

Curriculum Vitae

Melanie A. Stearns, Ph.D.**Contact Information**

University of South Florida
 College of Nursing
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Education and Training

- 2022-2023 **Postdoctoral Fellowship.** College of Nursing, University of South Florida
Behavioral Sleep Medicine (Research Mentor: Christina S. McCrae, Ph.D.)
- 2020-2022 **Postdoctoral Fellowship.** Department of Psychiatry, University of Missouri
Behavioral Sleep Medicine (Research Mentor: Christina S. McCrae, Ph.D.)
- 2019-2020 **Clinical Psychology Predoctoral Internship** (APA-accredited). University of
 Mississippi Medical Center
Child Track (Research Preceptor: Dustin E. Sarver, Ph.D.)
- 2017-2020 **PhD Clinical Psychology** (APA-accredited). Mississippi State University
*Dissertation: Parenting Practices and Religiosity: The Context of Region and
 Conservatism (Chair: Cliff McKinney, Ph.D.)*
- 2015-2017 **MS Clinical Psychology.** Mississippi State University
*Thesis: Transmission of Religiosity from Parent to Child: Moderation by Parental
 Psychopathology (Chair: Cliff McKinney, Ph.D.)*
- 2012-2014 **Graduate Certificate in Applied Statistics.** University of Kentucky
- 2010-2014 **BA Psychology, Neuroscience minor** (*Summa Cum Laude*). University of Kentucky
- 2004-2008 **BA Greek and Latin, Anthropology minor** (*Summa Cum Laude*). University of
 Kentucky

Positions Held

- 2023-current **Assistant Professor, Tenure Track.** College of Nursing, University of South
 Florida

Funding

Current Support

- | | | |
|--|-------------|-------------|
| R01AG061976 | McCrae (PI) | 2021-2026 |
| <i>NiteCAPP: Web-based Interventions for Insomnia in Rural Dementia Caregivers: Examination of
 Sleep, Arousal, Mood, Cognitive, and Immune Outcomes</i> | | |
| NIH/NIA | | |
| Role: Co-I | | |
| \$3,460,205 | | |
| CTA W81XWH2010399 | McCrae (PI) | 2020 - 2024 |
| <i>Targeting Insomnia in School Aged Children with Autism</i> | | |

Department of Defense
Role: Co-I
\$999,037

Focused Projects Award for Junior Investigators Stearns (PI) 2023 - 2024
Transactional Relationship between Child Behavior and Sleep
American Academy of Sleep Medicine Foundation
Role: PI
\$39,969

Small Research Grant Stearns (PI) 2023 - 2024
Daily Grandparents Raising Grandchildren and Grandchild Sleep
Sleep Research Society
Role: PI
\$4,900

Dean's Research Grant Stearns (PI) 2023-2024
SLEEP-COPE: Sleep Enhancement and Effective Parenting for Children with Oppositional and Problematic Expressions
USF College of Nursing
Role: PI
\$12,500

Women's Health Collaborative Grant Curtis (PI) 10/01/2023-09/30/2024
Middle-age Investigation of Variability in Sleep and Pain: Understanding Their Association with Cognitive Change Across Menopause (MID-VISTA)
Judy Genshaft Women's Health Collaborative Seed Grant Fund
Role: Co-I
\$15,000

Pending Support

K23 HL170262-01 Stearns (PI) 2025 - 2029
Dyadic Family Based Telehealth Intervention to Improve Sleep in Grandfamilies
NIH
Role: PI
\$649,985

SRSF Career Development Award Stearns (PI) 2023 – 2024
Dyadic Family Based Intervention to Improve Sleep in Children with Oppositional Defiant Disorder and their Parents
Sleep Research Society Foundation
Role: PI
\$49,999

PA-20-183 1380465 McCrae (PI) 2023-2028
Digital Dyadic Family Based Intervention to Improve Sleep and Anxiety in Autistic School Age Children
NIH

Role: Co-I
\$3,490,497

R21 Stearns (MPI) 2024 - 2026
Dyadic Family Based Web Intervention to Improve Sleep in Grandfamilies
NIH
Role: MPI
\$275,000

R01 McCrae (PI) 2024-2029
Web-Based Cognitive Behavioral Treatment for Insomnia in Adults with Autism Spectrum Disorder: Effects on Sleep, Arousal, and Daytime Functioning
NIH
Role: Co-I
\$3,500,000

R01 identifier pending McCrae (PI) 07/01/24 - 06/31/29
Virtual Reality for Insomnia: Targeting Sleep to Target Pain
National Institutes of Health
Role: Co-I
\$3,695,864

Grants in Development

R01 Stearns (MPI) 2024 - 2029
Dyadic Family Based Telehealth Intervention to Improve Sleep in Children with ODD
NIH
Role: MPI
Anticipated submission date: 06/5/2024

Prior Support

M01HP31348a Sarver (PI) 2018 - 2019
MAGNOLIA: Expanding Mississippi's Behavioral Workforce for Children and Families
Health Resources & Services Administration (HRSA) BHWET Program
Role: Psychology Extern
\$333,296

Research Grant Stearns (PI) 2017 - 2018
Regional Parenting and Religiosity
American Psychological Association Division 36 Student Researcher Award
Role: Primary Investigator
\$500

Research Grant Glenn, McKinney (PIs) 2015 - 2016
Predictors of Treatment Outcome in Aggressive Youth
University of Alabama
Role: Graduate Student
\$14,580

Honors/Awards

- 2023-2025 Loan Repayment Program, NIH
2021-2023 Loan Repayment Program, NIH
2021 University of Missouri Postdoc Travel Award. \$200 awarded.
2021 Sleep Research Society's Leadership Workshop
2021 Sleep Research Society's Trainee Merit Based Award.
2021 American Academy of Sleep Medicine Foundation Young Investigators Research Forum.
2020 University of Missouri Postdoc Travel Award. \$500 awarded.
2019 St. Jude Research Hospital Future Fellow Research Conference. Paid hotel and airfare.
2019 Mississippi State University Clinical Psychology Department Student Research Award.
2019 Mississippi State University Graduate Student Hall of Fame for Arts & Sciences. \$250.
2019 Mississippi State University Office of Research and Educational Development Arts & Sciences Graduate Research Award.
2017-2019 Magnolia Clinical Scholar in Integrated Behavioral Health, UMMC
2016-2018 A&S & Mississippi State University Psychology Department Travel Award. \$1800 total awarded.
2017-2019 STAR Award, Mississippi State University Department of Psychology. \$650 total awarded.
2007 Phi Beta Kappa.

Peer Reviewed Publications

* indicates undergraduate mentee. ** indicates graduate mentee.

Published

36. **Stearns, M. A.**, McCrae, C. S., Curtis, A., Nair, N., Hayse, B., Nadorff, D., & Wilkerson, A. (in press). Adolescent sleep mediates maternal depression and parenting behaviors. *Journal of Clinical Sleep Medicine*.
35. McCrae, C. S., Curtis, A. F., **Stearns, M. A.**, & Craggs, J. G. (2023). Fibromyalgia and the brain: What's sleep got to do with it? *Current Sleep Medicine Reports*. 9, 235-246. <https://doi.org/10.1007/s40675-023-00268-3>
34. McCrae, C. S., Curtis, A. F., **Stearns, M. A.**, Nair, N., Golzy, M., Shenker, J., Beversdorf, D. Q., Cottle, A., & Rowe, M. (2023). Development and initial evaluation of web-based Cognitive Behavioral Therapy for Insomnia "NiteCAPP" in rural family dementia caregivers: A mixed-methods study. *Journal of Medical Internet Research: Aging*. 6, e45859. doi: 10.2196/45859.
33. Szkody, E., **Stearns, M.**, & McKinney, C. (2023). Dysregulation and parenting of emerging adults. *Journal of Aggression, Maltreatment, and Trauma*. DOI: 10.1080/10926771.2023.2174466

32. Hughes, A., Gunn, H., Siengsukon, C., **Stearns, M. A.**, James, E., Donly, T., Williams, N. Eliminating sleep health disparities: Seven areas for action in the SBSM Community. (2023). *Behavioral Sleep Medicine*. doi: 10.1080/15402002.2022.2149523
31. Gissandaner, T. D., **Stearns, M. A.**, Sarver, D. E., Walker, B., & Ford, H. (2023). Understanding the impact of child behavior problems and sleep on caregiver stress: Results from a U.S. National Survey. *Clinical Child Psychology and Psychiatry*. Advance online publication. <https://doi.org/10.1177/13591045231156342>
30. McKinney, C., Rogers, M. M., **Stearns, M.**, & Steele, E. H. (2022). Family functioning profiles in emerging adults: Associations with personal and parental psychological problems. *Child Psychiatry and Human Development*. doi: 10.1007/s10578-022-01459-9.
29. McCrae, C. S., Curtis, A. F., Cottle, A., Beversdorf, D. Q., Shenker, J., Mooney, B., Popescu, M., Rantz, M., Groer, M., Stein, P., Golzy, M., **Stearns, M. A.**, Simenson, A., Nair, N., & Rowe, M. A. (2022). Impact of web-based CBT for Insomnia on stress, health, mood, cognitive, inflammatory, and neurodegenerative outcomes in rural dementia caregivers: Protocol for the NiteCAPPSM CARES & SHARES Randomized Controlled Trial. *JMIR Research Protocols*. Jun 14;11(6):e37874. doi: 10.2196/37874.
28. Szkody, E., **Stearns, M.**, & McKinney, C. (2022). Interpersonal competence: A mediator between ODD problems and parent-child relationship discord. *Child Psychiatry & Human Development*. <https://doi.org/10.1007/s10578-022-01356-1>
27. Lantz, E., **Stearns, M.**, McKay, I., & Nadorff, D. K. (2022). The mediating effect of gratitude on the relation between religiosity and well-being in samples of undergraduate students and adults formerly raised by grandparent caregivers. *Journal of Happiness Studies*, 23, 969-984. 10.1007/s10902-021-00435-9.
26. **Stearns, M A.**, Ievers-Landis, C. E., McCrae, C. S., & Simon, S. L. (2022). Sleep across childhood during the COVID-19 pandemic: A narrative review of the literature and clinical case examples. *Children's Health Care*, 51(4), 409-430. DOI: [10.1080/02739615.2021.2016407](https://doi.org/10.1080/02739615.2021.2016407)
25. **Stearns, M.**, Szkody, E., & McKinney, C. (2021). Perceived mother-father dyad parenting typologies across for regions in the United States. *Journal of Family Issues*, 0(0), 1-28.
24. McCrae, C. S., Mazurek, M. O., Curtis, A. F., Beversdorf, D. Q., Deroche, C. B., Sohl, K. A., Ner, Z. H., Davis, B. E., **Stearns, M. A.**, & Nair, N. (2021). Protocol for targeting Insomnia in school aged children with Autism Spectrum Disorder: A Randomized Controlled Trial. *BMJ: Open*, 11(8), e045944. doi: 10.1136/bmjopen-2020-045944.
23. **Stearns, M.**, & McKinney, C. (2021). Parent-child anxiety in emerging adults: Moderated mediation by gender and religiosity. *Journal of Family Issues*, 42(11), 2691-2710.
22. Szkody, E., **Stearns, M.**, & McKinney, C. (2021). Stress-buffering role of social support for college students during COVID-19. *Family Process*, 60(3), 1002-1015. doi: 10.1111/famp.12618.

21. McKinney, C., & **Stearns, M.** (2021). Parental psychopathology and oppositional defiant problems in emerging adults: Moderated mediation by temperament and gender. *Child Psychiatry and Human Development*, 52(3), 439-449.
20. *Provenzano, A., **Stearns, M.**, & Nadorff, D. (2021). The influence of marital status on psychological health of custodial grandparents. *Journal of Applied Gerontology*, 92(4), 411-430.
19. McKinney, C., **Stearns, M.**, & Szkody, E. (2021). Maltreatment and affective and behavioral problems in emerging adults with and without oppositional defiant disorder symptoms: Mediation by parent-child relationship quality. *Journal of Interpersonal Violence*, 36(5-6), 2612-2632. doi: 10.1177/0886260518760014.
18. Walker, C., **Stearns, M.**, & McKinney, C. (2021). Effect of parental corporal punishment on endorsement of its use: Moderated mediation by parent gender and attitudes toward corporal punishment. *Journal of Interpersonal Violence*, 36(12-14), 6745-6768. doi: 10.1177/0886260518819878.
17. Szkody, E., **Stearns, M.**, & McKinney, C. (2020). Correlates of the dysregulation profile in emerging adults. *Journal of Psychopathology and Behavioral Analysis*, 42, 343-354. doi: 10.1007/s10862-020-09807-6.
16. **Stearns, M.**, & McKinney, C. (2020). Connection between parent-child religiosity: Moderated mediation by perceived maternal and paternal warmth and overprotection and emerging adult gender. *Review of Religious Research*, 62(1), 153-171. doi: 10.1007/s13644-020-00404-3.
15. McKinney, C., **Stearns, M.**, & Szkody, E. (2020). Temperament and affective and behavioral ODD problems in emerging adults: Moderation by gender and perceived parental psychopathology. *Child Psychiatry and Human Development*, 51(6), 900-912. doi: 10.1007/s10578-020-00969-8.
14. McKinney, C., **Stearns, M.**, & Rogers, M. M. (2020). Concordance between parents in offspring maltreatment as perceived by emerging adult college students. *Child Abuse and Neglect*. doi: 10.1016/j.chiabu.2019.104258.
13. **Stearns, M.**, & McKinney, C. (2020). Conflict associated with stronger parent-child religiosity in emerging adults, especially for sons. *Psychology of Religion and Spirituality*, 12(2), 149-156. doi: 10.1037/rel0000220.
12. **Stearns, M.**, & McKinney, C. (2020). Perceived parental anxiety and depressive problems and emerging adult oppositional defiant problems: Moderated mediation by psychological and physical maltreatment and gender. *Family Process*, 59, 651-665.
11. **Stearns, M.**, & Nadorff, D. K. (2019). The moderation of raising one's grandchildren on the relation between sleep and depressive symptoms. *Nature of Science and Sleep: Innovation in Aging*, 3(Suppl 1), S678.
10. **Stearns, M.**, & McKinney, C. (2019). Connection between parent and child religiosity: A meta-analysis examining parent and child gender. *Journal of Family Psychology*, 33, 704-710.

9. **Stearns, M., & McKinney, C.** (2019). Perceived parent-child religiosity: Moderation by perceived maternal and paternal warmth and autonomy granting and emerging adult gender. *Psychology of Religion and Spirituality, 11*, 177-187.
8. McKinney, C., **Stearns, M.**, & Rogers, M. M. (2018). Perceptions of differential parenting between Southern United States mothers and fathers. *Journal of Child and Family Studies, 27*, 3742-3752.
7. Nadorff, D. K. & **Stearns, M. A.** (2018). Hidden no longer: Black, Groce, & Harmon's new book provides a fascinating glimpse into a vulnerable and understudied group of caregivers. *International Journal of Aging and Human Development, 0*, 1-3.
6. **Stearns, M.**, & McKinney, C. (2018). Parent and child antisocial problems: Moderation by emerging adult religiosity and gender. *Personality and Individual Differences, 134*, 182-189.
5. **Stearns, M.**, & McKinney, C. (2018). The relationship between parent and child religiosity: Moderation by perceived parental antisocial problems. *International Journal for Psychology of Religion, 28*(4), 225-239. doi: 10.1080/10508619.2018.1493663
4. **Stearns, M.**, & McKinney, C. (2018). Transmission of religiosity from parent to child: Moderation by perceived parental depression and anxiety. *Journal of Family Issues, 39*, 3127-3152.
3. **Stearns, M.**, Nadorff, D. K., Lantz, E. D., & McKay, I. T. (2018). Religiosity and depressive symptoms in older adults compared to younger adults: Moderation by age. *Journal of Affective Disorders, 238*, 522-525.
2. Adams-Price, C., Nadorff, D. K., Morse, L. W., Davis, K. T., & **Stearns, M.** (2017). The Adams-Price Creative Benefits Scale: Connecting generativity to life satisfaction. *Journal of Aging and Human Development, 0*, 1-24.
1. **Stearns, M.**, & McKinney, C. (2017). Perceived parental religiosity and emerging adult psychological adjustment: Moderated mediation by gender and personal religiosity. *Psychology of Religion and Spirituality, 9*(Supplemental) S60-S69.

Under Review

6. **Stearns, M. A.**, & Nadorff, D. (under review). Parenting and Attachment to Custodial Grandparents versus Foster-Parents: Moderation by Church Attendance. Manuscript submitted to *GrandFamilies: The Contemporary Journal of Research, Practice and Policy*.
5. **Stearns, M. A.**, Hayse, B., Nair, N., Mazurek, M., Curtis, A., Beversdorf, D. Q., Sohl, K., Muckerman, J., & McCrae, C. S. (revise and resubmit). Child sleep onset latency mediates parental depression and non-compliance in children with Autism Spectrum Disorder. Manuscript submitted to *Journal of Autism and Developmental Disorders*.

4. **Stearns, M. A.**, Strother, S., Rogers, M. M., & McKinney, C. (under review). Parenting styles, region, and religiosity impact child psychological outcomes. *Manuscript submitted to Journal of the Psychology of Religion and Spirituality*.
3. **Stearns, M. A.**, Szkody, E., Dao, V., & Nadorff, D. (under review). Family communication patterns, perceived criticism, and insomnia in emerging adulthood. *Manuscript submitted to Journal of Clinical Sleep Medicine*.
2. **Stearns, M.**, Szkody, E., & McKinney, C. (under review). Parenting practices and religiosity: The context of region and conservatism. *Manuscript submitted to Psychopathology of Religion and Spirituality*.
1. Szkody, E., **Stearns, M.**, & McKinney, C. (under review). Attachment on internalizing and externalizing problems in emerging adults: Mediation by emotion regulation and social exclusion. *Manuscript submitted to Family Process*.

In Preparation

7. **Stearns, M. A.**, McGovney, K., Curtis, A. F., Lee, S., Haley, W., Szalacha, L., & McCrae, C. S. (in preparation). Grandparents raising grandchildren: Behavioral sleep treatment preferences.
6. **Stearns, M. A.**, Hayse, B., Nair, N., Mazurek, M., Muckerman, J. E., & McCrae, C. S. (in preparation). Psychosocial functioning mediates parental depression and sleep behaviors in children with autism spectrum disorder.
5. McGovney, K. D., Curtis, A. F., **Stearns, M. A.**, & McCrae, C. S. (in preparation). Associations between bedtime and waketime variability and sleep in middle-aged to older adults with chronic pain and insomnia.
4. Nair, N., Curtis, A. F., McGovney, K., **Stearns, M. A.**, Shoemaker, S., DeJonge, H., Craggs, J., McCrae, C. S. (in preparation). Cortical thickness moderates association between sleep architecture and pain in individuals with chronic pain and insomnia.
3. **Stearns, M. A.**, McGovney, K., Nair, N., Mazurek, M., Curtis, A. F., Beversdorf, D. Q., Sohl, K. A., Davis, B. E., McCrae, C. S. (in preparation). Verbal hostility moderates parental and child sleep onset latency in children with Autism Spectrum Disorder.
2. McCrae, C. S., Nair, N., McGovney, K., **Stearns, M.**, Janicke, D., Davenport, M., Berry, J., & Miller, M. B. (in preparation). Preliminary study of Cognitive Behavioral Treatment of Sleep Disorder outcomes in healthy and obese children.
1. **Stearns, M.**, Nadorff, D. K., Nair, N., & McCrae, C. S. (in preparation). Child sleep moderates mother-child relationships and externalizing problems.

Chapters

1. **Stearns, M. A.**, Curtis, A. F., Roth, A., & McCrae, C. S. (2021). Risk factors for insomnia. *Encyclopedia of Sleep and Circadian Rhythms, 2nd Edition*. Elsevier Inc.
2. **Stearns, M.**, Rogers, M. M., & McKinney, C. (2021). Significant other and personal religiosity traits that predict emerging adult risky sexual behavior. In E. M. Morgan & M. van Dulmen (Eds.), *Sexuality in emerging adulthood*. Oxford University Press.

Conference Poster Presentations

* indicates undergraduate mentee. ** indicates graduate mentee.

66. **Martin, A., **Stearns, M. A.**, McGovney, K., Curtis, A. F., Mazurek M. O., Sohl, K. A., Beversdorf, D. Q., Davis, B. E., & McCrae C. S. (2024, June). *Sleep moderates behavioral difficulties and quality of life in autistic children*. Poster presentation submitted to the 2024 38th Annual SLEEP Conference, Houston, TX, United States.
65. **McGovney, K., **Ohley, A., **Stearns, M. A.**, Curtis, A. F., Craggs, J., Miller, M. B., & McCrae C. S. (2024, June). *Sleeping it off: Alcohol, cannabis, and daily alterations in bedtime and waketime in women with pain and insomnia complaints*. Poster presentation submitted to the 2024 38th Annual SLEEP Conference, Houston, TX, United States.
64. **Stearns, M. A.**, McGovney, K., Meltzer, L., McHale, J., Littlewood, K., Szalacha, L., & McCrae, C. S. (2024, June). *Grand Connections: Inter- and intraindividual sleep between grandparents raising grandchildren and grandchildren*. Poster presentation submitted to the 2024 38th Annual SLEEP Conference, Houston, TX, United States.
63. **McGovney, K., **Stearns, M. A.**, Curtis, A. F., & McCrae, C. S. (2023, November). *Bedtime and waketime variability: Daily associations with morning pain and fatigue in a chronic pain sample*. Oral presentation and poster presented at the 2023 5th Annual Behavioral Sleep Medicine Conference, San Diego, CA, United States.
62. **Stearns, M. A.**, McGovney, K., Curtis, A. F., Beversdorf, D. Q., Sohl, K. A., Mazurek, M., & McCrae, C. S. (2023, November). *Daily sleep among autistic school-age children and their parents*. Oral presentation and poster presented at the 2023 5th Annual Behavioral Sleep Medicine Conference, San Diego, CA, United States.
61. **Stearns, M. A.**, McGovney, K., Curtis, A. F., Lee, S., Haley, W., Szalacha, L., & McCrae, C. S. (2023, November). *Grandparents raising grandchildren: Behavioral sleep treatment preferences*. Oral presentation and poster presented at the 2023 5th Annual Behavioral Sleep Medicine Conference, San Diego, CA, United States.
60. Gissandaner, T. D., **Stearns, M. A.**, Sarver, D. E., Walker, B., & Ford, H. (2023, March). Insufficient sleep in children with behavior problems and caregiver stress: A U.S. national study. Poster presented at the Society for Research on Child Development Biennial Meeting, Salt Lake City, UT.

59. **Stearns, M. A.**, McGovney, K., Curtis, A. F., Lee, S., Haley, W., Szalacha, L., Beversdorf, D. Q., & McCrae, C. S. (2023, June). *Salivary cortisol and sleep in grandparents raising grandchildren and non-caregiving grandparents*. Poster presented at the 2023 37th Annual SLEEP Conference, Indianapolis, IN, United States.
58. **Stearns, M. A.**, McGovney, K., Curtis, A. F., Lee, S., Haley, W., Szalacha, L., & McCrae, C. S. (2023, June). *Grandparents raising grandchildren: Does caregiving status moderate the relationship between stress and sleep*. Poster presented at the 2023 37th Annual SLEEP Conference, Indianapolis, IN, United States.
57. **McGovney, K., **Stearns, M. A.**, Curtis, A. F., Mazurek, M., Nair, N., Beversdorf, D. Q., Sohl, K. A., Davis, B. E., & McCrae, C. S. (2023, June). *Sleep moderates arousal and executive functioning in autistic children*. Poster presented at the 2023 37th Annual SLEEP Conference, Indianapolis, IN, United States.
56. **McGovney, K., Hayse, B., **Stearns, M. A.**, Mazurek, M., Curtis, A. F., Nair, N., Beversdorf, D. Q., Golzy, M., Sohl, K. A., Davis, B. E., & McCrae, C. S. (2022, November). *Associations between bedtime and waketime variability and sleep outcomes in autistic children*. Poster presented at the 2023 37th Annual SLEEP Conference, Indianapolis, IN, United States.
55. **Shoemaker, S.D., Stearns, M.A., Miller, M.B., Curtis, A.F., Guandique, A., McGovney, K., Sparrow, E., Craggs, J., Robinson, M., Sahota, P., Siva, C., Staud, R., & McCrae, C.S. (2022, November). *Alcohol consumption moderates depression and sleep in adults with insomnia and chronic pain*. Poster presented at the 2022 56th Annual Association for Behavioral and Cognitive Therapies Conference, New York City, United States.
54. **McGovney, K. D., Curtis, A. F., Stearns, M. A., McCrae, C. S. (2022, November). *Associations between bedtime and waketime variability and sleep in middle-aged to older adults with chronic pain and insomnia*. Oral presentation and poster presented at the 2022 4th Annual Behavioral Sleep Medicine Conference, Washington DC, United States.
53. **Stearns, M. A.**, Hayse, B., Mazurek, M., Curtis, A. F., Nair, N., Beversdorf, D. Q., Golzy, M., Sohl, K. A., Ner, Z. H., Davis, B. E., Takahashi, N., & McCrae, C. S. (2022, November). *Child internalizing and externalizing problems moderate child and parent sleep onset latency in children with autism spectrum disorder*. Oral presentation and poster presented at the 2022 4th Annual Behavioral Sleep Medicine Conference, Washington DC, United States.
52. **Stearns, M. A.**, Sparrow, E., Mazurek, M., Curtis, A. F., Nair, N., Beversdorf, D. Q., Golzy, M., Sohl, K. A., Ner, Z. H., Davis, B. E., Takahashi, N., & McCrae, C. S. (2022, November). *Parent mood problems moderate parent and child sleep in children with autism spectrum disorder and their parents*. Oral presentation and poster presented at the 2022 4th Annual Behavioral Sleep Medicine Conference, Washington DC, United States.
51. **Sparrow, E., **Stearns, M. A.**, Mazurek, M., Curtis, A. F., Nair, N., Beversdorf, D. Q., Golzy, M., Sohl, K. A., Ner, Z. H., Davis, B. E., Takahashi, N., & McCrae, C. S. (2022, November). *Executive functioning moderates child SOL and internalizing symptoms in children with ASD*. Oral presentation and poster presented at the 2022 4th Annual Behavioral Sleep Medicine Conference, Washington DC, United States.

50. **Hayse, B., **Stearns, M. A.**, Mazurek, M., Curtis, A. F., Nair, N., Chan, W. S., Munoz, m., McGovney, K. D., Beversdorf, D. Q., Golzy, M., Sohl, K. A., Ner, Z. H., Davis, B. E., Takahashi, N., & McCrae, C. S. (2022, November). *Intraindividual variability in objective sleep and average fatigue in parents of children on the autism spectrum*. Oral presentation and poster presented at the 2022 4th Annual Behavioral Sleep Medicine Conference, Washington DC, United States.
49. **Hayse, B., **Stearns, M.A.**, Mazurek, M., Curtis, A. F., Nair, N., Beversdorf, D. Q., Golzy, M., Sohl, K. A., Ner, Z. H., Davis, B. E., Takahashi, N., & McCrae, C. S. (2022, June). *Intraindividual variability in subjective sleep and average fatigue in parents of children on the autism spectrum*. Poster presented at the 2022 36th Annual SLEEP Conference, Charlotte, NC.
48. **Stearns, M. A.**, Sparrow, E., Nair, N., Mazurek, M., Curtis, A. F., Beversdorf, D. Q., Sohl, K. A., Davis, B. E., Takahashi, N., & McCrae, C. S. (2022, June). *Verbal hostility moderates parental and child sleep onset latency in children with Autism Spectrum Disorder*. Poster and oral presentation presented at the 2022 36th Annual SLEEP Conference, Charlotte, NC.
47. **Stearns, M. A.**, Hayse, B., Nair, N., Mazurek, M., Curtis, A. F., Beversdorf, D. Q., Deroche, C. B., Sohl, K. A., Ner, Z. H., Davis, B. E., Takahashi, N., Muckerman, J. E., & McCrae, C. S. (2021, October 14-15). *Child sleep onset latency mediates parental depression and non-compliance in children with autism spectrum disorder*. Poster presented at the 16th Annual Thompson Center Autism Conference 2021.
46. **Hayse, B., **Stearns, M.**, Nair, N., Mazurek, M., Takahashi, N., Muckerman, J. E., & McCrae, C. S. (2021, October). *Psychosocial functioning mediates parental depression and sleep behaviors in children with autism spectrum disorder*. Poster presented at the 16th Annual Thompson Center Autism Conference 2021.
45. **Hayse, B., **Stearns, M. A.**, Mazurek, M., Curtis, A. F., Nair, N., Beversdorf, D. Q., Golzy, M., Sohl, K. A., Ner, Z. H., Davis, B. E., Takahashi, N., & McCrae, C. S. (2021, September). *Parent fatigue moderates the relationship between child sleep disturbances and irritability in children with Autism Spectrum Disorder*. Poster presented virtually at the 2021 3rd Annual Behavioral Sleep Medicine Conference, Nashville, TN, United States.
44. **Stearns, M.**, Hayse, B., Nair, N., Mazurek, M., Curtis, A. F., Beversdorf, D. Q., Deroche, C. B., Sohl, K. A., Ner, Z. H., David, B. E., Takahashi, N., Muckerman, J. E., & McCrae, C. S. (2021, June). *Child sleep onset latency mediates parental depression and non-compliance in children with autism spectrum disorder*. Poster presented at SLEEP online.
43. **Hayse, B., **Stearns, M.**, Nair, N., Mazurek, M., Takahashi, N., Muckerman, J. E., & McCrae, C. S. (2021, June). *Psychosocial functioning mediates parental depression and sleep behaviors in children with autism spectrum disorder*. Oral presentation and poster presented at SLEEP online.
42. McCrae, C. S., Nair, N., McGovney, K., **Stearns, M.**, Janicke, D., Davenport, M., Berry, J., & Miller, M.B. (2020, November). *Cognitive Behavior Treatment of sleep disorders in healthy and*

- obese children: Preliminary sleep outcomes.* Oral presentation/poster presented at the 2nd Annual Society of Behavioral Sleep Medicine Scientific Meeting, Nashville, TN.
41. **Stearns, M.,** Danielle, D. K., McCrae, C. S., & Wilkerson, A. (2020, November). *Adolescent sleep mediates maternal depression and clear rules.* Oral presentation/poster presented at the 2nd Annual Society of Behavioral Sleep Medicine Scientific Meeting, Nashville, TN.
 40. **Stearns, M.,** Wilkerson, A., Speed, K. J., & McCrae, C. S. (2020, August). *Adolescent sleep mediates maternal depression and harsh parenting.* Poster presented at SLEEP online.
 39. Speed, K. J., Nadorff, M. R., Bishop, T. M., **Stearns, M.,** & Pigeon, W. R. (2020, August). *Increasing accessibility of nightmare treatment via mobile health.* Poster and oral presentation presented at SLEEP online.
 38. **Stearns, M.,** & Nadorff, D. K. (2020, July). *Child sleep moderates mother-child relationships and externalizing problems.* Paper presented at the annual meeting of the Southeastern Psychological Association online.
 37. Sandridge, S., **Stearns, M.,** King, K., & Lim, C. (2019, November). *Examining psychological disorders as a barrier to physical activity in pediatric obesity.* Poster presented at Obesity Week, Las Vegas, NV.
 36. **Stearns, M.,** & Sarver, D. E. (2019, November). *The moderating effect of child sleep on comorbid ADHD/ODD and parent stress.* Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention ADHD SIG, Atlanta, GA.
 35. **Stearns, M.,** & Nadorff, D. K. (2019, November). *The moderating effect of raising one's grandchildren on the relation between sleep and depression.* Paper presented at the annual meeting of the Gerontological Society of America, Austin, TX.
 34. **Stearns, M.,** Nadorff, D. K., Nadorff, M. (2019, September). *Child sleep moderates mother-child relationships and externalizing problems.* Poster presented at the annual meeting of the Society of Behavioral Sleep Medicine, Birmingham, AL.
 33. **Stearns, M.,** & McKinney, C. (2019, June). *Psychological and physical maltreatment mediates parental antisocial and ODD and child ODD problems.* Poster presented at St. Jude Future Fellow Research Conference, Memphis, TN.
 32. **Stearns, M.,** & McKinney, C. (2019, March). *Perceived parental anxiety and depressive problems and emerging adult Oppositional Defiant Disorder problems: Moderated mediation by psychological and physical maltreatment and gender.* Paper presented at the annual meeting of the Southeastern Psychological Association, Jacksonville, FL.
 31. *Smith, J., **Stearns, M.,** & McKinney, C. (2019, February). *Parent and child ADHD problems: Similarity-Fit Hypothesis in emerging adulthood.* Poster presented at the Society for Personality and Social Psychology Parenting Preconference, Portland, OR.

30. **Stearns, M.,** & McKinney, C. (2019, February). *Connection between mother and child religiosity: Moderation by permissive parenting and region*. Poster presented at the Society for Personality and Social Psychology convention, Portland, OR.
29. **Stearns, M.,** Rogers, M. M., *Smith, J., & McKinney, C. (2018, November). *Significant other and personal religiosity traits that predict emerging adult risky sexual behavior*. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Washington, DC.
28. **Stearns, M.,** & McKinney, C. (2018, August). *Racial differences in how personal religiosity mediates parental religiosity and emerging adult outcomes*. Poster presented at the American Psychological Association convention, San Francisco, CA.
27. **Stearns, M.,** & McKinney, C. (2018, August). *Parental and emerging adult depressive problems: Moderation by personal religiosity*. Poster presented at the American Psychological Association convention, San Francisco, CA.
26. *Jones, M., **Stearns, M.,** & McKinney, C. (2018, March). *Personal religiosity mediating parent and child anxiety: Moderation by gender*. Poster presented at the annual meeting of the Southeastern Psychological Association, Charleston, SC.
25. *Provenzano, A. M., **Stearns, M.,** & Nadorff, D. K. (2018, April). *Influences of marital status on custodial grandparents' psychological health*. Poster presented at the Shackouls Honors College Undergraduate Research Symposium, Starkville, MS.
24. **Stearns, M.,** & McKinney, C. (2018, March). *Stearns-McKinney Assessment of Religious Traits: Confirmatory factor analysis*. Paper presented at the annual meeting of the Southeastern Psychological Association, Charleston, SC.
23. **Stearns, M.,** & McKinney, C. (2018, March). *Effects of parental antisocial problems on emerging adult antisocial problems: Moderation by personal religiosity*. Poster presented at the annual meeting of the Southeastern Psychological Association, Charleston, SC.
22. **Stearns, M.,** & McKinney, C. (2018, March). *Transmission of religiosity from parent to child: Moderation by parental antisocial behaviors*. Poster presented at the Society for Personality and Social Psychology Religiosity Preconvention, Atlanta, GA.
21. **Stearns, M.,** & McKinney, C. (2018, March). *Transmission of religiosity from parent to child: Moderation by parent-child conflict*. Poster presented at the Society for Personality and Social Psychology convention, Atlanta, GA.
20. **Stearns, M.,** & McKinney, C. (2017, September). *Parental and personal religiosity in emerging adults: Moderation by race and parental warmth and overprotection*. Poster presented at the Mississippi Psychological Association convention, Biloxi, MS.
19. **Stearns, M.,** & McKinney, C. (2017, August). *Transmission of religiosity from parent to child: Moderation by parental depression*. Poster presented at the American Psychological Association convention, Washington, D.C.

18. **Stearns, M. A.**, *Smith, A. C., & Nadorff, D. K. (2017, July). *Religiosity and depressive symptoms in older adults compared to younger adults: Moderation by age*. Poster presented at the International Association of Gerontology and Geriatrics world congress meeting, San Francisco, CA.
17. Lantz, E., **Stearns, M. A.**, McKay, I., & Nadorff, D. K. (2017, May). *The mediation of gratitude on the relation between religiosity and well-being*. Poster presented at the Graduate Student Association Research Symposium, Starkville, MS.
16. McKay, I., **Stearns, M. A.**, Lantz, E., & Nadorff, D. K. (2017, May). *More frequent activities with grandchildren associated with better physical and mental health in custodial grandparents*. Poster presented at the Graduate Student Association Research Symposium, Starkville, MS.
15. *Smith, A. C., **Stearns, M.**, & Nadorff, D. K. (2017, April). *Religiosity and forgiveness in custodial grandchildren and foster children: Moderation by gender*. Poster presented at the Shackouls Honors College Undergraduate Research Symposium, Starkville, MS.
14. **Stearns, M.**, & McKinney, C. (2017, March). *Parental and personal religiosity in emerging adults: Moderation by gender and parental anxiety*. Poster presented at the annual meeting of the Southeastern Psychological Association, Atlanta, GA.
13. **Stearns, M.**, & McKinney, C. (2017, March). *Parental and personal religiosity in emerging adults: Moderation by gender and parental warmth and overprotection*. Paper presented at the annual meeting of the Southeastern Psychological Association, Atlanta, GA.
12. **Stearns, M.**, & McKinney, C. (2017, March). *Parental religiosity and emerging adult internalizing and externalizing symptoms: Moderated mediation by gender and personal religiosity*. Paper presented at the annual meeting of the Southeastern Psychological Association, Atlanta, GA.
11. **Stearns, M. A.**, Lantz, E., McKay, I., & Nadorff, D. K. (2016, November). *Comparing custodial grandparents to foster parents: Religiosity, consistent parenting, & attachment*. Poster presented at the annual Gerontological Society of America meeting, New Orleans, LA.
10. **Stearns, M.**, & McKinney, C. (2016, October). *Stearns-McKinney Assessment of Religious Traits: Confirmatory factor analysis*. Poster presented at Association for Behavioral and Cognitive Therapies Annual Convention, New York City, NY.
9. **Stearns, M.**, *Byars, M., & McKinney, C. (2016, October). *Parental and personal religiosity in emerging adults: Moderated mediation by parental warmth and overprotection and gender*. Poster presented at Association for Behavioral and Cognitive Therapies Annual Convention, New York City, NY.
8. *Bryant, R., **Stearns, M.**, & Nadorff, D. K. (2016, April). *Parenting styles and attachment: Effects of custodial grandchildren and foster children*. Poster presented at the Shackouls Honors College Undergraduate Research Symposium, Starkville, MS.

7. *Nguyen, J., **Stearns, M.**, & Nadorff, D. K. (2016, April). *How do family history of suicide and nightmare frequency affect an individual's suicidality?* Poster presented at the Mississippi School for Mathematics and Science Spring Research Symposium, Columbus, MS.
6. *Smith, A. C., **Stearns, M.**, & Nadorff, D. K. (2016, April). *Caregiver depression and child injury rates.* Poster presented at the Shackouls Honors College Undergraduate Research Symposium, Starkville, MS.
5. **Stearns, M.**, *Byars, M., *Martin, J., *Vence, J., & McKinney, C. (2016, May). *Parental and personal religiosity in emerging adults: Moderation by gender and parental warmth and overprotection.* Poster presented at Association for Psychological Science Annual Convention, Chicago, IL.
4. **Stearns, M.**, *Doyle, J., *Byars, M., & McKinney, C. (2016, March). *Parental religiosity and emerging adult psychological adjustment: Moderated mediation by gender and personal religiosity.* Poster presented at The Annual meeting of the Southeastern Psychological Association, New Orleans, LA.
3. Kwan, J. W., McKinney, C., Hutchins, B., **Stearns, M.** (2016, March). *Coping Strategies Inventory: A factor analysis.* Poster presented at the annual meeting of the Southeastern Psychological Association, New Orleans, LA.
2. Kwan, J. W., **Stearns, M.**, Pollard, M. W., & Walker, C., & McKinney, C. (2016, March). *Emerging adulthood: Are you parents still around?* Symposium presented at the annual meeting of the Southeastern Psychological Association, New Orleans, LA
1. **Stearns, M.** (2012, April). *Malingered ADHD and ADHD with a learning disability.* Poster presented at the Kentucky Psychological Association, Lexington, Ky.

Invited Presentations and Symposiums

4. Stearns, M. A. *Sleep Health Disparities and Interventions.* Sleep Research Society Trainee Day, Annual SLEEP meeting of the American Academy of Sleep Medicine and the Sleep Research Society, Indianapolis, Indiana, June 2023.
3. Stearns, M. A. *Sleep, Stress, and Parenting: Mental and Physical Health of Children and their Caregivers.* College of Nursing, University of South Florida, March, 2023.
2. Stearns, M. A. *How to Write an Introduction Section.* Sleep and Neurobehavioral Health Collaborative Manuscript Writing Workshop, Virtual Workshop, January 2022.
1. Coleman, A., Dumessa, L., Amadi, S., **Stearns, M.**, Oliveros, A., Jones, T., & McKinney, C. (2017, March). *Mental health in the school system.* In-service about identifying psychological problems, community resources, de-escalation, and stress management provided to the Starkville Oktibbeha Consolidated School District.

Research Experience

- 2022-2023 **Postdoctoral Research Fellow**, *McCrae Sleep Research Lab, University of South Florida*
PI: Christina S McCrae, Ph.D.
Project Coordinator on a NIH funded RCT examining a web-based behavioral sleep interventions for caregivers of persons with dementia. Gained experience in clinical trial research, assessment [e.g., sleep (self-report, actigraphy, polysomnography), quantitative sensory testing, neuroimaging, heart rate variability], clinical interviewing, behavioral sleep treatment, manuscript preparation and publication, conference presentations, and development and preparation of external funding and award applications (e.g., student awards, foundation proposals, federal proposals)]. Also gained experience in clinical and research supervision of graduate students.
- 2020-2022 **Postdoctoral Research Fellow**, *MizZou Sleep Research Lab, University of Missouri*
PI: Christina S McCrae, Ph.D.
Project Coordinator on a DOD funded RCT examining behavioral sleep interventions for children with Autism Spectrum Disorder. Gained experience in clinical trial research, assessment [e.g., sleep (self-report, actigraphy, polysomnography), quantitative sensory testing, neuroimaging, heart rate variability], clinical interviewing, behavioral sleep treatment, manuscript preparation and publication, conference presentations, and development and preparation of external funding and award applications (e.g., student awards, foundation proposals, federal proposals)]. Also gained experience in clinical and research supervision of graduate students.
- 2015-2020 **Graduate Research Assistant**, *Making Sense of Us: A Child and Research Clinic, Mississippi State University*
PI: Cliff McKinney, Ph.D.
Using The Coping Power Program for Childhood Aggression, collected data from 5th grade students and their parents about parenting characteristics and conduct problems. Assisted with completing fMRI scans of 5th grade students and with delivering a modified Coping Power Treatment to these students, with the goal to identify how brain functioning (approach bias and amygdala functioning) moderate response to treatment. Helped to supervise the undergraduate students, guiding them in developing their own research projects and creating posters and papers.
- 2015-2020 **Graduate Research Assistant**, *Grandparenting Lab, Mississippi State University*
PI: Danielle Nadorff, Ph.D.
Helped develop Dr. Nadorff's new research lab, conducting literature reviews, data management/analysis, entering surveys using Qualtrics, and developing research questions. Helped to supervise undergraduate students, guiding them in developing their own research projects and creating posters and papers.

Research Mentorship Experience

University of South Florida Student Research Mentor

<i>Year</i>	<i>Mentee</i>
2023-current	Angeline Saint-Fleur (graduate student)
2023-current	Adarsh Karthik (undergraduate student)
2023-current	Chloe Rzeppa (project coordinator)
2023-current	Annie Martin (research assistant)

University of Missouri Student Research Mentor

<i>Year</i>	<i>Mentee</i>
2023-current	Kevin McGovney (graduate student)
2022-2023	Sydney Shoemaker (project coordinator)
2021-2022	Emilie Sparrow (graduate student)
2020-2023	Braden Hayse (graduate student)

Mississippi State University Psychology Undergraduate Student Research Mentor

<i>Year</i>	<i>Mentee</i>
2019-2020	Eunbea Kim
2018-2019	JoHannah Smith
2017-2019	Angela M. Provenzano
2017-2018	Marcy Jones
2016-2017	Margaret Byars
2016	Jenny Nguyen
2015-2017	Anna Claire Smith
2015-2016	Reisa Bryant

Professional Activities: Leadership and Service

2023-current	<i>Sleep Advances: Living Legends</i> Editorial Intern
2023-current	Sleep Research Society Diversity, Equity, and Inclusion Committee Member
2023-current	American Academy of Sleep Medicine Research Career Development Committee Member
2023-current	Chair of Society for the Study of Emerging Adulthood Parents and Family Network
2022-current	<i>Behavioral Sleep Medicine</i> Editorial Intern
2019-2023	Society of Behavioral Sleep Medicine Science and Research Committee Member
2018-2023	Co-Chair of Society for the Study of Emerging Adulthood Parents and Family Network
2016-2018	Elected Student Clinical Training Committee Representative

Professional Activities: Review Service

Invited Reviewer

Behavioral Sleep Medicine (2022-current)
Journal of Child and Family Studies (2019).
Journal of Research in Crime and Delinquency (2018).
Psychology of Religion and Spirituality (2019).
Parenting: Science and Practice (2019).
Social Science Research (2019).

Mentored Reviews

Aging and Human Development (2016).
Autism Research (2017).
Child Abuse and Neglect (2016-current).
Child Development (2015).
Children and Youth Services Review (2017-current).
Cogent Psychology (2015).
International Journal of Aging and Human Development (2016).
Behavioral Sleep Medicine (2021-2022)
Journal of Child and Family Studies (2015-current).
Journal of Clinical Psychiatry (2018).
Journal of Family Issues (2017-current).
Pediatrics (2017).
PLOS ONE (2018).
Social Work in Mental Health (2016-current).

Professional Association Memberships

2019-current American Academy of Sleep Medicine, member
2019-current Sleep Research Society, member
2019-current Society for Behavioral Sleep Medicine, member
2018-2023 Society of Clinical Child and Adolescent Psychology (APA Division 53), member
2017-current Society for the Study of Emerging Adulthood, member
2016-2023 American Psychological Science, student member
2016-2023 American Psychological Association, student member
2016-2023 Association for Behavioral and Cognitive Therapy, student member
2015-2020 Southeastern Psychological Association, student member

Teaching Experience

Instructor of Record, Mississippi State University Department of Psychology

Spring 2018 Behavior Modification
Spring 2017 Psychology of Gender
Spring 2016, Fall 2016 General Psychology

Clinical Experience

2020 **Pre-doctoral Clinical Psychology Intern, University of Mississippi Medical Center, Jackson, MS**
Supervisors: Clea Evans, Ph.D., Gini Persinger, Ph.D., & Cecile Morvan, Ph.D.
Methodist Rehabilitation Center: Conducted clinical interviews with the use of cognitive and mood screeners. Provided brief interventions using evidence-based treatment (e.g., deep breathing, habit formation, motivational interviewing, sleep hygiene, etc.).

- 2019-2020 **Pre-doctoral Clinical Psychology Intern, University of Mississippi Medical Center, Jackson, MS**
Supervisors: Monica Sutton, Ph.D., David Elkin, Ph.D., Hannah Ford, Ph.D., & Dustin E. Sarver, Ph.D.
Center for the Advancement of Youth: Administered and wrote patient-centered psychosocial and neuropsychological assessments for children and families within an outpatient pediatric fully integrated developmental and behavioral specialty clinic. Conducted developmental evaluations in a multidisciplinary team with a pediatrician. Provided evidence-based assessment and treatment for various childhood disorders (e.g., anxiety, sleep problems, depression, etc.). Ran a parent group for parents of children with ADHD.
- 2019 **Pre-doctoral Clinical Psychology Intern, University of Mississippi Medical Center, Jackson, MS**
Supervisor: Crystal Stack-Lim, Ph.D.
Weight and Wellness/GI Clinic: Conducted outpatient consultations with children and their families who were experiencing problems with weight gain or GI issues. Utilized motivational interviewing to help set and keep goals toward weight loss for children who experienced difficulty losing weight.
- Supervisor:* Cynthia Karlson, Ph.D.
Hematology/Oncology Clinic: Conducted inpatient and outpatient consultations with children who had cancer or sickle cell disorder. Administered and wrote comprehensive assessments for children and adolescents with chronic illness (e.g., sickle cell, cancer, neuroblastoma, etc.) in an outpatient hospital setting. Also provided psychological consultation for the cranio-facial and brain tumor team.
- 2017-2019 **Magnolia Clinical Scholar in Integrated Behavioral Health, Center for Advancement of Youth, University of Mississippi Medical Center, Jackson, MS (HRSA Funded)**
Supervisor: Dustin E. Sarver, Ph.D.
Administered and wrote patient-centered psychosocial and neuropsychological assessments for children and families within an outpatient pediatric fully integrated developmental and behavioral specialty clinic. Provided evidence-based assessment and treatment for ADHD and behavioral problems (Parent management, PCIT).
- Summer 2018 **Magnolia Clinical Scholar in Integrated Behavioral Health, Child Cancer Center, University of Mississippi Medical Center, Jackson, MS (HRSA Funded)**
Supervisor: Cynthia Karlson, Ph.D.
Administered and wrote comprehensive assessments for children and adolescents with chronic illness (e.g., sickle cell, cancer, neuroblastoma, etc.) in an outpatient hospital setting. Provided various empirically supported therapies (e.g., Problem Solving Training) to children with chronic illness and participated in consultation in an inpatient and outpatient hospital.
- 2017-2018 **Pre-doctoral Extern, Diamond Grove Center, Louisville, MS**
Supervisors: Cliff McKinney, Ph.D., Michael Nadorff, Ph.D.

Provided mental health services in an inpatient treatment program for children and adolescents experiencing emotional, psychological, and behavioral difficulties. Conducted individual and family therapy, treatment planning as well as twice-weekly psychoeducational group sessions emphasizing skills training. Worked amongst a multi-disciplinary staff to provide patients with a safe and therapeutic environment to address immediate problem behaviors.

2016-2017 **Mississippi State University Sleep Clinic, Starkville, MS**

Supervisor: Michael Nadorff, Ph.D.

Conducted sleep interventions for adults with sleep problems. Implemented Cognitive Behavioral Therapy for Insomnia and as Imagery Rehearsal Therapy for nightmares.

2016-2017 **Brief Behavioral Intervention Clinic, Starkville, MS**

Supervisor: Torri Jones, Ph.D.

Conducted a brief behavioral intervention for children ages 2-6 with disruptive behaviors under live supervision modeled off Parent-Child Interaction Therapy (PCIT).

2016-2018 **Mississippi State University Psychology Clinic, Starkville, MS**

Supervisors: Cliff McKinney, Ph.D., Arazais Oliveros, Ph.D.

Administered comprehensive assessments to adult and child clients. Provided mental health services to the university and community. Implemented Coping Cat for two child clients with anxiety as well as DBT for an individual with Borderline features. Participated in peer and group supervision.

2015-2016 **Coping Power Program for Childhood Aggression, Starkville, MS**

Supervisor: Cliff McKinney, Ph.D.

Co-facilitated a school-based intervention to help middle-school-aged children manage aggressive behaviors by teaching anger management, reviewing non-aggressive interaction methods and practicing skills to resolve interpersonal problems through verbal resolution. Collaborated with school administration and teachers to recruit student and parent participants. Assisted in fMRI pre-screening procedures prior to participants' involvement in the program.

Additional Training/Workshops

Graduate Certificate in Applied Statistics (2014)

Completed 15 hours of course work on research design, basic statistics (regression, ANOVA), and advanced statistics (Applied Multivariate Methods and Statistical Computational Theory and Data Visualization).

References

Christina S. McCrae, Ph.D., DBSM, FSBSM, FAASM, Professor

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