

## Kate B. Metcalfe

Department of Psychology  
The University of Texas at Austin  
108 East Dean Keeton Stop A8000  
Austin, TX 78702  
[kmetcalfe@utexas.edu](mailto:kmetcalfe@utexas.edu)

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### Education

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- 2023 – present     **Doctor of Philosophy, Clinical Psychology**  
University of Texas at Austin | College of Liberal Arts  
Advisor: Cindy Meston, Ph.D. | The Sexual Psychophysiology Laboratory  
Degree anticipated, May of 2029
- 2019 – 2022     **Bachelor of Arts in Psychology (First Class Honors Division)**  
Department of Psychology, University of New Brunswick, Canada.  
Dean’s List (Cumulative GPA: 4.0)  
Thesis: *Understanding Sexual Violence as Witnessed by Peers in Mixed-Sex Social Interactions.*  
Supervisors: Lucia O’Sullivan, Ph.D. & Scott Ronis, Ph.D.
- 2018 – 2019     **Minor in Interdisciplinary Leadership Studies**  
Department of Leadership Studies, University of New Brunswick, Canada

### Honors and Awards

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- 2024     **Department of Psychology Special Funding for Research**, University of Texas at Austin [\$2,000]
- 2024     **Jenny Malin Summer Research Fellowship**, University of Texas at Austin
- 2024     **International Education Fee Scholarship**. University of Texas at Austin
- 2024     **Graduate School Summer 2024 Fellowship**. University of Texas at Austin
- 2023     **Canadian Graduate Scholarships - Master’s Program**. SSHRC award to be held at the University of Saskatchewan, Canada (*award declined*)
- 2022     **Canadian Psychological Association Certificate of Academic Excellence**. Awarded to the student with best Honors Thesis from each Canadian Institution
- 2022     **Dr. Florence Snodgrass Graduating Prize in Psychology**. Top Honors Thesis, University of New Brunswick
- 2022     **H.H. (Mike) Mikaelian Memorial Prize**. Undergraduate student research award, University of New Brunswick

- 2022 **Dean's Book Award.** Highest GPA in the Department of Arts Graduating Class, University of New Brunswick
- 2022 **UNB Recognition of Excellence and Distinction Award.** Student contribution award to community and campus diversity, University of New Brunswick
- 2022 **Snodgrass Best Honors Conference Presentation Award – Runner Up.** Outstanding presentation at the Honors Conference in Psychology
- 2021 **Snodgrass Honors Prize in Psychology.** Highest Standing Honors candidate entering the University of New Brunswick psychology Honors program
- 2021 **UNB Richard Scott Merit Award.** Contribution to community, University of New Brunswick
- 2020 **Dr. Florence Snodgrass Memorial Prize in Developmental Psychology.** University of New Brunswick
- 2020 **Dr. Florence Snodgrass Memorial Prize in Clinical Psychology.** University of New Brunswick
- 2019 **Dr. Florence Snodgrass Memorial Prize in Social Psychology.** University of New Brunswick
- 2019 **Renaissance College Domestic Internship Award.** University of New Brunswick
- 2018 – 2022 **Dean's List (First Class Honors Division).** Faculty of Arts, University of New Brunswick

#### Peer Reviewed Journal Publications

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- Metcalfe, K. B.,** Kilimnik, C. D., & Meston, C. M. (2024). Predictors of duty sex frequency in women. *Journal of Sexual Medicine*, 21(12). 1120-1130. <https://doi.org/10.1093/jsxmed/qdae137>
- Metcalfe, K. B.,** McFeaters, C. D., & Voyer, D. (2024). Time-perception deficits in attention-deficit/hyperactivity disorder: A systematic review and meta-analysis. *Developmental Neuropsychology*, 49(1), 1-24. <https://doi.org/10.1080/87565641.2023.2293712>
- Metcalfe, K. B.,** Cormier, L. A., O'Sullivan, L. F., Lacroix, P. (2024). "I was worshiped and in control:" Sugar relationships involving transactional sex from the perspective of both sugar babies and sugar benefactors. *The Journal of Sex Research*, 61(7), 1013-1025. <https://doi.org/10.1080/00224499.2023.2293888>
- Matthews, V., Ramirez, C., **Metcalfe K. B.,** Wiseman, M., & Voyer, D. (2024). Sex differences in self-reported spatial abilities and affect: A systematic review and meta-analysis. *Spatial Cognition and Computation: An Interdisciplinary Journal*, 24(2), 85-114. <https://doi.org/10.1080/13875868.2023.2250537>

- Metcalfe, K. B.,** O'Sullivan, L. F., & Ronis, S. T. (2023). Examining how bystanders intervene and perpetrators respond to intervention during experiences of sexual aggression. *The Canadian Journal of Human Sexuality*, 32(2), 208-220. <https://doi.org/10.3138/cjhs-2022-0054>
- Coon, L. C. H., **Metcalfe, K. B.,** Belu, C. F., & O'Sullivan, L. F. (2023). Recalling, reacting but not so much regretting: How young adults describe their sexual and romantic infidelity experiences. *The Canadian Journal of Human Sexuality*, 32(3), 321-331. <https://doi.org/10.3138/cjhs.2023-0001>
- Metcalfe, K. B.,** Benoit, A. A., O'Sullivan, L. F., & Ronis, S. T. (*under review*). Factors influencing young adults' perceptions of sexual assault and need for intervention as depicted in vignettes about sexual assault. *Submitted to Psychology of Violence*.

### Conference Presentations

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- Metcalfe, K. B.\*,** Kilimnik, C. D., & Meston, C. M. (2025). *The Sexual Schemas of Menopausal Women*. E-poster presentation. European Congress on Menopause and Andropause 2025, Valencia, Spain.
- Metcalfe, K. B.\*,** Kilimnik, C. D., & Meston, C. M. (2025). *Duty Sex Among Women with Nonconsensual Sexual Experiences*. Discussed E poster presentation. International Society for the Study of Women's Sexual Health (ISSWSH) / International Society for Sexual Medicine (ISSM) Joint Meeting, Atlanta, Georgia.
- Coates, A. G. C., **Metcalfe, K. B.,** & Meston, C. M. (2025). *The Role of Religious Purity Culture and Child Sexual Abuse in Sexual Shame and Sexual Satisfaction*. Discussed E poster presentation. International Society for the Study of Women's Sexual Health (ISSWSH) / International Society for Sexual Medicine (ISSM) Joint Meeting, Atlanta, Georgia.
- Dougan, S. F., **Metcalfe, K. B.\*,** & Meston, C. M. (2025). *Infidelity Fears and Mate Value Discrepancies: Predictors of Engagement in Duty Sex*. Discussed E poster presentation. International Society for the Study of Women's Sexual Health (ISSWSH) / International Society for Sexual Medicine (ISSM) Joint Meeting, Atlanta, Georgia.
- O'Sullivan, L. F., Ronis, S. T., Byers, E. S., McIver, W. J., & **Metcalfe, K. B.** (2024). *Sex in a Way She Clearly Didn't Want: Men Report Strategies for Intentionally Forcing Sex on Nonconsenting Women*. Oral presentation. Annual Meeting for the Society for the Scientific Study of Sexuality 2024, San Diego, California.
- Metcalfe, K. B.,** McFeaters, C. D., & Voyer, D. (2024). *Time-Perceptions Deficits in Attention-Deficit/Hyperactivity Disorder: A Systematic Review and Meta-Analysis*. Oral presentation. The Canadian Society for Brain, Behaviour, and Cognitive Science (CSBBCS) 2024, Edmonton, Alberta.
- Metcalfe, K. B.\*,** Kilimnik, C. D., Abdalla, S., Chapa, F. I., Ensign, A. C., & Meston, C. M. (2024). *Having Sex Out of a Sense of Duty: The Influence of Nonconsensual Sexual Experiences and Sexual Functioning*. Discussed E poster presentation. International Society for the Study of Women's Sexual Health (ISSWSH) Annual Meeting 2024, Long Beach, California.
- Metcalfe, K. B.\*,** O'Sullivan, L. F., & Ronis, S. T. (2022). *What is Going on? Understanding Sexual Assault Perpetration Behaviour from the Perspective of the Bystander*. Oral presentation (Data Blitz). Annual Meeting of the Canadian Sex Research Forum (CSRF) 2022, Waterloo, Ontario.

- Cormier, L. A., **Metcalfe, K. B.**, & O'Sullivan, L. F. (2022). *Having Sex Anyway – Why Not Get Paid For it?: Characteristics of Sugar Relationships from Both “Babies” and “Parents”*. Oral presentation. Annual Meeting of the Canadian Sex Research Forum (CSRF) 2022, Waterloo, Ontario.
- Coon, L. C. H., **Metcalfe, K. B.**, Belu, C. F., & O'Sullivan, L. F. (2022). *Recalling, Reacting, But Not Really Regretting: Memorable Experiences of Sexual and Romantic Infidelity*. Poster presentation. Annual Meeting of the Canadian Sex Research Forum (CSRF) 2022, Waterloo, Ontario.
- Metcalfe, K. B.\***, O'Sullivan, L. F., & Ronis, S. T. (2022). *What is Going On? Understanding Perpetrator Strategies from the Perspective of the Bystander*. Poster Presentation. University of New Brunswick Department of Psychology Honours Conference 2022, Fredericton, New Brunswick.

\*Indicates that I was the presenter.

### Research Experience

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*Sexual Psychophysiology Laboratory (Dr. Cindy Meston)*  
*Department of Psychology*  
*The University of Texas at Austin*  
*Austin, TX, United States*

- 2024 – present      *Title: Enhancing Sexual Function in Menopause*  
*Aim: 1) Develop a psychometric scale to measure positive and negative sexual schemas in menopausal women. 2) Develop an expressive writing intervention to improve sexual schemas in menopausal women as a means to improve sexual dysfunction, anxiety, depression, and relationship distress.*  
*Role: Principal Investigator, Supervisor: Dr. Cindy Meston*
- 2023 – present      *Title: Having Sex out of a Sense of Duty. The Motivations, Outcomes, and Correlates of Duty Sex*  
*Aim: 1) To determine what motivates duty sex, how individuals feel after they engage in duty sex, and how duty sex relates to sexual function, sexual violence history, and relationship satisfaction.*  
*Role: Principal Investigator, Supervisor: Dr. Cindy Meston*

*Sex Meets Relationships Research Lab (Dr. Lucia O'Sullivan)*  
*Department of Psychology*  
*The University of New Brunswick*  
*Fredericton, NB, Canada*

- Nov. 2022 – Aug. 2023      *Title: Monogamy Maintenance in Long-Term Romantic Relationships and Attraction to Extradyadic Partners: Actor-Partner Interdependence Modelling (APIM)*  
*Aim: Daily diary partnered couple longitudinal study to investigate the prevalence and consequences of extradyadic attraction in long term relationships.*  
*Role: Research Assistant, Supervisor: Dr. Lucia O'Sullivan*

- Aug. 2022 – Aug. 2023      *Title:* Identifying Scripts and Norms Guiding Young Men’s Use of Sexual Aggression Against Women in a sample of 3000 Young Canadian and American Men  
*Aim:* To investigate the rate and utilization of sexually violent and coercive behavior in a large sample, with particular focus on behaviors that are typically not reported.  
*Role:* Research Coordinator. *Supervisor:* Dr. Lucia O’Sullivan<sup>1</sup> *Collaborators:* Dr. Scott Ronis<sup>1</sup>, Dr. Sandra Byers<sup>1</sup>, Dr. Zoe Peterson<sup>2</sup>, Dr. Bill McIver Jr<sup>3</sup>, <sup>1</sup>University of New Brunswick. <sup>2</sup> Kinsey Institute. <sup>3</sup>New Brunswick Community College
- Jan. 2021 – Aug. 2023      *Title:* Experiences of Sugar Dating: Understanding Power Dynamics, Stigma, Risks, and Relationship Negotiation in Transactional Sexual/Romantic Relationships.  
*Aim:* To investigate potential risks and the coercive nature of sugar relationships from the perspectives of both sugar benefactors (older, wealthier, typically male participants who provide financial compensation) and sugar babies (younger, attractive, typically female, participants who provide sexual and romantic companionship).  
*Role:* Co-investigator, *Supervisor:* Dr. Lucia O’Sullivan
- 2021      *Title:* Examining the Effectiveness of Phone Applications for Safety Planning and Help Seeking for Women Experiencing Intimate Partner Violence.  
*Aim:* Evaluation of the effectiveness of an app to promote safety and violence intervention in collaboration with New Brunswick Victim Services and New Brunswick Community College.  
*Role:* Research Coordinator, *Supervisor:* Dr. Lucia O’Sullivan

***Cognitive Research Lab (Dr. Daniel Voyer)***  
***Department of Psychology,***  
***The University of New Brunswick***  
***Fredericton, NB, Canada***

- 2021-2023      *Title:* Meta-Analysis on Time Perception Deficits in Individuals with ADHD.  
*Role:* Research Assistant, *Supervisors:* Dr. Corinna McFeaters, Dr. Daniel Voyer
- 2022 – 2023      *Title:* Meta-Analysis of Differences in Perceived Spatial Ability between Men and Women.  
*Role:* Research Assistant, *Supervisor:* Dr. Daniel Voyer
- 2020      *Title:* Examining the effect of repeated stimuli on temporal perception.  
*Role:* Research Assistant, *Supervisors:* Dr. Corinna McFeaters, Dr. Daniel Voyer

### **Clinical Experience**

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- 2024-2025      **Clinical Training**, University of Texas at Austin, Psychology Training Clinic

Conduct intake sessions and develop diagnoses based on clinical interviews and other assessment and diagnostic tools such as the SCID-CV, SCID-PD, and MMPI-3. Deliver feedback and prepare reports.

Provide individualized weekly therapy utilizing empirically supported methods (e.g., CBT).

2023-2024     **Assessment Trainee**, University of Texas at Austin, Psychology Training Clinic  
Conduct clinical interviews and administer various psychological assessments (i.e., WAIS-IV, DRS-2, CVLT-3, DKEFS, SCID-RV, and MMPI-3) to prepare integrated reports

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### Teaching Experience

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*Graduate Teaching Assistantship*  
*Department of Psychology*  
*University of Texas at Austin*

2023 - present     Introduction to Human Sexuality

*Undergraduate Teaching Assistantship*  
*Department of Psychology*  
*University of New Brunswick*

2021                Introduction to Statistics in Psychology

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### Guest Lectures

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2024                *Title:* Sexual Economics: When People Trade Sex for Resources  
Human Sexuality (undergraduate course)  
University of Texas at Austin  
Professors: Dr. Cindy Meston & Dr. David Buss

2024                *Title:* Love  
Human Sexuality (undergraduate course)  
University of Texas at Austin  
Professors: Dr. David Buss & Dr. Cindy Meston

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### Research Conference Involvement

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2022-2023        Student Ambassador Coordinator:  
Canadian Sex Research Forum (CSRF) Annual Meeting, 2023, Montreal, Quebec

*Tasks:* Coordinated a team of eight students to spread information about CSRF to increase diversity and representation at the conference.

2022  
Conference Coordinator Assistant:  
Canadian Sex Research Forum (CSRF) Annual Meeting 2022, Waterloo, Ontario  
*Tasks:* Aided Dr. Lucia O’Sullivan (Program Chair and CSRF President Elect) in the planning and facilitation of the conference. Communication with conference attendees, presentation scheduling, program design, registration support, & sponsorship recruitment.

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### Community Related Experiences

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2017 –  
2023  
Fundraising Coordinator – Movement for Mental Health:  
Twenty-four Hour Mental Health Fundraiser raising over \$60,000, WH Croxford High School, Airdrie, Alberta Canada.  
*Tasks:* Planning an annual event that has raised over \$60,000 to increase access to mental health services in my hometown.

2019 –  
2022  
Residence Assistant (RA):  
University of New Brunswick  
*Tasks:* Supported wellness, safety, and community of students living in residence on campus. Responded to students experiencing crisis (mental, physical, interpersonal).

2019  
Criminal Defense Law Intern:  
Northwest Territories, Alberta, Saskatchewan (Canada)  
*Tasks:* Aid in preparing case files and trials, conduct interviews, prepare information, conduct research.

2019 –  
2021  
Mental Health Association President:  
University of New Brunswick  
*Tasks:* Organized events aimed to improve student mental health, facilitated conversations regarding student well-being on campus, worked with UNB counselling services on a mental health campaign.

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### Professional Memberships and Certifications

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**Ad-Hoc Reviewer** – The Journal of Sexual Medicine (2024-2025); The Journal of Sex Research (2023-2024); Journal of Sex and Marital Therapy (2023-2024).

**Canadian Sex Research Forum** – 2022 Diversity Ambassador, student member

**Patient Orientated Research (POR) Training**, Canadian Institutes of Health Research – Strategy for Patient-Oriented Research (SPOR) – February 2022

**Bystander Intervention Training**, University of New Brunswick – September 2021

**Safe Talk: Suicide Intervention Training** - September 2021

Kate Metcalfe

**TCPS 2: CORE Certification**, Ethical Conduct for Research Involving Humans, January 2021

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## Knowledge Translation

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- Feb. 2025 **Guest on the Sex and Psychology Podcast with Dr. Justin Lehmillier**  
*Title:* Episode 377: Are you having “Duty Sex?”  
*Purpose:* Podcast interview based on research article published on Duty Sex (Metcalfe, Kilimnik, & Meston., 2024).  
<https://open.spotify.com/episode/5lbwzyRK6E4WHT8eBfzk4k?si=hUQqnA3bTOiyrceyFhbYeg>
- Title:* Episode 378: What it’s like to try sugar dating  
*Purpose:* Podcast interview based on research conducted and published on sugar dating (Metcalfe, Cormier, Lacroix, & O’Sullivan, 2024).  
<https://open.spotify.com/episode/03Mpj4XswcZxyWOExM4OSB?si=b8548d60f28146fb>
- Nov. 2024 **PsyPost.org**  
*Title:* Women with sexual trauma histories more likely to engage in “Duty Sex.”  
*Purpose:* Interview based on research article published on engaging in sex out of a sense of duty or obligation (Metcalfe, Kilimnik, & Meston, 2024).  
<https://www.psypost.org/women-with-sexual-trauma-histories-more-likely-to-engage-in-duty-sex/>
- Feb. 2024 **PsyPost.org**  
*Title:* The psychology of sugar dating: New research dives deep into the realities of sugar arrangements.  
*Purpose:* Interview based on research article published on sugar arrangements (Metcalfe, Cormier, Lacroix, & O’Sullivan, 2024).  
<https://www.psypost.org/2024/02/the-psychology-of-sugar-dating-new-research-dives-deep-into-the-realities-of-sugar-arrangements-221200>
- Oct. 2023 **The Synapse: UPS’s Psychology Student Publication**  
*Title:* “We need to step up and step in”: Sexually Aggressive Behaviours and How Perpetrators Avoid Intervention When Witnesses are Present.  
*Purpose:* Interview based on my Undergraduate Honors Thesis  
<https://thesynapse-ups.squarespace.com/blog/we-need-to-step-up-and-step-in-sexually-aggressive-behaviours-and-how-perpetrators-avoid-intervention-when-witnesses-are-present>