Research
Bert Uchino’s research is focused on the influence of social relationships on health outcomes. Epidemiological studies show that individuals in good quality relationships live longer and suffer less health problems than individuals in problematic relationships. Uchino’s primary work has been examining how relationships that are more conflicted or ambivalent (containing both positive and negative qualities), influence biological pathways that are implicated in the risk for developing chronic health conditions such as cardiovascular disease.

Collaborations
In collaboration with Timothy Smith, Wendy Birmingham, McKenzie Carlisle, Kimberly Bowen, David Sanbonmatsu, and Kathleen Light, Uchino’s current publications have tested more specific relationship processes on disease relevant physiological pathways. This new work attempts to build greater specificity into their theoretical models that can aide in developing better intervention models to help individuals manage their relationships and improve their health.

Publications


