

## Curriculum Vitae

**CHRISTINE J. SO, PHD**

Corporal Michael J. Crescenz Veterans Affairs Medical Center  
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Phone: (410) 598-2280

**EDUCATION**

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2017 – 2022	<b>UNIVERSITY OF HOUSTON</b> <i>Doctor of Philosophy</i> in Clinical Psychology (APA-Accredited) <u>Dissertation</u> : Sleep patterns and biomarkers of stress among women with a history of sexual abuse in childhood <u>Chair</u> : Candice Alfano, PhD	Houston, TX
2021 – 2022	<b>UPMC WESTERN PSYCHIATRIC HOSPITAL</b> University of Pittsburgh, Department of Psychiatry Pre-Doctoral Clinical Psychology Internship (APA-Accredited) <u>Directors</u> : Michele Levine, PhD, and Tina Goldstein, PhD	Pittsburgh, PA
2017 – 2019	<b>UNIVERSITY OF HOUSTON</b> <i>Master of Arts</i> in Psychology <u>Thesis</u> : Examining the relationship between sleep and mental health in U.S. military service members across multiple deployments <u>Chair</u> : Candice Alfano, PhD	Houston, TX
2013 – 2015	<b>AMERICAN UNIVERSITY</b> <i>Master of Arts</i> in Biological/Experimental Psychology	Washington, DC
2008 – 2012	<b>UNIVERSITY OF MARYLAND, BALTIMORE COUNTY</b> <i>Bachelor of Arts</i> in Psychology	Baltimore, MD

**ACADEMIC APPOINTMENTS**

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Starting Aug 2024	<b>Assistant Professor</b> <i>Department of Psychology</i> Washington State University
2022 – 2024	<b>Mental Illness Research, Education, and Clinical Center (MIRECC) Fellow</b> <i>Advanced Fellowship Program in Mental Illness Research and Treatment</i> Corporal Michael J. Crescenz VA Medical Center (CMCVAMC) <u>Research Mentors</u> : Philip Gehrman, PhD, CBSM & Katherine Miller, PhD, DBSM

**PROFESSIONAL LICENSURE**

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Licensed Clinical Psychologist, State of Washington (active)

- License #: PY61501118

Licensed Psychological Associate (LPA), State of Texas (September 2020 – July 2022)

Updated: JUN 2024

- License #: 38617

## OTHER RESEARCH EXPERIENCE

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- 2017 – 2022      **Graduate Student Researcher**  
*Sleep and Anxiety Center for Houston (SACH)*  
 University of Houston  
Research Mentor: Candice Alfano, PhD
- 2016 – 2017      **Mental Health Research Associate**  
*Department of Military Psychiatry*  
 Walter Reed Army Institute of Research (WRAIR)  
Research Mentor: Phillip Quartana, PhD
- 2012 – 2016      **Oak Ridge Institute for Science and Education (ORISE) Fellow**  
*Sleep Research Center*  
 Department of Behavioral Biology  
 Walter Reed Army Institute of Research (WRAIR)  
Research Mentors: Thomas Balkin, PhD & Guido Simonelli, MD
- 2013 – 2015      **Graduate Student Researcher**  
*Human Neuropsychology Lab*  
 American University  
Research Mentor: Bryan Fantie, PhD

## PEER-REVIEWED PUBLICATIONS

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\*indicates mentored co-author

1. **So, C.J.**, LaVoy, E.C.P., Harmouch, S.\*, & Alfano, C.A. (2023). Objective and subjective sleep patterns and biomarkers of stress among women with a history of sexual abuse in childhood. *Psychological Trauma: Theory, Research, Practice, and Policy*. Advance online publication. <https://doi.org/10.1037/tra0001600>
2. Miller, K.E., **So, C.J.**, Brownlow, J.A., Gehrman, P.R., & Woodward, S.H. (2023). Neighborhood disadvantage is associated with sleep disturbance in a sample of trauma-exposed Veterans. *Sleep Health*, 9(5), 634-637.
3. **So, C.J.**, Kim, J., Cifre, A.B., Gonzalez, R.D., Bower, J.L., & Alfano, C.A. (2022). Validation of the Mental Health Checklist (MHCL) during COVID-19 lockdown. *Journal of Community Psychology*, 50(1), 502-514.
4. **So, C.J.**, Gallagher, M.W., Palmer, C.A., & Alfano, C.A. (2021). Prospective associations between pre-sleep electronics use and same-night sleep in healthy school-aged children. *Children's Health Care*, 50(3), 293-310.
5. Alfano, C.A., Bower, J.L., Connaboy, C., Agha, N.H., Baker, F.L., Smith, K.A., **So, C.J.**, & Simpson, R.J. (2021). Mental health, physical symptoms, and biomarkers of stress during prolonged exposure to Antarctica's extreme environment. *Acta Astronautica*, 181, 405-413.
6. **So, C.J.**, Meers, J.M., Alfano, C.A., Garey, L., & Zvolensky, M.J. (2021). Main and interactive effects of nicotine product type on sleep health among dual combustible and e-cigarette users. *The American*

*Journal on Addictions*, 30(2), 147-155.

7. **So, C.J.**, Palmer, C.A., Gonzalez, R.D., Bower, J.L., Lau, S., & Alfano, C.A. (2021). Which objective sleep elements predict children's perceptions of good sleep quality? A preliminary investigation based on polysomnography and actigraphy. *Sleep Health*, 7(1), 65-71.
8. LaVoy, E.C., Palmer, C.A., **So, C.J.**, & Alfano, C.A. (2020). Bidirectional relationships between sleep and biomarkers of stress and immunity in youth. *International Journal of Psychophysiology*, 158, 331-339.
9. Osgood, J.M., Finan, P.H., Hinman, S.J., **So, C.J.**, & Quartana, P.J. (2018). Combat exposure, post-traumatic stress symptoms, and health-related behaviors: The role of sleep continuity and duration. *Sleep*, 42(3), zsy257.
10. Doty, T.J., **So, C.J.**, Bergman, E.M., Trach, S.K., Ratcliffe, R.H., Yarnell, A.M., Capaldi, V.F., Moon, J.E., Balkin, T.J., & Quartana, P.J. (2017). Limited efficacy of caffeine and recovery costs during and following 5 days of chronic sleep restriction. *Sleep*, 40(12), zsx171.

## BOOK CHAPTERS & INVITED PUBLICATIONS

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1. **So, C.J.**, Alfano, C.A., & Ivanenko, A. (in press). Sleep in psychiatric disorders. In S.H. Sheldon, D. Gozal, & M.H. Kryger (Eds.), *Principles and Practice of Pediatric Sleep Medicine*, 3<sup>rd</sup> ed. Elsevier.
2. **So, C.J.**, Miller, K.E., & Gehrman, P. R. (2023). Sleep disturbances in PTSD. *Psychiatric Annals*.
3. **So, C.J.**, Gotfried, C.B., Higa-McMillan, C.K., Alfano, C.A., & Beidel, D.C. (2021). Biopsychosocial development of children and adolescents in military families. In B. Halpern-Felsher (Ed.), *Encyclopedia of Child and Adolescent Health*. Elsevier.

## SELECT MANUSCRIPTS IN PROGRESS

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1. Tracy, E.J., **So, C.J.**, Chin, B., Xie, Y., Lehrer, H.M., Kanaley, J., Hasler, B.P., & Buysse, D.J. Behavioral-social rhythms and insomnia symptoms: Associations with pain, body mass index, and depressive symptoms among older adults. *Under review*.  
+indicates co-first author
2. Baah, F.O., Boateng, A.C., Brownlow, J.A., **So, C.J.**, Miller, K.E., Gehrman, P.R., Riegel, B. Social determinants of insomnia: A cross-sectional retrospective study of Philadelphia residents. *Revise & resubmit*.
3. **So, C.J.**, Alfano, C.A., Riviere, L.A., & Quartana, P.J. Residual sleep difficulties during reset operations predict greater post-deployment mental health difficulties in U.S. Soldiers: A cross-lagged analysis. *Minor revision (resubmitted)*.

## COURSES, SYMPOSIA, & ORAL PRESENTATIONS

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1. **So, C.J.** (2024, June). Trauma-specific and nonspecific predictors of sleep-state misperception among trauma-exposed women. 38<sup>th</sup> Annual meeting of the Associated Professional Sleep Societies (APSS), Houston, TX, USA. *Selected for Trainee Data Blitz based on high-scoring abstract*.

2. **So, C.J.** (2024, April). Assessment and treatment of nightmares in Veterans with mental health disorders. In *The Integration of Sleep and Mental Health Treatment*. CE presentation conducted at the VISN 4 Mental Illness Research, Education, and Clinical Center (MIRECC), virtual meeting.
3. **So, C.J.** (2024, March). Nightmares: Etiology, mechanisms, & treatment. CME presentation conducted at the 12<sup>th</sup> Annual Philadelphia Sleep Conference, Philadelphia, PA, USA.
4. **So, C.J.** & Alfano, C.A. (2023, June). Sleep, circadian rhythms, and mental health in childhood and adolescence. In P. Gehrman (Chair), *Sleep, circadian rhythms, and mental health: A transdiagnostic perspective*. Postgraduate course conducted at the 37<sup>th</sup> Annual meeting of the Associate Professional Sleep Societies (APSS), Indianapolis, IN, USA.
5. **So, C.J.**, Alfano, C.A., Riviere, L.A., & Quartana, P.J. (2020, August). Residual sleep difficulties during reset operations predict greater post-deployment mental health difficulties in U.S. Soldiers: A cross-lagged analysis. 34<sup>th</sup> Annual meeting of the Associated Professional Sleep Societies (APSS), virtual meeting.
6. **So, C.J.**, Moreno, J.P., & Alfano, C.A. (2018, November). Investigating intra-individual sleep variability in relation to functioning in anxious and non-anxious children. In R. Cox (Chair), *Sleep disturbances as a transdiagnostic factor in anxiety disorders*. Symposium conducted at the 52<sup>nd</sup> Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Washington, D.C., USA.
7. **So, C.J.**, Quartana, P.J., Ratcliffe, R.H., Bergman, E.M., Trach, S.K., ... Balkin, T.J., & Doty, T.J. (2016, June). Caffeine efficacy across a simulated 5-day work week with sleep restriction. 30<sup>th</sup> Annual meeting of the Associated Professional Sleep Societies (APSS), Denver, CO, USA.
8. **So, C.J.**, Quartana, P.J., Ratcliffe, R.H., Bergman, E.M., Trach, S.K., ... Balkin, T.J., & Doty, T.J. (2016, June). Caffeine efficacy across a simulated 5-day work week with sleep restriction. Johns Hopkins University Sleep & Circadian Research Day, Baltimore, MD, USA.

## POSTER PRESENTATIONS

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\*indicates mentored co-author

1. **So, C.J.**, Harmouch, S.\*, & Alfano, C.A. (2024, June). Trauma-specific and nonspecific predictors of sleep-state misperception among trauma-exposed women. 38<sup>th</sup> Annual meeting of the Associated Professional Sleep Societies (APSS), Houston, TX, USA.
2. Tracy, E.L., **So, C.J.**, Kanaley, J., Trull, T., Manrique-Acevedo, C., McCrae, C., Miller, M.B. (2024, June). Bidirectional Links of Daily Sleep Quality and Duration with Pain in Veterans with Alcohol Use Disorder. 38<sup>th</sup> Annual meeting of the Associated Professional Sleep Societies (APSS), Houston, TX, USA.
3. Tracy, E., Lehrer, M., **So, C.**, Hasler, B., Kanaley, J., Manrique-Acevedo, C., ... & Buysse, D. (2024, June). Multidimensional Sleep and Mental and Physical Health Among Retired Workers: A Sex-stratified Analysis. 38<sup>th</sup> Annual meeting of the Associated Professional Sleep Societies (APSS), Houston, TX, USA.
4. Aliu, G., Miller, K.E., Gehrman, P.R., **So, C.J.**, & Brownlow, J.E. (2024, June). Exposure to neighborhood violence and sleep-related fears predicts PTSD symptoms among community-dwelling adults. 38<sup>th</sup> Annual meeting of the Associated Professional Sleep Societies (APSS), Houston, TX, USA.

5. **So, C.J.**, Clancy, K.J., Akman, E., Jobson, S., Miller, K.E., Gehrman, P.R., & Rosso, I.R. (2024, May). Fear extinction and hyperarousal as putative mechanisms underlying trauma-related sleep disturbances. Society of Biological Psychiatry (SOBP), Austin, TX, USA.
6. Tracy, E.L., **So, C.**, Chin, B., Xie, Y., Lehrer, M., Kanaley, J., Hasler, B.P., & Buysse, D.J. (2024, March). Behavioral-social rhythms and insomnia: Associations with pain, body mass index, and depressive symptoms among older adults. 45<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, Philadelphia, PA, USA.
7. Tracy, E.L., Lehrer, M., Sun, D., Hasler, B.P., Krafty, R.T., **So, C.**, Wilckens, K.A., Hall, M.H., & Buysse, D.J. (2023, June). Effects of CBT-I on circadian rhythmicity and homeostatic sleep drive in older adults with insomnia. University of Pittsburgh Department of Psychiatry Research Day, Pittsburgh, PA, USA.
8. **So, C.J.**, Miller, K.E., & Gehrman, P.R. (2023, June). Neuroticism interacts with stressful experiences during deployment to predict post-deployment insomnia. 37<sup>th</sup> Annual meeting of the Associated Professional Sleep Societies (APSS), Indianapolis, IN, USA.
9. Miller, K.E., **So, C.J.**, Brownlow, J.A., Gehrman, P.R., & Woodward, S.H. (2023, June). Examination of neighborhood disadvantage and sleep in a sample of PTSD-diagnosed Veterans with trauma nightmares. 37<sup>th</sup> Annual meeting of the Associated Professional Sleep Societies (APSS), Indianapolis, IN, USA.
10. Nunez Cruz, N.\*, **So, C.J.**, Miller, K.E., & Gehrman, P.R. (2023, June). Romantic relationships and insomnia in military soldiers. 37<sup>th</sup> Annual meeting of the Associated Professional Sleep Societies (APSS), Indianapolis, IN, USA.
11. **So, C.J.**, LaVoy, E., Harmouch, S.\*, & Alfano, C.A. (2023, April). Sleep patterns and biomarkers of stress among women with a history of sexual abuse in childhood. Society of Biological Psychiatry (SOBP), San Diego, CA, USA.
12. **So, C.J.**, Gallagher, M.W., Palmer, C.A., & Alfano, C.A. (2021, June). Prospective associations between pre-sleep electronics use and same-night sleep in healthy school-aged children, 35<sup>th</sup> Annual meeting of the Associated Professional Sleep Societies (APSS), virtual meeting.
13. **So, C.J.**, Bower, J.L., Kim, J., Cifre, A., Gonzalez, R., & Alfano, C.A. (2021, February). Confirmatory factor analysis and convergent validity of the Mental Health Checklist. NASA Human Research Program Investigators' Workshop, virtual meeting.
14. Cifre, A.B., Kim, J., **So, C.J.**, Gonzalez, R., Abeln, V., & Alfano, C.A. (2021, February). Global sleep quality as a predictor of mental health during HERA missions. NASA Human Research Program Investigators' Workshop, virtual meeting.
15. Kim, J., Cifre, A.B., **So, C.J.**, Gonzalez, R., Bower, J., Connaboy, C., Simpson, R., & Alfano, C.A. (2021, February). Markers of distress among medical and behavioral health evacuees from Antarctica. NASA Human Research Program Investigators' Workshop, virtual meeting.
16. **So, C.J.**, Palmer, C.A., Gonzalez, R.D., Bower, J.L., Lau, S., & Alfano, C.A. (2019, September). Objective sleep and affective predictors of sleep quality ratings in healthy children. 1<sup>st</sup> Annual meeting of the Society of Behavioral Sleep Medicine (SBSM), Birmingham, AL, USA.
17. Doty, T.J., Mantua, J., Alger, S., Ratcliffe, R.H., **So, C.J.**, Balkin, T.J., & Capaldi, V.F. (2019, June). The short-lived benefit of caffeine on positive mood during chronic sleep restriction. 33<sup>rd</sup> Annual meeting of the Associated Professional Sleep Societies (APSS), San Antonio, TX, USA.

18. **So, C.J.**, Lau, S., & Alfano, C.A. (2018, June). The effects of military parents' deployment on children's sleep. 32<sup>nd</sup> Annual meeting of the Associated Professional Sleep Societies (APSS), Baltimore, MD, USA.
19. Lanlokun, O.O., Yarnell, A.M., Grillakis, A., **So, C.J.**, & Quartana, P.J. (2017, June). Laboratory-based sleep restriction enhances the cortisol awakening response in healthy adults. 31<sup>st</sup> Annual meeting of the Associated Professional Sleep Societies (APSS), Boston, MA, USA.
20. Ratcliffe, R.H., **So, C.J.**, Quartana, P.J., Bergman, E.M., Trach, S.K., ... Balkin, T.J., & Doty, T.J. (2016, June). The role of caffeine in preventing recovery following sleep restriction. 30<sup>th</sup> Annual meeting of the Associated Professional Sleep Societies (APSS), Denver, CO, USA.

## **CLINICAL EXPERIENCE**

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### **Supervised Experience during Postdoctoral Fellowship**

Oct 2022 – present                    **CMCVAMC Sleep Center**  
 Assessment and treatment of Veterans presenting with sleep-wake and circadian rhythm disorders, including insomnia, nightmares, and delayed sleep phase;  
 Provide clinical supervision to psychology interns and practicum students  
Supervisor: Philip Gehrman, PhD, CBSM

### **Supervised Experience during Clinical Psychology Internship**

Jun 2022 – Aug 2022                    **Transitional and Comprehensive Recovery Unit**  
 Inpatient psychiatric treatment for adult patients with severe mental illness, primarily psychotic symptoms  
Supervisor: Gretchen Haas, PhD

Mar 2022 – Aug 2022                    **Center for Adolescent Reward, Rhythms, and Sleep (CARRS)**  
 Psychodiagnostic and sleep/circadian rhythm assessment and intervention in adolescents  
Supervisor: Jessica Levenson, PhD, DBSM

Mar 2022 – Aug 2022                    **Neuropsychological Assessment for Neurosurgery**  
 Pre- and post-operative neuropsychological assessment for patients presenting with neurological problems, including traumatic brain injury, epilepsy, and movement disorders  
Supervisor: Luke Henry, PhD

Mar 2022 – May 2022                    **Psychiatric Emergency Services**  
 Triage/evaluation of and coordination of care for high acuity patients presenting to the psychiatric emergency room at Western Psychiatric Hospital  
Supervisor: Crystal Willis, MA

Dec 2021 – Feb 2022                    **Center for Eating Disorders**  
 Partial hospitalization and intensive outpatient programs for patients with eating disorders, including anorexia nervosa, bulimia nervosa, and binge-eating disorder  
Supervisor: Rachel Kolko-Conlon, PhD

Sept 2021 –                    **Behavioral Sleep Medicine**

- Feb 2022                      Assessment and treatment of patients presenting with sleep-wake and circadian rhythm disorders, including insomnia and delayed sleep phase  
Supervisor: Brant Hasler, PhD, DBSM
- Sept 2021 –  
Feb 2022                      **Behavioral Medicine/Health Behavior Research Group**  
Behavioral health intervention for pregnant and postpartum women to optimize maternal weight, cardiometabolic health, mental health, and sleep  
Supervisor: Rachel Kolko-Conlon, PhD
- Sept 2021 –  
Feb 2022                      **Daily Emotions and Relationships Study**  
Psychodiagnostic and personality assessment of young adults with recent suicidal ideation, suicidal behaviors, and/or non-suicidal self-injurious behaviors  
Supervisor: Lori Scott, PhD
- Sept 2021 –  
Aug 2022                      **Psychotherapy Training Clinic**  
Individual outpatient psychotherapy with long-term clients presenting with anxiety and depression  
Supervisor: Jessica Levenson, PhD, DBSM

### **Supervised Experience during Graduate School**

- Aug 2020 –  
Apr 2021                      **McLean OCD Institute at Houston**  
Residential program and outpatient psychotherapy for individuals with obsessive-compulsive disorder and severe anxiety  
Supervisors: Alejandra Sequeira, PhD & Bridget Henry, PhD
- Jan 2020 –  
Jan 2021                      **Center for Innovative Treatment of Anxiety and Stress (CITRAS)**  
*Michael E. DeBakey Veterans Affairs Medical Center*  
Assessment and treatment of Veterans presenting with an anxiety disorder or posttraumatic stress disorder  
Supervisor: Ellen Teng, PhD
- Sept 2019 –  
Dec 2019                      **PTSD Clinical Team (PCT)**  
*Michael E. DeBakey Veterans Affairs Medical Center*  
Treatment of Veterans presenting with posttraumatic stress disorder, including individual outpatient psychotherapy and trauma-focused groups  
Supervisor: Wright Williams, PhD, ABPP
- Aug 2018 –  
Sept 2019                      **Sleep and Anxiety Center of Houston (SACH)**  
*Psychology Research and Services Center (PRSC)*  
Assessment and treatment of clients presenting with insomnia, anxiety, and posttraumatic stress disorder  
Supervisor: Candice Alfano, PhD
- Aug 2018 –  
Aug 2019                      **Trauma and Anxiety Clinic of Houston (TrACH)**  
*Psychology Research and Services Center (PRSC)*  
Psychodiagnostic assessment for treatment-seeking individuals in the community with a variety of presenting problems  
Supervisors: Anka Vujanovic, PhD & Matthew Gallagher, PhD

### **TEACHING EXPERIENCE**

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- 2023                              **Invited Lecturer**

Guest lecturer for Psychological Disorders 122 covering 'Sleep Disorders'.  
Saint Joseph's University

2019 – 2021

**Teaching Fellow (Instructor of Record)**

Full responsibility for curricula, course preparations, lectures and laboratories, examinations, and grading for courses including:

- PSYC 1300: Introduction to Psychology
- PSYC 2301: Introduction to Methods in Psychology (lecture and lab)
- PSYC 2351: Psychology of Adolescence

University of Houston

2017 – 2019

**Teaching Assistant**

Proctored examinations, assisted with grading, and held office hours for undergraduate students for courses including:

- PSYC 2344: Cultural Psychology
- PSYC 3301: Introduction to Statistics
- PSYC 2351: Psychology of Adolescence
- PSYC 3341: Physiological Psychology
- PSYC 4321: Abnormal Psychology
- PSYC 4397: Special Topics Course—The Behavior of Sleep

University of Houston

2014

**Teaching Assistant**

Proctored examinations, assisted with grading, and held office hours for undergraduate students for courses including:

- PSYC 318: Fundamentals of Human Neuropsychology
- PSYC 115: Psychology as a Natural Science

American University

## PROFESSIONAL ASSOCIATIONS

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American Academy of Sleep Medicine (AASM)

American Psychological Science (APS)

Association for Behavioral and Cognitive Therapies (ABCT)

International Society of Traumatic Stress Studies (ISTSS)

Sleep Research Society (SRS)

Society of Behavioral Sleep Medicine (SBSM)

## SKILLS

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Clinical

Anxiety Disorder Interview Schedule for DSM-5 (ADIS-5) • Anxiety Disorder Interview Schedule Child and Parent Interview (ADIS-C/P) • Clinician-Administered PTSD Scale for DSM-5 (CAPS-5) • Columbia-Suicide Severity Rating Scale (C-SSRS) • Diagnostic Interview for Anxiety, Mood, and Obsessive-Compulsive and Related Neuropsychiatric Disorders (DIAMOND) • Duke Structured Interview for Sleep Disorders (DSI) • Mini International Neuropsychiatric Interview (MINI) • Minnesota Multiphasic Personality Inventory (MMPI) • Personality Assessment Inventory (PAI) • Structured Clinical Interview for DSM-5 (SCID-5) • Structured Interview for DSM-IV Personality (SIDP-IV) • Wechsler Intelligence Scale for Children (WISC) IV & V • Wechsler Adult



Intelligence Scale (WAIS) IV • Wechsler Abbreviated Scale Intelligence-II (WASI-II)

Physiology	Actigraphy sleep scoring/analysis • Electroencephalography (EEG), electrooculography (EOG), electromyography (EMG), electrocardiography (ECG/EKG) electrode application/repair/removal • Polysomnography (PSG) sleep scoring via American Academy of Sleep Medicine (AASM) criteria with at least 85% interrater reliability with a Registered Polysomnographic Technician (RPSGT)
Software	SPSS • SAS • Ambulatory Monitoring Inc. (AMI) Action-W • AMI Action-4 • AMI Watchware • Philips Actiware • Philips Respironics Alice5 Polysomnography software • Microsoft Office

## EDITORIAL REVIEWS

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### Invited Ad-Hoc

2024	<i>Frontiers in Sleep</i>
2023	<i>Sleep Health</i> <i>European Journal of Trauma &amp; Dissociation</i>
2021	<i>Sleep Health (x4)</i> <i>Child Psychiatry and Human Development</i> <i>Behavioral Sleep Medicine (x2)</i>
2020	<i>Behaviour Research and Therapy</i> <i>Behavioral Sleep Medicine</i> <i>Child and Youth Services Review</i>
2019	<i>Behavioral Sleep Medicine</i>

### Supervised

2016	<i>Journal of Clinical Sleep Medicine</i> <i>Sleep Health</i>
2015	<i>Journal of Clinical Sleep Medicine</i>

## CONTINUING EDUCATION

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2023	SLEEP Meeting, Session C-03: Sleep, circadian rhythms, and mental health: A transdiagnostic perspective (7.5 CE credits)
2023	University of Arizona Behavioral Sleep Medicine Seminar Series (7 CME credits)
2022	University of Arizona Behavioral Sleep Medicine Seminar Series (11 CME credits)
2022	UPMC Western Psychiatric Hospital Journal Club (3 CE credits)

2021 – 2022	UPMC Center for Sleep and Circadian Science Grand Rounds (9 CE credits)
2021	University of Pittsburgh Sleep and Circadian Science Research Day (4.25 CE credits)

## CERTIFICATIONS

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2012 – Present	CITI Human Subjects Research
2012 – 2016	American Heart Association CPR-AED

## GRANTS AND AWARDS

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2024	<b>Trainee Merit Award (\$180)</b> Sleep Research Society
2024	<b>Young Investigators Research Forum Scholarship (funded participant)</b> American Academy of Sleep Medicine
2024	<b>VISN 4 MIRECC Pilot Grant (\$25,000)</b> Corporal Michael J. Crescenzo VA Medical Center
2023	<b>Trainee Merit Award (\$180)</b> Sleep Research Society
2023	<b>Margaret 'Emily' Gere Book Award</b> VA Advanced Fellowship in Mental Illness Research and Treatment (MIRT)
2021 – 2022	<b>Dissertation Completion Fellowship (\$20,000)</b> <i>College of Liberal Arts and Social Sciences (CLASS)</i> University of Houston
2021	<b>Trainee Merit Award (\$95)</b> Sleep Research Society
2021	<b>Small Research Grant (\$5000)</b> <i>College of Liberal Arts and Social Sciences (CLASS)</i> University of Houston
2020	<b>Trainee Merit Award (\$95)</b> Sleep Research Society
2019	<b>Travel Award (\$300)</b> <i>Department of Psychology</i> University of Houston
2018	<b>Cullen Fellowship Travel Grant (\$750)</b> <i>Graduate School</i> University of Houston
2018	<b>Travel Award (\$300)</b>

*Department of Psychology*  
University of Houston

- 2018                    **Trainee Merit Award (\$95)**  
Sleep Research Society
- 2008 – 2012           **Presidential Scholar Award (\$14,000)**  
UMBC

## **SERVICE & OUTREACH**

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- 2023                    **Promise Zone Research Connection (PZRC)**  
Presented research and outreach ideas to the PZRC, a community-based organization that aims to bridge the gap between researchers and West Philadelphia residents and supports the interests of community members
- 2023                    **Overbrook Night Market**  
*Penn Medicine*  
Connected with West Philadelphia residents to discuss healthy sleep habits