

Robert Bossarte: Welcome to the third edition of Oomph! and our inaugural, just graduated student edition of Oomph!. Our guest today is recently doctoralized, is that a word?

Cara Stokes: I dunno.

Robert Bossarte: Recently successfully defended her dissertation, graduate student Cara Stokes. Who will be going off into the world and doing wonderful things. And we are going to spend the next, less than 30 minutes talking to-

Cara Stokes: Preferably 15.

Robert Bossarte: We've been given the, no more than 30 minutes, sign. So, I'm joined today by colleagues, who I will let introduce themselves. Sara?

Sara Warfield: Hello.

Robert Bossarte: Or, let me translate for you. It would go something like, (mumbles unintelligibly).

Dan Shook: Another one of our bright doctoral students.

Robert Bossarte: Sara's a doctoral student in Epidemiology?

Sara Warfield: Third year, yup.

Robert Bossarte: Yup, here, it's coming. Yeah, just keep-

Dan Shook: What's your last name?

Robert Bossarte: Go ahead, riff on that.

Sara Warfield: My name is Sara Warfield. I'm a third year PhD student in the Department of Epidemiology in the School of Public Health at WVU and I've been working with Cara. I've known Cara the entire experience, through WVU and working at the Injury Control Research Center.

Robert Bossarte: Alright, well done.

Dan Shook: Yay.

Sara Warfield: Nailed it.

Dan Shook: One of the twins.

Robert Bossarte: And Dan. Dan, you're back.

Dan Shook: I'm Dan. I'm safety Dan, WVU. I'm Dan Shook director of Safe Communities. That's my story.

Robert Bossarte: And our special guest in the seat of despair.

Cara Stokes: It's discomfort.

Robert Bossarte: Discomfort. Oh, I'm sorry about that. I want it to be the seat of despair. I want despair happening. The seat of discomfort and despair is Cara Stokes. Dr. Cara Stokes?

Cara Stokes: Officially yes, I suppose.

Robert Bossarte: Yes, officially I suppose, Dr. Cara Stokes. People, our broad listening audience, have heard you before.

Cara Stokes: Broad. Our vast listeners have recognized.

Robert Bossarte: Yup, all of my family have heard you speak before. Then you were a graduate-

Cara Stokes: Not even mine.

Robert Bossarte: Yeah, no, just mine. That's the only people that get it.

Have heard you speak before but then you were a graduate student, now you've joined the ranks of the PhD's.

Cara Stokes: It's weird. That was only a month in between that, you know?

Robert Bossarte: I know, yeah.

Cara Stokes: Not much has chang-ed. Chang-ed. Changed.

Dan Shook: See it's dumbing you down already.

Cara Stokes: Yeah, yup.

Robert Bossarte: Sometimes I chang-ed.

So we wanted you on today, more of an informal discussion than the other discussions we've had, to talk to you about your experience and your research and what you're going to do next. And what you can tell other graduate students, be nice, when they think about going into a graduate program. And what you've, well I'll give you the questions when we go forward.

So why don't we tell, or I'm not gonna tell 'em, why don't you tell our vast listening audience, just the topic of your dissertation, what you did for your dissertation.

Cara Stokes: Yeah, sure. So my dissertation surrounded the topic of intimate partner violence.

Specifically marital violence among currently married couples. And I used data from the World Health Organization's World Mental Health Survey Initiative.

You know, I actually came into this topic quite recently. It developed, what, a year and a half ago. So, I'm quite new to the IPV world but that was what my dissertation was on.

Robert Bossarte: So, one of the things that's always bothered me about IPV research is the fact that they only collect data from the wife.

Sara Warfield: You have always mentioned that. I noticed that.

Robert Bossarte: I complain about that at breakfast sometimes.

Sara Warfield: Meetings, yeah.

Cara Stokes: Do you? It keeps you up at night?

Robert Bossarte: It does.

Cara Stokes: It keeps me up at night, if that makes you feel better.

Robert Bossarte: It does. I have company in my despair. I should be in the seat of despair.

So, was your dissertation able to overcome that significant limitation?

Cara Stokes: It sure was, Rob. Thank you for pointing that out. You know, all joking aside a lot of research on IPV is been solely focused on the female, for a multitude of reasons, and it is very important to get the female's perspective. However, when trying to tackle something that is inherently the function of two people, it's important to get the other side of things in order to actually really, you know, tackle the problem from, you know, the most efficient way possible.

Robert Bossarte: So, you got both.

Cara Stokes: We got both. We got heterosexual couples only, so there is a limitation there. But we got factors, premarital factors from both the wife and the husband in the couple. So, we were able to really dig deeper than most research out there, to figure out what's going on.

Robert Bossarte: So, you're satisfied with what you've done?

Cara Stokes: I'm really proud of myself, yeah. I'm very satisfied.

Robert Bossarte: And, I know it was complicated. You learned a whole new data system. You knew investigators that you worked with and collaborators. The World Mental Health Coalition.

- Cara Stokes: Yeah, it was a culture shock.
- Robert Bossarte: Dr. Kessler.
- Cara Stokes: It was a culture shock. Yeah.
- Robert Bossarte: So, what's the one thing that surprised you most about the process? It doesn't have to be the gestation process, by the way. Being a PhD student I don't know if everyone knows what that's like, coming in here with your master's degree and taking on the dissertation.
- Cara Stokes: Truly, I would say no. You know, you come in thinking, oh, how do I say this without sounding terrible? You come in thinking you know everything and then you're rudely awoken to realizing you know nothing. You have to start from the ground up, again. And I don't know, it's just, you saw, it was like the stages of grief. I mean really, it's self torture but it's way worth the pay off in the end. Truly, it is.
- I'm like, not making this as light hearted as it should be but it really was my experience, it was great.
- Robert Bossarte: No, stages of grief. Usually that's like a real conversation starter.
- Dan Shook: I don't know about you, Rob, I mean I felt the same way when I received my doctorate. I thought that was like the one time in my life I had as much information packed in my brain, it couldn't be any greater than it was at that time.
- And I remember standing outside waiting for them to make their decision on me and I'm thinking, "Oh my gosh this is not good, I'm not as smart as I think I am, I don't have it together." because, the more you know the more you should realize that you don't know. And that was kinda the scary part.
- Cara Stokes: It really is, right?
- Dan Shook: Yeah. Now I'm losing it all. All the files are being deleted up there.
- Robert Bossarte: The smartest I ever was, was when I was a graduate student. I've gotten dumber every year. I'm going to Velcro shoes.
- Cara Stokes: Can't figure out how to tie 'em anymore.
- Robert Bossarte: I'm done.
- So, it was surprising, the amount of work and the amount that you didn't know. Anything else? What was your favorite part of this whole process?
- Cara Stokes: Favorite part? That's a loaded question. I mean, I've met some really great people. I

feel like that's, like Sara is the Sara of Cara. I mean, she's like my sister at this point so, you know you meet some really great people throughout the run.

An invaluable thing is to have support. You know, support from family, support from significant others, support from, you know.

Dan Shook: How about Rob and Dan?

Cara Stokes: And Dan, specifically.

Dan Shook: Oh yeah, right.

Cara Stokes: There ya go.

Dan Shook: As long as it doesn't cost me anything.

Robert Bossarte: A lot of them colleagues and co-workers.

Cara Stokes: Yeah, I think, you know, it's very self motivated so there is, of course, that aspect as well. But believing in yourself and, you know just having a network. And mentors can make or break your program, really. So, find a good mentor.

Robert Bossarte: In your experience.

Cara Stokes: Yeah

Sara Warfield: So, if you had one piece of advice you could go back and give yourself when you started the program, now that you're really done. What would you tell yourself, what would you tell other students starting the PhD process?

Cara Stokes: I think being okay, or learning how to be okay with the idea that nothing in your life is going to be at 100%. You're not going to make everyone happy, you're not going to make your family, your friends, your self. Nothing is going to be at 100% because all of those priorities have shifted. You are now very selfish in your education and your trajectory and being okay with that is probably, 'cause it's a struggle right? You feel it too.

Sara Warfield: Oh absolutely. Yeah.

Cara Stokes: Yeah, you put everyone on the back burner and it's not personal. It's just, unfortunately, that's the way it has to be.

Sara Warfield: Yeah, no, absolutely, yeah. And I think both of us have really seen the difference that you can have in finding a really good mentor. And finding somebody that can hook you up and listen to you and give you tools and teach you how to go through the research experience and process, outside of just going to class and learning in a text book, actually getting involved in projects and things like that.

I mean, working at the ICRC, we definitely have different topic areas but we've been able to work on some methods that are similar and doing stuff with the VA. Is there anything you would tell a student as far as finding a good mentor or finding that?

Cara Stokes: Oh, I mean I made a mistake and then I corrected the mistake so, yeah.

Robert Bossarte: So find one.

Sara Warfield: And ask other students I would say. I think if I had a student come ask me-

Cara Stokes: What would you say, yeah. I mean we're kinda at the same place so what would you say?

Sara Warfield: I think, 'cause I came to WVU 'cause I was really passionate about a specific research topic. But I also did have connections. Like, my previous mentor who was excellent is also-

Robert Bossarte: Who is that?

Sara Warfield: Rob Pack. From ETSU, go Bucs.

Cara Stokes: Dr. Robert Pack

Robert Bossarte: Pretty good guy I hear.

Sara Warfield: Yeah, he's a pretty great guy. He's actually just got nationally recognized.

Robert Bossarte: I'm getting yelled at.

Sara Warfield: But I think making sure you have a good mentor. I know that I really started one in my masters. And it kind of ignited my passion for what I was doing. And I think if you have a really good mentor at any level you can really just become involved in whatever you're doing to learn more and more about a topic area.

Robert Bossarte: I just have to take a moment and say I am so incredibly happy and proud of Sara, who is speaking.

Sara Warfield: I know. Ahhh.

Robert Bossarte: Well done.

Dan Shook: This, I'm not going to assume our two listeners know what this is, but I understand that you're an Epidemiologist. Now is that the study of-

Robert Bossarte: I have more than two family members, just want you to know that.

Dan Shook: You have four people. Okay, for our four listeners-

Sara Warfield: This is for you Tara, this is for you.

Dan Shook: That may not know what an Epidemiologist is, now that's the study of skin, right?

Sara Warfield: Ah, um-hum, yup.

Cara Stokes: Epidemiologist.

Sara Warfield: Yeah, Epidemiologists, we study skin. No. It's a study, I mean I guess broadly, the most generic definition of that is the study of diseases in populations but it's broader than that, right. It's not specifically just diseases. But, yeah.

Dan Shook: Cool

Robert Bossarte: So you did Intimate Partner Violence as your dissertation topic.

Cara Stokes: Yup.

Robert Bossarte: What did you learn about that? Did you come into IPV work with a background and interest in that?

Cara Stokes: No.

Robert Bossarte: No.

Cara Stokes: Well interest, of course, 'cause IPV, I mean, I came into the PhD program with an interest in infectious diseases, specifically.

Robert Bossarte:

Cara Stokes: I don't know, but yeah, IPV is very, you know, heavily, like other, you know, Sara's doing substance abuse, right? They're all quite heavily involved with other aspects

of disease. So infectious diseases, not surprisingly, can be consequences of intimate partner violence. So, it's all pretty much interrelated. So, yeah, there was interest there but it's not why I specifically came to WVU.

Robert Bossarte: And, along with the dissertation you've learned new methods. Anything interesting there or challenging there?

Cara Stokes: Challenging?

Robert Bossarte: Was there growth experience [crosstalk 00:12:11] dissertation, yeah.

Cara Stokes: Yeah, so I had the opportunity to go and learn from some pretty great people. The centers that, what are they called? What do they call them?

Robert Bossarte: I don't know.

Cara Stokes: I don't remember.

Robert Bossarte: Let's just refer to them as the centers for now.

Cara Stokes: Yeah, okay. The centers where, you know, people go and teach you how to use the date that I had used for my dissertation.

Robert Bossarte: Oh, yeah.

Robert Bossarte: So, you did your work with the data center at Harvard, correct?

Cara Stokes: Yes.

Robert Bossarte: Yes.

Cara Stokes: Yes. And one of the committee members is, you know, the PI for that entire project.

Robert Bossarte: Who's that?

Cara Stokes: Dr. Ronald Kessler.

Robert Bossarte: Oh, heard of him.

Cara Stokes: No? No. You have? Oh.

- Robert Bossarte: Yeah, no, I've heard of him. Yeah, sorry, yeah.
- Cara Stokes: Yeah so, I mean, I'm very proud of myself for that. That's such a great experience. I was able to go. And it's a very complicated data set. So it was kind of an exercise in data manipulation and management just to even get to the point of analysis, right. So that took, I wanna say four or five months, just to get my data set into a functional, you know, analytic data file. So, that was quite the exercise.
- Did you say, if I learned a lot? Yeah. I think I learned more in that experience than I did in any of my classes. So, yeah.
- Dan Shook: Well, because I'm not the brightest bulb in the hardware store, all that statistical stuff is like voodoo to me. I've told you, I'm very impressed with how bright you are, I sat in on your defense.
- For me, with your research that you've done, what can you do with it? I mean, there's some religious sects or groups or you know, people will have this pre-marital counseling. I mean, where can you take this information that you've observed and how can it be useful to people so we don't have these adverse things happen in our marriages.
- Cara Stokes: Yeah. So I'm taking that question in two parts: one, content related and the other, what can I do with what I've learned later.
- So to tackle the second part, I think I learned a method, and this is the beauty of Epidemiology, is you learn a method you can apply to other topics. So I think learning those analytic methods that are pretty sound from people who are very reputable I'll be able to apply that somewhere else, not necessarily just in IPV world or IPV research. And I think that's insanely valuable.
- Now the second part of that question is the utility of my dissertation and what it means in term of prevention for IPV. So, Rob and I had lots of conversations on, okay so I was getting hung up quite a bit on, okay now what? So we've done this thing, we can identify. So my dissertation, for the people who may be listening.
- Dan Shook: Rob's family.
- Cara Stokes: My dissertation generated a predictive model to see if we could actually accurately identify people who were at risk for intimate partner violence. And in doing so we wanted to potentially provide a foundation for more targeted prevention efforts. 'Cause currently right now in the world of IPV prevention, they're un-targeted and very much ineffective. Some of them are. I'm not saying all of them. But generally speaking.
- So we wanted to see, so if we could identify people who are at risk or couples who are at risk could we provide some type of intervention to these individuals to then

prevent IPV from happening later on.

The model that we developed is not strong enough yet but that's potentially a function of the data that we have. So, we don't have all married couples. We have a bias within our data where we don't have couples who may have experienced violence but got divorced before the survey occurred. So in order to say that we have a foundation for targeted prevention efforts, we would need to see if we have the same type of model performance or increased model performance with couples who are newly married and then follow them in time.

Dan Shook: Okay, one more follow up to that. So let's assume you'll get to that point, and I think you will, who do you give that information to? Because what I say is when you're too close to the chalk board it's tuff to know if you're spelling the words right. So if I'm in the situation how do I know that I have an issue or that I'm at risk. I mean, do you give it to clergy? Do you give it to primary care physicians? I mean, who do you arm this information with to help people, Psychologists?

Cara Stokes: Yeah, I wouldn't say that it would go to a PCP, a primary care physician, or any type of clinical person. 'Cause you're not gonna be able to capture that date. Typically, people who present, who are at risk or have been victims of IPV have already been victimized, right? So this is, that would be secondary prevention.

So hypothetically, we've had multiple discussions about this, like, who would have this? It's not like there's a data set of, a registry of people who fill out questionnaires on when they first get married. So it would have to be, you know, possibly to somebody who provides marriage certificates. Clergymen not so much because not everybody does it the religious way, right. So, I don't know. That's to be seen. That's why public health is so great 'cause it's team science, right. There's people who are great at interventions, there's people who are great at, you know, generating those statistics to say, okay this is where we need to look. But, you know, we need to work together in order to figure out how to provide this service or generate or develop this service. Does that make sense?

Robert Bossarte: It does.

Dan Shook: Sound like a PhD.

Robert Bossarte: Yeah, sounds like Dr. Stokes.

Cara Stokes: I'm sweating. This is my nightmare.

Sara Warfield: So, since your data set or your analysis was unique in the sense that you looked at couples data. Is there anything that you pulled out that was unique to the male maybe that typically wouldn't have been pulled out with the female data set?

Cara Stokes: You're like, this is a leading question 'cause you know I'm so excited about it. Yeah. So, what we found is, you know, 70% of the variables within, that were retained in

the final model were, actually not 70%, yeah, no it was 70%, were actually characteristics that were reflected the couple.

So, yeah, it was like in context of the male and the female not necessarily gender specific. So, yeah, I mean, we found that it's very important, no surprise, to get the other persons point of view or the other person's characteristics rather.

Dan Shook: Do you think I have a problem?

Cara Stokes: I mean, I don't know that's a loaded question.

Robert Bossarte: Such a big question.

Dan Shook: That's another Podcast.

Robert Bossarte: That's the Dan Couch Hour.

Cara Stokes: Yeah, yeah, yeah, yeah.

Robert Bossarte: So, where do you go from here? So you've finished your dissertation, you walk in your ceremony very soon? A couple weeks?

Cara Stokes: Yeah, which was heavily influenced by you.

Robert Bossarte: You're welcome.

Cara Stokes: You're welcome, mom. You're welcome.

Yeah, no, we'll be walking on May 11th and you will be Hooding, I think?

Robert Bossarte: Doing the ceremony, yup.

Cara Stokes: Yup, yup, yup. So good stuff.

Robert Bossarte: And then?

Cara Stokes: Oh, sorry, yeah no. And then I have a post-doc.

Robert Bossarte: You'll have dinner and then, but beyond that.

Cara Stokes: Yeah, all that stuff. I am starting a post doctoral fellowship for two years at the Uniform Services University, specifically The Center for the Study of Traumatic Stress, under Dr. Ursano and you, Dr. Bossarte.

Robert Bossarte: Any idea of what you want to do there?

Cara Stokes: What do you mean?

Robert Bossarte: What work you'll be doing, or what projects? Will you continue along the injury line will you look at intimate partner violence, will you look at some other interrelated topic? Our funders like it if our students go on to continue this work. Gentle plug for continuing funding.

Cara Stokes: So I think I'll be, luckily at that center there are a lot of projects that are going on so I think I'll be able to have the opportunity to get involved in a multitude of them. So, yes, I believe I'll be able to continue with IPV research but I'll also be able to learn new methods that I can carry forward in, you know, post the fellowship.

So I'll be working on the transition study. So I'll be using the Army STARRS data set, which is a longitudinal study of active military, well active Army right, so. Yeah, so it'll be good. Lots of methods.

Dan Shook: All I know is I'm going to miss her and I think her twin Sara's going to miss her.

Sara Warfield: Very much so.

Cara Stokes: I'll be here two days a week, maybe. So, we'll be good.

Robert Bossarte: That's certainly a commitment, maybe.

Alright, so now we go around the table and everybody gets a chance to ask you one last question, including Danelle if she'd like.

Sara, why don't we start with you?

Sara Warfield: That sounds like a great idea.

Cara Stokes: You ask ninety percent of the questions.

Robert Bossarte: Couldn't get you to stop talking.

Sara Warfield: For me? Yeah, I talked a lot.

Cara Stokes: Got nuttin'?

Sara Warfield: I don't know, I don't know, I'm trying to think.

Robert Bossarte: (unintelligible mumbling)

Cara Stokes: I know, a lot of mumbling, mumbling, mumbling.

Sara Warfield: I don't know. Dan why don't you start, I'll think.

Robert Bossarte: Pass.

Dan Shook: Well, my questions aren't that deep.

Cara Stokes: Obviously I answered everything that you could possibly ask.

Dan Shook: Very thorough. I just want her to come to Colorado. Tryin' to get her to come to Colorado.

Cara Stokes: Tell Bill. You gotta tell Bill.

Dan Shook: Yeah.

Robert Bossarte: The question and answer period is going really well.

Dan Shook: Yeah.

Cara Stokes: This is great.

Dan Shook: What's your favorite color?

Cara Stokes: They love me here obviously.

Robert Bossarte: So, I have a question for ya. So, it's along the lines of the question that Sara asked, what's the one piece of advice you're going to give to all of us, what's the one thing, excuse me, as you move forward, you wish that we would continue to do? As you transition, you're really the only person here doing work in IPV. It's an important topic for us, it's an important topic for everybody. So, what do you leave us with as you move on in your career before we pull you back someday?

Cara Stokes: Oh God.

Robert Bossarte: You're welcome.

Cara Stokes: Wait, what exactly was the question?

- Robert Bossarte: Oh, no. What did you hear?
- Sara Warfield: Just answer something.
- Cara Stokes: There's something about advice and when am I gonna-
- Robert Bossarte: Just say something smart.
- Dan Shook: What's your favorite color?
- Sara Warfield: I have a question. Can I ask a question.
- Robert Bossarte: You can't ask when she's struggling with my question. Go ahead.
- Cara Stokes: Well you asked in that question, which I thought was very valuable, is what can you guys continue to do in order to make your students successful.
- Cara Stokes: Yeah, you provide here a certain level of autonomy and, you know, it's not micromanaged. You're not looking over my shoulder every time I'm coding something or saying, "You're doing that wrong." or bringing people down which, you know, some academics do and some people learn that way and some people don't. So I think over here at the center you're allowed to really prove yourself in a constructive way.
- So yes, of course I'm gonna always have questions. I'm never gonna stop having questions. I'm never going to stop learning something. But here it was an environment that allowed me to ask those questions without feeling stupid or without doubting myself or thinking, "I should know this, why would I even ask it?"
- So, I think that level of autonomy allows people to grow way more than, at least for me, than, you know, another situation where it may be a little more micromanaged which I think a lot of people do do in academics.
- I don't know if that answered any of the questions, but, yeah.
- Dan Shook: That's great, no, thank you.
- Robert Bossarte: We'll try to do that. Alright, Sara, did you have a question?
- Sara Warfield: I do have a question. So-
- Robert Bossarte: Please, go ahead.
- Sara Warfield: Thanks. Thanks for that. So you've worked-

- Robert Bossarte: Any time.
- Sara Warfield: At a bunch of different levels and with different federal and partners. You worked at a hospital before you came to get your PhD and now are working, you have a post-doc. So, what skill set or are there specific skills or something you think that students should really focus on as they are in school to make themselves look good or.
- Cara Stokes: I think it depends on what the student wants. Like, if you wanna work in a hospital, maybe try to get a job in a hospital before you graduate, right. If you want to work with medical records, do a project that requires, you know, secondary analysis on medical records. I don't know, I-
- Sara Warfield: Is there anything you've learned that you're like, this is something that I got outta this experience that I wouldn't have gotten anywhere else or that is really what other people are wanting me to do again and again. Is it the methods of working with the World Mental Health ... collaboration, coalition? I'm gonna start mumbling again. Or is there something else, like, Sass-
- Cara Stokes: Yeah, so, sorry, did I interrupt you? I do that sometimes.
- I think for Epis as PhD's coming out of a program it's probably quite valuable to know a language, coding language. Whether you're very good at Sass, or very good at R or very good at Stata or whatever. I think it's important to know at least one. 'Cause once you know one it's pretty easy to pick up another. At least where you can teach yourself, right.
- So, I think us learning, so, let me back up. So, before I started working with World Mental Health, I was using Stata. I had known Sass from a class but never really used it. And it's really just a function of who you're working for at the time. That person used Stata so therefore I did. But, if you want to go into government or something where, you know, the data are pretty well monitored, learning Sass is probably a skill you may wanna have. You know, whether you're against it or for it it's just the way it is at the current moment.
- So, I had to learn and I had to learn quick how to use it and how to manipulate the data within it so, learning Sass is a pretty valuable skill. Do you agree with that?
- Sara Warfield: I think so, yeah.
- Dan Shook: I have one more thing, as she's talking, that I was thinking about. And I should probably talk to you about this. As we, one of the focus areas for ICRC would be childhood trauma or adverse childhood experiences. And I can't remember if I did ask you, while we're pursuing that area and working in that area, is it important for us to know something about IPV's and does that have a relationship with these childhood experiences that we're seeing.

Cara Stokes: Yeah, so, I mean if you're trying to prevent a slew of things, adverse childhood experiences are associated with like, what, 60 plus outcomes, negative health outcomes. So, yeah, IPV being one of them and that's IPV from the victim and the perpetrator's side. So, I think yes it is a component, is it all inclusive? No. But it absolutely is a component of it.

Dan Shook: Maybe I didn't understand your answer but, not that it's an outcome of adverse childhood experiences but if I'm a kid in a situation like that, in an environment like that, does that relationship between the man and woman, the husband and wife, make it more traumatic for me?

Cara Stokes: You mean if your parents are abusive towards each other and you're the child of that?

Dan Shook: Yes.

Cara Stokes: Well that's considered an adverse childhood experience in itself. So that, witnessing your parents beat each other up is an ACE, an adverse childhood experience.

Dan Shook: Puts ya at risk.

Cara Stokes: Yeah. So, there's a whole literature out there about the cycle of violence. So, those whose parents were violent and you witness it as a child, you're more likely to be violent later on and then expose your children to that. So, there's a huge, huge field of literature in that. I wouldn't say so much on the Epi side, kind of, but you know in Psych there's a lot. So, yeah, did I not answer a question, I don't know.

Dan Shook: You did. Thank you.

Robert Bossarte: Alright, so, a couple last things. This is your opportunity to tell us whatever you want to tell us. We always let the guest in the seat of despair or discomfort.

Cara Stokes: Discomfort.

Robert Bossarte: Yeah, seat of what you're experiencing right now, from the look on our face.

Cara Stokes: I am. I am.

Robert Bossarte: Tell us that one last thing that you want us to know.

Dan Shook: Do you like us?

Cara Stokes: I do. I'm gonna miss it here.

Robert Bossarte: Not Dan in particular but the rest of us.

Dan Shook: These relationships are important, that's right.

Cara Stokes: Yeah, um, no. I mean, other than that, you know, coming, not like a plug in and I wasn't asked to do this but coming to the ICRC was the best thing that ever happened to me as a PhD student.

Robert Bossarte: We need that on a button. Danelle?

Dan Shook: I feel like we should do a group hug now. Can we get that on the Podcast?

Cara Stokes: I mean, and then we could cry. It would be nice. I'm not emotional so I wouldn't know how I would deal with that, but.

Robert Bossarte: I'm not gonna cry.

Dan Shook: You can comfort us.

Robert Bossarte: But I would like to say, thank you for joining us as the guest in the seat of discomfort. We're all proud of you, of course, and I look forward to working with you a couple more years. It may not be-

Cara Stokes: You got me for two more. You're so lucky.

Robert Bossarte: Lucky me. Well, we'll certainly have you around and we're glad for it. And you don't have to go through withdrawal yet, Sara.

Sara Warfield: Good. I need to be tapered.

Robert Bossarte: Yes.

Cara Stokes: I'm not moving.

Robert Bossarte: Now, Sara gets to read the closing statement. Which I know she's excited about so we're all gonna turn and look at Sara and say, "go!". Yeah.

Sara Warfield: Well we hope that this conversation helped you think about Cara and being a graduate student at the Injury Control Research Center. Be sure you subscribe to our Podcast on iTunes. Goodbye from your friends at Oomph!. We make injury control cool.

Robert Bossarte: Cool.