Therése Skoog (née Johansson) is a researcher affiliated with the Center for Developmental Research at Örebro University. She recieved her master of social science in Psychology from Örebro University in 2002. Her research interests are in the area of developmental psychology. Thus far, psychosocial and somatic implications of pubertal timing in adolescence and adulthood, the use of Internet among adolescents, preventive interventions, and physical activities among school children have been the focus of her research.

Since the beginning of the 20th century, the age at which girls acquire sexual maturity has decreased markedly. Today, the majority of Swedish girls have experienced their first menstruation by age 13.5 and it should be noted that this is one of the latest milestones of puberty. This so called secular trend has brought increasing attention to the role of pubertal timing, or the age at which girls mature, in female development. The answer from research has been that "Timing is everything!" with early pubertal timing being linked to various kinds of problem behaviors and worse physical conditions. Little, however, is known about the mechanisms linking early puberty and problem behavior and whether the problems linger on into adulthood. This dissertation focuses on the developmental significance of female pubertal timing and its main aim is to explain the link between pubertal timing and problem behavior. Another aim is to study the long-term implications of pubertal timing. The findings show that girls' self-perceptions and early romantic involvement largely explain why early puberty is linked to problem behavior in adolescence and that this has implications for adult functioning. Furthermore, early puberty seems to be linked to poorer physical status in the long run, but only under certain circumstances. Thus, this dissertation suggests that the idea that (pubertal) timing is everything clearly needs to be revised.

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