

Ana Carolina de Barros, Ph.D.

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APPOINTMENTS

Research Associate, Natsal-4 Project

Aug 2026 – Nov 2027

Sexual Health & Wellbeing Group
School of Health & Wellbeing, University of Glasgow
Glasgow, Scotland

EDUCATION

Ph.D., Psychology

2022 – 2026

Department of Psychology, Queen's University
Kingston, ON, Canada

- Dissertation: "Navigating Norms in Non-Normative Relationships"
- Program: Social-Personality Psychology
- Supervisor: Dr. Sari van Anders

M.A., Psychology

2020 – 2022

Department of Psychology and Health Studies, University of Saskatchewan
Saskatoon, SK, Canada

- 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, SK, Canada

- Thesis: "Development and Initial Validation of the Positive Bisexual Identity (PBI) Measure"
- Supervisor: Dr. Todd Morrison

HONOURS AND GRANTS

- Ontario Graduate Scholarship, 2025-26, *Government of Ontario* (\$15,000 CAD/1 year)
- Barrie Frost Graduate Student Research Award, 2025, *Queen's University* (\$1,500 CAD)
- Ruthellen Josselson Student Research Grant, 2024, *Society for Qualitative Inquiry in Psychology* (\$500 USD)
- Canada Graduate Scholarship – Doctoral, 2022-25, *Social Sciences and Humanities Research Council, Government of Canada* (\$110,000 CAD/3 years)
- Canada Graduate Scholarships – Master's, 2020-21, *Social Sciences and Humanities Research Council, Government of Canada* (\$17,500 CAD/1 year)

AWARDS AND ACCOLADES

- Excellence in EDI Research Award, *Queen's University Department of Psychology*, 2026
- Certificate of Academic Excellence (Masters), *Canadian Psychological Association*, 2023
- Certificate of Academic Excellence (Honours), *Canadian Psychological Association*, 2020
- Haslam Medal, *University of Saskatchewan*, 2020
- Copland Prize in Social Sciences, *University of Saskatchewan*, 2020
- Gordon A. McMurray Prize in Psychology, *University of Saskatchewan*, 2020

PUBLICATIONS

Published

1. Silberberg, M., **de Barros, A. C.**, & van Anders, S. M. (2026). Understanding sexual attraction via sexual configurations theory [In Press]. *Archives of Sexual Behavior*.
2. **de Barros, A. C.**, Croteau, T., Forrester, S., Jaunzems-Fernuk, J., Bradford, L., Bergen, J., Horwitz, S., Squires, V., Wellsch, J., & Gelech, J. (2026). Post-secondary instructors who disclose mental illness in the classroom: Implications for student attitudes and behavioural intentions [Advance online publication]. *Journal of Education*.
<https://doi.org/10.1177/00220574261419744>
3. Matthews, E., Gelech, J., **de Barros, A. C.**, Al-Ja'afreh, S., & Godwin, O. (2026). The meaning of childhood disability among immigrant and refugee parents: An integrative review and lifeworld approach. *The Family Journal*, 34(3), 530-545.
<https://doi.org/10.1177/10664807261436780>
4. **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>
5. Wilhelm, B., **de Barros, A. C.**, Cardoso, D., Connolly, S., van Anders, G., & van Anders, S. (2025). Visualizing plurisexuality via sexual configurations theory [Advance online publication]. *Psychology of Sexual Orientation and Gender Diversity*.
<https://doi.org/10.1037/sgd0000889>
6. 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>
7. 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>
8. **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>

9. **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>
10. 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>
11. **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>

Under Review

1. **de Barros, A. C.**, Gormezano, A. M., & van Anders, S. M. (2026). Comparing romantic relationships and best friendships across social norms, community norms, and personal beliefs [Submitted]. *Journal of Social and Personal Relationships*.
2. **de Barros, A. C.**, Mayne, K. E., & van Anders, S. M. (2026). A grounded theory of defining diverse romantic relationships [Submitted]. *Archives of Sexual Behavior*.
3. Santos, J. J., **de Barros, A. C.**, Maia, L., & van Anders, S. M. (2026). Sexuality, psychological essentialism, and sexual prejudice: A new model and intervention framework via 'sexual configurations theory' [Submitted]. *Trends in Psychology*.
4. Chadwick, S., Wright, P., **de Barros, A. C.**, Gormezano, A. M., & van Anders, S. M. (2026). Competitive and nurturant motivations for romantic relationship commitment: Development of the Competitive and Nurturant Commitment Motivations Scale (CNCMS) [Submitted]. *Journal of Sex and Marital Therapy*.
5. van Anders, S. M., Mayne, K., **de Barros, A. C.**, Abeywickrama Arachilage, A. L., Frasier, I., & Santos, J. J. (2025). Theory and research about gender/sex and sexual diversity: Sexual configurations theory [Submitted]. *Research Handbook of Gender and Social Psychology*.

PRESENTATIONS

de Barros, A. C., Gormezano, A. M., & van Anders, S. M. (November, 2026). *Comparing romantic relationships and best friendships* [Talk]. 2026 Annual Conference of the Society for the Scientific Study of Sexuality (SSSS), Online.

Santos, J. J., **de Barros, A. C.**, Maia, L., & van Anders, S. M. (October, 2026). *Propondo um Novo Modelo e Referencial Teórico, via "Teoria das Configurações Sexuais", para Intervenções para Reduzir Atitudes de Preconceito Sexual no Contexto Brasileiro* [Proposing a new model and theoretical framework, via "Sexual Configurations Theory", for interventions to reduce sexually-prejudiced attitudes in the Brazilian context] [Symposium Talk]. 56th Annual Reunion of the Brazilian Society of Psychology, Belém, PA, Brazil.

- 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

MEDIA & SCIENCE COMMUNICATION

Online Articles

- *PsyPost.org*: “Romantic and platonic relationships might be more similar than we think” (2025) (<https://www.psypost.org/romantic-and-platonic-relationships-might-be-more-similar-than-we-think/>)
- 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>

Podcasts

- *The Last Show with David Cooper*: “Dr. Sari van Anders & Carolina de Barros: Are Friendship And Romance Similar? - October 28, 2025” (<https://podcasts.apple.com/ca/podcast/dr-sari-van-anders-carolina-de-barros-are-friendship/id1168275879?i=1000734025403>)

Knowledge Translation Materials

- **de Barros, A. C.** (2021). Information for pregnant queer and trans people. *Abortion Rights Coalition of Canada*. <https://www.arcc-cdac.ca/information-for-pregnant-queer-and-trans-people/>
- Iantaffi, A., Barker, M. J., van Anders, S. M., & Scheele, J. (2026). Mapeando sua sexualidade: Da orientação sexual à Teoria das Configurações Sexuais [zine] (J. J. Santos, L. Maia, & **A. C. de Barros**, Trans.). Kingston, ON. (Original work published 2018)

TEACHING EXPERIENCE

Supervisory Experience

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 Experience

Teaching Assistantships

Research Methods in Psychology, <i>Queen's University</i>	Winter 2026
Statistics in Psychology, <i>Queen's University</i>	Fall 2025
Research Methods in Psychology, <i>Queen's University</i>	Winter 2025
Advanced Statistical Inference, <i>Queen's University</i>	Fall 2024
Aggression, <i>Queen's University</i>	Winter 2024

Gender/Sex, Hormones, and Behavior, <i>Queen's University</i>	Fall 2024
Principles of Psychology, <i>Queen's University</i>	Fall 2022/Winter 2023
Research in Qualitative Study of Lives and Social Practices, <i>University of Saskatchewan</i>	Winter 2022
Advanced Social Psychology II, <i>University of Saskatchewan</i>	Winter 2022
Social Psychology, <i>University of Saskatchewan</i>	Fall 2021
Effective Professional Communication, <i>University of Saskatchewan</i>	Summer 2021
Personality, <i>University of Saskatchewan</i>	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

SERVICE

Graduate Representative of 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 SAGE Lab, Queen's University Kingston, ON, Canada	December 2025 – March 2026
Developed and tested HTML/CSS/JavaScript code to use in conjunction with Qualtrics to collect visual data on sexual scripts.	
Consultant Wellness Together Toronto, ON, Canada	June 2022 – August 2022
Recommended best practices in collecting demographic data on gender/sex and sexual identity based on existing literature and research, including questions tailored to Wellness Together's purposes	
Research Coordinator Academic Mental Illness Project, University of Saskatchewan Saskatoon, SK, Canada	July 2021 – August 2022
- Developed materials for a collaborative autoethnography and for a survey study - Led focus groups, conducted interviews, and collected survey data	

Consultant

April 2021 – May 2021

TransSask

Saskatoon, SK, Canada

- Recommended best practices in collecting survey data about mental health in transgender, non-binary, gender diverse, and Two-Spirit people in Saskatchewan

Board Member

January 2021 – August 2023

Saskatoon Abortion Support Network

Saskatoon, SK, Canada

- 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
- Organized monthly meetings for all group members

Summer Student

June 2020 – August 2020

Saskatoon Sexual Health

Saskatoon, SK, Canada

- 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, SK, Canada

- 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

PROFESSIONAL DEVELOPMENT & TRAINING

Fielding Graduate University Qualitative Research Training

February 2025

CenterStat Introduction to Structural Equation Modelling Workshop

December 2025

TECHNICAL EXPERIENCE

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