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Editorial

Sarah D. Asebedo, Ph.D.

Editorial

I'm delighted to present to you the first issue of Volume 14, 2023. This issue is a unique combination of theoretical, empirical, and applied articles. We have four empirical studies that, combined, focus on financial wellness through the intersection of financial knowledge, financial self-efficacy, financial strain, financial anxiety, financial stress, and financial satisfaction. Each study takes a unique approach to this intersection. This issue also presents a theoretically-focused article led by Dr. Meghaan Lurtz that uses family systems theory for a unique approach to special needs planning through the lens of sibling relationships. Last, in a practice-oriented article, Rick Kahler introduces an emerging approach to building healthy financial behaviors through *Internal Family Systems therapy*. See the profiles section for more information about Rick and his practice. Keep reading for a deeper summary of the abstracts for the articles in this issue!

In this Issue

Empirical Articles

In *Examining Financial Anxiety Focusing on Interactions between Financial Knowledge and Financial Self-efficacy*, **Dr. Jae Min Lee, Dr. Abed Rabbani, and Dr. Wookjae Heo** examined whether the association between financial knowledge and financial anxiety depends on an individual's financial self-efficacy by incorporating an interaction term between financial self-efficacy and financial knowledge. Using the 2018 National Financial Capability Study dataset, the researchers found that households with higher financial knowledge and financial self-efficacy had lower levels of financial anxiety. After adding interaction terms of financial knowledge and financial self-efficacy in the model, the relationship between financial knowledge and financial anxiety depended on the levels of financial self-efficacy. Among those with anything less than high financial self-efficacy, the association between financial knowledge and financial anxiety weakens. The researchers also found that financial knowledge and financial self-efficacy were significant in explaining financial anxiety.

In *Factor Analysis of the Financial Strain Index from the Welfare, Children, and Families: A Three-City Study, Wave 3*, **Dr. Sally Hageman and Dr. Ji Cheon** use the Welfare, Children, and Families: A Three-City Study data (Boston, Chicago, and San Antonio) to test the fit of a one- and two-factor model for financial strain. The financial strain index is a valuable composite measure summarizing responses for several rank-ordered items measuring the concept of financial strain. Based on the results of this study, the researchers

suggest that financial therapy practitioners use the financial strain index as a one-factor measurement tool to assess client financial strain.

In *Untying Financial Stress and Financial Anxiety: Implications for Research and Financial Practitioners*, **Dr. Yoon G. Lee and Dr. Heather H. Kelley** tested for differences in the predictors of financial stress and financial anxiety using data from the 2018 FINRA Investor Education Foundation's National Financial Capability Study (NFCS). This study further investigated how financial stress and financial anxiety are associated with financial satisfaction. The results revealed similarities and differences in the predictors of financial stress and financial anxiety. Furthermore, the findings show that financial stress and financial anxiety are negatively associated with financial satisfaction, with a stronger effect of financial anxiety than financial stress with financial satisfaction. Researchers and practitioners often use financial stress and financial anxiety interchangeably; however, the results of this study offer evidence of variation in the characteristics associated with each construct. Implications for research and financial practitioners working with individuals and families dealing with financial stress and financial anxiety are discussed.

In *Direct and Indirect Effects of Subjective Financial Knowledge with Financial Satisfaction*, **Dr. Jibin Antony and Dr. Antony Thomas** differentiated subjective financial knowledge from objective financial knowledge and propose that subjective financial knowledge relates to financial satisfaction both directly as well as indirectly through financial behavior. This study used data obtained from a multi-stage random sample of household financial officers in Kerala, India (n=450). Results showed that subjective financial knowledge significantly relates to household financial officers' financial satisfaction after controlling for objective financial knowledge and other socioeconomic factors. The relationship between subjective financial knowledge and financial satisfaction could be both direct and indirect through financial behavior. The findings suggest that financial education programs should focus on enhancing not only objective financial knowledge but also subjective financial knowledge for engaging in responsible financial behavior, which in turn relates to financial satisfaction.

Theoretical Article

In *Siblings, Family Systems Theory, Guardianship, and Restoring the Triad*, **Dr. Meghaan Lurtz, Andrew Komarow, Elizabeth Yoder, and Julia Vassallo** use family systems theory to offer a unique perspective on caregiving in sibling relationships. Special needs estate planning introduces additional complexity, including the need to plan for ongoing caregiving after members of the parents' generation have passed. This caregiving role is often left to siblings (Brandy et al., 2018). The sibling relationship has not been well-studied in this context, and the relationship dynamic has become more complex as families have changed in recent years (Santer & Jensen, 2021). The overall goal of the paper is to discuss alternatives for structuring caretaking (e.g., conservatorship, guardianship, supported decision-making) that may restore the triad relationship, i.e., the strongest relationship identified in Family Systems Theory through which stress or friction may be resolved (Gale & Muruthi, 2017), and how to have these conversations with clients as they make guardianship plans.

Practice Article

The *New Kid on the Block: IFS Informed Financial TherapySM*, is a practice-based article by **Rick Kahler and Michelle Glass** that provides an overview of Internal Family SystemsSM (IFS) therapy, an evidenced-based therapeutic (EBT) tool used to treat various mental health disorders and non-clinical issues. EBT is a promising new approach to building healthy financial behaviors by combining it with financial therapy. Beliefs, money scripts, and stories around the client's money history will surface during the financial discussion and are then explored using IFS protocols. IFS provides the financial therapist with a tool that has a high probability of being effective at helping clients access their hidden extreme beliefs, emotions, and stories around money and offers the hope of making changes resulting in lasting positive financial behaviors. The initial results of using IFS Informed Financial TherapySM with a small pool of clients were promising in helping them address and change problematic financial behaviors. Obtaining IFS certification is possible for most financial therapists. It gives them expertise in an evidence-based model of therapy that can enhance the financial therapy process, which has broad implications.

To close the issue, we have one book review. Stephen Molchan, MST, reviewed Carl Richard's, *The Behavior Gap*, which holds helpful information on improving investing behaviors. The Researcher Profile features Dr. Melissa Curran, and the Practitioner Profile introduces Aja Evans, LMHC, and Rick Kahler, CFP®, CFT-I™. Check out how these professionals contribute to the ever-growing field and practice of financial therapy.

Closing

Thank you to those who have served as a reviewer. Reviewers perform a critical function in shaping published research and I appreciate their time, energy, and commitment to helping *JFT* publish quality and timely work.

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Meet the Authors

Jibin Antony, M Com., M Phil., is a Senior Research Fellow in the Department of Commerce at St. Berchmans Autonomous College, Kerala, India. He joined the department in 2018 as an M Phil scholar and continues as a full-time research fellow. In 2019, he was awarded with the Junior Research Fellowship by the University Grants Commission, India for carryout academic research. He received an M Phil Degree with a second position from St. Berchmans Autonomous College, which is affiliated with Mahatma Gandhi University, Kottayam, Kerala, India. His research interests include personal and household finance, particularly financial satisfaction.

Ji Hyang Cheon, MSW, completed her MSW at the University of South Carolina in 2013. She also has an MEd in Cross-Categorical Special Education from the University of Phoenix in 2011. In addition, she has a BA in Social Welfare from Chung-Ang University and a BS in Physics from DanKook University in South Korea. She is currently completing her dissertation research with support from the Dissertation Grant from the University of Maryland, School of Social Work.

Michelle Glass, CIFSP, is a Certified Level 3 IFS Practitioner and Alternative Counselor in Eugene, Oregon who has 18 years of IFS experience and has accumulated over 380 hours of direct study with Richard Schwartz, PhD, the founder of IFS. She used IFS to heal from a childhood of abuse and complex-PTSD. She developed and is the author of the Daily Parts Meditation Practice™: A Journey of Embodied Integration for Clients and Therapists, which has become a valued method of deep embodiment of the IFS Model and healing integration. The DPMP™ was trademarked in Spring 2022 and contains six tools of integration, two of which are available in her online store in both English and Spanish. These tools of integration can now be found within the IFS-based app called Sentur. In December 2022, Michelle will receive a Certificate in Psychedelic-Assisted Therapy from Naropa Institute and Multidisciplinary Association for Psychedelic Studies (MAPS). She gives workshops on the DPMP™ online and across the globe and is now offering Comprehensive IFS Introductory Trainings for Medicine Workers. In addition, she served as the Editor for OUTLOOK, the Foundation for Self Leadership's magazine, for seven years. Michelle is currently writing her healing memoir. More information can be found at <https://thelistenerllc.com>.

Sally Hageman, PhD, MSW, is an Assistant Professor of Social Work in the Department of Sociology, Social Work, and Criminology in the College of Arts and Letters at Idaho State University in Pocatello, ID. She examines health and money connections, including financial capability, financial social work, and behavioral and physical health outcomes.

Wookjae Heo, PhD, is an Assistant Professor of Financial Counseling and Planning (Division of Consumer Science) in the White Lodging-J.W. Marriot Jr. School of Hospitality & Tourism Management at Purdue University. Prior to joining Purdue, Dr. Heo was a faculty member at South Dakota State University. Dr. Heo earned his PhD in consumer economics and financial planning from the University of Georgia in 2016. Before earning a PhD, he worked for a marketing consulting firm as a Strategic Marketing Planner and Consumer Research Specialist in Korea and received MA and BA Degrees from Seoul National University, Korea. His main research interest is broadly about financial consumer welfare including financial behavioral intervention, financial stress, life insurance, and machine learning/data analysis in financial planning and consumer research. With these research interests, he serves several associations as a board/committee member and serves as an editorial board member with several journals.

Rick Kahler, MS, CFP®, CFT-I™, CeFT®, CIFSP, is a pioneer in integrating financial planning and psychology. Rick is one of the pioneers of financial therapy and recognized for his pioneering work in that field by InvestmentNews with their annual Innovator Award and by the Insiders Forum with their annual Iconoclast award. He is a founding board member and Past-Chair of the Financial Therapy Association. He is a Certified Financial Therapist-Level I (CFT-I™) and a Certified Internal Family SystemsSM Practitioner (CIFSP). He is also the founder of IFS Informed Financial Therapy™, Kahler Financial Group, Inc., and Advanced Wellbeing, LLC. He is a Distinguished Adjunct Professor at Golden Gate University. He's been cited in scores of periodicals, including ABC News, NBC, CNBC, Fox Business, The WSJ, The Times of London, and The New York Times. He is in his 32nd year of writing a weekly column on personal finance published in several newspapers, produces a weekly podcast, "*Financial Therapy-It's not just about the money*," and is a co-author of seven books on the intersection of financial planning and financial therapy, including *Coupleship Inc. – From Financial Conflict to Financial Intimacy*, *Facilitating Financial Health*, and *The Psychology of Financial Planning*.

Heather H. Kelley, M.S., is a doctoral student in Human Development and Family Studies at Utah State University (USU). She is a recipient of USU's Presidential Doctoral Research Fellowship. She obtained her master's degree in Marriage, Family, and Human Development from Brigham Young University. Her research interests include family finance and more specifically, the impact of financial stress on family relationships.

Andrew Komarow, MSFS, CFP®, is a CERTIFIED FINANCIAL PLANNER™ (CFP®) who is passionate about neurodiversity, financial planning and inclusive employment. Working with employers to customize employee benefits and employee wellness programs to hire, recruit, and retain neurodiverse talent. He was recognized by InvestmentNews in 2021 as an Excellence in Diversity, Equity and Inclusion Award winner. He is the creator of The Neurodiversity Index (AU79) which measures the performance of the top 79 U.S. listed companies that are leaders and advocates of the neurodiversity movement. All the companies are ranked by proprietary formulas and the research developed by a majority autistic team. The index is reconstituted and adjusted semi-annually. The fact that there are 79 companies is significant, as 79 is the periodic table number for gold, or Au(tistic).

Jae Min Lee, PhD, is an associate professor of Consumer Studies in the Department of Family Consumer Science at Minnesota State University, Mankato. She received a Bachelor's degree and a Master's degree in consumer science from Seoul National University, and a Master's degree and a Ph.D. in consumer sciences from The Ohio State University. Her research area includes consumer financial behavior, decision-making, financial vulnerability, financial literacy, and consumer well-being.

Yoon G. Lee, Ph.D., is a Professor in the Department of Human Development and Family Studies at Utah State University. She is a Consumer and Family economist interested in household debt, saving, credit use decisions, and relevant financial education and policy issues. Her research centers on family financial behaviors and issues such as financial stress and financial satisfaction.

Meghaan Lurtz, Ph.D., is a writer and Senior Research Associate with Kitces.com, a financial planning blog. Dr. Lurtz is also a Professor of Practice at Kansas State University where she teaches courses for the Advanced Financial Planning Certificate Program, a lecturer at Columbia University where she teaches Financial Psychology, and an undergraduate adjunct professor through the university of Maryland system in their CFP program. She is also a past president of the Financial Therapy Association.

Stephen Molchan, MST, AFC®, has a diverse background in accounting, taxation, and financial therapy. Currently, he is pursuing a PhD in the Family Consumer Science Education program at Texas Tech University, where he is in his final year of the program. With a BS in Accounting, an MS in Taxation, and a Graduate Certificate in Financial Therapy, Stephen has a wealth of knowledge and expertise in the field of finance. As a Senior Tax Associate at KPMG US, Stephen's focus lies in individual income tax compliance. He is also an adjunct instructor at both the undergraduate and graduate level, teaching courses in tax planning, financial accounting, and personal finance. Stephen's research interests revolve around LGBTQ+ Financial Inclusion, where he hopes to identify and address the various challenges faced by the community and provide strategies to financial advisors to make their practices more inclusive.

Abed G. Rabbani, PhD, CFP®, is an assistant professor in the Department of Personal Financial Planning at the University of Missouri. He received a BS degree from Khulna University, Bangladesh, and an MS degree from James Cook University, Australia. He also earned an MS from the University of Arkansas at Pine Bluff and a Ph.D. in Financial Planning at the University of Georgia. His research is focused primarily on financial risk tolerance, financial knowledge, and financial wellness. He is the lead investigator on the Investment Risk Tolerance Assessment program and a partner administrator of the 2020 Study on Collegiate Financial Wellness (SCFW). He is a CERTIFIED FINANCIAL PLANNER™.

Antony Thomas, PhD, M Com., M Phil., is a research supervisor in the Department of Commerce at St. Berchmans Autonomous College, Kerala, India. He retired from service as principal at Kuriakose Elias College, Mannanam, Kerala, India. He earned a PhD from Cochin University of Science and Technology, Kerala, India. His research interests revolve around topics related to personal finance. He writes various research articles and books and presents research papers that are of international standing.

Julia Vassallo is a student at the University of Connecticut (UConn) School of Law. Earning a Bachelor of Arts degree from UConn as a Political Science and Individualized: Disability and Law double major in the UConn Accelerated Program in Law in 2022, she is now pursuing her Juris Doctor degree with an interest in disability law. After participating in a Disability Rights Clinic offered by the UConn School of Law, Julia works as a law clerk for Disability Rights Connecticut, a statewide non-profit organization that serves as Connecticut's Protection and Advocacy System which advocates for the human, civil, and legal rights of people with disabilities in the state. She has also worked with Planning Across the Spectrum, Drazen Rubin Law, LLC, and Hope Trust on special needs planning and disability benefits projects. Her areas of interest include supported decision-making, issues in human trafficking, competitive integrated employment, neglect and abuse, and self-advocacy education.

Elizabeth Wolleben Yoder, CFP®, AFC®, is the Director of Financial Planning at Planning Across the Spectrum. The company's goal is to provide pathways to more financial wellness and inclusion for neurodivergent individuals and others with disabilities. After a bachelor's from Loyola College in Maryland in Speech Language Pathology and Audiology, she became a live-in caregiver to four adults with Intellectual and Development Disabilities (IDD). Liz connected with the IDD advocate community and became determined to work for families and individuals who were often confused and scared to do the wrong thing financially. Liz became a CERTIFIED FINANCIAL PLANNER™ professional to advocate with them. Liz has contributed a growing number of articles for Kitces.com, Rethinking65, Advisor Perspectives, and Autism Spectrum News. This is her first appearance in a scholarly journal.

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