

# Chantel N. Haughton

(520)780-1960

cnhaughton@ucsb.edu

Santa Barbara, CA 93106

## Education

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2020-Present	Doctor of Philosophy University of California, Santa Barbara (UCSB) Department of Communication Area: Interpersonal and Family Communication Emphasis: Mental Health and Stigma in Minority Families Advisor: Dr. Tamara Afifi Committee members: Dr. Jennifer Kam & Dr. Andy Merolla	Santa Barbara, CA
2018-2020	Master of Arts University of California, Santa Barbara (UCSB) Department of Communication Major: Communication Emphasis: Interpersonal and Underrepresented Communities Advisor: Dr. Tamara Afifi Committee members: Dr. Jennifer Kam & Dr. Andy Merolla	Santa Barbara, CA
2014-2018	Bachelor of Arts University of Iowa (UI) Department of Communication Studies School of Journalism and Mass Communication Majors: Communication Studies and Journalism and Mass Communication	Iowa City, IA

## Research Program

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My research examines how compounding stressors affect the well-being of families, especially Black and Latinx families, and the communication processes (e.g., social support, confirming and disconfirming messages, and the use of narratives) they use that help or hurt their personal and relational health. Using a mixed-methods approach, I consider the intersection of racial and ethnic stigma, chronic stress, mental health, and communication. Currently, my research explores dyadic family conversations about mental health across multiple racial and ethnic groups.

With a series of first-authored projects during my PhD program, I have created a foundation for promising future avenues to explore communication about mental health in the family. In addition to contributing to the development of the knowledge base on mental health communication, I am working to expand the literature regarding people of color, as their

experiences have traditionally been devalued in academia. More specifically, I explore the mechanisms behind cultural differences in communication practices (as the differences have begun to be documented).

Ultimately, I hope to understand the ways minority families can foster resilience and thriving in spite of compounding stressors. Considering the foundational role mental health plays in the well-being of individuals and the family, understanding the best ways to communicate about this stigmatized issue is essential. I have experience with a variety of data collection and analysis techniques.

## Methods and Analysis Specialties

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- Collection: Mixed methods, biosocial marker data collection techniques, familiar with ego depletion tasks, and dyadic discussion tasks.
- Analysis: Expert in observational coding, thematic coding, thematic analyses, comfortable with advanced statistical techniques (including structural equation modeling). Familiar with SPSS, R, AMOS, and Mplus.
- Recruitment: Creative recruitment techniques to reach Black and Latinx individuals and families across the US (e.g., social media, local organization outreach, snowball sampling)

## Honors and Awards

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2022	Top Four Paper Award ( <i>Interpersonal Division</i> ) Mazur, A. P., Afifi, T. D., Afifi, W. A., & <b>Haughton, C.N.</b> The importance of financial hardship and the preventative role of relational maintenance in marriage at the onset of the COVID-19 pandemic.	ICA
2021	Outstanding Thesis Award ( <i>Interpersonal Division</i> ) <b>Haughton, C.N.</b> & Afifi, T.A. Resilience in Interracial Relationships: Relationship Maintenance and Communal Orientation as Protection Against Network Stigma.	NCA
2021	Top Four Paper Award ( <i>Interpersonal Division</i> ) <b>Haughton, C.N.</b> & Afifi, T.A. Resilience in Interracial Relationships: Relationship Maintenance and Communal Orientation as Protection Against Network Stigma.	ICA
2018	Spring Semester Dean’s List	UI
2017	Lambda Pi Eta Omicron Kappa Chapter	UI
2017	Fall Semester Dean’s List	UI

2017	Spring Semester Dean's List	UI
2016	Spring Semester Dean's List	UI
2015	Fall Semester Dean's List	UI

## Publications

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- Haughton, C.N.** & Afifi, T.D. (2022). Thriving in interracial-interethnic relationships: Relationship maintenance and communal orientation as protection against network stigma. *Human Communication Research*. <https://doi.org/10.1093/hcr/hqab023>
- Afifi, T.D., **Haughton, C.N.**, & Parrish, C.P. (2021). Relational load: Implications for executive functioning, mental health, and feelings of unity in romantic relationships. *Communication Monographs*. <https://doi.org/10.1080/03637751.2021.1896015>
- Mazur, A. P., Afifi, T. D., Afifi, W. A., & **Haughton, C.N.** (R&R). The importance of financial hardship and the preventative role of relational maintenance in marriage at the onset of the COVID-19 pandemic. Manuscript submitted for publication. *Communication Monographs*.
- Afifi, T.D., Mazur, A. P., & **Haughton, C.N.** (2021). The Theory of Resilience and Relational Load. In: D.O. Braithwaite & P. Schrodt (Eds.), *Engaging Theories in Interpersonal Communication 3e*. Routledge.
- Afifi, T.D., **Haughton, C.N.**, & Mazur, A. (2021). Resilience. In: J. Manning, J. Allen, & K. Denker (Eds.), *Family Communication as...: Metaphors for Thinking about Family Communication*. Wiley.
- Afifi, T.D., Parrish, C.P., & **Haughton, C.N.** (2021). Parent-child communication about sex. In: T. Coffelt (Ed). *Interpersonal Sexual Communication Across the Lifespan*. Peter Lang Publishing.

## Manuscripts in Progress

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- Haughton, C.N.** & Afifi, T.D. (Analysis in progress). Family Discussions about Mental Health in Black and Latinx Communities in the Context of COVID-19 and Civil Unrest.
- Haughton, C.N.**, Afifi, T.D., Mazur, A., & Engel, A. (Analysis in progress). Cultural impacts of mental health stigma and support.
- Afifi, T.D., Afifi, W., & **Haughton, C.N.** (Analysis in progress). National COVID manuscript: co-rumination and culture.
- Afifi, T.D., **Haughton, C.N.**, Salmon, J., Salehuddin, A., & Gonzales, C. (Analysis in progress). Financial hardship, communication, and chronic stress levels in romantic couples.

## Data Collection in Progress

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Afifi, T.D., Mazur, A., Otmar, C., & **Haughton, C.N.** Understanding relational load's connection to the Stroop Effect and long-term outcomes in committed relationships.

## Conference Presentations and Panels

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**Haughton, C.N.** & Afifi, T.D. (June, 2021). Thriving in interracial relationships: Relationship maintenance and communal orientation as protection against network stigma. Thesis. Paper presented at the 71st International Communication Association Conference. *Top paper panel in the Interpersonal Communication Division.*

Mazur, A., Afifi, T.D., Afifi, W., & **Haughton, C.N.** (May, 2022). The importance of financial hardship and the preventative role of relational maintenance in marriage at the onset of the COVID-19 pandemic. Paper presented at the 72nd International Communication Association Conference. *Top paper panel in the Interpersonal Communication Division.*

Afifi, T.D., **Haughton, C.N.**, & Mazur, A. (May, 2021). The impact of COVID-19 on communication in romantic relationships over time. Research discussed at the UCSB Rupe Biannual Conference: Communication about COVID-19.  
[comm.ucsb.edu/news/annual/arthur-n-rupe](http://comm.ucsb.edu/news/annual/arthur-n-rupe)

## Invited Presentations

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May 2022      Presentation on thriving in interracial-interethnic relationships.      UC Davis  
[Diversity Journal Club](#), *Dept. of Communication*

## Personal Grants and Funding

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2022	White Family Travel Fellowship (\$875) <i>Dept. of Communication</i>	UCSB
2022	Michael Haley Travel Grant (\$1500)	ICA
2020	MRCI Graduate Student Grant (\$2000) <a href="#">Multidisciplinary Research on COVID-19 and its Impacts</a>	UCSB

## Research Grants and Funding

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**Haughton, C. & Afifi, T.D.** (\$1700). Family Discussions about Mental Health in Black and Latinx Communities in the Context of COVID-19 and Civil Unrest.

- 2021            \$350 -- UCSB FRAP
- 2020            \$500 -- Dept. Graduate Research Grant
- \$500 -- UCSB MRCI
- \$350 -- UCSB FRAP

**Haughton, C., Afifi, T.D., & Parrish, C.** (\$350). Cultural impacts of mental health stigma and support.

- 2021            \$120 – UCSB Research Mentorship Program
- 2020            \$350 -- UCSB FRAP

**Haughton, C. & Afifi, T.D.** (\$700) Thriving in interracial-interethnic relationships: Relationship maintenance and communal orientation as protection against network stigma.

- 2020            \$700 – UCSB FRAP

## Departmental Service

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2022	TA Liaison ( <i>GSACC, Dept. of Comm.</i> ) <ul style="list-style-type: none"> <li>– Graduate Student Advisory Committee to the Chair (GSACC)</li> <li>– Elected position</li> <li>– Helped assign graduate students to teaching positions</li> <li>– Acted as an intermediary between faculty, staff, and teaching assistants</li> </ul>	UCSB
	Dept. of Comm. Incoming Graduate Peer Mentor	UCSB
2021	DEIJ Recruitment Panel ( <i>Dept. of Comm.</i> ) <ul style="list-style-type: none"> <li>– Diversity, Equity, Inclusion, &amp; Justice</li> <li>– Spoke about initiatives in the department to potential graduate students</li> </ul>	UCSB
	Social Chair ( <i>GSACC, Dept. of Comm.</i> ) <ul style="list-style-type: none"> <li>– Elected Position</li> <li>– Planned graduate activities</li> <li>– Welcomed incoming graduate students</li> <li>– Crafted and mailed care packages for welcome weekend</li> </ul>	UCSB
	Office Representative ( <i>GSACC, Dept. of Comm.</i> ) <ul style="list-style-type: none"> <li>– Elected position</li> <li>– Help assign offices in the department</li> </ul>	UCSB

	<ul style="list-style-type: none"> <li>– Act as an intermediary between staff and graduate students</li> </ul>	
2020	Department Recruitment Video	UCSB
	<ul style="list-style-type: none"> <li>– Link: <a href="https://youtu.be/Ok8kC9WqUEI">https://youtu.be/Ok8kC9WqUEI</a></li> </ul>	
	Department Accreditation Assessment Team	UCSB
	<ul style="list-style-type: none"> <li>– Helped the department assess its program learning outcomes</li> <li>– Analyzed selected undergraduate papers</li> <li>– Team coding</li> </ul>	
	Social Chair ( <i>GSACC, Dept. of Comm.</i> )	UCSB
	<ul style="list-style-type: none"> <li>– Elected position</li> <li>– Transitioned social activities online for the pandemic</li> <li>– Boosted graduate student morale</li> </ul>	
	Lambda Pi Eta Graduate Q & A Panel ( <i>LPE, Dept. of Comm.</i> )	UCSB
	Incoming Graduate Peer Mentor ( <i>Dept. of Comm.</i> )	UCSB
2019	Incoming Graduate Peer Mentor ( <i>Dept. of Comm.</i> )	UCSB
	Open House (Spring Insight) volunteer ( <i>Dept. of Comm.</i> )	UCSB

## Teaching Experience

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2022	COMM 148: Risk Communication ( <b>Instructor of Record</b> )	UCSB
	COMM 151: Relational Communication ( <b>Instructor of Record</b> )	UCSB
	COMM 160: Close Relationships and Mental Health	UCSB
	COMM 88: Research Methods	UCSB
2021	COMM 148: Risk Communication ( <b>Instructor of Record</b> )	UCSB
	COMM 148: Risk Communication	UCSB
2020	COMM 88: Research Methods ( <b>Instructor of Record</b> )	UCSB
	COMM 124: Family Communication	UCSB
	COMM 89: Communication Theory	UCSB
2019	COMM 88: Research Methods	UCSB
	COMM 160: Journalism in Film	UCSB

## Mentorships

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2022	Research Mentorship Program	UCSB
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[A 6-week summer research intensive for exceptional high school students.](#)

## Scholarships

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2018-Present	Doctoral Scholars Fellowship <i>Department of Communication</i>	UCSB
2015-2018	UI Tuition Scholarship	UI
2014-2018	National Scholars Award	UI
2014-2018	Advantage Iowa Award	UI
2014-2018	Iowa Heritage Award	UI
2014-2018	Old Gold Scholarship	UI
2014-2015	UI Freshman Tuition Scholarship	UI

## Employment

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2019-2022	UCSB Department of Communication <i>Teaching Assistant</i>	Santa Barbara, CA
2020-2022	UCSB Graduate Housing <i>Resident Assistant</i> <ul style="list-style-type: none"><li>– Planned and executed events on large (120+ people) and small (10+ people) scales.</li><li>– Solved resident disputes</li><li>– Maintained harmony in the community</li></ul>	Santa Barbara, CA
2017-2018	UI Housing and Dining <i>Dining Hall Manager</i>	Iowa City, IA
2016-2017	UI Housing and Dining <i>Dining Hall Supervisor</i>	Iowa City, IA

## Professional Associations

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National Communication Association (NCA)

International Communication Association (ICA)

## Professional Service

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2020

Paper reviewer (*Interpersonal Division*)

ICA