

bibliography

Almeida, D. M. (2005). Resilience and vulnerability to daily stressors assessed via diary methods. *Current Directions in Psychological Science*, 14(2), 64-68.

Billingsley, S., Lim, M., Caron, J., Harris, A., & Canada, R. (2005). Historical overview of criteria for marital and family success. *Family Therapy*, 32(1), 1-14.

Cassidy, T. (2000). Stress, healthiness and health behaviors: An exploration of the role of life events, daily hassles, cognitive appraisal and the coping process. *Counseling Psychology Quarterly*, 13(3), 293-311.

Compañ, E., Moreno, J., Ruiz, M. T., & Pascual, E. (2002). Doing things together: Adolescent health and family rituals. *Journal of Epidemiology & Community Health*, 56(2), 89-94.

Eaker, D. G., & Henley, L. (2002). Adolescent satisfaction in family rituals and psychosocial development: A developmental systems theory perspective. *Journal of Family Psychology*, 16(4), 406-414.

Eisenberg, M. E., & Olson, R. E., Neumark-Sztainer, D., Story, M., & Bearinger, L. H. (2004). Correlations between family meals and psychosocial well-being among adolescents. *Archives of Pediatrics & Adolescent Medicine*, 158(8), 792-796.

Esch, T., & Stefano, G. B. (2005). Love promotes health. *Neuroendocrinology Letters*, 26(3), 264-267.

- Fiese, B., Foley, K. P., & Spagnola, M. (2006). Routine and ritual elements in family mealtimes: Contexts for child well-being and family identity. *New Directions for Child Adolescent Development*, 111, 67-89.
- Fiese, B., Tomcho, T. J., Douglas, M., Josephs, K., Poltrock, S., & Baker, T. (2002). A review of 50 years of research on naturally occurring family routines and rituals: Cause for celebration. *Journal of Family Psychology*, 16(4), 381-390.
- Friel, J. C., & Friel, L. (2001). The media and kids: The impact of sex, drugs and violence on children. *Counselor*, 2(4), 20-24.
- Fulkerson, J. A., Neumark-Sztainer, D., & Story, M. (2006). Adolescent and parent views of family meals. *Journal of the American Dietetic Association*, 106(4), 526-532.
- Fulkerson, J. A., Story, M., Mellin, A., Leffert, N., Neumark-Sztainer, D., & French, S. (2006). Family dinner meal frequency and adolescent development: Relationships with developmental assets and high-risk behaviors. *Journal of Adolescent Health*, 39(3), 337-345.
- Hair, E. C., Moore, K. A, Garrett, S. B., Ling, T., & Cleveland, K. (2008). The continued importance of quality parent-adolescent relationships during late adolescence. *Journal of Research on Adolescence*, 18(1), 187-200.
- Hall-Lande, J. A., Eisenberg, M. E., Christenson, S. L., & Neumark-Sztainer, D. (2007). Social isolation, psychological health, and protective factors in adolescence. *Adolescence*, 42(166), 265-286.
- Homer, M. M., Freeman, P. A., Zabriskie, R. B., & Eggett, D. L. (2007). Rituals and relationships: Examining the relationship between family of

origin rituals and young adult attachment. *Marriage & Family Review*, 42(1), 5-28.

Kiser, L. J., Bennett, L., Heston, J., & Paavola, M. (2005). Family ritual and routine: comparison of clinical and non-clinical families. *Journal of Child and Family Studies*, 14(3), 357-372.

Middlebrooks, J. S., & Audage, N. C. (2008). The effects of childhood stress on health across the lifespan. Atlanta, GA: Centers for Disease Control and Prevention, National Center for Injury Prevention and Control.

Moore, K. A., Chalk, R., Scarpa, J., & Vandivere, S. (2002). Family strengths: Often overlooked, but real. *Child Trends Research Brief*. Washington, DC: Child Trends Inc.

Moriarty, P. H., & Wagner, L. D. (2004). Family rituals that provide meaning for single-parent families. *Journal of Family Nursing*, 10(2), 190-210.

Newell, L. (1999). Traditions: A foundation for strong families. *Marriage & Families*, (Dec), 2-5.

Piercy, F. P. Birthday letters: A ritual to connect parent and child. *Journal of Clinical Activities, Assignments and Handouts in Psychotherapy Practice*, 2(4), 41-45.

Sher, L. (2003). Daily hassles, cortisol, and depression. *Australian & New Zealand Journal of Psychiatry*, 37(3), 383-384.

Turtiainen, P., Karvonen, S., & Rahkonen, O. (2007). All in the family: The structure and meaning of family life among young people. *Journal of Youth Studies*, 10(4), 477-493.

Viere, G. M. (2001). Examining family rituals. *The Family Journal: Counseling and Therapy for Couples and Families*, 9(3), 285-288.