

# Adam Bode

## Curriculum Vitae

**Affiliation:** School of Archaeology and Anthropology, ANU College of Arts and Social Sciences, Australian National University, Canberra, Australian Capital Territory, Australia 0200

**Personal Address:** xxx

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**Phone:** +61 401424710

**Website:** [adambode.net](http://adambode.net)

**Languages:** English (Native), French (B1/B2)

## Academic Appointments

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<b>Sessional Academic</b> Institute of Health and Wellbeing <i>Federation University Australia</i>	2024-Present
<b>Visiting Fellow</b> Centre for Research and Action in Public Health <i>University of Canberra</i>	2010

## Education

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<b>PhD (Biological Anthropology)</b> <i>Australian National University</i>	Expected completion June 2025
<b>Bachelor of Laws</b> <i>Australian National University</i>	2011
<b>Bachelor of Psychology (Honours)</b> <i>Australian National University</i>	2009

## Research Experience

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<b>Research Assistant</b> Implementing Expanding Naloxone in the ACT Evaluation	2014
<b>Grant Writer (Sole Trader)</b> Australian Institute for Aboriginal and Torres Strait Islander Studies	2012
<b>Research Officer</b> Australian National Council on Drugs	2009-2011
<b>Research Assistant</b> National Centre for Epidemiology and Population Health <i>Australian National University</i>	2008-2010

**Survey Interviewer**

2007-2010

National Drug and Alcohol Research Centre  
University of New South Wales

## Peer Reviewed Journal Articles

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**Bode, A.**, Kowal, M., Cannas Aghedu, F., & Kavanagh, P. S. (2024). Romantic Love and Sexual Frequency: Challenging Beliefs. *Journal of Sex & Marital Therapy*, 1-12. doi:10.1080/0092623X.2024.2394670

Kowal, M., Sorokowski, P., Dinić, B. M., Pisanski, K., Gjoneska, B., Federick, D.A., . . . **Bode, A.** . . . Sternberg, R. J. (2024). Validation of the Short Version (TLS-15) of the Triangular Love Scale (TLS-45) across 37 Languages. *Archives of Sexual Behavior*. doi:10.1007/s10508-023-02702-7

**Bode, A.**, & Kavanagh, P. S. (2023). Romantic Love and Behavioral Activation System Sensitivity to a Loved One. *Behavioral Sciences*, 13(11). doi:10.3390/bs13110921

**Bode, A.** (2023). Romantic Love Evolved by Co-opting Mother-infant Bonding. *Frontiers in Psychology*, 14. doi:10.3389/fpsyg.2023.1176067

**Bode, A.**, & Kowal, M. (2023). Toward Consistent Reporting of Sample Characteristics in Studies Investigating the Biological Mechanisms of Romantic Love. *Frontiers in Psychology*, 14. doi:10.3389/fpsyg.2023.983419

**Bode, A.**, & Kuula, L. (2021). Romantic Love and Sleep Variations: Potential Proximate Mechanisms and Evolutionary Functions. *Biology*, 10(9). doi:10.3390/biology10090923

**Bode, A.**, & Kushnick, G. (2021). Proximate and Ultimate Perspectives on Romantic Love. *Frontiers in Psychology*, 12(1088). doi:10.3389/fpsyg.2021.573123

Dolan, K., Rodas, A., & **Bode, A.** (2015). Drug and Alcohol Use and Treatment for Australian Indigenous and Non-Indigenous Prisoners: Demand Reduction Strategies. *International Journal of Prisoner Health*, 11(1), 30-38. doi:10.1108/IJPH-02-2014-0005

Hogan, A., **Bode, A.**, & Berry, H. (2011). Farmer Health and Adaptive Capacity in the Face of Climate Change and Variability. Part 2: Contexts, Personal Attributes and Behaviors. *International Journal of Environmental Research and Public Health*, 8(10). doi:10.3390/ijerph8104055

Hogan, A., Berry, H. L., Ng, S. P., & **Bode, A.** (2011). Decisions Made by Farmers That Relate to Climate Change. *Agricultural Science*, 23(1), 36-39. doi:10.3316/informit.977617084152339

## Articles Submitted and Under Review

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Kowal., M. & **Bode, A.** (Submitted). The Role of Big Five Personality Traits in Early-stage Romantic Love. *International Review of Social Psychology*.

**Bode, A.** & Kowal, M. (Under review). Love on the Spectrum: A Preliminary Investigation of the Links Between ASD Diagnosis and Romantic Love in Young Adults Experiencing Romantic Love. *Psychological Reports*.

- Bode, A.**, Kowal, M., Kuula, L., & Kavanagh, P. S. (Submitted). Predictors of Self-reported Need for Less Sleep Among Partnered Young Adults in the First Two Years of Romantic Love. *Emerging Adulthood*.
- Bode, A.** & Kowal, M. (Under review). Correlates of First Romantic Love Episode in Young Adults. *Current Psychology*.
- Bode, A.** & Kowal, M. (Under review). No Evidence for Differences in Romantic Love Between Young Adult Students and Non-students. *Current Psychology*.
- Pfuhl, G., Prazeres, F., Kowal, M., Aavik, T., Abad-Villaverde, B., Afhami, R., . . . **Bode, A.**, . . . Sorokowski, P. (Under review). A preliminary Study on the Role of Personal History of Infectious and Parasitic Diseases on Self-reported Health Across Countries. *Public Health*.
- Kowal, M., Al-Shawaf, L., Varella, M. A. C., Valentova, J. V., Aguilar, L., . . . **Bode, A.**, . . . Sorokowski, P. (Under review). Insights on the Importance of Physical Attractiveness: Two-step Cluster Analysis on Data from 93 Countries. *Scandinavian Journal of Psychology*.
- Bode, A.** & Kavanagh, P. S. (Under revision). Variation Exists in the Expression of Romantic Love: A Cluster Analytic Study of Young Adults Experiencing Romantic Love. *Personality and Individual Differences*.
- Kowal, M., **Bode, A.**, Koszalkowska, K., Roberts, S.C., Gjoneska, Frederick, D.A., . . . Sorokowski, P. (Under revision). Love as a Commitment Device: Evidence from a Cross-cultural Study Across 90 Countries. *Human Nature*.
- Bode, A.**, Luoto, S., Kowal, M., Cannas Aghedu, F., & Kavanagh, P.S. (Under revision). Sexual Orientation and Romantic Love. *Personality and Individual Differences*.
- Bode, A.**, Kowal, M., Cannas Aghedu, F. & Kavanagh, P. S. (Under revision). SSRI Use is not Associated with the Intensity of Romantic Love, Obsessive Thinking About a Loved One, Commitment, or Sexual Frequency in Young Adults Experiencing Romantic Love. *Journal of Affective Disorders*.
- Bode, A.**, & Kavanagh, P. S. (Under revision). Sex Differences in Romantic Love: An Evolutionary Perspective. *Biology of Sex Differences*.

## Commentaries Submitted and Under Review

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**Bode, A.** (Submitted). Letter to the Editor. *Neuropsychologia*.

## Manuscripts in Preparation

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- Kowal, M., Sorokowski, P., Gjoneska, B., Pisanski, K., Pfuhl, G., Aguilar, L., . . . **Bode, A.**, . . . Jovic, M. (In preparation). Cross-cultural data on romantic love, mate preferences, and physical attractiveness from 117,293 participants across 175 countries.
- Kowal, M., Sorokowski, P., Roberts, S. C., Misiak, M., **Bode, A.**, . . . Zumárraga-Espinosa, M. (In preparation). Predictors of Romantic Love Experiences Across a Multitude of Nationally Representative Samples.

- Bode, A.**, Kowal, M., Cannas Aghedu, F., & Kavanagh, P. S. (In preparation). Big-5 Personality Traits and Sexual Frequency Among Young Adults Experiencing Romantic Love.
- Bode, A.**, Karwowski, M., Kowal, M., & Kavanagh, P.S. (In preparation). Factors Associated With Self-Perceived Increased Creativity Among Young Adults Experiencing Romantic Love.
- Cannas Aghedu, F., **Bode, A.**, McGuire, L., & Graziani, P. (In preparation). Reliability and Validity of a French Version of the Multidimensional Evaluation of Love Scale (MEVOL-FR).
- Bode, A.**, Koppel, S., Kowal, M., & Kavanagh, P. S. (In preparation). Predictors of Self-reported Riskier Driving Among Young Adults in the First Two Years of Romantic Love.
- Bode, A.**, Geher, G., Longo, K., & Kavanagh, P. S. (In preparation). Factors Associated With Unequal Romantic Love Relationships in Young Adults.
- Bode, A.**, Greenhill, S. J., Hendershott, R., & Balolia, K. (In preparation). Territoriality Prevents the Evolution of Social Monogamy in Non-human Primates.
- Bode, A.**, Kowal, M., Kavanagh, P. S., & Acevedo, B. (In preparation). Predictors of Years “In Love” Among Young Adults: Insights Into Long-term Romantic Love.

## Book Chapters Forthcoming

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- Bode, A.** & Kowal, M. (Forthcoming). Using an Evolutionary Approach to Study Romantic Love. In C. Mayer & E. Vanderheiden (Eds.), *International Handbook of Love* (Second ed.).

## Commissioned Reports

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- Hogan, A., Berry, H. L., Ng, S. P., & **Bode, A.** (2011). Decisions Made by Farmers that Relate to Climate Change. Canberra, Australia. Report commissioned by the the Rural Industries Research and Development Coproration.
- Rodas, A., **Bode, A.**, & Dolan, K. (2011). Supply, Demand, and Harm Reduction Strategies in Australian Prisons: An Update. Civic Square, Australia. Report commissioned by the Australian National Council on Drugs.
- Berry, H.L., **Bode, A.**, & Capon, T (2011). ‘Mental Health in Australia’s Million-plus Cities: Social Environments, Physical Environments and Psychological Dynamics.’ Australian Government Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA) Social Policy Research Services Grant, FCH 2007/03e (Unpublished report).

## Conference and Symposium Presentations

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- Bode, A.**, Luoto, S., Kowal, M., Cannas Aghedu, F.\*, & Kavanagh, P.S. (2024, October 25). Sexual Orientation and Romantic Love. Presentation at the 2024 loveresearch.info Symposium, Online.
- Wherret, J.\* & **Bode, A.** (2024, October 25). Love, Health, and Harmony: The Link Between Health Domains and Relationship Satisfaction in Young Adults Experiencing Romantic Love. Presentation at the 2024 loveresearch.info Symposium, Online.

- Bode, A.**, Kowal, M., Cannas Aghedu, F. & Kavanagh, P. S. (2024, October 25). SSRI Use is not Associated with the Intensity of Romantic Love, Obsessive Thinking About a Loved One, Commitment, or Sexual Frequency in Young Adults Experiencing Romantic Love. Presentation at the 2024 loveresearch.info Symposium, Online.
- Bode, A.** & Kavanagh, P.S. (2024, June 27-28). Sex Differences in Romantic Love: An Evolutionary Perspective. Presentation at the 3<sup>rd</sup> Joint Conference on Evolutionary Biology, Online.
- Bode, A.** & Kavanagh, P. S. (2024, January 3-6). Phenotypes of Romantic Love. Presentation at the Conference on Love Studies, Gran Canaria/ Online.
- Bode, A.** & Kavanagh, P. S. (2023, December 11-13). Are There Different Phenotypes of Romantic Love? Presentation at the 37th Annual Conference of the Australasian Society for Human Biology, Brisbane.
- Bode, A.**, Kowal, M., & Kavanagh, P. S. (2023, October 27). Time in Love, but not Relationship Duration, Predicts Commitment in Young Adults Experiencing Romantic Love. Presentation at the 2023 loveresearch.info Symposium, Online.
- Longo, K.\* , **Bode, A.**, Kavanagh, P. S., & Geher, G. (2023, October 27). Factors Associated With Unequal Romantic Love Relationships in Young Adults. Presentation at the 2023 loveresearch.info Symposium, Online.
- Bode, A.**, Kowal, M., Cannas Aghedu, F.\* , & Kavanagh, P. S. (2023, October 27). Relationship Duration, Intensity of Romantic Love, Commitment, and Elevated Mood Do Not Predict Sexual Frequency Among Young Adults in the First Two Years of Romantic Love. Journal of Sex Research. Presentation at the 2023 loveresearch.info Symposium, Online.
- Bode, A.** (2023, June 1-4). Romantic Love Evolved by Co-opting Mother-infant Bonding. Presentation at the Evolution 2023 Conference, Albuquerque/ Online.
- Bode, A.**, & Kavanagh, P. S. (2023, April 20-23). Biological Sex and Romantic Love Among Partnered, English-speaking, Young Adults in the First Two Years of Being In Love: A Bottom-up Evolutionary Approach. Presentation at the NorthEastern Evolutionary Psychology Society Conference, New Paltz/ Online.
- Bode, A.** (2022, December 14-16). Romantic Love Evolved by Co-opting Mother-infant Bonding: Introducing a New Model. Presentation at the Australasian Evolution Society Conference, Canberra.
- Bode, A.** (2022, December 12-14). Psychological and Biological Evidence Suggests that Romantic Love Evolved by Co-opting Mother-infant Bonding. Presentation at the Australasian Society for Human Biology Conference, Sydney/ Online.
- Bode, A.** (2022, November 25). The Theory of Co-opting Mother-infant Bonding Explains the Mechanisms of Romantic Love. Presentation at EPinOZ, Sydney/ Online.
- Bode, A.** (2022, October 7). A New Evolutionary Model Explains the Mechanisms of Romantic Love. Presentation at the 2022 loveresearch.info 2022 Symposium, Online.
- Bode, A.**, Berry, H. L., & Kelly, B. (2009, December 1-4). Patterns and Correlates of Drinking and Smoking in a Rural Sample Reporting Very Low Levels of Psychological Distress. Presentation at the Australian Society for Psychiatric Research Annual Conference, Canberra.

## Poster Presentations

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- Bode, A.** & Kavanagh, P. S. (2024, February 1-2). A Cluster Analytic Study of Partnered Young Adults in the First Two Years of Romantic Love. Poster presented at the ANU School of Archaeology and Anthropology 50<sup>th</sup> Anniversary Conference, Canberra.
- Bode, A.**, Berry, H. L., Kelly, B., Coleman, C., & Stain, H. J. (2008, December 3-5). Alcohol, Tobacco, and Mental Health in a Rural Sample. Poster presented at the Australasian Society for Psychiatric Research Annual Conference, Newcastle.

## Datasets

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- Bode, A.**, & Kavanagh, P. S. (2022). *Romantic Love Survey 2022*. Retrieved from: <https://doi.org/10.15139/S3/WBVMFG>

## Theses

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- PhD thesis (Biological Anthropology)** In progress  
*Australian National University*  
Title: Evolutionary Perspectives on Romantic Love  
Supervisor: Assoc Prof Phillip S. Kavanagh (University of Canberra)
- Honours thesis (Psychology)** 2009  
*Australian National University*  
Title: Drinking, Smoking, and Mental Health in a Rural Sample Reporting Very Low Levels of Psychological Distress  
Supervisor: Prof Helen E. Berry

## Small Grants and Funding

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- Travel Grant** AU\$300 2024  
*Australasian Evolution Society*

## Editorial Roles

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- Guest Editor Assistant** Behavioral Sciences 2023-2024  
*Advances in the Science of Mating, Love, and Attachment in Romantic Relationships*

## Reviewer Roles

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Behavioral Sleep Medicine; Cognition and Emotion; Heliyon; International Journal of Environmental Research and Public Health; International Journal of Prisoner Health; Journal of Family Psychology; Journal of Men's Health; Journal of Social and Personal Relationships; Personal Relationships; Personality and Individual Differences

## Lectures

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<b>Teaching Institute of Love Studies (Online)</b>	Promises and Pitfalls in Measurements of Love	7 January 2024
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## Invited Talks

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<b>Relationships Lab (Online)</b> <i>Radboud University</i>		28 June 2024
<b>Interpersonal Relationships Lab (Online)</b> <i>Victoria University of Wellington</i>		24 April 2024
<b>Relationships Lab (Online)</b> <i>Utrecht University</i>		25 March 2024
<b>Attraction and Relationships Research Laboratory (Online)</b> <i>University of California, Davis</i>		25 May 2022
<b>Laboratory for Comparative Neurobiology of Monogamy (Online)</b> <i>University of California, Davis</i>		24 February 2022

## Supervision (Honours)

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<b>Supervisor</b> Honours (Psychology) <i>Federation University Australia</i>	Romantic Love Predictors of Relationship Satisfaction in Young Adults Experiencing Romantic Love	2024-2025
<b>Supervisor</b> Honours (Psychology) <i>Federation University Australia</i>	Predictors of Commitment in Young Adults Experiencing Romantic Love: Relationship Duration, Time in Love, and Reciprocated Love	2024-2025
<b>Supervisor</b> Honours (Psychology) <i>Federation University Australia</i>	Romantic Love Predictors of Subjective Partner Mate Value in Young Adults Experiencing Romantic Love	2024-2025
<b>Supervisor</b> Honours (Psychology) <i>Federation University Australia</i>	Romantic Love Predictors of Hypomanic-like Features in Young Adults Experiencing Romantic Love	2024
<b>Supervisor</b> Honours (Psychology) <i>Federation University Australia</i>	Love, Health, and Harmony: The Link Between Health Domains and Relationship Satisfaction in Young Adults Experiencing Romantic Love	2024

**Supervisor** Young Adults in Romantic Love: Hypomanic-like features and Sexual Frequency are Associated with Obsessive Thinking about a Loved One 2024  
Honours (Psychology) Federation University Australia

## Leadership

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[loveresearch.info](http://loveresearch.info)

June 2021-Present

Founder & Administrator

- Website creation and maintenance
- Monthly email update
- Symposia organiser (2022-2024)
- Microgrant adjudicator



## Software Experience

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AMOS; BayesTraits; Covidence; PROCESS; Qualtrics; R (Lavaan); SPSS; SurveyMonkey

## Minor Awards and Achievements

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**Journal issue cover article** 2023  
*Behavioral Sciences* v13(11)

**3rd place Student Podium Prize** 2022  
*Australasian Society for Human Biology Conference*

**Invitation to contribute to Rising Stars in Evolutionary Psychology 2022** 2022  
*Frontiers in Psychology: Evolutionary Psychology*

## Scholarships

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**Australian Government Research Training Program Stipend Scholarship** 2021-2023  
*Australian Government*

**Australian Government Research Training Program Scholarship** 2020-2024  
*Australian Government*

## Top Altmetrics Scores

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**738** Bode, A., & Kavanagh, P. S. (2023). Romantic Love and Behavioral Activation System Sensitivity to a Loved One. *Behavioral Sciences*, 13(11). doi:10.3390/bs13110921

**184** Bode, A., & Kushnick, G. (2021). Proximate and Ultimate Perspectives on Romantic Love. *Frontiers in Psychology*, 12(1088). doi:10.3389/fpsyg.2021.573123



## University Media Releases

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**Love Scrambles the Brain and Scientists Can Now Tell Us Why** 09 January 2024  
*University of South Australia*

## Selected Media Appearances or Coverage

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ABC Radio National [What we're learning about romantic love](#) 29 January 2024

Guardian Australia [Love story: Australian researchers becoming world leaders in the study of romantic love](#) 15 January 2024

Reloscope #28 [Adam Bode: The Biology and Psychology of Romantic Love](#) 16 June 2023

## Media Articles

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**Bode, A.** (2011). What is Justice Reinvestment. *Of Substance: The National Magazine on Alcohol, Tobacco and Other Drugs*, 9(1), 14-15.

## Paid Consultancies and Advice

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The Research Agency 2024

## Certified Professional Development

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**Introduction to Genomic Technologies** 2023  
*Johns Hopkins University*

**Collaborate Effectively for Professional Success** 2023  
*IBM*

**Crowdfunding** 2023  
*University of Pennsylvania*

**Fundamental Neuroscience for Neuroimaging** 2023  
*Johns Hopkins University*

**New Supervisor** 2018  
*Australian Institute of Management*

## Professional Memberships

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Australasian Society for Human Behaviour and Evolution  
Australasian Society for Human Biology

Human Behavior and Evolution Society  
International Society for Human Ethology

## Referees

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<b>Assoc Prof Phil Kavanagh</b> <i>University of Canberra</i>	PhD Supervisor, Collaborator	phil.kavanagh@canberra.edu.au
<b>Dr Marta Kowal</b> <i>University of Wrocław</i>	Collaborator	marta.kowal@uwr.edu.pl
<b>Prof Bianca Acevedo</b> <i>University of California, Santa Barbara</i>	Collaborator	bianca.acevedo@lifesci.ucsb.edu
<b>Dr Fabio Cannas Aghedu</b> <i>University of Nîmes</i>	Collaborator	fabio.cannas_aghedu@unimes.fr