

# Laura M. Dimler, PhD

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## EDUCATION

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- Ph.D., Developmental Psychology | University of California, Riverside 2018  
*Dissertation: "The Differential Longitudinal Effect of Pubertal Timing on Two Domains of Externalizing Behaviors"*  
 Advisor: Misaki N. Natsuaki, Ph.D.
- M.A., Psychology | Pepperdine University 2012
- B.A., Psychology | Pepperdine University 2011

## RESEARCH AND TEACHING INTERESTS

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- The Development of Psychopathology During Childhood and Adolescence
  - The Impact of Parenting and Peers on Child and Adolescent Psychopathology Behaviors
  - Puberty and Context Interplay towards Psychopathology Behaviors
  - Child Perceptions of Puberty, Parenting, and Peers on Psychopathology Behaviors
- Transitions as a Catalyst for Childhood and Adolescent Behavior Problems

## ACADEMIC APPOINTMENTS

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**Interim Director, BA in Applied Psychology** 2025 – Present

### Visiting Assistant Professor

*Point Loma Nazarene University, San Diego, CA*

- Directed the design and launch of the university's online Applied Psychology program
- Hired and manage 8 adjunct faculty
- Created curriculum aligned with APA undergraduate guidelines and workforce competencies
- Developed student support systems and orientation materials tailored to adult learners
- Support strategic planning, budget oversight, and program assessment

**SME & Adjunct Professor of Psychology** 2023 – 2025

*Point Loma Nazarene University, San Diego, CA*

- Served as consultant and SME for upcoming AUG Applied Psychology program
- Taught undergraduate psychology courses in Traditional Undergraduate Psychology program
- Taught graduate research methods and statistics course in MS Integrated Wellness program

**Assistant Professor of Psychology** 2018 – 2023

*Regent University, Virginia Beach, VA*

- Taught undergraduate courses in psychology.
- Led curriculum redesign for online psychology degree, focusing on non-traditional students.
- Developed and directed the Undergraduate Research Program for the traditional undergraduate on-campus students, supervised student research, and mentored undergraduate researchers.

## PUBLICATIONS

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McCoy, S. S., Dimler, L. M., & Rodrigues, L.\* (2024). Parenting in overdrive: A meta-analysis of helicopter parenting across multiple indices of emerging adult functioning. *Journal of Adult Development*. 32, 222-245. <https://doi.org/10.1007/s10804-024-09496-5>.

Dimler, L. M. & Natsuaki, M. N. (2020). Trajectories of violent and nonviolent behaviors from

adolescence to early adulthood: Does early puberty matter, and, if so, how long? *Journal of Adolescent Health*, 68, 523-531. doi: [10.1016/j.jadohealth.2020.06.034](https://doi.org/10.1016/j.jadohealth.2020.06.034)

Natsuaki, M. N. & **Dimler, L. M.** (2018). Pregnancy and child developmental outcomes after preimplantation genetic screening: Meta-analytic and systematic reviews. *World Journal of Pediatrics*, 14(6), 555-569. doi: [10.1007/s12519-018-0172-4](https://doi.org/10.1007/s12519-018-0172-4)

McCoy, S. S., **Dimler, L. M.**, Samuels, D. V., Natsuaki, M. N. (2017). Adolescent susceptibility to deviant peer pressure: Does gender matter? *Journal of Adolescent Review*, 4(1), 59-71. doi:[10.1007/s40894-017-0071-2](https://doi.org/10.1007/s40894-017-0071-2)

**Dimler, L. M.**, Natsuaki, M. N., Hastings, P., Zahn-Waxler, C., & Klimes-Dougan, B. (2016). Parenting effects are in the eye of the beholder: Differences in perception affect adolescent problem behaviors. *Journal of Youth & Adolescence*, 46(5), 1076-1088. doi:[10.1007/s10964-016-0612-1](https://doi.org/10.1007/s10964-016-0612-1)

**Dimler, L. M.** & Natsuaki, M. N. (2015). The effects of pubertal timing on externalizing behaviors in adolescence and early adulthood: A meta-analytic review. *Journal of Adolescence*, 45, 160-170. doi:[10.1016/j.adolescence.2015.07.021](https://doi.org/10.1016/j.adolescence.2015.07.021)

\*denotes undergraduate student

## **CONFERENCES**

McCoy, S. S., **Dimler, L. M.**, & Rodrigues, L.\* (June 2023). Too much of a good thing? A meta-analysis on the adverse effects of helicopter parenting across multiple outcomes. Paper presented at the biennial conference *Society for the Study of Emerging Adulthood*, San Diego, CA.

Steele, X.\*, Yoho, A. S.\* & **Dimler, L. M.** (March 2023). Project React: The Influence of Adverse Childhood Experiences on Attachment and Rejection Sensitivity in Adulthood. Poster presented at the *Southeastern Psychological Association Conference*, Hilton Head, SC.

Yoho, A. S.\* & **Dimler, L. M.** (April 2022). Project React: The Influence of Adverse Childhood Experiences on Attachment and Rejection Sensitivity in Adulthood. Paper presented at the Academic Undergraduate Research Conference at Regent University, Virginia Beach, VA.

Rew, H. G.\*, Yoho, A. S.\*, McDowell, C. J.\*, McClanahan, P. E.\*, Ganey, C. D.\*, Duong, L. P.\*, & **Dimler, L. M.** (March 2022). Teachers' attitudes toward being implementers of ADHD interventions. Poster presented at the *Southeastern Psychological Association Conference*, Hilton Head, SC.

Rew, H. G.\* & **Dimler, L. M.** (August 2021). Roadblocks to ADHD Interventions: A Systematic Review of ADHD Interventions. Poster presented at the annual conference for the *American Psychological Association*, Virtual.

Lippard, S.\*, Ashby, H.\*, Waldheim, D.\*, Steele, X.\*, Loveland, E.\*, Rew, H. G.\*, & **Dimler, L. M.** (April 2021). Project Real Being: The effects of academic community on student well-being in a college sample. Poster presented at the inaugural annual Undergraduate Research Initiative Conference at Regent University, Virginia Beach, VA.

Rew, H. G.\*, Yoho, A. S.\*, McDowell, C. J.\*, McClanahan, P. E.\*, Ganey, C. D.\*, Duong, L. P.\*, & **Dimler, L. M.** (April 2021). Teachers' attitudes toward being implementers of ADHD

interventions. Poster presented at the inaugural annual Undergraduate Research Initiative Conference at Regent University, Virginia Beach, VA.

**Dimler, L. M.** & Natsuaki, M. N. (March 2019). Differential effects of early maturation on the trajectories of nonviolent and violent behaviors from adolescence to adulthood. Poster presented at the biennial conference for the *Society for Research in Child Development*, Baltimore, MD.

Stepanyan, S. T., Natsuaki, M. N., & **Dimler, L. M.**, Neiderhiser, J., Shaw, D., Reiss, D., & Leve, L. (March 2019). Parental monitoring mediates the puberty-externalizing problems link: Findings from an adoption study. Poster presented at the biennial conference for the *Society for Research in Child Development*, Baltimore, MD.

McCoy, S. S., **Dimler, L. M.**, Samuels, D. V., & Natsuaki, M. N. (April 2017). Gender differences in the susceptibility to deviant peer pressure in adolescence. Poster presented at the biennial conference for the *Society for Research in Child Development*, Austin, TX.

**Dimler, L. M.** Natsuaki, M. N., Stepanyan, S. T., Neiderhiser, J. M., Shaw, D. S., Reiss, D. & Leve, L. D. (May 2016). Parenting as a moderator of the effects of pubertal timing on problem behaviors: Preliminary findings from a genetically sensitive design. Poster presented at the annual conference for the *Association for Psychological Science* in Chicago, IL.

McCoy, S., **Dimler, L. M.**, Samuels, D. V., & Natsuaki, M. N. (April 2016). Gender differences in adolescents: Susceptibility to deviant peer pressure. Paper presented at the annual *Western Psychological Association* conference in Long Beach, CA.

**Dimler, L. M.** & Natsuaki, M. N. (March 2016). Parenting effects are in the eye of the beholder: Differences in perception predict adolescent externalizing. Poster presented at the biennial conference for the *Society for Research in Adolescence*, Baltimore, MD.

**Dimler, L. M.** & Natsuaki, M. N. (March 2015). The effects of pubertal timing on externalizing behaviors in adolescence and beyond: A meta-analysis. Poster presented at the biennial conference for the *Society for Research in Child Development*, Philadelphia, PA.

Natsuaki, M. N., Neiderhiser, J. M., Shaw, D. S., Harold, G. T., Reiss, D., **Dimler, L. M.**, Leve, L. D. (June 2014). Siblings reared apart: An innovative extension of the adoption design to examine environmental influences. Poster presented at the annual *Behavioral Genetics Association Conference*, Charlottesville, VA.

**Dimler, L. M.** (May 2012). Assertiveness and approval motivation as it relates to deception. Paper presented at the *Twelfth Annual Stanford Undergraduate Psychology Conference*, Stanford, CA.

\*denotes undergraduate student

### **INVITED TALKS**

**Dimler, L. M.** (October 2023). How to instill resiliency in children from the preschool ages. Invited presentation for Mothers of Preschoolers (MOPS), Phoenix, AZ.

**Dimler, L. M.** (April 2022). A Psychological Perspective on the Family and Faith in the Context of Ephesians 5. Invited presentation for the College of Arts and Sciences at Regent University, Virginia Beach, VA.

**Dimler, L. M.** (March 2021). Maximize March: Stress Management for a Fulfilling College Semester. Invited presentation for the Psychology Club for the College of Arts and Sciences at Regent University, Virginia Beach, VA.

**Dimler, L. M.** (November 2018). Resiliency in the military family: How to spot it and foster it. Invited presentation for the Hampton Roads Collective Impact Forum on Military Community Wellness hosted by The Barry Robinson Center at Regent University, Virginia Beach, VA.

**Dimler, L. M.** (April 2018). Aggression: Trajectories, risk, and protective factors. Invited presentation for the College of Arts and Sciences at Regent University, Virginia Beach, VA.

**Dimler, L. M.,** Samuels, D. V., Stepanyan, S. T., Natsuaki, M. N. (April 2016). The co-development of externalizing and internalizing behaviors across early childhood: A 6.5-year longitudinal study. Developmental Psychology Colloquium, University of California at Riverside.

**Dimler, L. M.** (April 2015). Parenting effects are in the eye of the beholder: Differences in perception predict adolescent externalizing. Developmental Psychology Colloquium, University of California at Riverside.

**Dimler, L. M. & Hale, K.** (March 2012). How to help your child cope with anxiety. Oral presentation at Liggett Elementary School, Los Angeles, CA.

**Dimler, L. M.** (March 2012). Assertiveness and approval motivation as it relates to deception. Paper presented at the Seaver Undergraduate Research Banquet, Malibu, CA.

## **PROGRAM AND CURRICULUM DEVELOPMENT**

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### **Point Loma Nazarene University**

**Accelerated Undergraduate (AUG), Bachelors of Arts in Applied Psychology:** Instrumental in the creation and implementation of PLNU's fully online B.A. in Applied Psychology program, designed to expand access to high-quality psychological education for adult learners. The program emphasizes applied skill development, ethical leadership, and real-world integration of psychological science across workplace, community, and family contexts. Responsible for the design and sequencing of nine new asynchronous courses aligned with APA undergraduate learning goals and workforce competencies. Developed signature assignments and thematic frameworks that promote reflection, data literacy, and evidence-based practice.

APY 2020, Mental Health & Society\*

APY 3020, Data Analysis & Visualization\*

APY 2010, Human Growth & Flourishing\*

APY 3010, Survey Research & User Experience Design\*

APY 1000. Applied Psychology & You\*

**Traditional Undergraduate (TUG), Psychology:** Developed and revised course materials for remote learning in the traditional on-campus psychology major, emphasizing developmental and abnormal psychology across the lifespan.

PSY 3008, Developmental Psychology: Birth through Adolescence†

PSY 3021, Abnormal Psychology†

PSY 4090, Developmental Psychopathology†

### **Regent University**

**Bachelors of Arts in Psychology:** Led the initial redesign and modernization of the online and in-person B.A. in Psychology curriculum to enhance alignment with APA undergraduate learning goals and improve accessibility for non-traditional learners. Directed revisions emphasizing applied skill development, research literacy, and student engagement through updated course design and digital learning integration. Collaborated with faculty to streamline course sequencing and strengthen coherence across the online psychology degree.

PSYC 102, Introduction to Psychology\*^

PSYC 211, Developmental Psychology\*^

PSYC 400, Abnormal Psychology\*^

PSYC 412, Multicultural Psychology\*^

PSYC 475, Origin and Development of Psychopathology\*^

^on-campus course      \*online asynchronous course      †online synchronous course

## **TEACHING EXPERIENCE**

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*All 3-unit courses, unless otherwise noted*

### Point Loma Nazarene University

APY 2020 Mental Health & Society	Spring 2026*
APY 3020 Data Analysis & Visualization	Spring 2026*
APY 2010, Human Growth & Flourishing	Spring 2025*
APY 3010, Survey Research & UX Design	Fall 2025*
APY 1000, Applied Psychology and You	Fall 2025*
PSY 3008, Developmental Psychology: Birth through Adolescence (4 units)	Spring, Fall 2024†
PSY 3021, Abnormal Psychology	Fall 2024†
PSY 4090, Special Topics: Developmental Psychopathology	Spring 2024†
KIN 6007, Research Methods & Statistics for Health Professionals (2 units)	Fall 2024†

### Regent University

PSYC 102, Introduction to Psychology	Spring 2021^, 2022^
PSYC 211, Developmental Psychology: Lifespan	Fall 2018-2020^, Spring 2021*, 2022*
PSYC 303, Theories of Personality	Fall 2022*
PSYC 321, Data Analysis	Spring 2019*
PSYC 400, Abnormal Psychology	Fall 2018-2022^, Spring 2019^
PSYC 412, Multicultural Psychology	Fall 2018-2021^, Spring 2022*
PSYC 475, Special Topics: Origin and Development of Psychopathology	Spring 2020-2022^

### Other Universities

Lifespan Development, University of Virginia	Fall 2023*
Introduction to Psychology, University of California San Diego (4 units)	Fall 2016^, 2017^
Advanced Statistics & Research Methods, California Baptist University (4 units)	Spring 2017^
Introduction to Psychology, Pepperdine University	Summer 2016^
Introduction to Psychology, University of California Riverside (4 units)	Summer 2015^

^on-campus course      \*online asynchronous course      †online synchronous course

## **GRANTS & AWARDS**

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2022	Regent University Teaching Excellence Award
	Regent University Internal Funds for <i>Southeastern Psychological Association</i> Conference
2021	College of Arts and Sciences, Overall Excellence Award
2017	Graduate Student Association Travel Grant

2016 UC Riverside Tartan Soul Spotlight for Accountability & Integrity  
 Outstanding Teaching Award  
 Graduate Student Association Travel Grant

## **SERVICE**

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### **Professional Service**

#### **Professional Affiliations**

2015 – Present Society for Research in Child Development  
 2015 – Present Society for Research on Adolescence  
 2013 – Present Association for Psychological Science  
 2013 – Present American Psychological Association, Div 2 & Div 7  
 2011 – Present Psi Chi Honors Society

#### **Journal and Manuscript Ad Hoc Review**

2025 *BMC Psychology; Child Psychiatry & Human Development; Frontiers of Psychology; Journal of Child and Family Studies*

2024 *APA Books: Bad With Money: Psychology, Women, and Finance; Teaching of Psychology*

2018-2023 *Association for Psychological Science Student Research Award; Child Development; Frontiers of Psychology; Journal of Abnormal Child Psychology; Journal of Adolescence; Journal of Basic & Applied Social Psychology,*

#### **Service to Point Loma Nazarene University**

2023 – 2024 Co-led development of Online B.A. Applied Psychology Program  
 2023 – 2024 Course development and revisions for undergraduate Psychology and graduate Integrated Wellness programs

#### **Service to Regent University**

2021 – 2023 College of Arts & Science Psychology Online Curriculum Redesign  
 2021 – 2022 Graduate School Preparation Event Committee  
 2020 – 2023 Psi Chi Undergraduate Research Initiative Faculty Advisor  
 2019 – 2023 Campus Security Authority  
 2018 – 2023 Recruiting Events and Call Campaigns  
 2018 – 2023 Continuous course improvement and revisions  
 2018 – 2023 Faculty Advisor, Psi Chi International Honors Society  
 2018 – 2023 CAS/SPC Psychology Disciplinary Committee

#### **Community Service**

2025 – Present Advisor, Mental Health Association of Greater Chicago  
 2025 – 2026 Room Parent Volunteer, Arroyo Vista Charter School  
 2023 – 2025 Evidence-Based Parenting Support Co-Leader, Westchase Mom's Group, Inc., 501(c)7  
 2023 – 2024 Newsletter Chair & Editor, Westchase Mom's Group, Inc., 501(c)(7)  
 2022 – 2024 Child Development Writer, Holy Cross Ministries, *Catholicmom.com*  
 2019 – 2021 School Advisory Board Member, Saint John the Apostle Catholic School  
 2018 – 2019 Young Adult Ministry Coordinator, Saint John the Apostle Catholic Church

## **COMMUNITY OUTREACH & ENGAGEMENT**

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**Dimler, L. M.** (2023-2024). Evidence-Based Parenting Support Group co-leader, Westchase Moms Group, 501c7.

**Dimler, L. M.** (2024, March). Postpartum Mental Health Care Resources Pamphlet for Tampa area.

**Dimler, L. M.** (2022, April 25). "Parenting Resources: An Explanation of Authoritative Parenting" blog post for *Catholic Mothers of Toddlers* group.

**Dimler, L. M.** (2020, March 11). Contributor. "The Hometeam Podcast Episode 16: Parenting Solo." [The Hometeam Podcast](#).

## **SCIENCE COMMUNICATION**

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**Founder and Author, [Development Decoded](#)** (Substack) 2025 – Present

- Creator of a public scholarship newsletter translating developmental and applied psychological science into accessible, research-informed insights for parents, educators, and caregivers.
- Weekly essays blend empirical evidence with practical applications, Christian values, and myth-busting around child development, parenting, and mental health.
- Readership includes educators, clinicians, community leaders, parents, and caregivers; regularly references in teaching and parenting groups.
- Representative essays:
  - 2025, Oct. 14. [Depression across development](#)
  - 2025, Aug. 19. [Not just a phase: How child mental health develops over time](#)
  - 2025, May 20. [Growing up earlier: What's going on with puberty?](#)
  - 2025, May 6. [Orchids or dandelions? The science of resiliency](#)
  - 2025, Apr. 22. [Helicopter parenting: Helping or hovering?](#)

**Contributor, [Catholicmom.com](#)** 2022 – 2024

- Published [8 articles](#) integrating developmental psychology with Catholic family life.
  - 2023, Apr. 3. [The kids will be alright: Five strategies for helping your children to grow in resiliency.](#)
  - 2022, Dec. 1. [Positive parenting: The relationship creates the experience.](#)

## **MEDIA COVERAGE**

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Regent University (2018, October 18). Depression, the Church, and Young America. *Christian Center for Thought and Action*, Regent University.

Fraga, J. (2016, December 16). Parents don't get how negative they seem to their teenagers. *TIME Magazine*. <http://time.com/4604907/parents-dont-get-how-negative-they-seem-to-their-teenagers/>

Parker, W. (2016, December 12). Influence of parenting to adolescents' rebellious conducts. *Parent Herald*. <http://www.parentherald.com/articles/93482/20161212/influence-parenting-adolescents-rebellious-conducts.htm>

Nauert, R. (2016, December 9). Parental tactics to manage adolescent behavior. *Psych Central*. <https://psychcentral.com/news/2016/12/09/parental-tactics-to-manage-adolescent-behavior/113630.html>

Sherkat, M. (2016, December 9). How parenting tactics influences teens' problem behaviors. *University*

of California News. [http://www.universityofcalifornia.edu/news/how-parenting-tactics-influence-teens-problem-behaviors?utm\\_source=fiat-lux&utm\\_medium=internal-email&utm\\_campaign=article-general&utm\\_content=text](http://www.universityofcalifornia.edu/news/how-parenting-tactics-influence-teens-problem-behaviors?utm_source=fiat-lux&utm_medium=internal-email&utm_campaign=article-general&utm_content=text)

Dziemianowicz, J. (2016, December 8). How parents make the terrible teens even worse. *New York Daily News*. <http://www.nydailynews.com/life-style/health/parents-terrible-teens-worse-article-1.2903294>

### **ADDITIONAL TRAINING & PROFESSIONAL DEVELOPMENT**

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- 2025      Science Homecoming: Writing for Local Impact  
*Association of Psychological Science*
- Program Development and Evaluation, Certificate  
*Center for Volunteer & Nonprofit Leadership*
- 2024      Quality Improvement in Behavioral Healthcare Organizations  
*Rutgers University*
- Hands-On Data Science using SQL, Tableau, Python, and Spark  
*LinkedIn Learning*
- 2022      Parents as Drivers of Systems Change  
*Life Course Intervention Research Network, University of California – Los Angeles*
- Kindergarten Readiness for the Military Family Workshop  
*Military Child Education Coalition*
- 2021      Ordinary Magic: The Science of Resilience and Child Development Workshop  
*University of Maryland*
- 2019 – 2020      Children’s Mental Health and the Life Course Model Series  
*The National Academies of Sciences, Engineering, Medicine*  
*Forum on Promoting Children’s Cognitive, Affective, & Behavioral Health*
- Sept. 2019      Overview and Trends on Mental Health Disorders in Children
- Oct. 2019      Epidemiology of Children’s Mental Health Disorders
- Nov. 2019      Developmental Origins of Children’s Mental Health Disorders
- Feb. 2020      Comprehensive Policy Response