

Jennifer Priem

Associate Professor of Communication at Wake Forest University

Winston-Salem, NC, US

Priem's research focuses on connecting supportive interactions with cortisol recovery following a stressful experience.

Biography

Healthy communication in a relationship is a powerful weapon against the wear and tear of daily stress. In Jennifer Priem's lab, salivary samples are used to indicate when the stress hormone cortisol increases and when it decreases during supportive conversations between romantic partners. Her research focuses on determining which specific qualities of these interactions can be linked to physiological benefits as measured by a reduction in cortisol levels. On Psychology Today, Jennifer's blog, *Stressing Communication*, tackles the questions related conversations, relationships, health and stress reduction.

Areas of Expertise

Dyadic stress and coping, Emotional support, Features of supportive communication, Physiological responses to supportive communications, Stress recovery, Emotional recovery

Education

Pennsylvania State University

Ph.D. Interpersonal Communication, Stress, and Health

University of Wisconsin-Milwaukee

M.A. Interpersonal/Organizational Communication Certificate of Mediation and Negotiation

University of Wisconsin-Milwaukee

B.A. Psychology

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