

## **Lydon Lab**

### **Honours & Research Courses**

The Lydon Lab investigates the initiation, development, maintenance, and dissolution of close relationships. The initiation and development of relationships has been examined primarily in terms of attachment theory. Drawing on Bowlby's classic work on infant attachment, adult relationship researchers seek to understand how internal working models of self in relation to significant others guide social interactions and responses to stress.

Work on the maintenance and dissolution of relationships is the essence of theory and research on commitment. In recent years, we have been investigating the underlying motivational bases of commitment and the process of identifying with a relationship, which we believe is fundamental to commitment. Additionally, we have been exploring what happens when individuals feel threatened by their interpersonal relationships, specifically investigating how individuals deal with rejection.

The Lydon Lab has developed a distinctive brand in the field of interpersonal relationships for three reasons. (1) It emphasizes experimental methods in lab settings in order to test causal relations, using field research as a complementary method for external validity and when ethical constraints do not permit experimental tests. (2) Professor Lydon and his students are grounded in social cognitive theory and utilize a range of social cognitive methodologies to experimentally activate specific constructs and to assess implicit processes. (3) Graduate students consider and test hypotheses in terms of attachment and/or commitment. Attachment is an expansive theory about bonding, relationships and self-regulation that is thoroughly social (dyadic). Commitment is less developed theoretically and it represents a construct that has been studied in interpersonal and non-interpersonal contexts (e.g. goals).

If some of these topics seem interesting to you and you are a highly motivated student, complete the information below and email it to the lab coordinator along with a tentative schedule of your availability for a typical week during the Fall and Winter semesters, your CV, and your unofficial transcript. The lab coordinator's email is [lydonlab.coordinator@gmail.com](mailto:lydonlab.coordinator@gmail.com).

Name:

Phone:

Email:

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**What social courses have you taken, and what grade did you receive?**

**Previous research experience (not necessary, but I would like to know about it):**

**How much do you like learning to use computer applications? Please give some examples.**

**Do you have any experience with SPSS? (This is not a requirement to apply.)**

**Why do you want to work with me this year?**

**What are your current career plans (life after undergrad)?**

**Anything else you think that I should know about you?**