# 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)

# **Academic Appointments**

Sessional Academic Institute of Health and Wellbeing Federation University Australia	March 2024-Present	
<b>Visiting Fellow</b> Centre for Research and Action in Public Health <i>University of Canberra</i>	2010	
Education		
<b>PhD (Biological Anthropology)</b> Australian National University	Expected completion September 2025	

2011

2009

**Bachelor of Laws** *Australian National University* 

**Bachelor of Psychology (Honours)** *Australian National University* 

# **Peer Reviewed Journal Articles**

- Kowal, M., Sorokowski, P., Gjoneska, B., Pisanski, K., Pfuhl, G., Aguilar, L., ... Bode, A., ... Prazeres, F. (2025). Cross-cultural data on romantic love and mate preferences from 117,293 participants across 175 countries. Scientific Data, 12(1), 1103. doi:10.1038/s41597-025-05365-2
- Sorokowski, P., Butovskaya, M., Groyecka-Bernard, A., Huanca, T., Kumar, A., Manral, U., . . . Bode,
   A., . . . Kowal, M. (2025). Love as a Universal Phenomenon: Data from Nine Non-WEIRD
   Societies. International Journal of Intercultural Relations, 108, 102211.
   doi:https://doi.org/10.1016/j.ijintrel.2025.102211
- 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**

- **Bode, A.** (Under review). Letter to the Editor Concerning Sandel (2025). *American Journal of Biological Anthropology*.
- Kowal. M. & **Bode, A**. (Submitted). Love is not Blind—It is Indifferent to Partners' Flaws, Unless it Involves Cheating or Aggression. *Archives of Sexual Behavior*.
- **Bode, A.**, Kowal, M., Kuula, L., & Kavanagh, P. S. (Under review). Predictors of Self-reported Need for Less Sleep Among Partnered Young Adults in the First Two Years of Romantic Love. *Psychology and Sexuality*.
- **Bode, A.**, Luoto, S., Kowal, M., Cannas Aghedu, F., & Kavanagh, P.S. (Submitted). A Preliminary Investigation of Sexual Orientation and Romantic Love in Young Adults. *Archives of Sexual Behavior*.
- 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 revision). Meeting Partners Online is Related to Lower Relationship Satisfaction and Love: Data from 50 Countries. *Telematics and Informatics*.

### **Manuscripts in Preparation**

- **Bode, A.** & Kowal, M. (In preparation). Love on the Spectrum: A Preliminary Investigation of the Links Between ASD Diagnosis and Romantic Love in Young Adults Experiencing Romantic Love.
- **Bode, A.** & Kowal, M. (In preparation). No Evidence for Differences in Romantic Love Between Young Adult Students and Non-students.
- 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. & 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 preperation). Strong Evidence for the Sequential Evolution of Social Monogamy, Territoriality, and Paternal Care in the *Homo Sapiens* Lineage.

**Bode, A.**, Meltzer, A., & Kowal, M. (In preparation). Time Since Sex Predicts Commitment in Young Adults Experiencing Romantic Love.

# **Book Chapters**

**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.).

# **Opinions, Commentaries, and Letters to the Editor**

**Bode, A.** & Kowal. M. (In press). We Know More and Less About Love: A Comment on Babková and Repiská (2025). *Frontiers in Behavioral Neuroscience*.

# **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 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 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 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, Alberquerque/ 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.<sup>#</sup>, & Kavanagh, P.S. (2024, October 25). Sexual Orientation and Romantic Love. Presentation at the 2024 loveresearch.info Symposium, Online.
- Wherret, J.\*<sup>#</sup> & **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**

- 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

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

# **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
<b>Research Assistant</b> National Centre for Epidemiology and Population Health <i>Australian National University</i>	2008-2010
Survey Interviewer National Drug and Alcohol Research Centre University of New South Wales	2007-2010

# Theses

<b>PhD thesis (Biological Anthropology)</b> <i>Australian National University</i> Title: Darwin's Lovers: Evolutionary Perspectives on Romantic Love Supervisor: Assoc Prof Phillip S. Kavanagh (University of Canberra)	In progress
Honours thesis (Psychology) Australian National University Title: Drinking, Smoking, and Mental Health in a Rual Sample Reporting Very Low Levels of Psychological Distress Supervisor: Prof Helen E. Berry	2009

# **Small Grants and Funding**

<b>Travel Grant</b> Australasian Evolution Society	AU\$300	2024
Editorial Roles		
<b>Guest Editor Assistant</b> Advances in the Science of Mating, Love, and Attachment in Romantic Relationships	Behavioral Sciences	2023-2024

# **Reviewer Roles**

Anthropological Review; Behavioral Sleep Medicine; BMC Psychology; Cognition and Emotion; Discovery Psychology; 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

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

# **Invited Talks**

**Relationships Lab (Online)** *Radboud University* 

**Interpersonal Relationships Lab (Online)** *Victoria University of Wellington*  28 June 2024

24 April 2024

Relationships Lab (Online) Utrecht University	25 March 2024
Attraction and Relationships Research Laboratory (Online) University of California, Davis	25 May 2022
Laboratory for Comparative Neurobiology of Monogamy (Online) University of California, Davis	24 February 2022

# Supervision (Honours)

<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) Federation University Australia	Does Increased Substance Use Since Falling "In Love" Predict Commitment in Young Adults?	2025
<b>Supervisor</b> Honours (Psychology) Federation University Australia	Does Big-5 Personality Predict Sexual Frequency in Young Adults Experiencing Romantic Love?	2025
<b>Supervisor</b> Honours (Psychology) Federation University Australia	Do Features of Romantic Love Predict Health-related Quality of Life in Young Adults? (Discontinued)	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) Federation University Australia	Romantic Love Predictors of Relationship Satisfaction in Young Adults Experiencing Romantic Love (1)	2024-2025
<b>Supervisor</b> Honours (Psychology) Federation University Australia	Predictors of Commitment in Young Adults Experiencing Romantic Love: Relationship Duration, Time in Love, and Reciprocated Love (2B)	2024-2025
<b>Supervisor</b> Honours (Psychology) Federation University Australia	Romantic Love Predictors of Subjective Partner Mate Value in Young Adults Experiencing Romantic Love (1)	2024-2025
<b>Supervisor</b> Honours (Psychology) Federation University Australia	Romantic Love Predictors of Hypomanic-like Features in Young Adults Experiencing Romantic Love (2A)	2024
<b>Supervisor</b> Honours (Psychology) Federation University Australia	Love, Health, and Harmony: The Link Between Health Domains and Relationship Satisfaction in Young Adults Experiencing Romantic Love (2A)	2024

### Supervisor Honours (Psychology) Federation University Australia

Young Adults in Romantic Love: Hypomanic-like2features and Sexual Frequency are Associated with2Obsessive Thinking about a Loved One (1)2

2024

2025

2024-2025

2021-Present

# **Professional Service**

### **Global Ambassador**

The Love Consortium

### Advisory Board Member

Conference on Love Studies International Institute of Love Studies

### Founder & Administrator

### <u>loveresearch.info</u>

- 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 Achievements2025Invitation to Royal Society Meeting<br/>Love, Actually and in Theory<br/>The Royal Society of London for Improving Natural Knowledge2023Journal issue cover article<br/>Behavioral Sciences v13(11)20233rd place Student Podium Prize<br/>Australasian Society for Human Biology Conference2022Invitation to contribute to Rising Stars in Evolutionary Psychology 2022<br/>Frontiers in Psychology: Evolutionary Psychology2022

# **Scholarships**

Australian Government Research Training Program Stipend Scholarship	2021-2023
Australian Government	
Australian Government Research Training Program Scholarship	2020-2025
Australian Government	



# **Top Altmetrics Scores**

750	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
274	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
184	<b>Bode, A.</b> , & 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**

Fools of love: men fall faster than women, study shows Australian National University	15 April 2025
Hot, heavy love: If you're having that much sex, you might be a "libidinous" lover, according to science Australian National University	28 February 2025
Love scrambles the brain and scientists can now tell us why University of South Australia	09 January 2024

# Selected Media Appearances or Coverage

Triple J	The science of why we fall in love	17 April 2025
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. (2015). What is Love? Chalk, Spring 2025.

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

2024

# **Science Outreach**

Love (and Other Heart Conditions)	29 March 2025
World Science Festival - Brisbane	

# **Paid Consultancies and Advice**

The Research Agency

# **Certified Professional Development**

Introduction to Genomic Technologies Johns Hopkins University	2023
Collaborate Effectively for Professional Success IBM	2023
<b>Crowdfunding</b> University of Pennsylvania	2023
Fundamental Neuroscience for Neuroimaging Johns Hopkins University	2023
<b>New Supervisor</b> Australian Institute of Management	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 University of Canberra	PhD Supervisor, Collaborator	phil.kavanagh@canberra.edu.au
<b>Dr Marta Kowal</b> University of Wroclaw	Collaborator	marta.kowal@uwr.edu.pl
Assoc Prof Fabio Cannas Aghedu University of Nimes	Collaborator	fabio.cannas_aghedu@unimes.fr