

# 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](mailto:adam.bode@anu.edu.au)

**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 September 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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- Pfuhl, G., Prazeres, F., Kowal, M., Aavik, T., Abad-Villaverde, B., Afhami, R., . . . **Bode, A.**, . . . Sorokowski, P. (2025). A preliminary study on the role of personal history of infectious and parasitic diseases on self-reported health across countries. *Public Health*, 242, 220-227. doi:https://doi.org/10.1016/j.puhe.2025.02.030
- 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

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- 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

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- 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

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**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

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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 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

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**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 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.** (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

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\* = 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.<sup>#</sup>, **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.<sup>#</sup>, & 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

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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: Darwin's Lovers: 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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<b>Guest Editor Assistant</b> <i>Advances in the Science of Mating, Love, and Attachment in Romantic Relationships</i>	Behavioral Sciences	2023-2024
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## Reviewer Roles

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Anthropological Review; Behavioral Sleep Medicine; Cognition and Emotion; Heliyon; International Journal of Environmental Research and Public Health; International Journal of Prisoner Health; International Journal of Wellbeing; 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

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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>	Do Features of Romantic Love Predict Self-perceived Mate Value in Young Adults?	2025
<b>Supervisor</b> 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

<b>Supervisor</b> Honours (Psychology) <i>Federation University Australia</i>	Does Increased Substance Use Since Falling “In Love” Predict Commitment in Young Adults?	2025
<b>Supervisor</b> Honours (Psychology) <i>Federation University Australia</i>	Does Big-5 Personality Predict Sexual Frequency in Young Adults Experiencing Romantic Love?	2025
<b>Supervisor</b> Honours (Psychology) <i>Federation University Australia</i>	Do Features of Romantic Love Predict Health-related Quality of Life in Young Adults?	2025
<b>Supervisor</b> Honours (Psychology) <i>Federation University Australia</i>	Does Big-5 Personality Predict Hypomanic-like Features in Young Adults Experiencing Romantic Love?	2025
<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 (2A)	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 (2A)	2024
<b>Supervisor</b> 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

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





## Software Experience

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

## Minor Awards and Achievements

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

## Scholarships

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

## Top Altmetrics Scores

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

## University Media Releases

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

## Selected Media Appearances or Coverage

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Guardian Australia	<a href="#">Sex 20 times a week? New study identifies four types of romantic lover</a>	01 March 2025
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ABC Radio National	<a href="#">What we're learning about romantic love</a>	29 January 2024
Guardian Australia	<a href="#">Love story: Australian researchers becoming world leaders in the study of romantic love</a>	15 January 2024
Reloscope #28	<a href="#">Adam Bode: The Biology and Psychology of Romantic Love</a>	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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<b>Introduction to Genomic Technologies</b> <i>Johns Hopkins University</i>	2023
<b>Collaborate Effectively for Professional Success</b> <i>IBM</i>	2023
<b>Crowdfunding</b> <i>University of Pennsylvania</i>	2023
<b>Fundamental Neuroscience for Neuroimaging</b> <i>Johns Hopkins University</i>	2023
<b>New Supervisor</b> <i>Australian Institute of Management</i>	2018

## Professional Memberships

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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

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**Assoc Prof Phil Kavanagh**  
*University of Canberra*

PhD Supervisor,  
Collaborator

phil.kavanagh@canberra.edu.au

**Dr Marta Kowal**  
*University of Wroclaw*

Collaborator

marta.kowal@uwr.edu.pl

**Assoc Prof Fabio Cannas Aghedu**  
*University of Nimes*

Collaborator

fabio.cannas\_aghedu@unimes.fr