

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:

Email: adam.bode@anu.edu.au

Phone: +61 401424710

Website: adambode.net

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

Academic Appointments

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

Education

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

Research Experience

Research Assistant Implementing Expanding Naloxone in the ACT Evaluation	2014
Grant Writer (Sole Trader) Australian Institute for Aboriginal and Torres Strait Islander Studies	2012
Research Officer Australian National Council on Drugs	2009-2011
Research Assistant 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

Pfuhl, G., Prazeres, F., Kowal, M., Aavik, T., Abad-Villaverde, B., Afhami, R., . . . **Bode, A.**, . . . Sorokowski, P. (In press). A Preliminary Study on the Role of Personal History of Infectious and Parasitic Diseases on Self-reported Health Across Countries. *Public Health*.

Bode, A., & Kavanagh, P. S. (2025). Variation Exists in the Expression of Romantic Love: A Cluster Analytic Study of Young Adults Experiencing Romantic Love. *Personality and Individual Differences*, 239, 113108. doi:<https://doi.org/10.1016/j.paid.2025.113108>

Bode, A., Luoto, S., & Kavanagh, P. S. (2025). Sex Differences in Romantic Love: An Evolutionary Perspective. *Biology of Sex Differences*, 16(1), 16. doi:10.1186/s13293-025-00698-4

Bode, A., Kowal, M., Cannas Aghedu, F., & Kavanagh, P. S. (2025). 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. *Journal of Affective Disorders*, 375, 472-477. doi:10.1016/j.jad.2025.01.103

Kowal, M., **Bode, A.**, Koszałkowska, K., Roberts, S. C., Gjoneska, B., Frederick, D., . . . Sorokowski, P. (2024). Love as a Commitment Device: Evidence from a Cross-cultural Study across 90 Countries. *Human Nature*. doi:10.1007/s12110-024-09482-6

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

- Kowal, M., Sorokowski, P., Gjoneska, B., Pisanski, K., Pfuhl, G., Aguilar, L., . . . **Bode, A.**, . . . Jovic, M. (Submitted). Cross-cultural data on romantic love, mate preferences, and physical attractiveness from 117,293 participants across 175 countries. *Scientific Data*.
- 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. *Journal of Sleep Research*.
- Kowal, M. & **Bode, A.** (Under review). The Role of Big Five Personality Traits in Early-stage Romantic Love. *Journal of Individual Differences*.
- Kowal, M., Sorokowski, P., **Bode, A.**, & Roberts, S.C. (Under review). Meeting Partners Online is Related to Lower Relationship Satisfaction and Love: Data from 50 Countries. *Telematic and Informatics*.
- Sorokowski, P., Butovskaya, M., Groyecka-Bernard, A., Huanca, T., Kumar, A., Manral, U., . . . **Bode, A.**, . . . & Kowal, M. (Under review). Love as a Universal Phenomenon: Data from Nine Non-WEIRD Societies. *International Journal of Intercultural Relations*.
- 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. (Under revision). No Evidence for Differences in Romantic Love Between Young Adult Students and Non-students. *Current Psychology*.

Manuscripts in Preparation

- Kowal, M., Sorokowski, P., Roberts, S.C., Malecki, W., Misiak, M., Sorokowska, A., . . . **Bode, A.**, . . . Zumárraga-Espinosa, M. (In preparation). Higher individualism predicts lower intensity of experienced love: Data from 91 countries.
- Bode, A.**, Luoto, S., Kowal, M., Cannas Aghedu, F., & Kavanagh, P.S. (In press). Sexual Orientation and Romantic Love.
- Bode, A.** & Kowal, M. (In preparation). Correlates of First Romantic Love Episode in Young Adults.
- 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.**, Kowal, M., Longo, K., & Geher, G. (In preparation). Perceived Reciprocation and Romantic Love in Young Adults.
- Bode, A.**, Greenhill, S. J., Hendershott, R., & Balolia, K.L. (In preparation). Territoriality Does not Precede the Evolution of Social Monogamy in Non-human Primates.

Book Chapters Forthcoming

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

Commissioned Reports

- 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 Corporation.
- 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 Presentations

- Bode, A.**, Luoto, S., & Kavanagh, P.S. (2025, March 14-16). Sex Differences in Romantic Love: An Evolutionary Perspective. Presentation at the Second Conference on Love Studies, Online.
- Bode, A.**, Luoto, S., & Kavanagh, P.S. (2024, December 4-6). Sex Differences in Romantic Love: An Evolutionary Perspective. Presentation at the Australasian Evolution Society Conference, Perth.
- Bode, A.**, Luoto, S., & Kavanagh, P.S. (2024, December 4). Sex Differences in Romantic Love: An Evolutionary Perspective. Presentation at the 2024 EPinOZ, Sydney/ Online.
- Bode, A.**, Luoto, S., & Kavanagh, P.S. (2024, November 25-27). Sex Differences in Romantic Love: An Evolutionary Perspective. Presentation at the Australasian Society for Human Biology 2024 Conference, Online.
- Bode, A.** & Kavanagh, P.S. (2024, June 27-28). Sex Differences in Romantic Love: An Evolutionary Perspective. Presentation at the 3rd 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.** (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.**, 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.

Symposium Presentations

* = Student co-author; # = Co-author presenter

- 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.**, 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. (2022, October 7). A New Evolutionary Model Explains the Mechanisms of Romantic Love. Presentation at the 2022 loveresearch.info 2022 Symposium, Online.

Poster Presentations

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 50th 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

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

Theses

PhD thesis (Biological Anthropology)	In progress
<i>Australian National University</i>	
Title: Darwin's Lovers: Evolutionary Perspectives on Romantic Love	
Supervisor: Assoc Prof Phillip S. Kavanagh (University of Canberra)	

Honours thesis (Psychology)	2009
<i>Australian National University</i>	
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

Travel Grant	AU\$300	2024
<i>Australasian Evolution Society</i>		

Editorial Roles

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

Reviewer Roles

Anthropological Review; 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 Sex and Marital Therapy; Journal of Social and Personal Relationships; Personal Relationships; Personality and Individual Differences; PLOS One

Lectures

Teaching Institute of Love Studies (Online)	Promises and Pitfalls in Measurements of Love	7 January 2024
--	---	----------------

Invited Talks

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

Supervision (Honours)

Supervisor Honours (Psychology) <i>Federation University Australia</i>	Does Behavioural Activation System Sensitivity to a Loved One Predict Hypomanic-like Features in Young Adults Experiencing Romantic Love?	2025
Supervisor Honours (Psychology) <i>Federation University Australia</i>	Does Substance Use Since Falling "In Love" Predict Commitment in Young Adults?	2025

Supervisor Honours (Psychology) <i>Federation University Australia</i>	Does Big-5 Personality Predict Sexual Frequency in Young Adults Experiencing Romantic Love?	2025
Supervisor Honours (Psychology) <i>Federation University Australia</i>	Do Features of Romantic Love Predict Health-related Quality of Life in Young Adults?	2025
Supervisor Honours (Psychology) <i>Federation University Australia</i>	Does Big-5 Personality Predict Hypomanic-like Features in Young Adults Experiencing Romantic Love	2025
Supervisor Honours (Psychology) <i>Federation University Australia</i>	Romantic Love Predictors of Relationship Satisfaction in Young Adults Experiencing Romantic Love	2024-2025
Supervisor 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
Supervisor Honours (Psychology) <i>Federation University Australia</i>	Romantic Love Predictors of Subjective Partner Mate Value in Young Adults Experiencing Romantic Love	2024-2025
Supervisor Honours (Psychology) <i>Federation University Australia</i>	Romantic Love Predictors of Hypomanic-like Features in Young Adults Experiencing Romantic Love (2A)	2024
Supervisor 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 (2A)	2024
Supervisor Honours (Psychology) <i>Federation University Australia</i>	Young Adults in Romantic Love: Hypomanic-like features and Sexual Frequency are Associated with Obsessive Thinking about a Loved One (1)	2024

Professional Service

Global Ambassador <i>The Love Consortium</i>	2025
Advisory Board Member 2025 Conference on Love Studies <i>International Institute of Love Studies</i>	2024-2025
Founder & Administrator loveresearch.info	2021-Present
<ul style="list-style-type: none"> • Website creation and maintenance • Monthly email update • Symposia organiser (2022-2024) • Microgrant adjudicator 	



Software Experience

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

Minor Awards and Achievements

Journal issue cover article <i>Behavioral Sciences</i> v13(11)	2023
3rd place Student Podium Prize <i>Australasian Society for Human Biology Conference</i>	2022
Invitation to contribute to Rising Stars in Evolutionary Psychology 2022 <i>Frontiers in Psychology: Evolutionary Psychology</i>	2022

Scholarships

Australian Government Research Training Program Stipend Scholarship <i>Australian Government</i>	2021-2023
Australian Government Research Training Program Scholarship <i>Australian Government</i>	2020-2025

Top Altmetrics Scores

749	Bode, A., & Kavanagh, P. S. (2023). Romantic Love and Behavioral Activation System Sensitivity to a Loved One. <i>Behavioral Sciences</i> , 13(11). doi:10.3390/bs13110921
184	Bode, A., & Kushnick, G. (2021). Proximate and Ultimate Perspectives on Romantic Love. <i>Frontiers in Psychology</i> , 12(1088). doi:10.3389/fpsyg.2021.573123

University Media Releases

Hot, heavy love: if you're having that much sex, you might be a "libidinous" lover, according to science <i>Australian National University</i>	28 February 2025
Love Scrambles the Brain and Scientists Can Now Tell Us Why <i>University of South Australia</i>	09 January 2024

Selected Media Appearances or Coverage

Guardian Australia	Sex 20 times a week? New study identifies four types of romantic lover	01 March 2025
--------------------	--	---------------

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

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

The Research Agency	2024
---------------------	------

Certified Professional Development

Introduction to Genomic Technologies <i>Johns Hopkins University</i>	2023
Collaborate Effectively for Professional Success <i>IBM</i>	2023
Crowdfunding <i>University of Pennsylvania</i>	2023
Fundamental Neuroscience for Neuroimaging <i>Johns Hopkins University</i>	2023
New Supervisor <i>Australian Institute of Management</i>	2018

Professional Memberships

Australasian Evolution Society
Australasian Society for Human Behaviour and Evolution
Australasian Society for Human Biology
Human Behavior and Evolution Society
International Society for Human Ethology

Referees

Assoc Prof Phil Kavanagh <i>University of Canberra</i>	PhD Supervisor, Collaborator	phil.kavanagh@canberra.edu.au
Dr Marta Kowal <i>University of Wroclaw</i>	Collaborator	marta.kowal@uwr.edu.pl
Assoc Prof Fabio Cannas Aghedu <i>University of Nimes</i>	Collaborator	fabio.cannas_aghedu@unimes.fr