

Kate B. Metcalfe

Department of Psychology
The University of Texas at Austin
108 East Dean Keeton Stop A8000
Austin, TX 78702
kmetcalfe@utexas.edu

Education

- 2023 – present **Doctor of Philosophy**, Clinical Psychology
University of Texas at Austin | College of Liberal Arts
Degree anticipated, May of 2029
Advisor: Cindy Meston, Ph.D. | The Sexual Psychophysiology Laboratory
- 2023 – 2025 **Master's of Arts**, Clinical Psychology
University of Texas at Austin | College of Liberal Arts
Advisor: Cindy Meston, Ph.D. | The Sexual Psychophysiology Laboratory
Thesis: *Predictors of Duty Sex Frequency in Women*
- 2019 – 2022 **Bachelor of Arts in Psychology (First Class Honors Division)**
Department of Psychology, University of New Brunswick, Canada.
Thesis: *Understanding Sexual Violence as Witnessed by Peers in Mixed-Sex Social Interactions.*
Advisors: 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

- 2024 **Department of Psychology Special Funding for Research**, University of Texas at Austin
- 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

- 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. *Under review by the Psychology of Violence*.

Dougan, F.S., **Metcalfe, K. B.**, & Meston, C. M. (under review). Who engages in duty sex? - Infidelity concerns and mate value discrepancies. *Under review by Evolution and Human Behavior*.

Conference Presentations

Peer-Reviewed Conference Presentations:

Dougan, F.S., **Metcalfe, K. B.***, & Meston, C. M. (2025). *Infidelity Fears and Mate Value Discrepancies: Who Engages in "Duty Sex"?* Oral Presentation. Human Behavior and Evolution Society 2025 Conference, Atlantic City, NJ, United States.

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., Rouss, C. H., Demiralp, M., & 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, GA, United States.

Coates, A. G. C., **Metcalfe, K. B.**, Ensign, A., Abdalla, S., & 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, GA, United States.

Dougan, S. F., **Metcalfe, K. B.***, Macias, K.N., & 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, GA, United States.

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, CA, United States.

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, AB, Canada.

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, CA, United States.

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, ON, Canada.

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, ON, Canada.

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, ON, Canada.

*Indicates that I was the presenter.

Department and Invited Talks:

- | | |
|------|--|
| 2025 | <i>Predictors of Duty Sex Frequency in Women.</i> University of Texas at Austin, Department of Psychology Psychfest (Master's thesis presentation). |
| 2022 | <i>What is Going On? Understanding Perpetrator Strategies from the Perspective of the Bystander.</i> University of New Brunswick, Department of Psychology Honours Conference |

Research Experience

Sexual Psychophysiology Laboratory (Dr. Cindy Meston)

Department of Psychology

The University of Texas at Austin

Austin, TX, United States

- | | |
|-------------------|--|
| 2024 – present | <i>Title:</i> Enhancing Sexual Function in Menopause <i>Aim:</i> 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'Sullivan¹. Collaborators: Dr. Scott Ronis¹, Dr. Sandra Byers¹, Dr. Zoe Peterson², Dr. Bill McIver Jr³, ¹University of New Brunswick. ² Kinsey Institute. ³New 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

- 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

Teaching Experience

*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

Mentorship Experience

- 2024 – Present **Co-Supervisor, Honors Thesis**, Department of Psychology, University of Texas at Austin
Supervised: Andrea Ensign on project examining the sexual schemas of menopausal women and how it influences their sexual, romantic, and overall well-being. Co-mentored with Dr. Cindy Meston
- 2023 – Present **Direct Research Assistant Supervisor**, of ~15 Undergraduate RAs in the Sexual Psychophysiology Laboratory. Responsibilities include training and task delegation; developing research skills in data collection, participant scheduling, and coding of qualitative and quantitative data; leading weekly lab meetings; maintaining IRB compliance; and updating laboratory procedures and instruction manuals.

Guest Lectures

- 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

Research Conference Involvement

- 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.

Community Related Experiences

- 2017 – Fundraising Coordinator – Movement for Mental Health:
2023 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 – Residence Assistant (RA):
2022 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 – Mental Health Association President:
2021 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.

Professional Memberships and Certifications

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).

Memberships: International Society for the Study of Women’s Sexual Health (2023-Present). European Menopause and Andropause Society (2025-Present). Canadian Sex Research Forum (2022-Present).

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

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

Knowledge Translation

- Feb. **Guest on the Sex and Psychology Podcast with Dr. Justin Lehmiller**
2025 *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/03Mpi4XswcZxyWOExM4QSB?si=b8548d60f28146fb>

Nov. **PsyPost.org**

2024 *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. **PsyPost.org**

2024 *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. **The Synapse: UPS's Psychology Student Publication**

2023 *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>