

## Thomas E. Trail

RAND Corporation  
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### Education

- 2010      **Ph.D., Social Psychology**  
Princeton University  
Princeton, NJ  
Thesis: Threat, Affect, and Reactions to Norm Deviates and Conformists  
Advisor: Deborah A. Prentice
- 2006      **M.A., Social Psychology**  
Princeton University  
Princeton, NJ  
Thesis: The Effects of Evaluating Group Norm Violations for the Self:  
Derision, Group Identity, and Self-Esteem  
Advisor: Deborah A. Prentice
- 1994      **M.S., Applied/Experimental Psychology**  
Virginia Polytechnic Institute and State University  
Blacksburg, VA  
Thesis: Community-Based Feedback to Promote Road Safety  
Advisor: E. Scott Geller
- 1990      **B.S., Psychology, Cum Laude**  
Virginia Polytechnic Institute and State University  
Blacksburg, VA

### Professional Experience

- 2016-present      **Behavioral Scientist**  
RAND Corporation  
Arlington, VA
- 2012-2016      **Associate Behavioral Scientist**  
RAND Corporation  
Santa Monica, CA
- 2010-2012      **Postdoctoral Scholar**  
Department of Psychology  
University of California, Los Angeles
- 2009-2010      **Quinn Morton Teaching Fellow**  
Princeton Writing Program  
Princeton University

- 2004-2009           **Assistant in Research and Instruction**  
 Department of Psychology  
 Princeton University
- 2000-2004           **Research Analyst**  
 Center for State Health Policy  
 Rutgers, The State University of New Jersey

## Journal Articles

- Trail, T. E.**, Friedman, E. M., Rutter, C., & Tanielian, T. (under review). The relationship between engagement in online support groups and social isolation among military caregivers.
- Trail, T. E.**, Osilla, K. C., Rodriguez, L. M., Pedersen, E. R., & Gore, K. L. (2019). Exploring the association between changes in partner behaviors, perceived service member drinking, and relationship quality: Secondary analysis of a web-based intervention for military partners. *Journal of Substance Abuse Treatment*, *98*, 66-72.
- Rodriguez, L. M., Neighbors, C., Osilla, K. C., & **Trail, T. E.** (2019). The longitudinal effects of military spouses' concern and behaviors over partner drinking on relationship functioning. *Alcohol*. *76*, 29-36. doi: 10.1016/j.alcohol.2018.07.004
- Friedman, E. M., **Trail, T. E.**, Vaughan, C. A., & Tanielian, T. (2018). Online peer support groups for family caregivers: Are they reaching the caregivers with the greatest needs? *Journal of the American Medical Informatics Association*. *25*, 1130-1136. doi: 10.1093/jamia/ocy086
- Vaughan, C. A., **Trail, T. E.**, Mahmud, A., Dellva, S., Tanielian, T., & Friedman, E. (2018). Addressing informal caregivers' social support needs virtually: An exploration of users' experiences and perceptions of an online peer support network. *Journal of Medical Internet Research*. *20*, e257. <https://doi.org/10.2196/jmir.9895>
- Osilla, K. C., **Trail, T. E.**, Pedersen, E. R., Gore, K. L., Tolpadi, A., & Rodriguez, L. M., (2018). Efficacy of a web-based intervention for concerned spouses of service members and veterans with alcohol misuse. *Journal of Marital and Family Therapy*. *44*, 292–306. doi: 10.1111/jmft.12279
- Rodriguez, L. M., Osilla, K. C., **Trail, T. E.**, Gore, K. L., & Pedersen, E. R. (2018). Alcohol use among concerned partners of heavy drinking service members and veterans. *Journal of Marital and Family Therapy*. *44*, 277–291. doi: 10.1111/jmft.12261
- Karney, B. R. & **Trail, T. E.** (2017). Associations between prior deployments and marital satisfaction among Army couples. *Journal of Marriage and Family*, *79*, 147-160.
- Jackson, G. L., **Trail, T. E.**, Kennedy, D. P., Williamson, H. C., Bradbury, T. N., & Karney, B. R. (2016). The salience and severity of relationship problems among low-income couples. *Journal of Family Psychology*, *30*, 2-11.

- Troxel, W. M., **Trail, T. E.**, Jaycox, L. & Chandra, A. (2016). Preparing for deployment: Examining family and individual-level factors. *Military Psychology, 28*, 134-146
- Trail, T. E.**, Meadows, S. O., Miles, J. N. V., & Karney, B. R. (2015). Patterns of vulnerabilities and resources in U.S. military families. *Journal of Family Issues.*
- Osilla, K. C., Pedersen, E. R. Gore, K. L., **Trail, T. E.**, & Stern, S. A. (2014). Study design to develop and pilot-test a web intervention for partners of military service members with alcohol misuse. *Addiction Science & Clinical Practice, 9*, 1-9.
- Shelton, J. N., Douglass, S., Garcia, R. L., Yip, T., & **Trail, T. E.** (2014). Feeling (mis)understood and intergroup friendships in interracial interactions. *Personality and Social Psychology Bulletin, 40*, 1193–1204.
- Day, M. V., Fiske, S. T., Downing, E. L., **Trail, T. E.** (2014). Shifting liberal and conservative attitudes using moral foundations theory. *Personality and Social Psychology Bulletin, 40*, 1559–1573.
- Williamson, H. C., **Trail, T. E.**, Karney, B. R., & Bradbury, T. N. (2014). Does premarital education decrease or increase couples' later help-seeking? *Journal of Family Psychology, 28*, 112-117.
- Trail, T. E.**, Goff, P. A., Bradbury, T. N., & Karney, B. R. (2012). The costs of racism for marriage: How racial discrimination hurts, and ethnic identity protects, newlywed marriages among Latinos. *Personality and Social Psychology Bulletin, 38*, 454–465.
- Trail, T. E.** & Karney, B. R. (2012). What's (not) wrong with low-income marriages. *Journal of Marriage and Family, 74*, 413-427.
- Williamson, H. C., Bradbury, T. N., **Trail, T. E.**, & Karney, B. R. (2011). Factor analysis of the Iowa Family Interaction Rating System. *Journal of Family Psychology, 25*, 993-999.
- Oppenheimer, D. M. & **Trail, T. E.** (2010). Why leaning to the left makes you lean to the left: Effect of spatial orientation on political attitudes. *Social Cognition, 28*, 651-661.
- Shelton, J. N., **Trail, T. E.**, West, T. V., & Bergsieker, H. B. (2010). From strangers to friends: The interpersonal process of model of intimacy in developing interracial friendships. *Journal of Social and Personal Relationships, 27*, 71-90.
- Shelton, J. N., West, T. V., & **Trail, T. E.** (2010). Concerns with appearing prejudiced: Implications for anxiety during daily interracial interactions. *Group Processes and Intergroup Relations, 13*, 329-344.
- Trail, T. E.**, Shelton, J. N., & West, T. V. (2009). Interracial roommate relationships: Negotiating daily interactions. *Personality and Social Psychology Bulletin, 35*, 671-684.
- West, T. V., Pearson, A. R., Dovidio, J. F., Shelton, J. N., & **Trail, T. E.** (2009). Superordinate identity and intergroup roommate friendship development. *Journal of Experimental Social Psychology, 45*, 1165-1324.

West, T. V., Shelton, J. N., & **Trail, T. E.** (2009). Relational anxiety in interracial Interactions. *Psychological Science, 20*, 289-292.

Fox, K., **Trail, T. E.**, Frankford, D., & Crystal, C. (2004). State pharmacy discount programs: A viable mechanism for addressing prescription drug affordability? *NYU Annual Survey of American Law, 60*, 187-240.

## Book Chapters

Tanielian, T., **Trail, T. E.**, & Cory, N. (2018). Designing and implementing strategic research studies to support military families. In L. Hughes-Kirchubel, S. MacDermid Wadsworth, and D. S. Riggs (Eds.). *A battle plan for supporting military families: Lessons for the leaders of tomorrow* (pp. 303-322). New York: Springer.

Prentice, D. A. & **Trail, T. E.** (2010). Threat, marginality, and reactions to norm violations. In L. F. Barrett, B. Mesquita, & E. Smith (Eds.). *The mind in context* (pp. 259-276). New York: Guilford

## Research Reports

**Trail, T. E.**, Sims, C. S., & Tankard, M. (2019). *Today's Army Spouse Survey: How Army Families Address Life's Challenges*. (RAND/RR3224). Santa Monica, CA: RAND Corporation.

Sims, C. S., Miller, L. L., **Trail, T. E.**, Woods, D., Kofner, A., Rutter, C. M., Posard, M. N., Hall, O., & Kleykamp, M. (2019). *2017 U.S. Air Force Community Feedback Tool: Key Results Report for Air Force Headquarters*. (RAND/RR3084). Santa Monica, CA: RAND Corporation.

Knapp, D., Marrone, J. V., Miller, L. L. & **Trail, T. E.** (2019). *The Impact of a Spouse Incentive on Employee Retention: Evidence from a Military Spouse Scholarship*. (RAND/WR1295) Santa Monica, CA: RAND Corporation.

Sims, C. S., **Trail, T. E.**, Chen, E. K., Meza, E., Roshan, P., & Lachman, B. E. (2018). *Assessing the Needs of Soldiers and Their Families at the Garrison Level* (RAND/RR-2148). Santa Monica, CA: RAND Corporation.

Miller, L. L., Knapp, D., Best, K. L., Friedman, E. M., Gonzalez, G. C., Totten, M. E., Wenger, J. W., **Trail, T. E.**, Posard, M. N., & Amaral, E. F. L. (2018). *An Early Evaluation of the My Career Advancement Account Scholarship for Military Spouses*. (RAND /RR2093) Santa Monica, CA: RAND Corporation.

Sims, C. S., **Trail, T. E.**, Chen, E. K., & Miller, L. L. (2017). *Today's Soldier: Assessing the Needs of Soldiers and Their Families* (RAND/RR-1893). Santa Monica, CA: RAND Corporation.

**Trail, T. E.**, Martin, L. T., Burgette, L. F., Warren May, L., Mahmud, A., Nanda, N., & Chandra, A. (2017). *An Evaluation of U.S. Military Non-Medical Counseling Programs*. (RAND/RR-1861). Santa Monica, CA: RAND Corporation.

- Marquis, J. P., Farris, C., Hall, K. C., Kamarck, K., Lim, N., Shontz, D., Steinberg, P., Stewart, R., **Trail, T. E.**, Wenger, J. W., Wong, A., Wong, E. (2017). *Improving Oversight and Coordination of Department of Defense Programs That Address Problematic Behaviors Among Military Personnel: Final Report* (RAND/RR-1352-OSD). Santa Monica, CA: RAND Corporation.
- Tanielian, T., Bouskill, K. E., Ramchand, R., Friedman, E. M., **Trail, T. E.**, & Clague, A. (2017). *Improving Support for America's Hidden Heroes: A Research Blueprint* (RAND/RR-1873-TEDF). Santa Monica, CA: RAND Corporation.
- Wenger, J. W., Constant, L., Cottrell, L., **Trail, T. E.**, Vermeer, M. J. D., & Wrabel, S. (2017). *National Guard Youth ChalleNGe: Program Progress in 2015–2016*. (RAND/RR-1848). Santa Monica, CA: RAND Corporation.
- Gonzalez, G. C., Miller, L. L., & **Trail, T. E.** (2016). *The Military Spouse Education and Career Opportunities Program: Recommendations for an Internal Monitoring System* (RAND/RR-1013-OSD). Santa Monica, CA: RAND Corporation.
- Meadows, S. O., Tanielian, T., Karney, B. R., Schell, T. L., Griffin, B. A., Jaycox, L. H., Friedman, E. M., **Trail, T. E.**, Beckman, R., Ramchand, R., Hengstebeck, N., Troxel, W. M., Ayer, L., & Vaughan, C. A. (2016). *The Deployment Life Study: Longitudinal analysis of military families across the deployment cycle* (RAND/ RR1388-OSD). Santa Monica, CA: RAND Corporation.
- Karney, B. R., **Trail, T. E.**, Griffin, B. A., Friedman, E., & Beckman, R. L. (2016). Marital outcomes. In S. O. Meadows, T. Tanielian, & B. R. Karney (Eds.). *The Deployment Life Study: Longitudinal analysis of military families across the deployment cycle* (RAND/ RR1388-OSD). Santa Monica, CA: RAND Corporation.
- Jaycox, L. H., **Trail, T. E.**, Ayer, L., Griffin, B. A., Friedman, E., & Beckman, R. L. (2016). Child outcomes. In S. O. Meadows, T. Tanielian, & B. R. Karney (Eds.). *The Deployment Life Study: Longitudinal analysis of military families across the deployment cycle* (RAND/ RR1388-OSD). Santa Monica, CA: RAND Corporation.
- Buryk, P., **Trail, T. E.**, Gonzalez, G. C., Miller, L. L., & Friedman, E. M. (2015). *Federal educational assistance programs available to service members: Program features and recommendations for improved delivery* (RAND/RR-664-OSD). Santa Monica, CA: RAND Corporation.
- Schaefer, A. G., Wenger, J. W., Kavanagh, J., Wong, J. P., Oak, G. S., **Trail, T. E.**, Nichols, T. (2015). *Implications of integrating women into the Marine Corps infantry* (RAND/RR-1103-USMC). Santa Monica, CA: RAND Corporation.
- Ramchand, R., Tanielian, T., Fisher, M. P., Vaughan, C. A., **Trail, T. E.**, Epley, C., Voorhies, P., Robbins, M., Robinson, E., & Ghosh-Dastidar, B. (2014). *Hidden Heroes: America's Military Caregivers* (RAND/RR-499-TEDF). Santa Monica, CA: RAND Corporation.
- Gaboda, D., & **Trail, T. E.** (November 2004). *Technical Report on HEDIS Data Analysis, 2003*. A report to the New Jersey Department of Health and Senior Services, Office of Research and Development. New Brunswick, NJ: Rutgers University, Center for State Health Policy.

Gaboda, D., **Trail, T. E.**, Martinez, I., & Brownlee, S. (November 2004). *Transitions into New Jersey Care 2000+: Experiences of Consumers with Developmental Disabilities and their Families*. New Brunswick, NJ: Rutgers University, Center for State Health Policy.

**Trail, T. E.**, Fox, K., Cantor, J., Silberberg, M., & Crystal, S. (August 2004). *State Pharmacy Assistance Programs: A Chartbook* (Publication No. 758). New York: The Commonwealth Fund.

Alvarez, M. S., Brownlee, S., Glickman, L., Koller, M., **Trail, T. E.**, & Cantor, J. C. (June 2004). *Helping Patients Quit Smoking: The Role of New Jersey Physicians*. New Brunswick, NJ: Rutgers University, Center for State Health Policy.

Fox, K., **Trail, T. E.**, Reinhard, S., & Crystal, S. (February 2004). *Managing Program Costs in State Pharmacy Assistance Programs* (Publication No. 691). New York: The Commonwealth Fund.

Fox, K., Silberberg, M., Belloff, D., **Trail, T. E.**, & Crystal, S. (January 2004). *Impact of Budget Pressures on State Pharmacy Assistance Programs, FY 2003-2004*. New Brunswick, NJ: Rutgers University, Center for State Health Policy.

Crystal, S., **Trail, T. E.**, Fox, K., & Cantor, J. (September 2003). *Enrolling Eligible Persons in Pharmacy Assistance Programs: How States Do It* (Publication No. 590). New York: The Commonwealth Fund.

Crystal, S., Fox, K., Silberberg, M., **Trail, T. E.**, Reinhard, S., & Cantor, J. (June 2002). *Three States' Approaches to Pharmacy Assistance: A Guide for the Perplexed* (publication ID: 2002-08). Washington, DC: AARP Public Policy Institute.

Fox, K., **Trail, T. E.**, & Crystal, S. (May 2002). *State Pharmacy Assistance Programs: Approaches to Program Design* (Publication No. 530). New York: The Commonwealth Fund.

## **Selected Posters and Presentations**

**Trail, T. E.**, Sims, C. S., & Tankard, M. (2019). *Today's Army Spouse Survey: How Army families address life's challenges*. Invited presentation to the Association of the United States Army Annual Meeting, Washington, D.C.

**Trail, T. E.**, Osilla, K. C., Pedersen, E. R., Gore, K. L., Tolpadi, A. & Rodriguez, L. M. (2017). *Results from a randomized controlled trial of a web-based intervention for those concerned with their military partner's drinking*. Paper presented at the Annual Meeting of the Research Society on Alcoholism, Denver, CO.

Sims, C. S., **Trail, T. E.**, Chen, E., Miller, L., Lachman, B., & Dudley, W. (2017). *Assessing soldier and family needs*. Invited presentation to the Association of the United States Army Annual Meeting, Washington, D.C.

Rodriguez, L. M., Osilla, K. C., **Trail, T. E.**, Pedersen, E. R., & Gore, K. L. (2017). *Caring for the caregiver: Alcohol use among partners concerned about service member drinking*. Paper

accepted for presentation at the Annual Meeting of the Research Society on Alcoholism, Denver, CO.

**Trail, T. E., & Karney, B. N.** (July, 2016). *Associations between prior combat deployments and marital satisfaction*. Paper presented at the International Association for Relationship Research 2016 Conference, Toronto, CA.

Schaefer, A. G., Wenger, J. W., Kavanagh, J., Wong, J. P., Oak, G. S., **Trail, T. E.**, Nichols, T. (June, 2016). *Implications of integrating women into the Marine Corps infantry*. Paper presented at the 91<sup>st</sup> Annual Western Economic Association International Conference, Portland, OR.

**Trail, T. E., Karney, B. N., & Goff, P. A.** (July, 2012). *The Costs of Racism for Marriage: How Racial Discrimination Hurts, and Ethnic Identity Protects, Newlywed Marriages among Latinos*. Paper presented at the International Association for Relationship Research 2012 Conference, Chicago, IL.

**Trail, T. E., & Shelton, J. N.** (February, 2009). *The Interpersonal Process Model of Intimacy in Developing Interracial Friendships*. Poster presented at the 10th Annual Meeting of the Society for Personality and Social Psychology, Tampa, FL.

Prentice, D. A. & **Trail, T. E.** (October, 2008). *Threat, Marginality, and Reactions to Violations of Gender Stereotypes*. Paper presented at the Society for Experimental Social Psychology Conference, Sacramento, CA.

**Trail, T. E. & Prentice, D. A.** (June, 2008). *Threat, Marginality, and Reactions to Norm Violations*. Invited talk, pre-conference on the intersection of intra-group and inter-group dynamics. European Association of Experimental Social Psychology, Opatija, Croatia.

**Trail, T. E. & Prentice, D. A.** (February, 2008). *The Effects of Group Normativity and Extremity on Social Evaluation*. Poster presented at the 9th Annual Meeting of the Society for Personality and Social Psychology, Albuquerque, NM.

Shelton, J. N., **Trail, T. E.**, & West, T. V. (October, 2007). *Becoming Acquainted: Daily Interracial Interactions*. Paper presented at the Society for Experimental Social Psychology Conference, Chicago, IL.

**Trail, T. E. & Prentice, D. A.** (January, 2007). *The Impact of Evaluating Group Norm Violations on Group Identity and Self-Esteem*. Poster presented at the 8th Annual Meeting of the Society for Personality and Social Psychology, Memphis, TN.

**Trail, T. E. & Prentice, D. A.** (February, 2006). *Derisive Smiling as a Response to Violations of Group Norms*. Paper presented at the 2006 Four-College Graduate Student Conference, New York, NY.

**Trail, T. E. & Prentice, D. A.** (January, 2006). *Derisive Smiling as a Response to Violations of Group Norms*. Poster presented at the 7th Annual Meeting of the Society for Personality and Social Psychology, Palm Springs, CA.

**Trail, T. E., Fox, K., Silberberg, M., Cantor, J., Belloff, D., & Crystal, S.** (November, 2003). *States' Approaches to Pharmacy Benefit Design*. Paper presented as part of the Ollie

Randall Symposium entitled: *States' Experience with Pharmacy Assistance to the Elderly: Implications for a Medicare Prescription Drug Benefit*. Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.

**Trail, T. E.**, Maddox, K. L., Manwaring, J. L., & Washko, D. S. (September, 1993). *Community feedback and vehicle safety: A test of response generalization*. Paper presented at the 13<sup>th</sup> Annual Convention of the Florida Association for Behavior Analysis, Ft. Lauderdale, FL.

### **Ad Hoc Reviewer**

Family Process  
Journal of Applied Social Psychology  
Journal of Family Issues  
Journal of Family Psychology  
Journal of Marriage and Family  
Military Psychology  
Personal Relationships  
Personality and Social Psychology Bulletin  
Social Psychological and Personality Science

### **Professional Memberships**

Association for Psychological Science  
Society for Personality and Social Psychology  
International Association for Relationship Research  
National Council on Family Relations