., & King, A. K. (2014). Differences in subjective response to alcohol in heavy and light drinking Chinese men versus Caucasian-American men. *Addiction, 110*, 91-99. doi: 10.1111/add.12737. PMID: 25203488 [PubMed - in process] PMCID: PMC4270853 [Available on 2016-01-01].
- Rueger, S. Y.,** Chen, P., Jenkins, L. N., *Choe, H. J. (2014). Effects of perceived support from mothers, fathers, and teachers on depressive symptoms during the transition to middle school. *Journal of Youth and Adolescence, 43*, 655-670.
- Rueger, S. Y. & Jenkins, L. N.** (2014). Effects of peer victimization on psychological and academic adjustment in early adolescence. *School Psychology Quarterly, 29*, 77-88.
- King, A. C., Cao, D. C., Zhang, L. J., & **Rueger, S. Y.** (2013). Effects of the opioid receptor antagonist naltrexone on smoking and related behaviors in smokers preparing to quit. *Addiction, 108*, 1836-1844.
- Morean, M. E., de Wit, H., King, A. C., Sofuoglu, M., **Rueger, S. Y.,** & O'Malley, S. S. (2013). The Drug Effects Questionnaire: Psychometric support across three drug types. *Psychopharmacology, 227*(1), 177-192. doi: 10.1007/s00213-012-2954-z.
- Rueger, S. Y. & King, A. K.** (2013). Validation of the Brief Biphasic Alcohol Effects Scale (B-BAES). *Alcoholism: Clinical and Experimental Research, 37*(3), 470-6. doi: 10.1111/j.1530-0277.2012.01941.x.
- Rueger, S. Y.,** Trela, C. J., Palmeri, M., & King, A. K. (2012). A self-administered web-based Timeline Followback procedure for drinking and smoking behaviors in young adults. *Journal of Studies on Alcohol and Drugs, 73*, 829-833.
- King, A.C., Roche, D.J., **Rueger, S.Y.** (2011). Subjective responses to alcohol: A paradigm shift may be brewing. *Alcoholism: Clinical and Experimental Research, 35* (10), 1726-1728.
- Rueger, S. Y.,** Malecki, C. K., & Demaray, M. K. (2011). Stability of peer victimization in early adolescence: Effects of timing and duration. *Journal of School Psychology, 49*, 443-464.
- Rueger, S. Y.,** & Malecki, C. K. (2011). Effects of stress, attributional style, and perceived parental support on depressive symptoms in early adolescence: A prospective analysis. *Journal of Clinical Child and Adolescent Psychology, 40*, 347-359.
- Rueger, S. Y.,** Lovejoy, M. C., Katz, R., & Risser, H. J. (2011). Relations between parental affect and parenting behavior: A meta-analytic review. *Parenting: Science and Practice, 11*, 1-33.
- Rueger, S. Y.,** Haines, B. A., & Malecki, C. M. (2010). Children's attributional style from middle childhood to early adolescence: Further validation of the paper and pencil versions of the Children's Attributional Style Interview. *Assessment, 17*, 294-307.
- Rueger, S. Y.,** Malecki, C. K., & Demaray, M. K. (2010). Relationship between multiple sources of perceived social support and psychological and academic adjustment in early adolescence: Comparisons across gender. *Journal of Youth and Adolescence, 39*, 47-61.
- Rueger, S. Y.,** McNamara, P., & King, A. C. (2009). Expanding the utility of the Biphasic Alcohol Effects Scale. *Alcoholism: Clinical and Experimental Research, 33*, 1-9.

Demaray, M. K., Malecki, C. K., **Rueger, S. Y.**, Brown, S. E., & Hodgson, K. K. (2009). The role of youth's ratings of the importance of socially supportive behaviors in the relationship between social support and self-concept. *Journal of Youth and Adolescence*, 38, 13-28.

Rueger, S. Y., Malecki, C. K., & Demaray, M. K. (2008). Gender differences in the relationship between perceived social support and student adjustment during early adolescence. *School Psychology Quarterly*, 23, 496-514.

Rueger, S. Y., & Malecki, C. M. (2007). Group administration of the Children's Attributional Style Interview. *Journal of Clinical Child and Adolescent Psychology*, 36, 476-482.

Manuscripts Under Review and Under Revision (* student authors)

Styck, K. M., Malecki, C. K., Demaray, M. K., **Rueger, S. Y.**, Slany, A. E. W., Pyun, Y., Geisler, M. J., & *Kassel, M. K. (2023). *The Child and Adolescent Social Support Scale: Assessing four types of perceived support from five sources*. [Manuscript under revision]. School of Psychology, Counseling, and Family Therapy, Wheaton College.

Other Publications

Rueger, S. Y., & *Johnson, L. (in press). Social support. In W. Troop-Gordon & E. Neblett (Eds.), *Encyclopedia of Adolescence*. Academic Press.

Rueger, S. Y., *Kassel, M., & *Regan, H. (2024). Social support as a protective factor: Fostering hope at summer camp. *InSite Magazine*.

Rueger, S. Y. & Van Dyke, D. (2014). Family systems approaches to treatment. In K. F. Flanagan & S. Hall (Eds.), *Christianity and Developmental Psychopathology* (pp. 353-386). Downers Grove, IL: InterVarsity Press.

Aten, J., Boan, D., Flanagan, K., Canning, S., Hall, S., Eveleigh, E., **Rueger, S.Y.**, Kang, E., Pressley, J. (2012). *Booklet: Helping children cope with traumatic events*. Wheaton, IL: Humanitarian Disaster Institute, Wheaton College.

PRESENTATIONS

National Conferences and Professional Meetings (*student authors)

*Johnson, L., *Kassel, M., *Hamilton, B., *Rooks, A.J., Davis, E. B., Cowden, R. G., Worthington, E. L., **Rueger, S. Y.** (2023, August). *Persevering and Goal Directed Hope: Moderators of Depressive Symptoms in Young Adulthood*. [Conference presentation]. APA 2023 Convention, Washington, DC, United States.

Rueger, S. Y., *Heng, J.A., *Batson, E., Lam, H., & Kim, K. E. (2023, August). *Revised Version of the Attitudes Toward Seeking Professional Psychological Help–Short Form: Two-Factor Structure in Four Asian Communities* [Conference presentation]. APA 2023 Convention, Washington, DC, United States.

*Pyun, Y., *Kim, S. J., & **Rueger, S. Y.** (2022, Mar). *Psychology-church collaborations: Understanding the role of acculturation and hope in adolescent depression* [Poster presentation]. 2022 Christian Association for Psychological Studies.

- *Kim, S. J., *Pyun, Y., & **Rueger, S. Y.** (2022, Mar). *Facilitating psychology-church collaborations: A four-step framework for practical integration* [Poster presentation]. 2022 Christian Association for Psychological Studies.
- Rueger, S. Y.**, Cowden, R. G., Davis, E. B., *Rim, M., *Lemke, A. W., *Elson, M. C., *Park, A., Worthington, E. L., Jr., Counted, V., Chen, Y., VanderWeele, T. J., *Glowiak, K. J., & *Hamilton, C. (2021, May). *Positive religious coping buffers the impact of COVID-19 resource loss on depression among chronically ill adults* [Poster presentation]. 2021 Association for Psychological Science Virtual Convention.
- *Kimble, C. E., *Kassel, M., Coyle, S., Chen, Z., Case, S., Chen, P., Eveleigh, E., *Kim, S., & **Rueger, S. Y.** (2021, May). *Financial hardship and the role of mother and father support on academic outcome*. [Poster presentation]. 2021 Association for Psychological Science Virtual Convention.
- *Case, S., *Enoch, O., *Pierick, T., *Schultz, L., & **Rueger, S. Y.** (2020, Aug). *Relations between father support, socioeconomic status and academic outcomes*. Poster presented at the annual convention of the American Psychological Association, Washington, DC.
- *Limberger, S., *Stone, L. B., *Batson, E., & **Rueger, S. Y.** (2020, Aug). *Coping and Enhancing drinking motives, internalizing distress, and alcohol use in emerging adulthood*. Poster presented at the annual convention of the American Psychological Association, Washington, DC.
- *Mendez., P., *Pierick, T., Yoo, H., Cornejo-Garcia, M., & **Rueger, S. Y.** (2020, Aug). *Uniendo familias Latinas: Testing the spillover hypothesis with Latino mothers and fathers*. Poster presented at the annual convention of the American Psychological Association, Washington, DC.
- Rueger, S. Y.**, *Pyun, Y., *Zhou, X. Y., & Rode, T. (2020, Aug). *Acculturation, hope, and depression in Taiwanese and Chinese adolescents*. Poster presented at the annual convention of the American Psychological Association, Washington, DC.
- Rueger, S. Y.**, *Zhou, X. Y., *Pyun, Y., & Beall, M. (2020, Aug). *Hope as a pathway in the relation between social support and depression in early adolescence*. Poster presented at the annual convention of the American Psychological Association, Washington, DC.
- *Tseng, L., *Lee, T., *Rim, I., *Rode, T., *Wang, J., & **Rueger, S. Y.** (2019, Mar). *Research considerations to increase understanding of cross-cultural worker well-being*. Poster presented at the annual conference of the Christian Association for Psychological Studies.
- Rueger, S. Y.**, Secord, S., Diamond, G., Spilt, J., & Kang, E., & Malecki, C. M. (2017, Aug). *No youth is an island: Examining social support and depression through a multidisciplinary lens*. Cross-disciplinary symposium presented (chairperson) at the annual meeting of the American Psychological Association, Washington, D.C.
- Rueger, S. Y.**, Malecki, C. K., *Pyun, Y., *Aycock, C., & *Coyle, S. (2017, Aug). *A meta-analytic review of the association between perceived social support and depression in youth*. Paper presented as part of a cross-disciplinary symposium at the annual meeting of the American Psychological Association, Washington, D.C.

- *Aycock, C. A., & **Rueger, S. Y.** (2017, Aug). *Behavioral and pharmacological tobacco interventions for military personnel: A meta-analysis*. Poster presented at the annual meeting of the American Psychological Association, Washington, D.C.
- *Wu, E., *Pyun, Y., *Jin, A., *Tseng, L., & **Rueger, S. Y.** (2017, Aug). *Culture, attributional style, and depression in Taiwanese and Chinese American adolescents*. Poster presented at the annual meeting of the American Psychological Association, Washington, D.C.
- *Steggerda, J., & **Rueger, S. Y.** (2017, Aug). *Measuring attributional style for positive and negative events with the CASI-II*. Poster presented at the annual meeting of the American Psychological Association, Washington, D.C.
- *Pyun, Y., *Case, S., & **Rueger, S. Y.** (2017, Aug). *Youth depression and social support from mothers and fathers: A meta-analysis of age, gender, and stress-related differences*. Poster presented at the annual meeting of the American Psychological Association, Washington, D.C.
- Rueger, S. Y.**, *Hwang, J., *Steggerda, J., *Tseng, L., & *Jin, A. (2017, Aug). *Parental support and well-being in Chinese American adolescents: Cultural considerations*. Poster presented at the annual meeting of the American Psychological Association, Washington, D.C.
- Rueger, S. Y.**, *Case, S., *Jin, A., *Vander Wal, L., *Mendez, P., & *Steggerda, J. (2017, Mar). *Reaching Faith-Based Communities with Empirically Supported Treatments for Adolescent Depression*. Paper symposium presented at the annual conference of the Christian Association for Psychological Studies.
- Rueger, S. Y.** (2017, Mar). *Fostering Church-Psychology Collaborations to Address the Mental Health Needs of Asian Americans*. Conference speaker at the annual conference of the Christian Association for Psychological Studies.
- *Rogers, S., *Pyun, Y. S., & **Rueger, S. Y.** (2016, May). *Effects of friend support and friend characteristics on depression in early adolescent boys and girls*. Poster to be presented at the annual conference of the Association of Psychological Science, Chicago, IL.
- *George, R., *Limberger, S., *Loynachan, C., *Case, S., *Oury, H., & **Rueger, S. Y.** (2015, August). *Attributional style for positive events, self esteem and depression in early adolescence*. Poster presented at the annual conference of the American Psychological Association, Toronto, CA
- Rueger, S. Y.**, King, A. C., & *Smith, L. (2015, May). *Asian American drinking motives during adolescence*. Poster presented at the annual meeting of Research Society on Alcoholism, San Antonio, TX.
- *Aycock, C., *Hook, K., *Chen, J., *Lindsey, M., *Smith, L. J., Chen, P., & **Rueger, S. Y.** (2014, May). *Parental Monitoring Buffers the Effects of Music-Related Media Exposure on Underage Drinking*. Poster presented at the annual conference of the Association of Psychological Science, San Francisco, CA.

- Rueger, S. Y.,** *Aycock, C., *Smith, L. J., *Christiansen, E. J., *Hocking, J. E., & *Chen, J. T. (2014, May). *Meta-Analysis of the Relationship between Social Support and Depression in At-Risk Youth*. Poster presented at the annual conference of the Association of Psychological Science, San Francisco, CA.
- *Choe, H. J., *Lindsay, M., Hall, S. & **Rueger, S. Y.** (2013, August). *Psychometric properties of the Abstinence Motives Questionnaire*. Poster presented at the American Psychological Association Annual Convention, Honolulu, HI.
- *Daniel, Q., *Meadow, M., *Rabe, K., Hall, S. & **Rueger, S. Y.** (2013, August). *Drinking, Abstaining and Limiting Motives in Young Adult Drinkers*. Poster presented at the American Psychological Association Annual Convention, Honolulu, HI. **APA Division 50 Award Winner – Student or Early Career Scholar category.**
- *Hyun, J. I., *Baur, A., *Aycock, C., & *Choe, H. J., *Lindsey, M. & **Rueger, S. Y.** (2013, July). *Relation between youth depression and parent support: A meta-analysis*. Poster presented at the American Psychological Association, Honolulu, HI.
- Rueger, S. Y.,** Hu, H. X., Hao, .W., McNamara, P., Cao, D., & King, A. K. (2013, June). *Differential alcohol subjective responses among European American, Han and Uyghur Chinese heavy drinking men*. Poster presented at the annual meeting of Research Society on Alcoholism, Orlando, FL.
- Rueger, S. Y.,** & King, A. K. (2012, June). *Ethnic/racial differences in the relationship between alcohol use, depressive symptoms, and stressful life events in young adult social drinkers*. Poster presented at the annual meeting of Research Society on Alcoholism, San Francisco, CA.
- Palmeri, M. D., **Rueger, S. Y.,** Trela, C. J., McNamara, P. J., & King, A. K. (2012, June). *Utilizing Web-Based Technology in the Assessment of Alcohol and Cigarette Use via the Timeline Follow Back*. Poster presented at the annual meeting of Research Society on Alcoholism, San Francisco, CA.
- *Meadows, M. S., Rabe, K. E., *O’Neill, A., & **Rueger, S. Y.** (2012, May). *Is Internalizing Distress a Mediator between Victimization and Academic Adjustment?* Poster presented at the annual conference of the Midwest Psychological Association, Chicago, IL.
- *Jackson, A., *Wu, E., Richmond, A., Ph.D., & **Rueger, S. Y.** (2012, May). *Ethnic differences in attributional style across three dimensions in early adolescents*. Poster presented at the annual conference of the Association for Psychological Science, Chicago, IL.
- *Kirby, A. E., *Choe, H. J., & **Rueger, S. Y.** (2012, May). *Abbreviated assessment tool of learned helplessness and mastery orientation: Student Behavior Checklist-Brief (SBC-B)*. Poster presented at the annual conference of Association for Psychological Science, Chicago, IL.
- Rueger, S. Y.,** Chen, P., Jenkins, L. N., *Choe, H. J. (2012, May). *Stability and change in perceived support from adults in the development of depressive symptoms during the transition to middle school*. Poster presented at the annual conference of the Association for Psychological Science, Chicago, IL.

- Rueger, S. Y., & King, A. C.** (2011, June). *Validation of the Brief Biphasic Alcohol Effects Scale (B-BAES) in high risk drinkers*. Poster presented at the annual meeting of the Research Society on Alcoholism, Atlanta, GA. **Enoch Gordis Research Recognition Winner – Post Doctoral category.**
- Rueger, S. Y., Malecki, C. K., & Demaray, M. K.** (2010, March). *Stability of early adolescent peer victimization: Timing and duration effects*. Paper presented at the annual convention of the National Association for School Psychologists, Chicago, IL.
- Rueger, S. Y., Ortiz, J., Dickson, A., & Malecki, C. K.** (2010, March). A meta-analysis of school-based social support and depression. Poster presented at the annual convention of the National Association for School Psychologists, Chicago, IL.
- Malecki, C. K., **Rueger, S. Y., & Demaray, M. K.** (2009, August). *Concurrent and longitudinal gender differences in social support and adjustment*. Poster presented at the annual conference for the American Psychological Association, Toronto, ON.
- Demaray, M. K., Davidson, L. M., Malecki, C. K., & **Rueger, S. Y.** (2009, February). *Advances in the assessment of bullying behaviors*. Paper presented at the annual meeting of the National Association for School Psychologists, Boston, MA.
- Rueger, S. Y., & Malecki, C. K.** (2008, November). *Effects of stress, attributional style, and perceived parental support on depressive symptoms in early adolescence: A prospective analysis*. Poster presented at the annual conference of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Demaray, M. K., **Rueger, S. Y.,** Malecki, C. M., & Davidson, L. (2008, November). *What is most important in the measurement of bullying: Frequency, power differential, intention, or emotional response?* Poster presented at the annual conference of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Rueger, S. Y., Ibraimovska, A., & Malecki, C. K.** (2008, May). *Gender differences in attributional style during early adolescence*. Poster presented at the annual conference of the Association for Psychological Science, Chicago, Illinois.
- Rueger, S. Y., & Lovejoy, M. C.** (2008, May). *Unique contributions of optimism and pessimism in early adolescence*. Poster presented at the annual conference of the Association for Psychological Science, Chicago, Illinois.
- Rueger, S. Y., Katz, R., Risser, H. J., & Lovejoy, M. C.** (2008, May). *The effects of parental affect on parenting behavior: A meta-analytic review*. Poster presented at the annual conference of the Midwest Psychological Association, Chicago, Illinois.
- Malecki, C. K., Demaray, M. D., **Rueger, S. Y., & Davidson, L. M.** (2007, July). *The measurement of bullying behavior*. Paper presented at the Athens Institute for Education and Research International Conference on Psychology, Athens, Greece.
- Rueger, S. Y., & Lovejoy, M. C.** (2007, May). *Distinguishing optimism from pessimism in early adolescence*. Poster presented at the annual conference of the Association for Psychological Science, Washington, D.C.

- Rueger, S. Y., & Haines, B. A.** (2007, March). *Measurement of attributional style from childhood to early adolescence*. Poster presented at the biennial meeting of the Society for Research on Child Development, Boston, MA.
- Malecki, C. K., Demaray, M. K., Davidson, L. M., & **Rueger, S. Y.** (2006, August). *How measurement techniques may affect prevalence rates of bullying*. Poster presented at the annual conference for the American Psychological Association, San Francisco, CA.
- Haines, B. A., **Rueger, S. Y.**, Miner, A. S., & Lukk, A. A. (2006, August). *Gender variations in parents' attributions as contributors to children's attributional style*. Poster presented at the annual conference for the American Psychological Association, San Francisco, CA.
- Rueger, S. Y., & Malecki, C. K.** (2005, November). *Psychometric properties of a modified version of the Children's Attributional Style Interview in a sample of fifth and sixth grade children*. Poster presented at the annual conference of the Association for Behavioral and Cognitive Therapies, Washington D.C. **Elsie Ramos Memorial Student Research Award Winner**
- Rueger, S. Y.,** Malecki, C. K., Demaray, M. K., O'Brien, V. A., & Leo, C. A. (2005, August). *Social support for children and adolescents: Review of the literature*. Poster presented at the annual conference for the American Psychological Association, Washington, D.C.
- Rueger, S. Y., & Malecki, C. K.** (2005, May). *Reliable measurement of attributional style in children*. Poster presented at the annual conference of the Association for Psychological Science, Los Angeles, CA.
- Mounts, N. S., Reyes, D., Boswell, M., **Rueger, S. Y., & Silvers, S.** (2004, March). *Relations between parental management of peer relationships and adolescents' social skills*. Poster presented at the biennial meeting of the Society for Research on Adolescence, Baltimore, MD.

Invited Professional Trainings, Lectures, Interviews, and Community Presentations

- Rueger, S. Y.** (2023, Apr). *Attachment-Based Family Therapy and Asian American Families*. Invited Workshop at a quarterly meeting of Community of Asian American Therapists in Chicagoland (CAATCH), via Zoom from Wheaton, IL.
- Rueger, S. Y., & *Menassa, M.** (2021, Nov). *Pastors and Counselors Supporting Asian American Families Together: An Overview of Family Therapy*. Invited workshop at a quarterly meeting of Pastors and Counselors Together (PACT), Zoom from Wheaton, IL.
- Aten, J. (2020). Addiction and Community During COVID-19: An interview with Sandra Rueger on human connection in the face of addiction. *Psychology Today*.
<https://www.psychologytoday.com/us/blog/hope-resilience/202010/addiction-and-community-during-covid-19>
- Rueger, S. Y., *Yee, F., *Pyun, Y., & *Zhou, X. Y.** (2020, Aug). *Choices for meaningful connections in your family*. Invited Workshop presented at the Wheaton Chinese Alliance Church, Wheaton, IL.

- Rueger, S. Y., & Eveleigh, E.** (2019, Aug). *Reflections on hope*. Invited devotional presentation at The Christian Counseling Professionals of Chicagoland Annual Membership Brunch, Cantigny Golf Course, Wheaton, IL.
- Rueger, S. Y., *Zhou, X. Y. & *Pyun, Y.** (2019, June). *Strengthening family relationships*. Invited three-part workshop series at Wheaton Chinese Alliance Church, Wheaton, IL.
- Rueger, S. Y., & *Pyun, Y. S.** (2018, Aug). *Family matters: To know and be known*. Invited breakout session at the “Re-Ignite” 2018 Conference, Campus Missions International, Wheaton, IL.
- Rueger, S. Y., *Pyun, Y. S., & *Chen, J.** (2018, April). *Mental health in Asian American Christian communities*. Breakout session at the “Break the Silence” Conference hosted at the University of Chicago, Chicago, IL.
- Rueger, S. Y., & *Pyun, Y. S.** (2017, Sept). *Bridging the gap between depression, culture and faith*. Invited workshop presented at the Chinese Christian Union Church, Chicago, IL.
- Rueger, S. Y., *Chung, D., & *Hwang, J.** (2016, Apr). *Supporting academic excellence: Parenting with cultural awareness*. Invited workshop presented for parents of 4th – 11th participants in the National Math and Science Competition (NMSC), Chicago, IL.
- Rueger, S. Y.** (2016, Feb). *Understanding risk and resilience to depression*. Invited devotional presentation at Wheaton College Women’s Club, Wheaton, IL.
- Rueger, S. Y.** (2016, Feb). *Serendipity in science: Resilience in the face of failure*. Clinical Child Psychology Brown Bag at Northern Illinois University, DeKalb, IL.
- *Pyun, Y. S., & Rueger, S. Y.** (2016, Feb). *Advocating for mental health in AAPI Communities*. Conference speaker at the “Breaking the Silence” Regional Conference hosted by the Loyola Chapter of Asian and Pacific American Medical Students Association, Stritch School of Medicine, Loyola University, Maywood, IL.
- Rueger, S. Y., & *Pyun, Y. S.** (2015, Dec). *Navigating life effectively in a bicultural world*. Plenary speaker at the Year-End Celebration of the Korean American Scientists and Engineers Association of Chicago, Arlington Heights, IL.
- Rueger, S. Y., & *Pyun, Y. S.** (2015, Oct). *Navigating the pitfalls of achieving excellence*. Keynote address at Saehan Korean American Youth Leadership Summit 2015: Bridging Gaps Between Generations, Korean American Cultural Center of Chicago, Wheeling, IL.
- Rueger, S. Y., & *Pyun, Y. S.** (2015, Mar). *Asian American mental health*. Seminar presented for the Loyola Chapter of Asian and Pacific American Medical Students Association, Stritch School of Medicine, Loyola University, Maywood, IL.
- Rueger, S. Y., *Kim, Y. O., & *Pyun, Y. S.** (2014, Sept). *The Interplay and dynamics of the 1.52 Korean-American identity*. Workshop presentation and panel discussion at the 12th Annual Korean American Coalition National Convention: Building our Future, Chicago, IL.

Rueger, S. Y., *Kim, Y. O., & *Chen, J. (2014, Aug). *Recognizing signs of depression and anxiety and seeking support*. Workshop presentation at Saehan Korean American Youth Leadership Summit 2014: Shape Your Future, Korean American Cultural Center of Chicago, Wheeling, IL.

GRANTS

Current

Project Title: **Alive @ The B.R. Ryall YMCA: Partnership to Improve Youth Mental Health across Northwestern DuPage**

Consultant: Sandra Yu Rueger, Ph.D.

Funding Source: DuPage Community Transformation Partnership Transformational Grant

Proposed Project Period: 2022 to 2024

Total Award: \$253,000

Project Title: **Pastors, Academics, and Counselors Together on the Web**

Principal Investigator: Sandra Yu Rueger, Ph.D.

Funding Source: Wheaton Mental Health Collective

Proposed Project Period: 01/01/2024 – 12/31/2023

Total Award: \$12,500

Past

Project Title: **Diversity Supplement Grant to #R01 AA013746 Alcohol stimulation and sedation in binge drinkers**

Principal Investigator: Sandra Yu Rueger, Ph.D. (Andrea King, Ph.D., PI on parent grant)

Funding Source: National Institute on Alcohol Abuse and Alcoholism

Project Period: 09/07/10 – 8/16/2013

Total Award: \$101,408 total direct costs

Project Title: **Unique effects of drinking and abstention motives on alcohol use**

Principal Investigator: Sandra Yu Rueger, Ph.D. (Collaborator, Sarah Hall, Ph.D.)

Funding Source: Wheaton College Psychology Department Faculty Research Grant

Project Period: 01/01/12 – 12/31/13

Total Award: \$7,500

Project Title: **Attributional style and parental support as risk and protective factors to depression: A longitudinal follow-up into late adolescence**

Principal Investigator: Sandra Yu Rueger, Ph.D.

Funding Source: Wheaton College Psychology Department Faculty Research Grant

Project Period: 07/01/11 – 06/30/13

Total Award: \$7,500

Project Title: **An investigation of drinking motives in Asian-American youth using “Monitoring the Future” data**

Principal Investigator: Sandra Yu Rueger, Ph.D.

Funding Source: Wheaton College Aldeen Faculty Development Grant

Proposed Project Period: 06/01/14 – 12/31/15

Total Award: \$3,550

- Project Title:** **Attributional style and parental support as risk and protective factors to depression: A longitudinal follow-up into young adulthood**
- Principal Investigator: Sandra Yu Rueger, Ph.D.
 Funding Source: Wheaton College Aldeen Faculty Development Grant
 Proposed Project Period: 01/01/13 – 12/31/15
 Total Award: \$2,520
- Project Title:** **Asian-American acculturation and health in Korean-American adolescents: A pilot study**
- Principal Investigator: Sandra Yu Rueger, Ph.D.
 Funding Source: Wheaton College Psychology Department Faculty Research Grant
 Proposed Project Period: 09/01/15 – 06/31/16
 Total Award: \$4,500
- Project Title:** **Asian-American acculturation and health in Korean-American parents: A pilot study**
- Principal Investigator: Sandra Yu Rueger, Ph.D.
 Funding Source: Diversity and Justice Initiative Grant, Wheaton College
 Proposed Project Period: 09/01/15 – 06/31/16
 Total Award: \$1,000
- Project Title:** **Diversity Supplement Grant to #R01 AA013746 Alcohol stimulation and sedation in binge drinkers**
- Principal Investigator: Jesus Chavarria, Ph.D. (Andrea King, Ph.D., PI on parent grant)
 Statistical Consultant: Sandra Yu Rueger, Ph.D.
 Funding Source: National Institute on Alcohol Abuse and Alcoholism
 Project Period: 2017 – 2018
- Project Title:** **Attachment-Based Family Therapy**
- Principal Investigator: Sandra Yu Rueger, Ph.D.
 Funding Source: Wheaton College Alumni Sabbatical Grant
 Proposed Project Period: 07/01/17 – 6/30/2018
 Total Award: \$6,000
- Project Title:** **Attachment-Based Family Therapy with Asian American Youth: A Pilot Study**
- Principal Investigator: Sandra Yu Rueger, Ph.D. (Collaborator, Guy Diamond, Ph.D., Drexel University)
 Funding Source: Wheaton College Aldeen Grant
 Proposed Project Period: 01/01/18 – 06/30/2020
 Total Award: \$6,010
- Project Title:** **Living as Asian Americans in the Midwest**
- Principal Investigator: Joonhee Park, Associate Professor of Art
 Subject Consultant: Sandra Yu Rueger, Ph.D.
 Funding Source: Wheaton College Aldeen Faculty Development Grant
 Proposed Project Period: 07/01/2021 – 06/30/22
 Total Award: \$4,500

Project Title: Mental Health Psychoeducation in Collaboration with Asian American Churches

Principal Investigator: Sandra Yu Rueger, Ph.D.
 Funding Source: Wheaton Mental Health Collective
 Proposed Project Period: 03/01/2022 – 12/31/2022
 Total Award: \$25,000

Project Title: Mental Health Check Up: A Pilot Collaboration

Principal Investigator: Sandra Yu Rueger, Ph.D.
 Funding Source: Wheaton Mental Health Collective
 Proposed Project Period: 07/01/2023 – 12/31/2023
 Total Award: \$5,900

Project Title: Asian American Acculturation and Health Database Management

Principal Investigator: Sandra Yu Rueger, Ph.D.
 Funding Source: Diversity and Justice Initiative Grant, Wheaton College
 Proposed Project Period: 06/01/2023 – 6/30/2023
 Total Award: \$1,000

Project Title: Asian American Mental Health Initiative (AAMHI)

Co-Principal Investigator: Sandra Yu Rueger, Ph.D.
 Funding Source: Blue Cross Blue Shield Affordability Cures Research Grant
 Proposed Project Period: 02/01/2019 – 06/30/2023
 Total Award: \$1,500,000

Project Title: Youth Mental Health Checkup in Asian American Churches

Principal Investigator: Sandra Yu Rueger, Ph.D.
 Funding Source: Wheaton Mental Health Collective
 Proposed Project Period: 05/01/2023 – 12/31/2023
 Total Award: \$15,000

Unfunded

Project Title: Determinants of underage drinking in Korean-American youth
 Principal Investigator: Sandra Yu Rueger, Ph.D.
 Funding Source: National Institute on Alcohol Abuse and Alcoholism
 Proposed Project Period: 01/01/13 – 12/31/17
 Total Award: \$760,915.46 total direct costs

Project Title: Understanding depression in Korean-American adolescents
 Co-Principal Investigator: Sandra Yu Rueger, Ph.D. (Co-PI, Hana Yoo, Ph.D.)
 Funding Source: National Council on Family Relations
 Proposed Project Period: 12/01/14 – 11/30/2015
 Total Award: \$10,000

Project Title: Alcohol misuse prevention in Korean-American youth using integrated genetic and behavioral feedback
 Principal Investigator: Sandra Yu Rueger, Ph.D.
 Funding Source: National Institute on Alcohol Abuse and Alcoholism
 Proposed Project Period: 09/01/16 – 8/31/21
 Total Award: \$822,132.00 total direct costs

PROFESSIONAL HONORS AND RECOGNITIONS

- 2018 – 2019** **Senior Faculty Achievement Award for Research**
Wheaton College
- 2015 – 2016** **Junior Faculty Achievement Award Nominee**
Wheaton College
- 2011** **Enoch Gordis Postdoctoral Research Award**
Research Society on Alcoholism
- 2007 – 2008** **Northern Illinois University Dissertation Fellowship**
\$12,000 stipend, and \$500 research funds
- 2006 – 2007** **Northern Illinois University Dissertation Research Award**
\$500 research funds
- 2005 – 2006** **Northern Illinois University Lunsford Minority Fellowship**
\$6,000 stipend
- 2005** **Elsie Ramos Memorial Student Research Award**
Association for Behavioral and Cognitive Therapy

TEACHING EXPERIENCE

- 2011-current** **Graduate School: Doctoral Program**
Wheaton College, Wheaton, IL
- Family Theory and Therapy (Psy.D./Ph.D. and M.A. programs)
 - Substance Abuse (Psy.D./Ph.D. and M.A. programs)
 - Cognitive Behavioral Theory and Practice (Psy.D./Ph.D. programs)
 - Couple Therapy (Psy.D./Ph.D. programs)
 - Research and Statistics II: Research Design (Psy.D. program)
 - Advanced Topics: Motivational Interviewing (Psy.D. program)
 - Advanced Topics: Meta-Analysis (Psy.D. program)
 - Practica Seminar (Psy.D./Ph.D. programs)
 - Clerkship Seminar (Psy.D. program)
 - Collaborative Research – Research Lab Section (B.A. program)
 - Independent Study (B.A. program)
- 2021-current** **Guest Speaker, Psy.D./Ph.D. Programs**
Wheaton College, Wheaton, IL
- Personal Faith Integration
- 2021, 2022** **Guest Lecturer, M.A. Program in CMHC**
Wheaton College, Wheaton, IL
- Attachment-Based Family Therapy
- 2017, 2019, 2021** **Panel Member, M.A. Program in CMHC**
Wheaton College, Wheaton, IL
- Integration of Faith and Clinical Work

- 2010** **Guest Lecturer, Clinical Skills 2 sequence (2nd year medical students)**
University of Chicago Medical School, Chicago, IL
- Motivational Interviewing in Smoker Patients
- 2010** **Guest Lecturer, Cognitive Behavioral Therapy Seminar**
University of Chicago Medical School, Chicago, IL
- Motivation Enhancement Therapy (MET) for Drug Dependence
- 2009** **Faculty Preceptor, Advanced Communications Topics**
University of Chicago, Department of Medicine, Chicago, IL
- Motivational Interviewing with an Alcoholic
- 2008** **Guest Lecturer, Cognitive Behavioral Therapy Seminar**
University of Chicago Medical Center, Chicago, IL
- Cognitive-Behavioral Couple's Therapy
- 1996 – 2002** **Course Instructor, Accelerated Undergraduate Degree Program**
Judson University, Elgin, IL
- Research and Statistics
 - Personality and Motivation
 - Life Span Development
 - Applied Group Process
 - Introduction to Counseling: Family Therapy

SUPERVISION OF STUDENT RESEARCH

Dissertation Chair

- 2024** **Lauren Johnson, M.A.** (Successfully proposed: Spring 2024)
Social Support as a Predictor of Flourishing in Two College Samples
- 2024** **Bethany Hamilton, M.A.** (Successfully proposed: Spring 2024)
Classmate Support as a Moderator in Peer Contagion Theory
- 2024** **Margaret Kassel, Psy.D., Candidate** (Anticipated defense: Fall 2025)
Types of Perceived Parental Support as Predictors of Hope in Young Adolescents
- 2024** **Lauren Stone, Psy.D., Candidate** (Successfully defended: Spring 2024)
An Examination of the Bidirectional Relations Between Social Support from Parents and Anxiety in Youth
- 2024** **Emma Batson, Psy.D., Candidate** (Anticipated defense: Fall 2024)
Social Support from Parents as a Moderator for the Relationship between Learned Helplessness and Depression in Young Adolescents
- 2024** **Owen Enoch, Psy.D., Candidate** (Anticipated defense: Summer 2024)
The Interactive Effects of Acculturation and Enculturation, or Bicultural Identity on Chinese American Adolescent Depressive Symptoms

- 2024** **Mosby Hardin, Psy.D., Candidate** (Anticipated defense: Spring 2024)
Parental Support: Can There Be Too Much? The Longitudinal Association between Maternal Support and Adolescent Anxiety
- 2024** **Timo Rode, Psy.D., Candidate** (Anticipated defense: Fall 2024)
The Moderating Role of Adolescent Faith Maturity on the Relation between Acculturation-Related Conflict and Depressive Symptoms in Chinese American Families
- 2023** **Manuel Rim, Psy.D.**
The Relation between Stress and Depression: Religious Coping as a Moderator in Christian College Students
- 2020** **Luke Tseng, Psy.D.**
Psychological Distress, Stressors, and Social Support: A General Benefits and Stress-buffering Analysis of Cross-cultural Workers
- 2019** **Jacqueline Chen, Psy.D.**
Extending Hope to Chinese Americans in Faith Based Communities
- 2019** **Priscilla Mendez, Psy.D.**
Uniendo Familias Latinas: How Effective is the Within My Reach Curriculum on Latino Parents and their Children
- 2019** **Stephen Case, Psy.D.**
The Role of Father Support in the Relationship Between Socioeconomic Status and Academic Outcomes Within a Middle School Population: A Competing Models Analysis
- 2018** **Sarah Limberger, Psy.D.**
Coping Motives as a Moderator in the Relationship Between Depression and Drinking Outcomes in a Sample of Emerging Adults
- 2017** **Chase Aycock, Psy.D.**
Meta-analytic Review of Military Tobacco Cessation Interventions
- 2016** **Miranda Meadows, Psy.D.**
Global Positive Expectancies and the Moderating Effects on Sensation Seeking and Drinking Outcomes
- 2015** **Anjelica Jackson, Psy.D.**
The Effects of Social Support from Kin and Fictive Kin on Attributional Style for Positive and Negative Events for African-American Adolescents
- 2015** **Andrea Kirby, Psy.D.**
Reintegrating Learned Helplessness into a Cognitive Vulnerability-Social Support Model of Early Adolescent Depression
- 2015** **Elissa Wu, Psy.D.**
Attributional Style and Depression in Asian-American Adolescents: The Moderating Role of East-Asian Values

2014 Sarah Rogers, Psy.D.
An Investigation of the Impact of Friend Characteristics on Implications for Social Support Outcomes in Young Adolescents

2014 Rachel (Posthuma) George, Psy.D.
The Moderating Effects of Attributional Style for Positive Events in the Relation Between Self-Esteem & Depression in Early Adolescence

Dissertation Reader

2022 Thomas Pierick, Psy.D. Candidate
An Evaluation of the Effects of an Outdoor Orientation Program on Undergraduates' Social, Psychological, and Spiritual Adjustment

2024 Bayley VanWinkle, Psy.D. Candidate (Successfully Defended, 2024)
Examination of the cognitive outcomes of individuals with epilepsy post resection surgery: A Meta-Analysis

2019 Elena Harriman, Psy.D.
Adolescent Attachment Patterns, Religion/Spirituality, and Mental Health: A Moderation Analysis

2018 Michelle Koster, Psy.D.
The Consequences of War on the Mind and Soul: Effects of Social Support on the Occurrence of Moral Injury Symptoms after Adverse Military Experiences

2018 Cordell Spears, Psy.D.
Is The Relationship Between Depression And The Overgeneralization Of Autobiographical Memory Moderated By Rumination In Adults? A Meta-Analysis

2018 Grace Schuler, Psy.D.
The Role of Forgiveness in the Recovery Process of Adult Female Survivors of Sex Trafficking

2016 Mallory Lamb, Psy.D.
Development of Repeated Exposure to Verbal Learning Task: A Pilot Normative Project

2016 Grace Ahn, Psy.D.
Forgiveness Education for Children in a Church Setting

2015 Roger Lin, Psy.D.
Asian American Acculturation and Psychological Help-Seeking Attitudes: Meta-Analysis

M. A. Thesis Chair

2013 Hyung Joon Choe, M.A.
Assessment of Learned Helplessness and Mastery Orientation in Youth using the Student Behavior Checklist: A Psychometric Analysis of the Full and Abbreviated Versions

Ad-Hoc Journal Reviewer

Addictive Behavior

Alcohol - An International Biomedical Journal

Alcoholism: Clinical and Experimental Research

Canadian Journal of Behavioural Science

Child Development

Developmental Psychology

Educational Psychology

Journal of Child and Family Studies

Journal of Clinical Psychology

Journal of Early Adolescence

Journal of Research on Adolescence

Journal of School Psychology

Journal of School Violence

Parenting: Science and Practice

PLOS ONE

Psychopharmacology

Social Development

MEMBERSHIP IN PROFESSIONAL ASSOCIATIONS AND LICENSURE

Licensed Clinical Psychologist, State of Illinois, # 071008856

Licensed Marriage and Family Therapist, State of Illinois, #166000356

American Psychological Association

Association for Psychological Science

Research Society on Alcoholism