

ALLISON DAMINGER

University of Wisconsin-Madison

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July 2026

ACADEMIC EMPLOYMENT

2022– Assistant Professor of Sociology, University of Wisconsin-Madison

- Faculty Affiliate, Center for Demography and Ecology

EDUCATION

2022 Ph.D., Sociology and Social Policy, Harvard University

2019 A.M., Sociology, Harvard University

2012 A.B., Anthropology, Princeton University

PUBLICATIONS

BOOK

Daminger, Allison. 2025. *What's on Her Mind: The Mental Workload of Family Life*. Princeton University Press.

- Honorable Mention, ASA Sex and Gender Section Best Book Award
- Author-Meets-Critics: Work Family Researchers Network 2026
- Reviewed in *Choice*, *Christianity Today*, *Contemporary Sociology*, *Gender & Society*, *New Scientist*, *Nashville Ledger*, *Psychology Today*, *Science*, *Social Forces*, *Socius*

JOURNAL ARTICLES

(* indicates student co-author)

Daminger, Allison, Amanda Nerenberg*, Rachel Drapper, Alexandra Feldberg, and Kathleen McGinn. 2026. "Division of Labor, Multiplication of Gratitude? Gratitude and Resentment Within Households." *Journal of Marriage & Family* 88(2):442-456.

Wong, Jaclyn and **Allison Daminger**. 2024. "The Myth of Mutuality: Decision-Making, Marital Power, and the Persistence of Gender Inequality." *Gender & Society* 38(2):157-186.

Daminger, Allison. 2020. "De-Gendered Processes, Gendered Outcomes: How Egalitarian Couples Make Sense of Non-Egalitarian Household Practices." *American Sociological Review* 85(5):806-829.

- Co-Winner, Outstanding Graduate Student Paper Award, Family Section, ASA

Daminger, Allison. 2019. "The Cognitive Dimension of Household Labor." *American Sociological Review* 84(4):609-633.

- Co-Winner, Outstanding Graduate Student Paper Award; Inequality, Poverty and Mobility Section of ASA
- Co-Winner, Sally Hacker Graduate Student Paper Award, Sex and Gender Section, ASA
- Honorable Mention, Outstanding Graduate Student Paper Award, Family Section, ASA

ARTICLES IN PROGRESS

Daminger, Allison, So Yun Park*, and Jaclyn Wong. "The Gendered (De)Valuation of Household Labor." (Under review)

Park, So Yun*, Jaclyn Wong, and **Allison Daminger**. "LLM-Assisted Team Coding: Increasing Codebook Precision, Boosting Inter-coder Reliability, and Bulk-Coding Open-Ended Survey Responses." (Under review)

Rosenstock, Chloe* and **Allison Daminger**. "'Growing, Listening, Learning': How Progressive Couples Signal Relationship Ideals."

Barrett, Taylor* and **Allison Daminger**. "Searching for 'the Nicest, Kindest, Gentlest Way of Asking': Affective Risk Management as Gendered Emotion Work."

OTHER PUBLICATIONS, BOOK REVIEWS, AND PUBLIC WRITING

Daminger, Allison, Corinne Low, and Eve Rodsky. 2026. "If You're Going to Debate Gender, Make Better Arguments." *Los Angeles Times*. March 19.

Daminger, Allison. 2025. Review of *The Politics of Unpaid Labor* by Markieta Domecka and Valeria Pulignano. *Social Forces*.

Daminger, Allison. 2022. "A Cognitive Labor of Love." *Behavioral Scientist: Brain Meets World* #2.

- Winner, 2023 Folio Eddie and Ozzie Award, Parenting & Family Division

Daminger, Allison. 2021. "It's a Total Myth that Women are Better at Keeping Track of Household Chores." *The Guardian*. 19 June.

Daminger, Allison. 2019. "How Couples Share Cognitive Labor, and Why It Matters." *Behavioral Scientist*. 19 September.

Daminger, Allison, Jonathan Hayes, Anthony Barrows, and Josh Wright. 2015. "Poverty Interrupted: Applying Behavioral Science to the Context of Chronic Scarcity." New York: ideas42.

AWARDS AND HONORS

2026	Honorable Mention, Best Book Award, ASA Sex and Gender Section
2026	Top Popular Science Book of 2025, <i>New Scientist</i>
2023	Honored Instructor, University Housing, UW-Madison
2022	Best Conference Paper Award, Work and Family Researchers Network
2021	Co-winner, Outstanding Graduate Student Paper Award, ASA Family Section
2020	Co-winner, Outstanding Graduate Student Paper Award, ASA Inequality, Poverty and Mobility Section
2020	Co-winner, Sally Hacker Graduate Student Paper Award, ASA Sex and Gender Section
2020	Honorable Mention, Outstanding Graduate Student Paper Award, ASA Family Section
2020	Certificate of Distinction in Teaching, Harvard University
2018	Honorable Mention, National Science Foundation Graduate Research Fellowship
2012	Global Health and Health Policy Senior Thesis Prize, Princeton University
2012	Dobin Prize in Community-Based Independent Work, Princeton University

FELLOWSHIPS AND GRANTS

External

2026	Early Career Scholar, Council on Contemporary Families
2025	General Grant, Mental Research Institute (with Jessica Calarco)
2024	TESS: Time-Sharing Experiments for the Social Sciences Grant (with Jaclyn Wong, So Yun Park, and Jason Radford)
2024	Early Career Fellowship, Work Family Researchers Network

Internal

2026	Summer Research Competition Award, Dept. of Sociology, UW-Madison
2025	Center for Demography and Ecology Seed Grant, UW-Madison (with Christine Schwartz)
2025	Summer Research Competition Award, Dept. of Sociology, UW-Madison
2024	Fall Competition Award, UW-Madison (with Jessica Calarco)
2024	Summer Research Competition Award, Dept. of Sociology, UW-Madison
2022	Fall Competition Award, UW-Madison

2021	Shapiro Graduate Student Fellowship, Harvard Radcliffe Institute
2020	Merit and Term-Time Research Fellowship, Harvard University
2019	Graduate Society Predissertation Summer Fellowship, Harvard University
2019	Center for American Political Studies Seed Grant, Harvard University
2017	James M. and Cathleen D. Stone Ph.D. Scholar in Inequality and Wealth Concentration, Harvard University
2017	Weatherhead Initiative on Gender Inequality Small Research Grant, Harvard University

PRESENTATIONS

Invited Talks, Panels, & Guest Lectures

2026

- UC Santa Barbara Broom Demography Center (Scheduled)
- Yale Center for Empirical Research on Stratification and Inequality Workshop, April
- Mental Load Collaborative Keynote Conversation, March
- University of Pennsylvania Sociology Department Colloquium, March
- UW-Madison Developmental and Social Psychology Proseminar, March
- The Penn Forum for Women Faculty & Gender Equity, February
- Sociology of Family Guest Lecturer, University of British Columbia, February
- UCLA Sociology Department Colloquium, January
- USC Sociology Department Colloquium, January
- Work Family Research Network New Books Panel (Panelist), January

2025

- Harvard Kennedy School Women and Public Policy Program Colloquium Series, November
- UW-Madison Sociology Department Board of Visitors Meeting, October

2024

- Women, Inequality, and Work Guest Lecturer, University of Michigan, November
- Work Family Research Network Virtual Conference Series, “Effective Strategies to Disseminate Research Findings to Non-Academic Audiences” (Panelist), November
- Women in Science and Healthcare Symposium (Panelist), Rosalind Franklin University, September
- Care Studies Working Group (Conference Keynote), Texas A&M, May

2023

- UW-Milwaukee Sociology Department Colloquium, November
- Center for Inclusion and Cross Cultural Engagement, University of Mississippi, March

2022

- ideas42, October and November
- Sociology of Gender Workshop (FemSem), University of Wisconsin-Madison, April
- Department of Sociology, University of Wisconsin-Madison, February

2021

- Department of Sociology, University of California, Irvine, December
- Department of Sociology, University of California, Berkeley, November
- Department of Sociology, University of Edinburgh, October
- Department of Comparative Human Development, University of Chicago, October

Refereed Conference Presentations

2026

- “‘Growing, Listening, Learning’: How Progressive Couples Signal Relationship Ideals.” American Sociological Association, New York, NY (With Chloe Rosenstock)
- “Searching for ‘the Nicest, Kindest, Gentlest Way of Asking’: Affective Risk Management as Gendered Emotion Work.” American Sociological Association, New York, NY (With Taylor Barrett)

2025

- “The Gendered (De)Valuation of Housework: An Experimental Vignette Study of Household Task Perceptions.” American Sociological Association, Chicago, IL (With So Yun Park and Jaclyn Wong)

2024

- “The Gendered (De)Valuation of Housework.” Work Family Researchers Network, Montreal, Canada (With So Yun Park and Jaclyn Wong)

2022

- “Differential Investment, Differential Deployment: How Cognitive Labor Inequalities Emerge—and Persist.” American Sociological Association, Los Angeles, CA
- “Differential Investment, Differential Deployment: How Cognitive Labor Inequalities Emerge—and Persist.” Work Family Researchers Network, New York, NY

2021

- “‘I Guess I Like Being the Brain’: Can Cognitive Tasks be a Source of Power?” Work Family Researchers Network, Virtual

2020

- “De-Gendering Household Labor: How Egalitarian Couples Make Sense of Non-Egalitarian Practices.” American Sociological Association, Virtual

2018

- “The Gendered Division of Cognitive Labor.” Work Family Researchers Network, Washington, D.C.

TEACHING AND ADVISING

University of Wisconsin-Madison (Instructor)

Family & Household Sociology/Demography (SOC 971; graduate)

Methods of Qualitative Research (SOC 755; graduate)

Marriage and Family (SOC 120; undergraduate)

Sociology of the Family (SOC 640; undergraduate)

Harvard University (Teaching Fellow)

Sociological Research Design (SOC 2205; graduate)

Sex, Gender, and Sexuality (SOC 1158; undergraduate)

Models of Social Science Inquiry (SOC 1128; undergraduate)

Student Advising (* = chair)

- *Dissertation*: Jimin Gim (in progress)*, Sarah Jensen (2024)
- *Master's Thesis*: Taylor Barrett (2025), Jimin Gim (2026)*, Ana Gonzales-Cain (2023), David Hilgendorf (2026), Chloe Rosenstock (2025)

SERVICE

Professional Associations

- Council Member, ASA Sex and Gender Section, 2026-2029
- Pre-Conference Organizer, “Understanding Cognitive Labor and the Mental Load,” Work Family Researchers Network 2026
- Member, Nominations Committee, ASA Family Section, 2025-2026
- Member, Feminist Scholar-Activist Award Committee, ASA Sex and Gender Section, 2025-2026
- Member, Nominations Committee, ASA Sex and Gender Section, 2024-2025
- Conference Planning Committee, Work Family Researchers Network, 2024
- Member, Article of the Year Award Committee, ASA Family Section, 2024
- Session Organizer, “Family and Work” Regular Session for ASA Meeting, 2023
- Member, Nominations Committee, ASA Family Section, 2022-2023
- Co-organizer, Sex and Gender Section Round Tables Session for ASA Meeting, 2021
- Member, Inequality, Poverty, and Mobility Section Graduate Student Paper Award Committee, 2021

Department and University Service

- Chair, Sociology of Gender Preliminary Exam Committee, Department of Sociology, UW-Madison, 2026
- Member, Academic Standing Committee, Department of Sociology, UW-Madison, 2024-2025
- Member, Undergraduate Awards Committee, Department of Sociology, UW-Madison, 2023-2024
- Member, Colloquium Committee, Department of Sociology, UW-Madison, 2022-2023
- Member, Working Group on Graduate Student Advising, Department of Sociology, Harvard University
- Coordinator, Weatherhead Initiative on Gender Inequality Seminar, Weatherhead Center, Harvard University
- Non-Resident Tutor, Mather House, Harvard University
- Member, Colloquium Committee, Department of Sociology, Harvard University

Occasional Reviewer

American Sociological Review; American Journal of Sociology; Community, Work, and Family; Demographic Research; Gender & Society; Journal of Marriage and Family; Sex Roles; Social Forces; Social Problems; Sociological Forum; Sociological Methods and Research; Sociological Science; Socius; University of California Press

SELECT MEDIA INTERVIEWS AND MEDIA MENTIONS OF RESEARCH

2026

- *NEMO Kennislink*, “It’s Not the Housework, but the Thinking that Exhausts” (In Dutch) 15 May
- *Real Simple*, “If You’re the One Managing the ‘Mental Load’ of a Clean Home...” 9 May
- *Academic Life Podcast*, 12 March
- *Psychologists Off The Clock Podcast*, 11 February

2025

- *USA Today*, “Moms’ ‘Mental Load’ is Pushing them to the Brink, New Survey Shows,” 11 Dec
- *The Cap Times*, “UW-Madison Author Shows How Women Shoulder Household ‘Mental Load,’” 10 December
- “51 Percent,” WAMC, 20 November
- *Princeton Alumni Weekly*, “Tiger of the Week” interview, 18 November
- *Reimagining Love Podcast*, 18 November
- *Culture Study Patreon*, 16 November
- *Behavioral Scientist*, “The Cognitive Contradictions that Shape Who Runs the Household” (Book excerpt), 12 October
- *Under the Influence Podcast*, 25 September
- *Before Breakfast Podcast*, 24 September
- “Wisconsin Today,” Wisconsin Public Radio, 10 September
- *What Fresh Hell Podcast*, 5 September
- *Madison Magazine*, “How do modern-day couples divide the work of decision-making?” 4 Sept
- *Vox*, “Can a New Jetsons-like Gadget Calm Your Family’s Chaos?” 22 August
- *Vogue*, “How We All Lost Our Focus—and How to Get It Back,” 2 June
- *New York Times*, “Can a \$700 Calendar Save Your Marriage?” 12 May
- *The Atlantic*, “Doomed to Be a Tradwife: Can a Marriage Ever Truly Be Equal?” 2 January

2024

- *Washington Post*, “Being CEO of the Household Is Weighing Women Down,” 20 October
- WMTV, “Lightening Mom’s Mental Load this Mother’s Day,” 12 May

2023

- *New York Times*, “Can This Deck of Cards Make Your Partner Do More Chores?” 8 August
- *UW-Madison Letters & Science News* (profile), “How Invisible Labor Affects Relationships,” 5 June
- *Bloomberg Opinion*, “Is A.I. the Answer to Moms’ Mental Overload?” 16 May
- *Motherly*, “Gender Equity at Home Is Still out of Reach, Our Survey Shows,” 1 May

2022

- *New York Times*, “Why Do Moms Tend to Manage the Household Scheduling?” 20 July
- *MIT Technology Review*, “Chore Apps Were Meant to Make Mothers’ Lives Easier. They Often Don’t,” 10 May

2021

- *Best of Both Worlds* podcast, 3 August
- “Central Time,” Wisconsin Public Radio, 1 June
- BBC, “The Hidden Load,” 18 May
- “Afternoons with Jesse Mulligan,” Radio New Zealand, 4 May
- “All of It with Alison Stewart,” WNYC Radio, 28 April
- *New York Times*, “Why Women Do the Household Worrying,” 21 April

2020

- *Tough Calls* podcast, “Work Toward Fairness at Home,” 16 November

2019

- *Psychology Today*, “Tired of Doing the Invisible Work in Your Family?” 14 August

PROFESSIONAL EXPERIENCE

2015-2016 Senior Associate, ideas42, New York, NY

2014-2015 Associate, ideas42, New York, NY

2012-2013 Community Programs Associate, The Food Project, Boston, MA

MEMBERSHIPS

American Sociological Association, 2018-present

Work Family Researchers Network, 2018-present

Council on Contemporary Families, 2026-present