

ELLEN ALLEY

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EDUCATION

Ph.D. University of Texas Austin, TX	Communication Studies, Interpersonal Concentration (Expected May 2027) Committee: Anita Vangelisti (chair), René Dailey, Erin Donovan, Samantha Shorey Dissertation: <i>Measuring motives: Eight goals underly emotion regulation and predict the selection and adaptive value of strategies across communication contexts</i>
M.A. University of Texas Austin, TX	Communication Studies, Interpersonal Concentration (2023) GPA: 3.97 Advisor: Anita Vangelisti Reader: René Dailey Thesis: <i>"I can see how you feel": Frameworks for emotion recognition and their associations with relationship satisfaction</i>
B.A. University of Texas Austin, TX	Majors: Plan II Honors, Human Dimensions of Organizations Minor: Sociology GPA: 3.95 High Honors (top 10%) Special Honors (Model Thesis Award) Thesis: <i>The efficacy of film as a tool for social and emotional learning</i>

RESEARCH INTERESTS

I use quantitative, qualitative, and computational methods to explore the intersection of uncertainty, emotion, and behavior in communicative contexts, including across cultures and for neurodiverse individuals.

PUBLICATIONS

4. Alley, E., Herman, A., & Khedkar, S. (in press). The first draft is the point: AI, elaborated communication, and the writing process. *Communication Teacher*.
<https://doi.org/10.1080/17404622.2026.2689461>
3. Alley, E. (2026). Soft launch, hard feelings?: Intentional disclosure in Instagram relationship launches predicts investment model variables. *Southern Communication Journal* 91(2), 119-136.
<https://doi.org/10.1080/1041794X.2025.2591642>
2. Blitch, M., Alley, E., & Dailey, R. (2025). Affectionate communication, conflict styles, and satisfaction in romantic relationships with and without partners with ADHD. *Communication Research Reports* 42(3), 177-187.. <https://doi.org/10.1080/08824096.2025.2492005>
1. Alley, E. & Jia, M. (2023). Pursue the boo: The moderating role of dating recency between ghosting and unwanted persistent pursuit. *Communication Research Reports* 40(4), 206-215.
<https://doi.org/10.1080/08824096.2023.2235273>

RESEARCH UNDER REVIEW

1. Alley, E., & Vangelisti, A. *Differing associations between emotion inference measures and relationship satisfaction: The role of emotion regulation and uncertainty as mediators.*
2. Alley, E. *Culture but not gender moderates the association between expressive suppression and romantic relationship satisfaction: A meta-analysis.*

3. **Alley, E.,** Blitch, M., & Dailey, R. *Extending relational turbulence theory to neurodiversity in romantic relationships: The role of ADHD in experiencing turbulence.*
4. **Alley, E.** *Understanding differences in ADHD individuals' nonverbal emotion recognition accuracy through the parallel process model of nonverbal communication.*
5. Diaz-Saenz, H., & **Alley, E.** *Transformational leadership's communication impact on employee outcomes through autonomous support and motivation in high- and low-power cultures.*

RESEARCH IN PROGRESS

1. **Alley, E.** (In preparation). *Shifting Perspectives: A Meta-Analysis of Cognitive Reappraisal in Romantic Relationships from a Communication Perspective.*
2. **Alley, E.,** Blitch, M. & Dailey, R. (In preparation). *A Dyadic Analysis of Relational Turbulence in Couples with ADHD Partners.*
3. **Alley, E. &** Khedkar, S., (In preparation). *Communication differences in ADHD individuals from a problematic integration theory perspective.*
4. **Alley, E.,** Blitch, M. & Dailey, R. (In preparation). *ADHD, emotion regulation, and relational turbulence: A dual-framework analysis*
5. **Alley, E.** (Data Collection). *Measuring motives: Eight goals underly emotion regulation and predict the selection and adaptive value of strategies across communication contexts.*
6. **Alley, E.** (Data Analysis) *Biased appraisals and intensified emotions: Understanding communication turbulence in ADHD relationships.*
7. **Alley, E. &** Herman, A. (Data Analysis). *"Is it me or ADHD?": Understanding romantic relationship uncertainty in ADHD individuals and their partners.*
8. **Alley, E.,** Dailey, R., & Blitch, M. (Data Collection). *Communication synchrony and dominance displays of friend and romantic dyads: An escape room study.*
9. **Alley, E.** (Data Collection). *Private but not secret: Communication privacy management in Instagram soft launches.*

CONFERENCE PRESENTATIONS

15. **Alley, E.,** Blitch, M., & Dailey, R. (2026). *ADHD, Emotion Regulation, and Relational Turbulence: A Dual-Framework Analysis.* To be presented at the Biennial International Association for Relationship Research Conference, Glasgow, Scotland, UK.
14. Dailey, R., **Alley, E.,** & Blitch, M. (2026). *Extending relational turbulence theory to neurodiversity in romantic relationships: The role of ADHD in experiencing turbulence.* To be presented at the Biennial International Association for Relationship Research Conference, Glasgow, Scotland, UK.
13. **Alley, E.** (2025). *Social support for ADHD relationships: The type of social support offered on Reddit differs by user's expressed need.* Presented at the 111th Annual National Communication Association Conference, Denver, CO.

12. **Alley, E.** (2025). *Shifting perspectives: A meta-analysis of cognitive reappraisal in romantic relationships from an interpersonal communication perspective*. Presented at the 111th Annual National Communication Association Conference, Denver, CO.
11. **Alley, E.** (2025). *Culture but not gender moderates the association between expressive suppression and romantic relationship satisfaction: A meta-analysis*. Presented at the 75th Annual International Communication Association Conference, Denver, CO.
10. **Alley, E., & Hernandez, K.** (2024). *Uncertainty, cognition, emotion, and communication in ADHD relationships: A relational turbulence theory approach*. Presented at the 110th Annual National Communication Association Conference, New Orleans, LA.
9. **Hernandez, K., Alley, E., Vangelisti, A., & Kim, M.** (2024). *Parental disclosures of family secrets, parentification, and privacy management*. Presented at the 110th Annual National Communication Association Conference, New Orleans, LA.
8. **Blitch, M., Alley, E., & Dailey, R.** (2024). *Affectionate communication, conflict styles, and satisfaction in romantic relationships with and without partners with ADHD*. Presented at the 110th Annual National Communication Association Conference, New Orleans, LA.
7. **Alley, E., Yang, Y., Blitch, M., & Dailey, R.** (2024). *Divergent processes for neurodivergent relationships: A relational turbulence approach to romantic relationships with Attention-Deficit/Hyperactivity Disorder individuals*. Presented at the Biennial International Association for Relationship Research International Conference, Boston, MA.
6. **Alley, E., & Vangelisti, A.** (2024). *I can see how you feel: Frameworks for emotion recognition and their associations with relationship satisfaction*. Presented at the Biennial International Association for Relationship Research International Conference, Boston, MA.
5. **Alley, E.** (2023). *I understand how you feel: Integrating empathic accuracy and emotional intelligence*. **TOP STUDENT PAPER– Nonverbal Communication Division**. Presented at the 109th Annual National Communication Association Conference, National Harbor, MD.
4. **Alley, E.** (2023). *Prepare for (soft) launch: The impact of Instagram “launching” a partner on relational investment*. Presented at the 109th Annual National Communication Association Conference, National Harbor, MD.
3. **Alley, E. & Jia, M.** (2022). *Pursue the boo: The relationship between ghosting and unwanted persistent pursuit*. Presented at the 108th Annual National Communication Association Conference, New Orleans, LA.
2. **Alley, E.** (2022). *The sound of silence: The link between ghosting behaviors and emotional intelligence*. Presented at the 108th Annual National Communication Association Conference, New Orleans, LA.
1. **Alley, E.** (2022). *The efficacy of film as a tool for social and emotional learning*. Presented at the 72nd Annual International Communication Association Conference, Paris, France.

AWARDS AND HONORS

2026	Outstanding Graduate Research Award, UT Dept. of Communication Studies Jesse H. Jones Fellowship, UT Moody College of Communication Pic Wagner Dissertation Fellowship, UT Dept. of Communication Studies
2025	Emerging Scholar Award, NCA Nonverbal Communication Division Roderick P. Hart Student Achievement Award, UT Moody College of Communication Outstanding Graduate Citizen Award, UT Dept. of Communication Studies
2024	Excellence in Nonverbal Pedagogy Award, NCA Nonverbal Communication Division
2023	Top Student Paper Award, NCA Nonverbal Communication Division
2022	Outstanding First Year Masters Student Award, UT Dept. of Communication Studies
2021	Standout Student Excellence Award, Cactus (UT Yearbook) Model Undergraduate Thesis & Special Honors, Plan II
2020	Undergraduate Thesis Grant, Plan II Honors Program

Travel Grants: NCA Student Travel Grant (2022, 2023), IARR Travel Grant (2024), UT Department of Communication Studies Travel Grant (2021-2026), Communication Studies Graduate Committee Travel Scholarship (2022-2026)

Reoccurring Fellowships: Graduate School Fellowship (x6 years), Provost Fellowship (x4 years)

TEACHING APPOINTMENTS

Assistant Instructor – Department of Communication | UT Austin | Fall 2023 – Fall 2026

- CMS 316L: Interviewing Principles and Practices (Fall 2024 – Fall 2026, two sections/ semester)
- CMS 306M: Professional Communication Skills (Fall 2023, two sections), Ethics Flag

Assistant Instructor – Department of Management | UT Austin | Fall 2026

- BA 324: Business Communication (Fall 2026, two sections)

Graduate Teaching Assistant – Department of Communication | UT Austin | Fall 2021 – Fall 2026

- CMS 344K: Nonverbal Communication with Dr. René Dailey (Fall 2021)
- CMS 358C: Identity in Relationships with Dr. Maddie Holland (Spring 2022)
- CMS 363C: Communication and Sports with Dr. Michael Butterworth (Fall 2022)
- CMS 315: Introduction to Interpersonal Communication Theory with Dr. John Daly (Spring 2023)
- CMS 363P: Politics and Protest in Sports with Dr. Michael Butterworth (Summer 2023)
- CMS 330: Interpersonal Health Comm. with Dr. Erin Donovan (Spring 2024)
- CLD 320: Facilitative Leadership with Dr. Larry Schooler (Spring 2024)
- CMS 344K: Lying and Deception with Dr. Joe Cutbirth (Summer 2024)
- CMS 386N: Quantitative Methods (Graduate Course) with Dr. Anita Vangelisti (Fall 2024, Fall 2026)

INVITED PRESENTATIONS

- Lecture | *Intro to Survey Methods* | Graduate Research Methods Course at Pitt (Spring 2026)
- Guest Speaker & MC | *Speed Friending Event* | UT Distinguished Speakers (Spring 2024)
- Lecture | *Uncertainty & The Patient Experience* | UT Health Communication course (Spring 2024)
- Lecture | *Defining & Solving Problems* | UT Facilitative Leadership course (Spring 2024)
- Lecture | *Informative Speaking* | UT Professional Communication Skills course (Spring 2024)

POPULAR PRESS COVERAGE

- Allen, V. (2026, June 8). The common relationship trend which is actually a red flag that it might not work out. *The Sun*. <https://www.thesun.co.uk/fabulous/39336467/relationship-trend-soft-launch-red-flag-it-wont-work/>
- Slimmon, I. (2025, October 8). The drawbacks of dividing friendships by gender. *The Daily Texan*. <https://thedailytexan.com/2025/10/08/the-drawbacks-of-dividing-friendships-by-gender>

PROFESSIONAL RESEARCH EXPERIENCE

Research Assistant – Annette Straus Institute for Civic Life | UT Austin | Fall 2022

- Analyzed quantitative and qualitative survey data and compiled a report with findings

Research Intern | Education and Research Group | Summer 2017, 2018, 2020, 2021

- Identified film and television clips used to teach approximately 70 different human affects/ emotions
- Conducted literature reviews and determined pedagogical approach for teaching emotions

Research Intern | bthere | Fall 2020

- Created and implemented mixed methods user feedback survey and focus group UX testing for a redesign of an app

SERVICE

National & International Organizations

- Graduate Student Representative | Nonverbal Communication Division, NCA | 2023 – Present
- Teaching Committee Member | International Association for Relationship Research | 2026 – Present
- Reviewer | International Communication Association Convention (11 manuscripts)
 - 2021: Activism, Communication and Social Justice (1), Communication Science and Biology (1)
 - 2022: Interpersonal Communication (2), Health Communication (2)
 - 2024: Communication and Tech (3), Interpersonal Communication (2)
- Reviewer | National Communication Association Convention (32 manuscripts)
 - 2022: Student Section (2)
 - 2023: Student Section (2), Sports Comm. (1), Visual Comm. (1)
 - 2025: Nonverbal Comm. (3), Student Section (2)
 - 2026: Interpersonal Comm. (9), Health Comm. (9), Nonverbal Comm. (2)
- Reviewer | International Association for Relationship Research (30 abstracts for 2026 conference)

Ad Hoc Journal Refereeing (15 manuscripts):

- Personality and Individual Differences (4 manuscripts) | 2024 – Present
- Journal of Social and Personal Relationships (4 manuscripts) | 2025 – Present
- Southern Communication Journal | 2025 – Present
- Personal Relationships | 2026 – Present
- Scandinavian Journal of Psychology | 2024 – Present
- BMC Psychology | 2024 – Presentx

UT Austin:

- President | Communication Studies Graduate Community | May 2024 – May 2025
- Treasurer | Communication Studies Graduate Community | May 2023 – May 2024
- Panel member
 - Advice on being an Assistant Instructor | Graduate pedagogy class | September 2025
 - Advice on being a Teaching Assistant | Graduate pedagogy class | September 2022
 - M.A. student panel & general new student panel | Graduate student orientation | August 2022
- Graduate student buddy | 2022, 2024, 2025

RELEVANT COURSE WORK

Methods: qualitative methods, computational methods, quantitative methods, fundamentals of statistics, psychometric theory, statistical analysis of experimental data, correlation & regression, multivariate methods, meta-analysis

Content: interpersonal communication theory, personal relationships, nonverbal communication, social media effects, groups & teams, motivation & emotion, neuroscience of emotion, stress & coping