

Carolina de Barros

Kingston, Ontario
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EDUCATION

Ph.D. Candidate, Psychology

2022 – Present

Department of Psychology

Queen's University

Kingston, ON

- Dissertation: “Navigating Norms in Non-Normative Relationships”
- Program: Social-Personality Psychology
- Supervisor: Dr. Sari van Anders
- Expected Graduation: June 2026

M.A., Psychology

2020 – 2022

Department of Psychology and Health Studies

University of Saskatchewan

Saskatoon, Saskatchewan

- Thesis: “The Relationships Among Gender, Bipositive Events, and Psychological Outcomes”
- Program: Culture, Health, and Human Development
- Supervisor: Dr. Todd Morrison

B.A. Honours, Psychology, Minor in Mathematics

2015 – 2020

Department of Psychology and Health Studies

University of Saskatchewan

Saskatoon, Saskatchewan

- Thesis: “Development and Initial Validation of the Positive Bisexual Identity (PBI) Measure”
- Supervisor: Dr. Todd Morrison
- Cumulative Average: 93%

RESEARCH INTERESTS

- Romantic relationships, particularly non-normative/diverse forms (e.g., queer; ethically non-monogamous; involving BDSM/kink)
- Sexual and gender diversity
- Mixed-methods research and approaches
- Minoritized identities and experiences

HONOURS AND GRANTS

- Government of Ontario – Ontario Graduate Scholarship (\$15,000 CAD/1 year)
 - Awarded on the basis of academic excellence, research potential and experience, and leadership experience

- Queen's University - Barrie Frost Graduate Student Research Award (\$1500 CAD)
 - Awarded to myself and a colleague (Bianca Wilhelm, Ph.D. Candidate, Queen's University) to conduct a study on predicting compersion in consensually non-monogamous individuals using inclusion of other in the self.
- Society for Qualitative Inquiry in Psychology - Ruthellen Josselson Student Research Grant (\$500 USD)
 - Awarded to support graduate students in psychology who are conducting research projects using qualitative approaches, to support one of my qualitative dissertation projects
- SSHRC Canada Graduate Scholarship – Doctoral (\$105,000 CAD/3 years)
 - Awarded on the basis of academic excellence, research potential and experience, and leadership experience
- SSHRC Canada Graduate Scholarships – Master's (\$17,500 CAD/1 year)
 - Awarded on the basis of academic excellence, research potential, and leadership experience

AWARDS AND ACCOLADES

- CPA Certificate of Academic Excellence, 2023
 - Awarded to the best Master's theses in the Department of Psychology and Health Studies, University of Saskatchewan
- CPA Certificate of Academic Excellence, 2020
 - Awarded to the best undergraduate theses in the Department of Psychology, University of Saskatchewan
- University of Saskatchewan Haslam Medal, Spring 2020
 - Awarded to the most distinguished graduate in the College of Arts & Sciences, University of Saskatchewan
- University of Saskatchewan Copland Prize in Social Sciences, Spring 2020
 - Awarded to the most distinguished graduate in a social sciences program, University of Saskatchewan
- University of Saskatchewan Gordon A. McMurray Prize in Psychology, Spring 2020
 - Awarded to the most distinguished graduate in the Department of Psychology, University of Saskatchewan

PUBLICATIONS

Peer-Reviewed

1. **de Barros, A. C.**, Lackie, E. R. L, & van Anders, S. M. (2025). Sex, attraction, and social norms: Distinguishing romantic and non-romantic relationships in non-sexual contexts. *Archives of Sexual Behavior*, 54, 2517-2538. <https://doi.org/10.1007/s10508-025-03163-w>
2. Wilhelm, B., **de Barros, A. C.**, Cardoso, D., Connolly, S., van Anders, G., & van Anders, S. (2025). Visualizing plurisexuality via sexual configurations theory [In Press]. *Archives of Sexual Behavior*.

3. Mathi, L. V. K., Wilhelm, B., **de Barros, A. C.**, Cardoso, D., Connolly, S., van Anders, G., & van Anders, S. M. (2025). Diversity in partner number sexuality via sexual configurations theory. *Archives of Sexual Behavior*, 54, 997-1021. <https://doi.org/10.1007/s10508-024-03072-4>
4. Horwitz, S., Gelech, J., Wellsch, J., **de Barros, A. C.**, Croteau, T., Bergen, J., Forrester, S., & Bradford, L. (2025). Postsecondary instructors' disclosures of mental illness to students: Motivations, means, audience, and timing suggest four basic disclosure types. *Teaching in Higher Education*, 1-23. <https://doi.org/10.1080/13562517.2025.2521377>
5. **de Barros, A. C.**, Sadika, B., Croteau, T., Morrison, T. G., & Morrison, M. (2023). Associations between subcategories of disgust sensitivity and homonegativity: Examining intergroup contact as a moderator. *Psychology & Sexuality*, 14(3), 453-473. <https://doi.org/10.1080/19419899.2022.2090270>
6. **de Barros, A. C.** & Morrison, T. G. (2023). Development and validation of the Positive Bisexual Identity (PBI) scale. *Psychology & Sexuality*, 14(1), 73-93. <https://doi.org/10.1080/19419899.2022.2057868>
7. Katz, J. M., **de Barros, A. C.**, & Morrison, T. G. (2021). Ambiguous sex in critical receptions to Ari Aster's *Midsommar*. *Sexuality & Culture*, 25, 2035-2051. <https://doi.org/10.1007/s12119-021-09863-4>
8. **de Barros, A. C.** (2020). "Gay now": Bisexual erasure in supernatural media from 1983 to 2003. *Journal of Bisexuality*, 20(1), 104-117. <https://doi.org/10.1080/15299716.2020.1732258>

Non-Peer Reviewed

1. Bergen, J., **de Barros, A. C.**, Gelech, J., Forrester, S., Horwitz, S., and Squires, V. (2021). Should university instructors disclose mental health conditions? It's complicated. *The Conversation*. <https://theconversation.com/should-university-instructors-disclose-mental-health-conditions-itscomplicated-172583>
2. **de Barros, A. C.** (2021, September). Information for pregnant queer and trans people. *Abortion Rights Coalition of Canada*. <https://www.arcc-cdac.ca/information-for-pregnant-queer-and-trans-people/>

Under Review

1. **de Barros, A. C.**, Croteau, T., Forrester, S., Jaunzems-Fernuk, J., Bradford, L., Bergen, J., Horwitz, S., Squires, V., Wellsch, J., & Gelech, J. (2024). Post-secondary instructors who disclose mental illness in the classroom: Implications for student attitudes and behavioural intentions [Revised and Resubmitted]. *Journal of Education*.

PRESENTATIONS

- de Barros, A. C., & van Anders, S. M.** (November, 2025). *The Role of Social Norms in Defining Diverse Romantic Relationships* [Talk]. 5th Non-Monogamies and Contemporary Intimacies Conference, Online.
- de Barros, A. C., & van Anders, S. M.** (October, 2025). *The Role of Sexual and Relationship Norms in Defining Diverse Romantic Relationships* [Poster]. Canadian Sex Research Forum Annual Meeting, Vancouver, BC, Canada.
- de Barros, A. C., Lackie, E. R. L., & van Anders, S. M.** (July, 2025). *Romantic and non-romantic relationships in non-sexual contexts* [Poster]. International Association for Relationship Research Mini-Conference on Gender, Sexuality, and Relationships, London, England.
- de Barros, A. C., & van Anders, S. M.** (October, 2024). *Romantic and non-romantic relationships in non-sexual contexts* [Poster]. Canadian Sex Research Forum Annual Meeting, Halifax, NS, Canada.
- Wilhelm, B., **de Barros, A. C.**, Connolly, S., van Anders, G., & van Anders, S. (October, 2023). *Visualizing plurisexuality via Sexual Configurations Theory* [Poster]. Canadian Sex Research Forum Annual Meeting, Montreal, QC.
- de Barros, A. C., Wilhelm, B., & Morrison, T. G.** (August, 2023). *Bisexual microaffirmations, internalized binegativity, and gender* [Poster]. International Academy of Sex Research Annual Meeting, Montreal, QC, Canada.
- de Barros, A. C. & Bergen, J.** (June, 2023). *Mentor, teacher, advocate, academic: The roles academics with mental illnesses play* [Paper session]. Canadian Psychological Association 84th Annual National Convention, Toronto, ON, Canada.
- de Barros, A. C., Gelech, J., Bergen, J., & Croteau, T.** (March, 2023). *Mental illness in academia: Current understandings and future directions* [Paper session]. Society for Applied Anthropology Annual Meeting, Cincinnati, OH.
- Croteau, T., Bergen, J., Gelech, J., & **de Barros, A. C.** (March, 2023). *The impact of postsecondary instructors' mental illness disclosures on undergraduate students' perceptions and academic outcomes directions* [Paper session]. Society for Applied Anthropology Annual Meeting, Cincinnati, OH.
- Bergen, J., **de Barros, A. C.**, Croteau, T., Gelech, J., & Horwitz, S. (November, 2022). *Relational pedagogy and mental health: Disclosing mental illness in the classroom* [Paper session]. Symposium for the Scholarship of Teaching and Learning, Banff, AB, Canada.
- Gelech, J., Horwitz, S., Croteau, T., Bergen, J., & **de Barros, A. C.** (November, 2022). *Checkboxes and moral conundrums: Professors with mental illness reflect on campus diversity, equity, and inclusion initiatives* [Paper session]. Symposium for SoTL, Banff, AB, Canada.

de Barros, A. C. & Morrison, T. G. (2020, January). *Development of a measure of positive bisexual identity* [Poster]. USSU Undergraduate Project Symposium, Saskatoon, SK.

de Barros, A. C. & Morrison, T. G. (2020, August). *Development of the Positive Bisexual Identity Measure* [Poster]. 2020 APA Virtual Convention, Washington, DC. https://irp-cdn.multiscreensite.com/a5ea5d51/files/uploaded/2020-APA-Convention_OnDemandIndex_Poster.pdf

de Barros, A. C. & Morrison, T. G. (2020, August). *How bisexual individuals choose coping mechanisms based on partner gender* [Poster]. 2020 APA Virtual Convention, Washington, DC. https://irp-cdn.multiscreensite.com/a5ea5d51/files/uploaded/2020-APA-Convention_OnDemandIndex_Poster.pdf

TEACHING EXPERIENCE

Honours Theses

Silberberg, M. (2024). Understanding sexual attraction via sexual configurations theory. *For the degree of Bachelor of Science with Honours in Psychology at Queen's University, Ontario, Canada*. Co-advised with Dr. Sari van Anders.

Teaching Assistant

Research Methods in Psychology	Winter 2026
Statistics in Psychology	Fall 2025
Research Methods in Psychology	Winter 2025
Advanced Statistical Inference	Fall 2024
Aggression	Winter 2024
Gender/Sex, Hormones, and Behavior	Fall 2024
Principles of Psychology	Fall 2022/Winter 2023
Research in Qualitative Study of Lives and Social Practices	Winter 2022
Advanced Social Psychology II	Winter 2022
Social Psychology	Fall 2021
Effective Professional Communication	Summer 2021
Personality	Winter 2020

Guest Lectures

Motivation and Emotion, for <i>PSYC 100: Principles of Psychology</i> , Queen's University	Winter 2024
Queer Intimacies, for <i>PSYC 443: Intimate Relationships</i> , Queen's University	Winter 2024
Ethics and Instruments in Qualitative Research, for <i>PSY 324: Research in Qualitative Study of Lives and Social Practices</i> , University of Saskatchewan	Winter 2022
Health, Sex, and Gender, for <i>HLST 110: Introduction to Health Studies</i> , University of Saskatchewan	Fall 2021

EDITORIAL ACTIVITIES

Peer Reviewer: *Psychology & Sexuality*, *Journal of Sex Research*, *Sexuality Research & Social Policy*

SERVICE

Graduate Representative of the Department Graduate Committee	Sept 2025-Apr 2026
Graduate Representative of Department EDI Committee	Sept 2023-Feb 2024
Graduate Representative at Department Meetings	Sept 2023-Apr 2024

PROFESSIONAL EXPERIENCE

Research Software Engineer September 2025 – December 2025
SAGE Lab, Queen's University
Kingston, Ontario

- Developed and tested HTML/CSS/JavaScript code to use in conjunction with Qualtrics to collect visual data on sexual scripts.

Consultant June 2022 – August 2022
Wellness Together
Toronto, Ontario

- Wrote a report recommending best practices in collecting demographic data on gender/sex and sexual identity, including questions tailored to Wellness Together's purposes

Research Coordinator July 2021 – August 2022
Academic Mental Illness Project, University of Saskatchewan
Saskatoon, Saskatchewan

- Developed materials for a collaborative autoethnography and for a survey study
- Led focus groups, conducted interviews, and collected survey data
- Organized monthly meetings for all group members

Board Member January 2021 – August 2023
Saskatoon Abortion Support Network
Saskatoon, Saskatchewan

- Developed resources for queer women and transgender patients seeking abortions in Saskatchewan
- Volunteer coordinator duties: maintained contact with people applying to volunteer, created and ran training sessions, and was the first point of contact for volunteers with queries

Research Assistant October 2020 – December 2021
College of Nursing, University of Regina
Regina, Saskatchewan

- Wrote a systematic literature review on the experiences of refugee and immigrant parents who have children with disabilities.

Summer Student June 2020 – August 2020
Saskatoon Sexual Health
Saskatoon, Saskatchewan

- Updated a literature review and environmental scan on Indigenous and LGBTQ+ sexual health education
- Drafted a preliminary document on bubble zone laws in Canada

- Created presentations and lesson plans for middle-school teachers on STIs and healthy relationships
- Assisted in developing a card game about STIs

Writing Centre Tutor

September 2019 – May 2022

Library, University of Saskatchewan

Saskatoon, Saskatchewan

- Assisted undergraduate students requesting help with psychology papers, including support with argumentation and conducting literature reviews
- Tutored students with questions about APA referencing and general grammar and punctuation concerns
- Presented workshops on Dealing with Writing Anxiety and on Avoiding Gender-Biased Language

Research Assistant

November 2018 – June 2022

Disability & Culture Lab, University of Saskatchewan

Saskatoon, Saskatchewan

- Synthesized and/or revised several literature reviews on topics such as coping strategies for people with IBD, coping strategies of parents of children with disabilities, gap year experiences, and grey literature about contracts between parents and adult children who live together
- Edited and organized teaching materials for various levels of psychology courses

PROFESSIONAL DEVELOPMENT & TRAINING

Fielding Graduate University Qualitative Research Training

February 2025

PROFESSIONAL AFFILIATIONS

- Canadian Sex Research Forum | International Association for Relationship Research | International Academy of Sex Research | Society for the Scientific Study of Sexuality | American Psychological Association, Divisions 5 (Quantitative and Qualitative Methods), 8 (Society for Personality and Social Psychology), and 44 (Society for the Psychology of Sexual Orientation and Gender Diversity)

TECHNICAL EXPERIENCE

- *Programming Languages*: Python, R, JavaScript, HTML/CSS
- *Software*: SPSS, NVIVO, QualCoder

LANGUAGES

- Fluent in English
- Fluent in Portuguese
- Proficient in Spanish