

Research in Action Podcast Instructor Guide

Use the following episode description, learning objectives, guiding questions and activity suggestions to more easily include “Research in Action” podcast episodes as a supplemental resource for your course.

Podcast and Episode Information

“Research in Action” is a weekly podcast about topics and issues related to research in higher education featuring experts across a range of disciplines.

On this episode of the podcast, the guest is Dr. Colin Hesse, assistant professor in the department of speech communication at Oregon State University. Colin completed his PhD at Arizona State University in 2009. His research focuses on the links between interpersonal communications and both psychological and physiological health. Specific communications processes of interest for Colin include the communication of affection, alexithymia, and family communication.

Segment One [00:00-11:13] - In this segment, Colin shares about his research on interpersonal communication.

Segment Two [11:13-21:18] - In this segment, Colin discusses some of his research findings on affectionate communication.

Segment Three [21:18-33:13] – In this segment, Colin shares about his work on affection deprivation.

Bonus Clip [00:00-08:12]: Alexithymia

Show notes and a transcript for this episode can be found at:

<http://ecampus.oregonstate.edu/research/podcast/e85/>

Learning Outcomes

By listening to this episode, students will be able to:

- Describe an example of interpersonal communication
- Discuss some of the potential challenges in researching interpersonal communication
- Define affectionate communication
- Provide an example of trait-affection

Guiding Questions for Listening

- How does Dr. Hesse describe interpersonal communication?
- What does Dr. Hesse share about some of the research findings of communication and potential health benefits?
- What does Dr. Hesse explain may be some of the challenges in researching interpersonal communication?
- What does Dr. Hesse suggest about the importance of looking at multiple studies when it comes to studying interpersonal communication?
- What appear to be some of the ways the field of communication studies is changing?
- What is affectionate communication?
- What is the affection exchange theory?
- What are some of the differences between trait-affection and relationship-specific affection?
- How does Dr. Hesse explain affection deprivation?
- What appears to be the role of perception in affection deprivation?
- What does Dr. Hesse share has been observed through studies about doctor-patient communication?
- What is alexithymia? (See also, Bonus Clip)

Possible Activities

- Ask students to visit the show notes for this episode (<http://ecampus.oregonstate.edu/research/podcast/e85/>) and look at an additional resource that is linked in connection with this episode. Students can write a short review of that resource to share with their peers.
- Ask students to visit the show notes for this episode (<http://ecampus.oregonstate.edu/research/podcast/e85/>) and post an additional resource connected to the content of the episode in the comments section.
- Have students share questions that are raised for them based on the content of this episode. What would they ask Dr. Colin Hesse if they could?

Suggested Citation (APA, 6th edition)

Linder, K. (Producer/host). (2017, November 13). *Dr. Colin Hesse on Interpersonal Communication Research* [Audio podcast]. Retrieved from <http://ecampus.oregonstate.edu/research/podcast/e85/>

Notes

About the Research in Action Podcast

“Research in Action” (RIA) is a podcast about topics and issues related to research in higher education featuring experts across a range of disciplines. Episodes are posted weekly and include guest interviews and occasional solo episodes. Guests are from a range of higher education institutions and share their expertise on qualitative, quantitative and mixed methods as well as their personal experiences as researchers, research and writing practices, organizational and productivity strategies, and much more. Some weeks, bonus content will also be posted.

“Research in Action” is hosted by [Dr. Katie Linder](#), research director for Oregon State University Ecampus.

Visit the podcast website to view [show notes and transcripts for each episode](#), explore our [episode guide](#), learn more about how to [contact us](#), or [suggest a future guest or topic](#).

You may subscribe to the [“Research in Action” RSS feed](#) or access the podcast via [iTunes](#), [Soundcloud](#) or [Stitcher](#).

“Research in Action” is also listed on [MERLOT](#).

The “Research in Action” podcast is a resource funded by Oregon State University Ecampus – ranked top ten in the nation for online education two years running by U.S. News & World Report. OSU Ecampus has more than 45 degree programs and more than 1,000 classes online.

Contact

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