

Annika From

Psychology Department — University of Michigan
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EDUCATION

- 2020 – Present Doctor of Philosophy, Psychology
University of Michigan, Ann Arbor, MI
Dissertation: “The effects of perceived and actual similarity on romantic relationship formation and quality”
Dissertation Co-Chairs/Advisors: Robin Edelstein, Ph.D., Professor and Amie Gordon, Ph.D., Assistant Professor
Committee Members: Elizabeth Bruch, Ph.D., Associate Professor and Bill Chopik, Ph.D., Associate Professor
- 2020 – 2022 Master of Science, Psychology
University of Michigan, Ann Arbor, MI
GPA: 4.00
- 2015 – 2019 Bachelor of Arts, Psychology and English
University of California, Berkeley, CA
Honors Thesis: “When talk isn’t cheap: A lens model analysis of linguistic cues involved in displays and judgments of trustworthiness in negotiations”
Thesis Advisor: Cameron Anderson, Ph.D., Professor
GPA: 3.95

ACADEMIC HONORS AND AWARDS

- Barbara Olenshanky Memorial Fund** (\$2,000) – 2021, 2025
University of Michigan, Ann Arbor
- Psychology Excellence in Mentoring Award** (\$200) – 2024
University of Michigan, Ann Arbor
- Department of Psychology Dissertation/Thesis Grant** (\$1,000) – 2024
University of Michigan, Ann Arbor
- Rackham Graduate Student Research Grant** (\$3,000) – 2023
University of Michigan, Ann Arbor
- Psychology Outstanding GSI Nomination** – 2023
University of Michigan, Ann Arbor
- Evolution and Human Adaptation Program** (\$1,117) – 2023
University of Michigan, Ann Arbor
- John A. Swets Memorial Award** (\$5,000) – 2023
University of Michigan, Ann Arbor
Role: Graduate student contributor
- Barbara Perry Roberson Award** (\$1,000) – 2023
University of Michigan, Ann Arbor
- Robinson Family Fellowship** (\$1,000) – 2023

University of Michigan, Ann Arbor
Pat Gurin Distinguished Lecture (\$250) – 2023
 University of Michigan, Ann Arbor
2022 Propelling Original Data Science (PODS) Grants (\$29,938) – 2022
 University of Michigan, Ann Arbor
 Role: Graduate student project lead
2022 LSA Summer Research Program Award (\$5,976) – 2022
 University of Michigan, Ann Arbor
 Role: Graduate student project lead
Institute for Social Research Zajonc Scholars Fund (\$4,724) – 2021
 University of Michigan, Ann Arbor
Rackham Graduate Student Research Grant (\$1,500) – 2021
 University of Michigan, Ann Arbor
Graduate Research Fellowship Program (GRFP) Honorable Mention – 2021
 National Science Foundation (NSF)
Summa Cum Laude – 2019
 University of California, Berkeley
Highest Honors in Psychology – 2019
 University of California, Berkeley
Phi Beta Kappa – 2019
 University of California, Berkeley
Swan Undergraduate Research Award (\$200) – 2019
 University of California, Berkeley
Outstanding Poster Award – 2019
 University of California, Berkeley
Psi Chi Honor Society – 2018
 University of California, Berkeley

PUBLICATIONS

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- From, A.**, Diamond, E. S., Kafae, N., Reynaga, M., Edelstein, R. S., & Gordon, A. M. (in press). Does similarity matter for romantic relationships? A scoping review. *Journal of Social and Personal Relationships*. <https://doi.org/10.1177/02654075251349720>
- Gordon, A. M., Luciani, M., & **From, A.** (2024). I love you, but I hate your politics: Antecedents and consequences of political dissimilarity in romantic relationships. *Journal of Personality and Social Psychology*. <https://doi.org/10.1037/pspi0000467>
- Covered in [The Hill](#), [Psychology Today](#), and [myScience](#)
- From, A.**, Banks, J. Edelstein, R. S. (2024). Partner support behaviors and relationship quality in interracial and intraracial Black romantic relationships. *Personal Relationships*, 31(3), 796-815. <https://doi.org/10.1111/per.12562>
- From, A.**, Luerssen, A., & Gordon, A. M. (2023). Both overwhelmed or in it together? Similarity in COVID-19-related stress and romantic relationship quality. *Social and Personality Psychology Compass*, 17(8), e12789. <https://doi.org/10.1111/spc3.12789>

- Gordon, A. M., Thorson, K. T., Jolink, T. A., **From, A.**, Diamond, E., & Segal, N. B. (in revision). The science of romantic relationships: A roadmap for the future.
- From, A.**, & Gordon, A. M. (in revision). A comprehensive approach to studying actual and perceived similarity between romantic partners.
- Rodriguez, M., Diamond, E. S., **From, A.**, Gordon, A. M., & Feinberg, M. (under review). Long-term effects of AI companionship on psychological well-being, social experiences, and attitudes.
- From, A.**, Gordon, A. M., & Edelstein, R. S. (in preparation). The effect of perceived similarity on romantic relationships.
- Chadha, S., Scholer, A., **From, A.**, & Wood, A. (in preparation). When and why people overestimate their similarity to others.
- Brandon, R., Reynaga, M., **From, A.**, Devine, H., Gordon, A. M., & Edelstein, R. S. (in preparation). Testosterone changes in couples in response to a caregiving task with an infant simulator.
- Dileo, R., Diamond, E., **From, A.**, Devine, H., Gordon, A. M., & Edelstein, R. S. (in preparation). Sleep, conflict, and physiological synchrony in couples.
- Sayler, J., **From, A.**, Youtt, A., & Edelstein, R. S. (in preparation). Cortisol awakening response, experienced discrimination, and the role of romantic partner support.

POPULAR SCIENCE AND COMMUNITY OUTREACH

- From, A.** (2025, June 26). The Revel algorithm: How we choose who to show you. *Revel Dating*. <https://sites.lsa.umich.edu/revel/2025/06/26/the-revel-algorithm-how-we-choose-who-to-show-you/>
- Luciani, M., **From, A.**, & Gordon, A. M. (2024, November 6). He's a Republican, she's a Democrat. Can their relationship survive modern politics. *Character & Context Blog*. <https://spsp.org/news/character-and-context-blog/luciani-from-gordon-republican-democrat-relationship-survival>
- From, A.** (2024, August 28). Support in interracial versus same-race relationships. *Character & Context Blog*. <https://spsp.org/news/character-and-context-blog/from-interracial-versus-same-race-relationship-support>
- From, A.** (2024, February). *Understanding polyamory*. Facilitator for Center for Faith and Scholarship discussion. Ann Arbor, MI.
- Strecher, V. J., Crouch, T., & **From, A.** (2024, January). *How to be well: Mental health, faith, and human flourishing*. Moderator for the 2024 Veritas Forum at the University of Michigan. Ann Arbor. <https://www.youtube.com/watch?v=bbfWSnNfwG4>
- From, A.** (2023, February). *Insights from psychology research on dating*. Talk presented at Chateau Ste Michelle Winery's Singles' Event. Seattle, WA.
- From, A.** (2022, December). *Research in psychology and the humanities*. Talk presented at Canyon Crest Academy. San Diego, CA.

PRESENTATIONS

- From, A.**, Gordon, A. M., & Edelstein R. S. (2025, June). *The effect of perceived similarity on romantic relationships*. In Relationships, matching, and informant perceptions. Symposium talk presented at the Associations for Research on Personality, Evanston, IL.

- Rodriguez, M., Diamond, E., **From, A.**, Gordon, A. M., & Feinberg, M. (2025, March). Interacting with an artificially intelligent companion promotes emotion regulation and well-being over time. Flash talk presented at the Society for Affective Science Emotion Regulation Preconference, Portland, OR.
- Dileo, R., Diamond, E., **From, A.**, Devine, H., Gordon, A., & Edelstein, R. (2025, March). *Sleep, conflict, and physiological synchrony in couples*. Talk presented at the Society for Biopsychosocial Science and Medicine, Seattle, WA.
- From, A.** & Gordon, A. M. (2025, February). *The causal effect of perceived similarity on romantic relationship outcomes over time*. Data blitz presented at the Society for Personality and Social Psychology, Denver, CO.
- Kafae, N., Edelstein, R. S., Gordon, A. M., & **From, A.** (2025, February). *Neuroendocrine synchrony in couples: Differential patterns for testosterone and cortisol*. In N. Kafae & R. Edelstein (Chairs), *The rhythm of relationships: Physiological synchrony in close relationships*. Symposium talk presented to the Society for Personality and Social Psychology, Denver, CO.
- From, A.**, & Gordon, A. M. (2024, July). *Actual and perceived similarity across domains and its association with daily romantic relationship quality*. In **A. From** (Chair), *Birds of a feather flock together? Similarity as a heuristic for romantic compatibility*. Symposium talk presented at the International Association for Relationship Research. Boston, MA.
- Gordon, A. M., Thorson, K. R., Ross, K. E., Mendes, W. B., **From, A.**, & Edelstein, R. S. (2024, July). *Bidirectional associations between social relationship experiences and sleep*. In Y. Xie (Chair), *Bidirectional associations between social relationship experiences and sleep*. Symposium talk presented at the International Association for Relationship Research. Boston, MA.
- From, A.** (2023, February). *Does similarity matter? A comprehensive look at similarity in romantic relationships*. Pat Gurin Distinguished Lecture presented at the University of Michigan. Ann Arbor, MI.
- From, A.**, Gordon, A. M. (2022, July). *Does similarity matter? A comprehensive approach to similarity in romantic relationships*. Talk presented at the International Association for Relationship Research. Virtual due to COVID-19. London, England.
- From, A.**, Banks, J., Edelstein, R. S. (2022, July). *Discrimination and support in interracial and same-race Black couples*. In A. Luerssen (Chair), *New perspectives on stress and support*. Symposium talk presented at the International Association for Relationship Research. Virtual due to COVID-19. London, England.
- From, A.**, Banks, J., Edelstein, R. S. (2022, May). *"Giving a little of us to the other": Partner support in interracial and same-race Black relationships*. In the European Association of Social Psychology/International Association for Relationship Research joint symposium, *What's love got to do with it: Diversity in close/romantic relationships*. Talk presented virtually.

POSTERS

*undergraduate honors thesis mentee

- Sayler, J., Banks, J., & **From, A.** (2025, June). *From ideology to intimacy: Politics and race in online dating*. Poster presented at the Society for the Psychological Study of Social Issues, Portland, OR.

- *Youtt, A., **From, A.**, & Edelstein, R. S. (2025, April). *Cortisol Awakening Responses, experienced discrimination, and the role of romantic partner support*. Poster presented at the 2025 University of Michigan Psychology Research Forum, Ann Arbor, MI.
- Rodriguez, M., Diamond, E., **From, A.**, Gordon, A. M., & Feinberg, M. (2025, March). Artificially intelligent companions promote emotional well-being: Insights from a seven-week longitudinal study. Poster presented at the Society for Affective Science, Portland, OR.
- Pierce, N., Rodriguez, M., Diamond, E., **From, A.**, Feinberg, M., & Gordon, A. M. (2025, February). *Can you keep a secret? Discussing sensitive topics with artificially intelligent companions*. Poster presented at the Society for Personality and Social Psychology Close Relationships Preconference, Denver, CO.
- Lubowitz, H., Rodriguez, M., Diamond, E. S., **From, A.**, Feinberg, M., & Gordon, A. M. (2025, February). *Does talking to an artificially intelligent companion improve relationships and motivate people to socialize?* Poster presented at the Society for Personality and Social Psychology Close Relationships Preconference, Denver, CO.
- Dileo, R., Diamond, E., **From, A.**, Devine, H., Gordon, A., & Edelstein, R. (2025, February). *Sleep, conflict, and physiological synchrony in couples*. Poster presented to the Society for Personality and Social Psychology, Denver, CO.
- Sayler, J. W., **From, A.** & Edelstein, R. S. (2025, February). *Love, stress, and discrimination: The impact of racial discrimination on cortisol awakening responses in romantic relationships*. Poster presented at the Society for Personality and Social Psychology, Denver, CO.
- *Youtt, A., **From, A.**, & Edelstein, R. S. (2024, July). *Cortisol awakening responses, experienced discrimination, and the role of romantic partner support*. Poster presented at the International Association for Relationship Research. Boston, MA.
- From, A.**, Diamond, E., Kafae, N., Reynaga, M., Edelstein, R. S., & Gordon, A. M. (2024, February). *Does similarity matter for romantic relationships? Results from a systematic review of 303 studies*. Poster presented at the Society for Personality and Social Psychology, San Diego, CA.
- *Busschots, M. A. S. I., Edelstein, R. S., **From, A.**, & Reynaga, M. (2023, April). *Unequal distribution of baby care and gratitude to one's partner*. Poster presented at the 2023 University of Michigan Psychology Research Forum, Ann Arbor, MI.
- Cuenca, H., Reynaga, M., **From, A.**, Edelstein, R. S., & Gordon, A. M. (2023, April). *Infant simulators, stress, and the transition to parenthood*. Poster presented at the 2023 University of Michigan Psychology Research Forum, Ann Arbor, MI.
- Dubois, J., Reynaga, M., **From, A.**, Edelstein, R. S., & Gordon, A. M. (2023, April). *Is it naptime yet? Exploring the impact of sleep on infant caregiving*. Poster presented at the 2023 University of Michigan Psychology Research Forum, Ann Arbor, MI.
- Scott, G., Reynaga, M., **From, A.**, Edelstein, R. S., & Gordon, A. M. (2023, April). *We're having a baby! Cortisol, narcissism, and conflict*. Poster presented at the 2023 University of Michigan Psychology Research Forum, Ann Arbor, MI.
- *Wang, A., **From, A.**, Reynaga, M., Edelstein, R. S., & Gordon, A. M. (2023, April). *I can't tell if you're listening: Effect of sleep deprivation on perceived partner responsiveness*. Poster presented at the 2023 University of Michigan Psychology Research Forum, Ann Arbor, MI.
- From, A.**, Gordon, A. M., & Edelstein, R. S. (2023, February). *Discrimination and stress: Cortisol fluctuations in Black interracial and same-race couples*. Poster presented at the Society for Personality and Social Psychology, Atlanta, GA.

- Devine, H., **From, A.**, Reynaga, M., Edelstein, R. S., & Gordon, A. M. (2023, February). *Falling asleep at the stroller: Sleep quality and childcare division*. Poster presented at the Society for Personality and Social Psychology, Atlanta, GA.
- From, A.**, Banks, J., Edelstein, R. S. (2022, February). *Partner support for Black individuals in interracial and intraracial romantic relationships*. Poster presented at the Society for Personality and Social Psychology, San Francisco, CA.
- *Paxon, M., **From, A.**, Edelstein, R. S. (2022, February). *Is Cupid colorblind? Racial ideology in interracial romantic relationships*. Poster presented at the Society for Personality and Social Psychology. San Francisco, CA.
- From, A.**, Karnilowicz, H., Ford B., Lam P., John O., Mauss, I. (2020, April). *Follow your heart: Emotion regulation, decision styles, and decision-making quality*. Poster presented at the Society for Affective Science. Virtual due to COVID-19. San Francisco, CA.
- From, A.**, Anderson, C., Sharps, D. (2019, May). *"I'm a little disappointed": Linguistic trends that influence interpersonal perceptions of trustworthiness*. Poster presented at the Association for Psychological Science Conference. Washington, D.C.

TEACHING

Instructor of Record	1/2024 – 4/2024
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Romantic Attraction and Compatibility, University of Michigan

- Designed the syllabus and course format, wrote exams and essay prompts, lectured and led class discussion, and graded for 25 upperclassmen undergraduate students.

Graduate Student Instructor

Advanced Statistical Methods, University of Michigan

1/2023 – 4/2023

Instructor: Dr. Rich Gonzalez

- Helped doctoral students with graduate-level psychology statistics concepts and coding in R.
- Created answer keys and graded assignments and exams for 50 students.

Graduate Student Instructor

Close Relationships, University of Michigan

8/2022 – 12/2022

Instructor: Dr. Amie Gordon

- Graded and provided feedback for weekly written assignments for 140 undergraduate students.

Graduate Student Instructor

Research Methods in Psychology, University of Michigan

1/2022 – 4/2022

Instructor: Dr. Julie Bolland

- Taught course content covering research methods, upper-level writing skills, statistics, survey design in Qualtrics, and data analysis in R.
- Designed lesson plans, led weekly discussion sections, and graded written assignments for two sections of 20 undergraduate students each.

Head Graduate Student Instructor

Introduction to Personality Psychology, University of Michigan

8/2021 – 12/2021

Instructor: Dr. Robin Edelstein

- Coordinated a team of graduate students and developed exam questions in addition to graduate student instructor tasks for three sections of 25 undergraduate students each.

Graduate Student Instructor

Introduction to Personality Psychology, University of Michigan

1/2021 – 5/2021

Instructor: Dr. Miles Durkee

- Designed lesson plans, led weekly discussion sections, and graded assignments.

Guest Lecturer

Anthropology of the Body, University of Michigan

10/2024

Instructor: Dr. Ben Hollenbach

- Lecture title: “Artificially intelligent companions”

Close Relationships, University of Michigan

9/2022

Instructor: Dr. Amie Gordon

- Lecture title: “How our partners view and change us”

MENTORING

Undergraduate Senior Honors Thesis Mentees (4 total)

- Allison Youtt (2024 – 2025): “Cortisol awakening responses, experienced discrimination, and the role of romantic partner support”
- Alicia Wang (2022 – 2023): “I can’t tell if you’re listening: Effect of sleep deprivation on perceived partner responsiveness”
- Michelle Busschots (2022 – 2023): “Unequal distribution of baby care and gratitude to one’s partner”
- Madeline Paxson (2020 – 2021): “Is Cupid colorblind? Racial ideology in interracial romantic relationships”

Independent Research Study Mentees (26 total)

- Allison Youtt (2021 – 2025), Cecilia Morales-Barranza (2022 – 2025), Sophia Weng (2024 – 2025), Cassandra Steffenson (2024 – 2025), Isabela Rodriguez (2024 – 2025), Gianna Borrello (2024 – 2025), Sooyeon Oh (2024 – 2025), Jack Tenglin (2024 – 2025), Annie MacIntosh (2021 – 2024), Gabriela Skinner (2021 – 2024), Katherine Ni (2023 – 2024), Isaac Mintz (2024), Michelle Busschots (2021 – 2023), Alicia Wang (2021 – 2023), Samantha Hertz (2022 – 2023), Cloe Wolverton (2022 – 2023), Brenna Williams (2022 – 2023), Olivia Lohmeyer (2022 – 2023), Allison Kuttler (2023), Anne Costello (2023), Tressa Brewer (2021 – 2022), Adona Lucaj (2021 – 2022), Madeline Paxson (2021 – 2022), Mikayla Thomas (2022), Alexis Mitchell (2022), Esther Mergerson (2021)

STAR (Scholarship, Transferrable Skills, Academia, & Research) Scholar Mentees (11 total)

- Reiah Jaffer (2023), Michelle Ashkenazi (2023), Cecilia Morales-Barranza (2022), Cloe Wolverton (2022), Mikayla Thomas (2022), Alexis Mitchell (2022), Esther Mergerson (2021), Alexis McKinney (2021), Kelly Ortega (2021), Jana-Maria Zogbi (2021), Lisset De La Rosa (2021)

SROP (Summer Research Opportunities Program) Student Mentees

- Jade Baptiste (2024)

CERTIFICATES

UM Graduate Teacher Certificate

12/2023

Diversity, Equity, and Inclusion (DEI) Rackham certificate

5/2021

AD HOC PEER REVIEW

Evolutionary Psychological Science
Personality and Individual Differences
Co-reviewer for Journal of Personality and Social Psychology
Personality and Social Psychology Bulletin

PROFESSIONAL AND COMMUNITY SERVICE

Campus Chapel board and personnel committee member	8/2023 – Present
University of Michigan departmental associate	8/2023 – 5/2024
University of Michigan Student Academic Affairs (SAA) committee member	8/2022 – 4/2023
STAR (Scholarship, Transferrable Skills, Academia, & Research) Scholars Mentor	9/2020 – 12/2023
◦ “ Psychology Research: From the Lab to Real Life ”	9/2022
◦ “Data Collection and Analysis”	4/2022, 4/2023
◦ “ Life of a Doctor—But Not That Kind ”	11/2021, 12/2023
◦ “The Grad School Application Process”	4/2021, 9/2021
◦ “How to Get Involved in Research”	12/2020
Undergraduate poster submission review for the 2022 Society for Personality and Social Psychology Conference	10/2021

PROFESSIONAL AFFILIATIONS

Association for Research in Personality
International Association for Relationship Research
Society for Personality and Social Psychology
Society for Couple and Family Psychology
Society for General Psychology
Phi Beta Kappa
Psi Chi Honors Society

REFERENCES

Robin Edelstein, Ph.D., Professor

Department of Psychology
University of Michigan, Ann Arbor, MI
Phone: (734) 647-0693
Email: redelste@umich.edu

Amie Gordon, Ph.D., Assistant Professor

Department of Psychology
University of Michigan, Ann Arbor, MI
Phone: (734) 763-2092
Email: amiemg@umich.edu

Elizabeth Bruch, Ph.D., Associate Professor

Department of Sociology and Complex Systems
University of Michigan, Ann Arbor, MI
Phone: (734) 615-6969
Email: ebruch@umich.edu

Bill Chopik, Ph.D., Associate Professor
Department of Psychology
Michigan State University, East Lansing, MI
Phone: (708) 912-8017
Email: chopikwi@msu.edu