



Marijn van Dijk
T +31 (0)50 36 36324
m.w.g.van.dijk@rug.nl

Grote Kruisstraat 2/1
9712 TS Groningen
The Netherlands

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Our reference

Subject
Jury report

Dear Sir/Madam,

The Paul van Geert award is a biennial prize that is granted to the best paper concerning a dynamic systems approach to psychological development, written by PhD-students or post-docs. The award consists of a certificate and 250 euros.

This year, the jury consisted of dr. Anna Lichtwarck-Aschoff (Assistant Professor University of Nijmegen), Prof. Dr. Marijn van Dijk (Adjunct Professor, University of Groningen) and Prof. Dr. Paul van Geert (Emeritus Professor, University of Groningen).

The jury of the Paul van Geert-article award has decided **to nominate** the following three articles (in random order):

1. Kuranova, A., Booij, S.H., Menne-Lothmann, C. et al. (2020). Measuring resilience prospectively as the speed of affect recovery in daily life: a complex systems perspective on mental health. *BMC Medicine*, 18-1, 1-11. <https://doi.org/10.1186/s12916-020-1500-9>

Anna Kuranova took a measure of system stability (i.e. resilience), the speed of recovery from minor perturbations, and operationalized it in a way that is relevant for resilience in the context of mental health. Her newly developed measure, the speed of emotional recovery from minor daily life stressors, was able to differentiate between groups of adolescents who maintained stable low symptom levels and those who developed more symptoms over the next year.

2. Mastrotheodoros, S., Van Lissa, C. J., Van der Graaff, J., Deković, M., Meeus, W. H. J., & Branje, S. J. T. (2020). Day-to-day spillover and long-term transmission of interparental conflict to adolescent–mother conflict: The role of mood. *Journal of Family Psychology*. Advance online publication. <https://doi.org/10.1037/fam0000649>

Stefanos Mastrotheodoros examined the dynamic within-family cross-lagged associations between inter-parental conflict and adolescent-mother conflict, as well as the possible mediating role of negative mood. He tested the conflict spillover hypothesis. According to this hypothesis, marital conflict negatively affects mood, and as such increases later mother-adolescent conflict.

3. Borghuis, J., Bleidorn, W., Sijtsma, K., Branje, S., Meeus, W. H. J., & Denissen, J. J. A. (2019, January 24). Longitudinal Associations Between Trait Neuroticism and Negative Daily

Experiences in Adolescence. *Journal of Personality and Social Psychology*. Advance online publication <http://dx.doi.org/10.1037/pspp0000233>

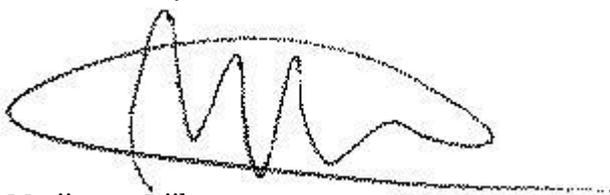
In this paper, **Jeroen Borghuis** challenges the endogenous perspectives suggesting that personality traits cannot be affected by outside influences. He used the RADAR dataset that includes multiple yearly measurements of trait neuroticism as well as interspersed daily diary assessments of daily conflict and negative affect.

According to the jury, each of the nominated papers include important elements of the complex dynamic systems approach, such as individual time series analyses, investigating bidirectional feedback loops, and nonlinear analyses. Whereas some of these papers explicitly apply complex dynamic systems terminology (such as ‘critically slowing down’, ‘perturbations’ and ‘non-ergodicity’), others are more ‘dynamical’ in a methodical sense (the use of different time scales, the use of multi-informant data, a focus on within-person associations and changes over time). All papers apply rigorous state-of-the-art methodology to examine complex interactions between time scales of development and make a great contribution to their respective fields. The jury has also noticed that combining DST-thinking with studies that are fundamentally multivariate in nature is still challenging in a field which is still dominated by more classical ideas of psychological measurement and analysis. We encourage these talented researchers to pursue their work and to integrate more rigorous dynamic systems thinking in their academic work.

The jury unanimously decided to award the 2020 Paul van Geert Award to **Stefanos Mastrotheodoros** of the University of Utrecht. The topic of this study (the complex and bidirectional influences within a family system) is very much at the core of dynamically-oriented developmental research. By making use of an intensive longitudinal data and by testing associations at two different timescales this study offered important new insights into how short-term, day-to-day experiences from multiple informants in the family can accumulate to form relatively stable patterns over time. This study thus explicitly acknowledges the fact that effects evolve differently at different timescales and moreover looked at the direction of effects across timescales which allowed them to investigate circular causality. In our view, the results have important implications for the study of family dynamics.

The jury congratulates the three nominees with their excellent contributions to the dynamic systems approach in the study of development. The jury's congratulations go in particular to the winner of the Paul van Geert award 2020, **Dr. Mastrotheodoros** of the University of Utrecht.

Yours sincerely,

A handwritten signature in black ink, appearing to be 'M. van Dijk', written over a horizontal line.

Marijn van Dijk