

---

# Quarter-Life Crisis

Presenter: Claire Hapke, PsyD, LMFT | 1 hour CE

## References

- Agarwal, S., Guntuku, S. C., Robinson, O. C., Dunn, A., & Ungar, L. H. (2020). Examining the phenomenon of Quarter-Life Crisis through artificial intelligence and the language of Twitter. *Frontiers in Psychology, 11*(341). <https://doi.org/10.3389/fpsyg.2020.00341>
- Arnett, J. J., and Mitra, D. (2018). Are the features of emerging adulthood developmentally distinctive? A comparison of ages 18–60 in the United States. *Emerging Adulthood, 1*(1), 1–8. <https://doi.org/10.1177/2167696818810073>
- Hapke, C. (2017). *How To Apply Emotionally Focused Couple Therapy To Couples Experiencing a Quarter-Life Crisis*. Doctoral dissertation, Alliant International University, San Diego, CA.
- Henderson, M. (2019). The quarter-life crisis? Precarious labour market status and mental health among 25-year-olds in England. *Longitudinal and Life Course Studies, 10*(2), 259–276. <https://doi.org/10.1332/175795919X15514456677295>
- Robinson, O. C. (2015). Emerging adulthood, early adulthood and quarter-life crisis: Updating Erikson for the twenty-first century. In R. Žukauskiene (Ed.), *Emerging Adulthood in a European Context* (pp. 17-30). New York: Routledge.
- Robinson, O. C., Demetre, J. D., and Litman, J. A. (2017). Adult life stage and crisis as predictors of curiosity and authenticity: testing inferences from Erikson's lifespan theory. *International Journal of Behavioral Development, 41*(3), 426–431. <https://doi.org/10.1177/0165025416645201>
- Robinson, O. C. (2019). A longitudinal mixed-methods case study of quarterlife crisis during the post-university transition: locked-Out and Locked-In forms in combination. *Emerging Adulthood, 7*(3), 167–179. <https://doi.org/10.1177/2167696818764144>
- Robinson, O. C., & Smith, J. A. (2010). Investigating the form and dynamics of crisis episodes in early adulthood: The application of a composite qualitative method. *Qualitative Research in Psychology, 7*(2), 170-191. <https://doi.org/10.1080/14780880802699084>
- Robinson, O. C., & Wright, G. R. T. (2013). The prevalence, types and perceived outcomes of crisis episodes in early adulthood and midlife: A structured retrospective-autobiographical study. *International Journal of Behavioural Development, 37*, 407-416.
- Robinson, O. C., Wright, G. R. T. & Smith, J. A. (2013). The holistic phase model of early adult crisis. *Journal of Adult Development, 20*, 27-37.