

BCH Suggested Guidelines and Format for Manuscript Dissertation Option

- All students will write a traditional proposal for proposal defense meeting
 - ch.1 = intro
 - ch.2 = lit review
 - ch.3 = method(s)
- If student wishes to pursue manuscript option, he/she should bring ideas for individual papers to their proposal defense meeting
 - Committee as whole will determine if the manuscript option is feasible
 - A decision should be made by the end of the proposal defense meeting which option the student will pursue
 - As with traditional dissertation guidelines, there is no formal penalty for changing topics, research aims, or methodology; there would be no formal penalty for switching to the format option not chosen at defense meeting. The informal penalty is usually more time required for the student to complete the dissertation, which oftentimes delays the anticipated graduation date.
- Format for manuscript option
 - Suggested number of manuscripts = minimum is 2 (if 2, one may not be a lit review)
 - In order to be considered “DONE”, both requirements below must be completed
 - The final version of entire document must be electronically submitted to the graduate school
 - At least one paper must be submitted to a peer-reviewed journal by the same date that the electronic version of the dissertation is submitted to the graduate school
 - Chapter 1
 - Overview of study (an expanded abstract)
 - Format of the entire dissertation (TOC in paragraph format)
 - Chapter 2
 - Literature review
 - Chapter 3
 - Manuscript 1 (or Manuscript 2 if lit review is a paper)
 - Chapter 4
 - Manuscript 2 (or Manuscript 3 if lit review is a paper)
 - Chapter 5
 - Manuscript 3 (or Manuscript 4 if lit review is a paper)
 - Chapter 6
 - Discussion of all papers
 - Implications for the Field/Future Research
 - Limitations
 - Appendices
 - Methods
 - Tables
 - Figures
 - Survey instruments
 - Consent forms
 - IRB application

- IRB approval form
- Etcetera
- References for all papers

ABSTRACT

Title of Document:

**AFRICAN AMERICAN GIRLS' IDEAL
DATING RELATIONSHIP NOW AND IN
THE FUTURE AND FACTORS THAT
SHAPE THESE PERCEPTIONS**

Katrina Joy Debnam, Doctor of Philosophy,
2012

Directed By:

Dr. Donna Howard
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Health

The quality of dating relationships in adolescence can have long lasting effects on identity development, self esteem, interpersonal skills, and shape values and behaviors related to intimate relationships and risk behaviors. However, little is understood about how adolescents view their ideal partner and what implications these perceptions may have for romantic relationships. In fact, research suggests that over 400,000 adolescents have been victims of serious dating violence at some point in their lives. Among African American adolescents, religion may be particularly salient in romantic relationships. Religious organizations not only provide a place for seeking spiritual guidance and social interactions, but also provide unifying morals, beliefs, and practices for African American families.

In this dissertation, three studies were conducted. In Study 1 participants' self-identified, defined and vividly described 8 major characteristics, *good*

communication, honesty, trust, respect, compromise, understanding, individuality, and self-confidence, of a healthy relationship. In Study 2 several themes emerged in comparing girls' perceptions of an ideal dating relationship in high school with their perceptions of the ideal future relationship: (1) having a partner who shared similar education and career plans, (2) 'best friend' qualities such as respect, trust, and honesty, (3) importance of family in identifying an ideal relationship, and (4) temporariness of high school relationships. Study 3 findings suggest that the influence of religion in the lives of adolescents can be found in several domains. These included whether to become sexually active, choosing a partner based on religious affiliation and issues of sexual orientation. Interestingly, girls also felt that, despite the sanctity of marriage, women should not stay in unhealthy or harmful relationships.

Dating violence prevention curricula focus on helping girls identify unhealthy or abusive relationships and provide strategies to help them leave these relationships. More programs are needed to instill in girls the values and characteristics of *healthy* relationships. Early education and modeling of healthy teen dating relationships will help educators, practitioners and advocates empower girls so they are more likely to develop healthy dating relationships and less likely to experience harm in their dating relationships.

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By

Katrina Joy Debnam

Dissertation submitted to the Faculty of the Graduate School of the
University of Maryland, College Park, in partial fulfillment
of the requirements for the degree of
Doctor of Philosophy
2012

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ABSTRACT

Title of Document: REGULATORY EFFECTS OF ACUTE AND CHRONIC ENDURANCE EXERCISE ON NITRIC OXIDE AND REACTIVE OXYGEN SPECIES IN HUMAN CIRCULATING ANGIOGENIC CELLS

Nathan T. Jenkins, Ph.D., 2011

Directed By: Professor James M. Hagberg, Department of Kinesiology

This dissertation research comprised three studies examining the effects of acute and chronic endurance exercise on circulating angiogenic cells (CACs). Because the balance between nitric oxide (NO) and reactive oxygen species (ROS) is a critical aspect of the physiological function/dysfunction of CACs, each study determined the effects of exercise on NO-ROS balance within a variety of CAC types. Study #1 demonstrated that regular endurance exercise is associated with greater basal intracellular NO levels in cultured CACs, and that one mechanism underlying this association was increased NADPH oxidase enzyme activity in the sedentary state. Study #2 suggested an association between a sedentary lifestyle and increased nitro-oxidative stress in freshly-isolated CD34⁺ progenitor cells. Study #3 demonstrated that prior exercise attenuates high-fat meal induced-increases in mitochondrial-derived intracellular ROS in CD31⁺ CACs. Overall, it is concluded that acute and chronic endurance exercise enhance intracellular NO and ROS dynamics in CACs.

REGULATORY EFFECTS OF ACUTE AND CHRONIC ENDURANCE
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HUMAN CIRCULATING ANGIOGENIC CELLS

By

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