

**Brian J. Willoughby, Ph.D.** is currently an assistant professor in the School of Family Life at Brigham Young University. He received a bachelor's degree in psychology from Brigham Young University and then went on to receive a masters and doctoral degree in Family Social Science from the University of Minnesota under the advisement of Dr. William Doherty. Dr. Willoughby is considered an international expert in the field of couple and marital relationships. His research generally focuses on how adolescents, young adults, and adults move toward and form long-term committed relationships.

Dr. Willoughby has published numerous articles and book chapters on young adult development, couple dynamics, marriage, and sexuality in the leading family science, psychological and sociological journals. Dr. Willoughby's research on sexuality and relationships has recently appeared in such top journals as the *Journal of Family Psychology*, the *Journal of Family Issues*, the *Journal of Social and Personal Relationships*, the *Journal of Sex Research and Archives of Sexual Behavior*, the leading sexuality journal in the world. Dr. Willoughby also currently serves on the editorial boards for *Emerging Adulthood*, the *Journal of Sex Research* and the *Journal of Adult Development*. His research has been widely cited in the media, appearing in such outlets as USA Today, MSNBC, Men's Health, the Washington Post, ABC News, and Prevention Magazine. His research has won international awards from organizations such as the National Council on Family Relations and one recent paper was nominated by the *Journal of Youth and Adolescence* as the top paper in 2011 by an emerging scholar. Dr. Willoughby currently serves on the international board of the Society for the Study of Emerging Adulthood as an expert on couple and family relationships and is considered one of the top upcoming scholars studying young adult development and couple formation patterns.

Dr. Willoughby is also currently the Director of the *RELATE Institute*. Founded in 1979, the RELATE Institute is a non-profit organization with the specific tasks of developing research and outreach tools that can be used directly with the public and that can be used to gather information about relationships. The consortium consists of a group of scholars, researchers, family life educators, and counselors from varied religious and educational backgrounds who are dedicated to strengthening and understanding premarital and marital relationships. The RELATE questionnaire is the most comprehensive premarital/marital assessment available. This questionnaire was designed for use with individuals or couples who are single and unattached, steady dating, engaged, cohabiting, married, or contemplating remarriage. Tens of thousands of couples and individuals have benefited from these questionnaires during the past 20 years. The RELATE database is exclusively able to address many important research questions about young adult development and couple formation due to its unique combination of large sample size (N = 20,000+ couples) and richness of relationship-related measures.

Dr. Willoughby currently teaches several classes at Brigham Young University in the areas of family dynamics and couple process. He is the primary instructor for Family Adaptation and Resiliency, an upper division course focused on helping families overcome challenges and adversity. Dr. Willoughby has been married for eleven years to his wife Cassi and together they have four children.