

Department of Human Development  
and Family Studies

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## EDUCATION

Year	Degree	Department	Institution	Major
1989	Ph.D.	Psychology	West Virginia University	Life-Span Developmental Psychology
1988	M.A.	Psychology	West Virginia University	Life-Span Developmental Psychology
1984	B.A.	Anthropology, Psychology, Sociology	The American University, Cairo, Egypt	Psychology; Minor: Anthropology

## PROFESSIONAL POSITIONS

Years	Position	Department	Institution
2010-present	Leonard Peterson & Co., Inc., Professor	Department of Human Development and Family Studies	Auburn University
2005-2010	Alumni Professor	Department of Human Development and Family Studies	Auburn University
2002-2005	Professor	Department of Human Development and Family Studies	Auburn University
2000-2001	Associate Professor (tenured)	Department of Human Development and Family Studies	Auburn University
1995- 2000	Associate Professor (tenured)	Department of Psychology	Auburn University
1990-1995	Assistant Professor	Department of Psychology	Auburn University
1990	Visiting Instructor	Department of Psychology	West Virginia University
1985-1989	Graduate Teaching Assistant	Department of Psychology	West Virginia University
1984-1985	Graduate Research Assistant	Department of Anthropology/Psychology/Sociology	The American University in Cairo

## AWARDS AND HONORS

- 2023 Fellow, American Psychological Association, Division 38 (Health Psychology)
- 2022 Fellow, American Psychological Association, Division 53 (Clinical Child and Adolescent Psychology)
- 2018 & Nominated by Auburn University for the Southeastern Universities Research Association

- 2021 Distinguished Scientist Award. One faculty member from the University is nominated each year.
- 2019 Fellow, American Psychological Association, Division 7 (Developmental Psychology)
- 2015 - Member, the National Institutes of Health, Sleep Disorders Research Advisory Board.
- 2018
- 2017 Research Advisory Board Advancement of Research and Scholarship Award, Auburn University  
An annual award given to one faculty member at Auburn University
- 2008 Faculty Award for Excellence, Department of Human Development and Family Studies, Auburn University
- 2007 Creative Research and Scholarship Award, Auburn University
- 2005 Alumni Professor, Auburn University

## GRANTS

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| National Heart, Lung, and Blood Institute (NHLBI)<br>R01-HL136752-05                                     | El-Sheikh, M. (PI)<br><i>Sleep as a Mechanism and Moderator in the Development of Health Disparities</i><br>02/25/2023-01/31/2027<br>Total Direct Cost (TDC): \$1,999,960                                |
| National Institute of Minority Health and Health Disparities (NIMHD)<br>R01-MD 015715                    | Yip, T. (PI)<br><i>Social-Environmental Predictors of Sleep Disparities During the Transition to College</i><br>06/01/2022 – 05/31/2027<br>Subcontract to AU \$151,000<br>Role: PI on Auburn subcontract |
| Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD)<br>R01-HD 046795 | El-Sheikh, M. (PI)<br><i>Predicting Young Adult Health: Family Aggression and Bioregulatory Pathways</i><br>2/1/2019 - 12/31/2023<br>Total Direct Cost (TDC): \$2,120,545                                |
| NICHD<br>R01-HD094829  | Davies, P. (PI)<br><i>Constructive Interparental Conflict and Child Adjustment</i><br>7/11/2018 - 5/31/2023<br>Subcontract to AU: \$169,705<br>Role: PI on Auburn subcontract                            |
| National Heart, Lung, and Blood Institute (NHLBI)<br>R01-HL136752  | El-Sheikh, M. (PI)<br><i>Child Sleep as a Mechanism and Moderator in the Development of Health Disparities</i><br>09/01/2017-08/31/2021<br>Total Direct Cost (TDC): \$1,865,868                          |
| NHLBI<br>R15-HL140504  | Fuller-Rowell, T. (PI)<br><i>Social Determinants of Sleep and Sleep Disparities among College Students</i><br>8/1/2018- 7/31/2021<br>TDC: \$299,993<br>Role: Co-Investigator                             |
| NIMHD  | Yip, T. (PI)   |

R21-MD01138

The Effects of *Discrimination and Sleep Disturbance on Health Among Asian Youth*

## GRANTS

8/1/2016 – 5/31/2018  
Total Direct Costs: \$399,799  
Role: Co-Investigator

Auburn University

El-Sheikh, M. (Co-PI).  
*Sleep Disruptions and Risk in Adolescence: Physiological Underpinnings*  
4/1/2014 – 3/31/2016  
Total Cost: \$103,040

National Science Foundation  
1251322

Vaughn, B. (PI)  
*Sleep and Adaptation for Preschool Children*  
6/1/2010 – 8/29/2013  
TDC: \$599,974  
Role: Co-Investigator

NICHD  
R01-HD046795

El-Sheikh, M. (PI)  
*Family Aggression and Trajectories Of Adolescent Adaptation: Bioregulatory effects*  
7/1/2012 - 5/31/2017 - 5/31/2018 No Cost Extension  
TDC: \$2,710,204

NHLBI  
R01-HL093246

El-Sheikh, M. (PI)  
*Sleep and Child Developmental Outcomes: Physiological and Contextual Influences*  
1/1/2009 - 3/31/2014  
TDC: \$2,706,702

NHLBI  
R01-HL093246

El-Sheikh, M. (PI)  
*Sleep and Child Developmental Outcomes: Physiological and Contextual Influences*  
Research Supplement to Promote Diversity in Health-Related Research  
Trainee: J. Hardy  
2010-2011  
TDC: \$58,533

National Science Foundation  
0843185

El-Sheikh, M. (PI)  
*Developmental Trajectories of Children's Sleep and Adjustment*  
4/15/2009 – 3/31/2011  
TDC: \$319,790

Society for Research in  
Child Development

El-Sheikh, M. (PI)  
Small Conference or Study Group Grant  
2/1/2011 – 7/31/2012  
\$20,000

Alabama Agricultural  
Experiment Station/  
Lindsey Foundation

El-Sheikh, M. (PI)  
*Childhood Stress Exposure: Physiological Mechanisms of Risk and Resilience*

## GRANTS

ALA080-049	2007-2010 \$120,000
NICHHD R21 HD062833	Keller, P. (PI) <i>Parental Problem Drinking and Child Sleep: Family and Physiological Mechanisms of Risk</i> 7/1/2010 - 6/30/2012 TDC on AU subcontract: \$60,498 Role: PI on AU subcontract
NICHHD R03 HD061565	Bub, K. (PI) <i>Predictors and Consequences of Children's Social Competence across Early and Middle Childhood: A Multiple-Informant, Multiple-Contexts Perspective.</i> 5/1/2010 – 4/30/2013 TDC: \$143,080 Role: Co-Investigator
NICHHD RC1AA019293	Mize, J. (PI) <i>Biopsychosocial Factors in Economically Disadvantaged Preschool Children's Adjustment</i> 9/30/2009 – 8/31/2012 TDC: \$986,258 Role: Co-Investigator
National Science Foundation 0921271	El-Sheikh, M. (Co-PI) <i>Peer Stress in Adolescence: Psychophysiological and Coping Responses</i> 9/1/2009 – 7/31/2013 TDC: \$376,104
Alabama Agricultural Experiment Station/ Lindsey Foundation	El-Sheikh, M. Equipment Grant 2008 \$120,000
National Science Foundation 0623936	El-Sheikh, M. (PI) <i>Children's Sleep and Development: The Role of Family Functioning, Cultural Context, and Body Mass Index</i> 8/1/2006 – 7/31/2008 TDC: \$247,777
NICHHD R01-HD046795	El-Sheikh, M. (PI) <i>Child Regulation and Exposure to Marital Violence</i> 6/1/2004 - 3/31/2010 TDC: \$2,158,123
National Science Foundation 0339115	El-Sheikh, M. (PI) <i>Socialization in the Family and Child Development: Emotionality, Regulation, and Sleep as Pathways and Moderators of Outcomes</i> 8/1/2004 – 7/31/2007 TDC: \$250,000

## GRANTS

Alabama Agricultural Experiment Station/ Lindsey Foundation ALA080-001	El-Sheikh, M. (PI) Sympathetic, Parasympathetic, and HPA Activity in the Response to Family Stress: Deleterious and Protective Effects on Children's Health, Sleep, and Adjustment 2003-2005 \$40,000
National Institute on Alcohol Abuse and Alcoholism R29-AAMH10591	El-Sheikh, M. (PI) <i>Children's Responses to Interadult Angry Interactions</i> 1996-2002 TDC: \$501,429
Auburn University	El-Sheikh, M. <i>Parental Conflict, Alcohol Abuse, and Child Outcomes: Sleep Patterns and Vagal Regulation as Pathways and Moderators of Risk</i> Competitive Research Grant 2002-2003 \$10,000
Auburn University	El-Sheikh, M. <i>Children's Responding to Interadult Conflict</i> Competitive Research Grant 1993-1994 \$1,000
Auburn University	El-Sheikh, M. <i>Children's Responses to Interadult Anger as a Function of History of Exposure to Conflict.</i> Competitive Research Grant 1991-1992 \$3,000

## CONFERENCE

In 2012, I co-organized a multi-disciplinary forum with Joseph Buckhalt on sleep and child development, funded in part by the Society for Research in Child Development. We hosted the conference at Auburn University. The overarching goal of the forum was to promote dialogue, identify pivotal areas in the study of children's sleep, and integrate knowledge of sleep and child development across disciplines towards making conceptual and methodological advances. I have co-edited an SRCD Monograph (2015) with Avi Sadeh, which presents the Forum's recommendations for next steps in sleep and child development research.

## SCHOLARLY PROGRAM AND ONGOING RESEARCH

My work addresses child development in the context of risk and has advanced a biopsychosocial approach for understanding adaptation and maladaptation. More specifically, my research examines child functioning across multiple domains (psychological adjustment, physical health, cognitive functioning, academic achievement) in the context of familial risk (e.g., marital aggression, child abuse, parental alcoholism) and the socioecological milieu (e.g., health disparities associated with poverty and ethnic minority status). Of particular emphasis is the

assessment of children's physiological and biological reactivity and regulation examined through sympathetic and parasympathetic nervous system activity, hypothalamic-pituitary-adrenal-axis activity, and sleep-wake parameters, which are examined as primary mechanisms of risk and vulnerability/protective factors. Incorporating such a wide lens and connecting different levels of influence (physiological to societal) characterize my scholarship, which has led to novel contributions towards a nuanced understanding of development in youth. A recognized feature of my research, facilitated by instrumental collaborations with colleagues from various disciplines, is its multi- and inter-disciplinary nature and its building of bridges across many areas of inquiry concerned with child health and development including psychology, family functioning, pediatric sleep medicine, psychophysiology, public health and health disparities.

## MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

American Academy of Sleep Medicine

**American Psychological Association:**

**Division 7 (Developmental Psychology), Fellow**

**Division 38 (Health Psychology), Fellow**

**Division 53 (Clinical Child and Adolescent Psychology), Fellow**

Division 43 (Couple and Family Psychology)

Division 50 (Addiction Psychology)

Society for Research in Adolescence

Society for Research in Child Development

Sleep Research Society

## EDITORIAL AND REVIEWING ACTIVITIES

Associate Editor, *Journal of Family Psychology*, 2007-2009

Editorial board member, *Journal of Family Psychology*, 2004 -2006; 2009; 2013-2016

Editorial board member, *Developmental Psychology*, 2012-2016

Editorial board member, *Health Psychology*, 2012-2015

Editorial board member, *Sleep Health*, 2015-present

## REVIEW PANELS AND ADVISORY BOARDS:

Member, the National Institutes of Health, "Special Emphasis Panel", March, 2021.

Member, the National Institutes of Health, "NIH Pathway to Independence Award (K99/R00)" program", March & October, 2020

**Member, the National Institutes of Health, Sleep Disorders Research Advisory Board, 2015-2018.**

Member, the National Institutes of Health, "Biobehavioral Mechanisms of Emotion, Stress and Health" study section, July 1, 2006 - June, 2010; October, 2014

Member, the National Institutes of Health, "Member Conflict: Child and Adolescent Psychopathology (Teleconference)", July 2013

Member, the National Institutes of Health, "Member Conflict: Biobehavioral Mechanisms of Emotion, Stress and Health (Teleconference)", January 2013

Member, the National Institutes of Health, "Research on Self- Regulation" special emphasis panel, June 2011

Chair, the National Institutes of Health "Biobehavioral Mechanisms of Emotion, Stress and Health" study section, June 2010

Chair, SRCD review panel (Childhood: Emotional and Personality Processes); 2009; 2011

Reviewer; Swiss National Science Foundation; December 2007

Reviewer; the National Science Foundation, "Developmental and Learning Sciences" CRI, November 2007; 2015

Member of the National Science Foundation, "Developmental and Learning Sciences" CRI, November 2005; May 2006  
 Temporary Member, the National Institutes of Health, "Biobehavioral Mechanisms of Emotion, Stress and Health" study section, October 2005  
 Member, "Child Development Special Emphasis Panel" (National Institutes of Health; National Institute of Child Health and Human Development) review panel, April 2003  
 Reviewer, the National Institutes of Health (National Institute of Mental Health); November 2002 (phone reviewer)  
 Reviewer, Society for Research in Child Development Review Panel (1999; 2001; 2003; 2007)  
 Member, International Conference on Family Violence (2000; 2001; 2002; 2003)  
 Advisory Committee member, "Twice at Risk: A Forum on Children Affected by Family Violence and Parental Addiction," 1994-1995

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**REVIEWER:**

<i>Addiction</i>	<i>Journal of Marriage and Family</i>
<i>Archives of Pediatric Medicine</i>	<i>Journal of Pediatric Psychology</i>
<i>Biological Psychology</i>	<i>Journal of Pediatrics</i>
<i>Child Development</i>	<i>Journal of Psychosomatic Research</i>
<i>Developmental Cognitive Neuroscience</i>	<i>Journal of Research on Adolescence</i>
<i>Development and Psychopathology</i>	<i>Merrill-Palmer-Quarterly</i>
<i>Developmental Psychobiology</i>	<i>Personal Relationships</i>
<i>Developmental Psychology</i>	<i>Psychology and Health: An International Journal</i>
<i>European Journal of Pediatrics</i>	<i>Psychological Science</i>
<i>Health Psychology</i>	<i>Psychophysiology</i>
<i>Infancy</i>	<i>Physiology and Behavior</i>
<i>International Journal of Behavioral Development</i>	<i>Sex Roles</i>
<i>Journal of Abnormal Psychology</i>	<i>Sleep</i>
<i>Journal of Abnormal Child Psychology</i>	<i>Sleep Medicine</i>
<i>Journal of Adolescence</i>	<i>Sleep Medicine Reviews</i>
<i>Journal of Counseling and Counseling Psychology</i>	<i>Social Development</i>
<i>Journal of Early Adolescence</i>	<i>Social Science and Medicine</i>
<i>Journal of Family Issues</i>	<i>The European Journal of Developmental Psychology</i>
<i>Journal of Family Psychology</i>	

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**PUBLICATIONS**

Citations: 17368 since 2019: 7146

h-index: 73; since 2019: 49

i10-index: 176; since 2019: 158

[http://scholar.google.com/citations?sortby=pubdate&hl=en&user=4rgunywAAAAJ&view\\_op=list\\_works](http://scholar.google.com/citations?sortby=pubdate&hl=en&user=4rgunywAAAAJ&view_op=list_works)

Students and post-doctoral fellows at time of publication are designated by an asterisk (\*).

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**EDITED BOOK:**

El-Sheikh, M. (Ed). (2011). *Sleep and development: Familial and socio-cultural considerations*. New York, NY: Oxford University Press.

Edited Special Issue of a Journal:

El-Sheikh, M., & Dahl, R. E. (2007). *Carpe Noctem: Sleep and family processes*. [Special issue]. *Journal of Family Psychology*, 21(1). <https://www.apa.org/pubs/journals/special/2172105>

Dahl, R. E., & El-Sheikh, M. (2007). Considering sleep in a family context: Introduction to the special issue. *Journal of Family Psychology, 21*, 1-3.  
<https://psycnet.apa.org/doi/10.1037/0893-3200.21.1.1>

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EDITED PEER REVIEWED MONOGRAPH:

El-Sheikh, M., & Sadeh, A. (Eds.) (2015). Sleep and development: Advancing theory and research. *Monographs of the Society for Research in Child Development, 80*, vii-215.

<https://doi.org/10.1111/mono.12140>

El-Sheikh, M., & Sadeh, A. (2015). I. Sleep and development: Introduction to the monograph. *Monographs of the Society for Research in Child Development, 80*, 1-14.

<https://doi.org/10.1111/mono.12141>

Sadeh, A., & El-Sheikh, M. (2015). XI. Sleep and development: Conclusions and future directions. *Monographs of the Society for Research in Child Development, 80*, 177-181.

<https://doi.org/10.1111/mono.12151>

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PEER REVIEWED MONOGRAPH:

El-Sheikh, M., Kouros, C. D.\*, Erath, S.\*, Cummings, E. M., Keller, P.\*, & Staton, L.\* (2009). Marital conflict and children's externalizing behavior: Pathways involving interactions between parasympathetic and sympathetic nervous system activity. *Monographs of the Society for Research in Child Development, 74*(1, Serial No. 231). NIHMSID: NIHMS205835

<https://doi.org/10.1111/j.1540-5834.2009.00501.x>

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PEER REVIEWED JOURNAL ARTICLES:

Thompson, M. J.\*, Gillis, B. T., Hinnant, J. B., Erath, S. A., Buckhalt, J. A., & El-Sheikh, M. (2024). Trajectories of actigraphy-derived sleep duration, quality, and variability from childhood to adolescence: Downstream effects on mental health. *Sleep*.

<https://doi.org/10.1093/sleep/zsae112>

Thompson, M. J.\*, Hinnant, J., & Erath, S. (2024). The legacy of harsh parenting: Enduring and sleeper effects on trajectories of externalizing and internalizing symptoms. *Developmental Psychology*. Advance online publication.

<https://doi.org/10.1037/dev0001754>

Fuller-Rowell, T. E., Zeringue, M. M., Saini, E. K., Yip, T., & El-Sheikh, M. (2024). Do sleep problems exacerbate the mental health consequences of discrimination among adults? *Psychosomatic Medicine, 86*(4), 324–333.

<https://doi.org/10.1097/PSY.0000000000001305>

Kelly, R., Gillis, B. T.\*, & El-Sheikh, M. (2024). Longitudinal relations between interpartner aggression and internalizing symptoms among couples: The moderating role of sleep. *Journal of Sleep Research, 33*, e14013.

<http://doi.org/10.1111/jsr.14013>

Martin-Piñón, O.\*, McWood, L., Erath, S. A., Hinnant, J. B., & El-Sheikh, M. (2024). Maternal psychological control and adolescent adjustment: Sleep as a moderator. *Journal of Sleep Research, 33*, e13986.

<https://doi.org/10.1111/jsr.13986>

Kaeppeler, A. K.\*, Erath, S. A., El-Sheikh, M., & Hinnant, B. (2023). Coping responses in the context of family stress moderate the association between childhood anxiety and adolescent depressive symptoms. *Research on Child and Adolescent Psychopathology*.

<https://doi.org/10.1007/s10802-023-01135-z>

Gillis, B. T.\*, McWood, L. M., Brigham, E. F., \* Hinnant, J. B., & El-Sheikh, M. (2023). Family income as a moderator of relations between sleep and physical health during adolescence. *Sleep Health, 9*, 868-875.

<https://doi.org/10.1016/j.sleh.2023.09.009>

Keller, P. S., Rawn, K. P., Dunsmore, J. C., Zvolensky, M., & El-Sheikh, M. (2023). Parental drinking and observations of parent-child problem-solving



- discussions: Do drinking motives matter? *Journal of Family Psychology*, 37, 993-1004. <https://doi.org/10.1037/fam0001135>
- Zeringue, M. M., Saini, E. K., Fuller-Rowell, T. E., Hinnant, J. B., & El-Sheikh, M. (2023). Neighborhood environment and adolescent sleep: The role of family socioeconomic status. *Sleep Medicine*, 109, 40-49. <https://doi.org/10.1016/j.sleep.2023.06.014>
- Fuller-Rowell, T., Saini, E., K., & El-Sheikh, M. (2023). Social class discrimination during adolescence as a mediator of socioeconomic disparities in actigraphy-assessed and self-reported sleep. *Sleep Medicine*, 108, 61-70. <https://doi.org/10.1016/j.sleep.2023.05.021>
- Yip, T., Feng, Y, Lorenzo, K., & El-Sheikh, M. (2023). Ethnic/racial discrimination and academic grades among adolescents: Moderation by sleep regularity. *Journal of Sleep Research*, 32, e13798. <https://doi.org/10.1111/jsr.13798>
- Fuller-Rowell, T. E. Nichols, O. I., El-Sheikh, M. Burrow, A. L., Ong, A. D., & Ryff, C. D. (2022, epub). The pandemic and social experience: For whom did discrimination and social isolation increase? *Cultural Diversity and Ethnic Minority Psychology*. <https://psycnet.apa.org/doi/10.1037/cdp0000561>
- Keller, P., Widiger, T., & El-Sheikh, M. (2023). Parental problem drinking and maladaptive personality features in children: The role of marital conflict. *Child Psychiatry and Human Development*, 54, 1336-1346. <https://doi.org/10.1007/s10578-022-01340-9>
- Hinnant, B., Buckhalt, J. A., Brigham, E. F.,\* Gillis, B. T.,\* & El-Sheikh, M. (2023). Socioeconomic disparities, nighttime bedroom temperature, and children's sleep. *Journal of Applied Developmental Psychology*, 86, 101530. <https://doi.org/10.1016/j.appdev.2023.101530>
- Perpétuo, C., El-Sheikh, M., Diniz, E., & Verissimo, M. (2023). Attachment to mother and father, sleep, and well-being in late middle childhood. *International Journal of Environmental Research and Public Health*, 20(4), 3399. <https://doi.org/10.3390/ijerph20043399>
- Elhousseini, S., Rawn, K., El-Sheikh, M., & Keller, P. S. (2023). Attachment and prosocial behavior in middle childhood: The role of emotion regulation. *Journal of Experimental Child Psychology*, 225, 105534. <https://doi.org/10.1016/j.jecp.2022.105534>
- Gillis, B. T.\*, Hinnant, J. B., Erath, S. A., & El-Sheikh, M. (2023). Relationship between family income and trajectories of adjustment in adolescence: Sleep and physical activity as moderators. *Journal of Adolescence*, 95, 494-508. <https://doi.org/10.1002/jad.12131>
- McWood, L. M.\*, Erath, S. A., & El-Sheikh, M. (2023). Longitudinal associations between coping and peer victimization: Moderation by gender and initial peer victimization. *Social Development*, 32, 117-134. <https://doi.org/10.1111/sode.12623>
- El-Sheikh, M., Gillis, B. T.,\* Saini, E.,\* Erath, S., A. & Buckhalt, J. A. (2022). Sleep and disparities in child and adolescent development. *Child Development Perspectives*, 16, 200-207. <https://doi.org/10.1111/cdep.12465>
- Kouros, C. D., Keller, P.S., Martín-Piñón, O.,\* & El-Sheikh, M. (2022). Bidirectional associations between nightly sleep and daily happiness and negative mood in adolescents. *Child Development*, 93, e547-e562. <https://doi.org/10.1111/cdev.13798>
- Yip, T., Xie, M., Cham, H. & El-Sheikh, M. (2022). Linking ethnic/racial discrimination to adolescent mental health: Sleep disturbances as an explanatory pathway. *Child Development*, 93, 973-994. <https://doi.org/10.1111/cdev.13747>
- Kelly, R. J., Zeringue, M. M.,\* & El-Sheikh, M. (2022). Adolescents' sleep and adjustment: Reciprocal effects. *Child Development*, 93, 540-555. <https://doi.org/10.1111/cdev.13703>
- El-Sheikh, M., Zeringue, M. M.,\* Saini, E. K.,\* Fuller-Rowell, T. E., & Yip, T. (2022). Discrimination and adjustment in adolescence: The moderating role of sleep. *Sleep*, 45, zsab215. <https://doi.org/10.1093/sleep/zsab215>
- McWood, L. M.,\* Zeringue, M. M.,\* Martín-Piñón, O.,\* Buckhalt, J. A., & El-Sheikh, M. (2022). Linear and nonlinear associations between the sleep environment, presleep conditions, and sleep in adolescence: Moderation by race and socioeconomic status. *Sleep Medicine*, 93, 90-99. <https://doi.org/10.1016/j.sleep.2021.11.004>

- Hinnant, J. B., Gillis, B. T.,\* Erath, S. A., & El-Sheikh, M. (2022). Onset of substance use: Deviant peer, sex, and sympathetic nervous system predictors. *Development and Psychopathology*, 34, 1506-1515. <https://doi.org/10.1017/S0954579421000158>
- Fuller-Rowell, T. E., Nichols, O. I., Doan, S. N., Adler-Baeder, F., & El-Sheikh, M. (2021). Changes in depressive symptoms, physical symptoms, and sleep-wake problems from before to during the COVID-19 Pandemic among emerging adults: Inequalities by gender, socioeconomic position, and race. *Emerging Adulthood*, 9, 492-505. <https://doi.org/10.1177/21676968211042111>
- Kelly, R. J., Erath, S. A., Martin- Piñón, O.,\* & El-Sheikh, M. (2021). Longitudinal relations between parents' sleep problems and harsh parenting. *Journal of Family Psychology*, 35, 1181-1191. <https://doi.org/10.1037/fam0000851>
- Philbrook, L. E., Shimizu, M.,\* Erath, S. A., Hinnant, J. B., & El-Sheikh, M. (2021). Longitudinal associations between adolescents' sleep and adjustment: Respiratory sinus arrhythmia as a moderator. *Developmental Psychobiology*, 63, e22220. <https://doi.org/10.1002/dev.22220>
- Zeringue, M.,\* Erath, S. A., & El-Sheikh, M. (2021). Exposure to peer aggression and adolescent sleep problems: Moderation by parental acceptance. *Journal of Family Psychology*, 35, 897-905. <https://doi.org/10.1037/fam0000713>
- Xie, M., Yip, T., Cham, H., & El-Sheikh, M. (2021). The impact of daily discrimination on sleep/wake problem trajectories among diverse adolescents. *Child Development*, 92, 1679-2169. <https://doi.org/10.1111/cdev.13605>
- Martín-Piñón, O.,\* Erath, S. A., & El-Sheikh, M. (2021). Linking autonomic nervous system reactivity with sleep in adolescence: Sex as a moderator. *Developmental Psychobiology*, 63, 650-661. <https://doi.org/10.1002/dev.22041>
- Saini, E. E.,\* Gillis, B. T.,\* Elmore-Staton, L., Buckhalt, J. A., El-Sheikh, M. (2021). Longitudinal relations between sleep and cognitive functioning in children: Self-esteem as a moderator. *Journal of Sleep Research*, 30, 1-6. <https://doi.org/10.1111/jsr.13209>
- Fuller-Rowell, T. E., Nichols, O. I., Robinson, A. T., Boylan, J. M., Chae, D. H., & El-Sheikh, M. (2021). Racial disparities in sleep health between Black and White young adults: The role of neighborhood safety in childhood. *Sleep Medicine*, 81, 341-349. <https://doi.org/10.1016/j.sleep.2021.03.007>
- Gillis, B. T.,\* Shimizu, M.,\* Philbrook, L. E., & El-Sheikh, M. (2021). Racial disparities in adolescent sleep duration: Physical activity as a protective factor. *Cultural Diversity and Ethnic Minority Psychology*, 27, 118-122. <https://doi.org/10.1037/cdp0000422>
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## BOOK CHAPTERS:

- El-Sheikh, M., Kelly, R. J., & Philbrook, L. E. (2017). Sleep and development: Familial and socio-cultural considerations. In S. M. McHale, V. King, and O. Buxton (Eds.), *Family contexts of sleep and health across the life course* (pp. 25-49). Springer. [https://doi.org/10.1007/978-3-319-64780-7\\_2](https://doi.org/10.1007/978-3-319-64780-7_2)
- Bagley, E.\* & El-Sheikh, M. (2013). Children's sleep and internalizing and externalizing symptoms. In A. Wolfson & H. Montgomery-Downs (Eds.), *The Oxford Handbook of Infant, Child, and Adolescent Sleep: Development and Problems* (pp. 381-396). New York: Oxford University Press.
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## MANUSCRIPTS SUBMITTED FOR PUBLICATION &amp; UNDER REVIEW:

- Gillis, B. T.\*, Shimizu, M., Brigham, E. F.\*, Hinnant, J. B., & El-Sheikh, M. What keeps the night owl well during the week? Sleep schedule consistency as a moderator of relations between morningness-eveningness and adolescent wellbeing. *BSM* 2 25 2024
- McWood, L., Erath, S. A., Hinnant, B., & El-Sheikh, M. Perceived discrimination, sleep and physical health: Moderation by respiratory sinus arrhythmia reactivity.
- Chung, K., Lorenzo, K., Chase, D. H., El-Sheikh, M., & Yip, T. Impact of daily neighborhood crime on nightly sleep among adolescents. *Child Development*. R&R 2 22 2024
- Thompson, M. J., Hinnant, J. B., Erath, S. A., & El-Sheikh, M. The legacy of harsh parenting: Enduring and sleeper effects on trajectories of externalizing and internalizing symptoms.

*Developmental Psychology*. R&R 2/25/24

- Lam, P. H., Miller, G. E., Chiang, J. J., Chiu, R. Y., Law, J., Obi, V., Mu, Z., El-Sheikh, M., Shimbo, D., & Chen, E. Skin-deep resilience in Black youth: Striving and sleep responsivity to daily stress. *Health Psychology*. 11/30/2023
- Kelly, R. J., Thompson, M. J., & El-Sheikh, M. Exposure to parental interpartner conflict in adolescence predicts sleep problems in emerging adulthood. *Sleep Health*. R&R
- Yan, Jinjin, Xie, Mingjun, Zhao, Z., Cham, H., El-Sheikh, M., Yip, T. Sleep profiles among ethnically-racially minoritized adolescents: Associations with sociocultural experiences and developmental outcomes. *Journal of Youth and Adolescence*. 1/ 24/ 2024
- Lorenzo, K., B., Xie, M., Cham, H. N., El-Sheikh, M., & Yip, T. Corresponding changes in sleep and discrimination: A four-year longitudinal study among ethnically/racially diverse adolescents. *Child Development*. 1 31 2024

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SELECTED PAPERS & POSTERS PRESENTED AT PROFESSIONAL MEETINGS:  
2013-2024

- McWood, L. M., Erath, S. A., Hinnant, J. B., & El-Sheikh, M. (April 2024). *Deviant peer affiliation, maternal management of peer relationships, and weekend to weekday sleep in adolescence*. [Poster Blitz]. Society for Research in Adolescence Annual Meeting, Chicago, IL.
- Thompson, M., Ache Akua, B., Kelly, R., & El-Sheikh, M. (under review). Nonlinear Effects of Harsh Parenting on Changes in Children's Sleep Duration and Sleep Quality. [Poster Abstract submitted]. *International Pediatric Sleep Association 2024 Annual Meeting*, Glasgow, Scotland.
- Thompson, M. J., Hinnant, B. J., Erath, S. A., & El-Sheikh, M. (April, 2024). The legacy of harsh parenting: Enduring and sleeper effects on trajectories of externalizing and internalizing symptoms. [Paper abstract submitted]. *Society for Research on Adolescence 2024 Annual Meeting*, Chicago, IL.
- El-Sheikh, M. (January, 2024). *Sleep and development in youth: Sociocultural considerations*. [Invited presentation]. Winter Conference on Issues in Developmental Psychobiology, O'ahu, Hawaii.
- Colton, K., Davies, P., & El-Sheikh, M. (March, 2023). *Interactive risk of sympathovagal balance and interparental conflict for poor emotion understanding in early childhood*. [Poster presentation]. Society for Research in Child Development Biennial Meeting, Salt Lake City, UT.
- Gillis, B. T.\*, McWood, L. M., Brigham, E. F.\*, Saini, E. K.\*, & El-Sheikh, M. (March, 2023). *Benefits of sleep health for physical wellbeing among low-ses youth*. [Poster presentation]. Society for Research in Child Development Biennial Meeting, Salt Lake City, UT.
- McWood, L. M., Erath, S. A., Hinnant, J. B., & El-Sheikh, M. (April 2023). *Respiratory sinus arrhythmia reactivity moderates associations between perceived discrimination and sleep and health*. [Flash talk symposium presentation]. Society for Research in Adolescence Annual Meeting, San Diego, CA.
- El-Sheikh, M. (June, 2023). Sleep discrimination/disparities in pediatric populations. [Invited Presentation]. SLEEP 2023, Indianapolis, IN.
- Saini, E.K., Erath., S.E., Hinnant, J.B., & El-Sheikh, M. (July, 2023). *Harsh Parenting and Internalizing symptom trajectories in adolescence: The moderating role of autonomic nervous system reactivity*. [Poster presentation]. The International Society Developmental Psychobiology Meeting, Utrecht, The Netherlands.
- El-Sheikh, M. (September, 2023). Sleep and development in youth: Sociocultural considerations. [Invited presentation]. Thomas F. Anders Seminar Series, Brown University.
- Fuller-Rowell, T. E., Saini, E. K., & El-Sheikh, M. (October, 2023). Social class discrimination

- during adolescence as a mediator of socioeconomic disparities in actigraphy-assessed and self-reported sleep. [Poster presentation]. World Sleep Congress, Rio de Janeiro, Brazil.
- Thompson, M., Kelly, R., & El-Sheikh, M. (November, 2023). Developmental sensitivity to interparental conflict: Children's sleep minutes, efficiency, and variability. [Poster presentation]. 2023 Biennial Pediatric Sleep Medicine Conference, Hilton Head, SC.
- Gillis, B. T.\*, Thompson, M., Hinnant, B., Erath, S., Buckhalt, J., & El-Sheikh, M. (November, 2023). A dual-growth model for examining relations among sleep duration, quality, regularity, and mental health from childhood to adolescence. [Paper presentation]. 2023 Biennial Pediatric Sleep Medicine Conference, Hilton Head, SC.
- Gillis, B. T.\*, Saini, E. K.\*, El-Sheikh, M. (March, 2022). *Sleep is my superpower: Sleep quality as a protective factor against behavioral problems for sexual-minority youth facing discrimination*. Data blitz presentation at Society for Research on Adolescence Biennial Meeting, New Orleans, LA.
- Martín-Piñón, O.\*, McWood, L.\*, Zeringue, M., Buckhalt, J., El-Sheikh, M. (March 2022). *Linear and nonlinear associations between presleep environment, worry, and arousal and adolescents' sleep: Moderation by race*. [Poster presentation]. Society for Research in Adolescence Biennial Meeting, New Orleans, LA.
- Saini, E.K.\*, Zeringue, M., Martin-Pinon, O.\*, Fuller-Rowell, T. E., & El-Sheikh, M. (May, 2022) *Social class discrimination and adolescent sleep*. Flash talk presented at SRCDC 2022 Special Topic Meeting: Construction of the 'Other': Development, Consequences, and Applied Implications of Prejudice and Discrimination, Rio Grande, Puerto Rico, USA.
- Saini, E.K.\*, Zeringue, M., & El-Sheikh, M (March, 2022). *Neighborhood environment influences on adolescent sleep: The moderating role of family socioeconomic status*. [Poster presentation]. Biennial Meeting of Society for Research in Adolescence, New Orleans, LA.
- Gillis, B. T.\*, Shimizu, M.\*, & El-Sheikh, M. (April, 2021). *What keeps night owls well during the week? Circadian preference, sleep timing, and adolescent wellbeing*. Flash talk paper presented at the Society for Research in Child Development Virtual Biennial Meeting.
- Martin-Piñón, O.\*, Erath, S., El-Sheikh, M. (April 2021). *Linking autonomic nervous system reactivity with sleep in adolescence: Sex as a moderator*. [Poster presentation]. Society for Research in Child Development Biennial Virtual Meeting.
- Saini, E. K.\*, Zeringue, M. M.\*, El-Sheikh, M. M. (April, 2021). *Racial discrimination and adjustment in adolescence: Sex differences and the moderating role of sleep*. [Poster presentation]. Society for Research in Child Development Virtual Biennial Meeting.
- Shimizu, M.\*, Zeringue, M. M.\*, Erath, S. A., Hinnant, J. B., & El-Sheikh, M. (April, 2021). *Trajectories of sleep problems in childhood: associations with mental health in adolescence*. [Flash talk paper presentation]. Society for Research in Child Development Virtual Biennial Meeting.
- Zeringue, M. M.\*, Erath, S. A., & El-Sheikh, M. (April, 2021). *Exposure to peer aggression and adolescent sleep problems: Moderation by parental acceptance*. Paper accepted for presentation as part of the symposium "Sleep in adolescence: The importance of family and school contexts" (J. Sasser, Chair) at the Biennial Meeting of the Society for Research in Child Development.
- Gillis, B. T.\*, & El-Sheikh, M. (March, 2020). *Bioregulatory, Behavioral, and Environmental Influences on Adjustment in Late Adolescence: A Longitudinal Analysis*. Abstract accepted for paper presentation at the Biennial Meeting of the Society for Research on Adolescence, San Diego, CA.
- Philbrook, L. E. & El-Sheikh, M. (2019, November). Parent-child relationship quality buffers the effect of perceived discrimination on adolescent sleep. Paper presented as part of the Young Investigator Research Blitz at the Biennial Pediatric Sleep Medicine Conference, Naples, FL.
- Philbrook, L. E. & El-Sheikh, M. (2019, March). Community violence concerns and adolescent sleep. Paper presented at the Biennial Meeting of the Society for Research in Child Development, Baltimore, MD.

- Shimizu, M. \*, Philbrook, L. E., Buckhalt, J. A., & El-Sheikh, M. (2019, March). Sleepiness as a pathway linking race and socioeconomic status with children's academic and cognitive outcomes. Paper presented at the Biennial Meeting of the Society for Research in Child Development, Baltimore, MD.
- Saini, E. K. \*, Martin-Pinon, O. \* & El-Sheikh, M. (2019, March) *Perceived discrimination and adolescents' well-being: Sleep as a moderator*. Poster presented at the Biennial Meeting of the Society for Research in Child Development, Baltimore, MD.
- Gillis, B. \*, Shimizu, M. \*, El-Sheikh, M. (2018, March). Physical activity as an attenuator of racial disparities in sleep duration. Poster presented at the Biennial Meeting of the Society for Research in Child Development, Baltimore, MD.
- Saini, E. K. \*, & El-Sheikh, M. (2018, April 13). Neighborhood safety and sleep: Longitudinal influences on adolescent physical and mental health. Poster presented at the Biennial Meeting of Society for Research in Adolescence, Minneapolis, MN.
- Gillis, B. T. \*, & El-Sheikh, M. (April, 2018). *Conjoint Influences of Sleep and Physical Activity on Adolescent Well-being*. Poster presented at Society for Research on Adolescence Biennial Meeting, Minneapolis, MN.
- Saini, E. K. \*, Philbrook, L. E. \*, & El-Sheikh, M. (2017, November). Reciprocal associations among discrimination, sleep, and adjustment across adolescence. Poster session presented at the Pediatric Sleep Meeting, Amelia Island, FL.
- Gillis, B.T., Saini, E.K., Buckhalt, J.A., & El-Sheikh, M. (2017, November). Longitudinal influences of sleep and self-esteem on Children's cognitive functioning. Poster session presented at the Pediatric Sleep Meeting, Amelia Island, FL.
- Bagley, E.J., Fuller-Rowell, T., Saini, E.K. \*, Philbrook, L. \*, & El-Sheikh, M. (2017, April). *Neighborhood economic deprivation and social fragmentation: Associations with children's sleep duration and quality*. Paper presented as part of the symposium "Understanding inequities in sleep from infancy to adolescence" (M. El-Sheikh, Co-Chair) at the Biennial Meeting of the Society for Research in Child Development, Austin, TX.
- Hinnant, B., Philbrook, L. \*, Erath, S., & El-Sheikh, M. (2017, April). *Evaluating sensitive periods in development of physiological responsivity to stress: Methodological recommendations*. Paper presented as part of the symposium "Autonomic nervous system psychophysiology from a developmental perspective" (M. El-Sheikh, Co-Chair) at the Biennial Meeting of the Society for Research in Child Development, Austin, TX.
- Kelly, R.J., El-Sheikh, M., Kouros, C. D. (2017, April). *Reciprocal relationship between parental problem drinking and children's sleep*. Paper presented as part of the symposium "Family functioning and children's sleep" (M. El-Sheikh, Co-Chair) at the Biennial Meeting of the Society for Research in Child Development, Austin, TX.
- Kouros, C., & El-Sheikh, M. (2017, April). *Sleep duration and sleep quality among family members*. Paper presented as part of the symposium "Family functioning and children's sleep" (M. El-Sheikh, Chair) at the Biennial Meeting of the Society for Research in Child Development, Austin, TX.
- Philbrook, L. \*, & El-Sheikh, M. (2017, April). *Ethnic and economic disparities in children's well-being: Sleep as a protective factor*. Paper presented as part of the symposium "Understanding inequities in sleep from infancy to adolescence" (M. El-Sheikh, Co-Chair) at the Biennial Meeting of the Society for Research in Child Development, Austin, TX.
- Saini, E.K. \*, Philbrook, L. \*, & El-Sheikh, M. (2017, April). *Longitudinal influences of positive emotionality and sleep on internalizing symptoms in children*. Poster session presented at the Biennial Meeting of the Society for Research in Child Development, Austin, TX.
- Tu, K.M. \*, Spencer, C., El-Sheikh, M., & Erath, S. (2017, April). *Peer victimization predicts sleep problems in early adolescence*. Poster session presented at the Biennial Meeting of the Society for Research in Child Development, Austin, TX.
- Saini, E.K. \*, Philbrook, L.E. \*, Keiley, M.K., Erath, S.A., & El-Sheikh, M. (2016, October). *Trajectories of pre-ejection period: The role of deviant peer relationships and individual coping style for African American males*. Poster presented at the 2016 SRCD Special Topic Meeting: *Babies, Boys, and Men of Color*, Tampa, FL.

- Philbrook, L.E.\* , Saini, E.K.\* , Hinnant, J.B., & El-Sheikh, M. (2016, September). *Trajectories of sleep and cardiac-sympathetic activity in childhood: An examination of reciprocal relations*. Poster presented at the annual meeting of the Society for Psychophysiological Research, Minneapolis, MN.
- Saini, E.K.\* , Philbrook, L.E.\* , Keiley, M.K., Erath, S.A., & El-Sheikh, M. (2016, September). *Trajectories of pre-ejection period across adolescence: The role of interpersonal relationships and individual differences*. Poster presented at the annual meeting of the Society for Psychophysiological Research, Minneapolis, MN.
- Philbrook, L.E.\* , & El-Sheikh, M. (2016, June). *Neighborhood walkability and physical activity are associated with nighttime sleep in adolescents*. Poster presented at the 30<sup>th</sup> Annual Meeting of the APSS (SLEEP 2016), Denver, CO.
- Saini, E.K.\* , Philbrook, L.E.\* , & El-Sheikh, M. (2016, June). *Neighborhood social fragmentation associations with objective sleep among women*. Poster presented at the 30<sup>th</sup> Annual Meeting of the APSS (SLEEP 2016), Denver, CO.
- Saini, E.K.\* , & El-Sheikh, M. (2016, June). *Everyday perceived discrimination and sleep: Mental health risk as a mediator*. Poster presented at the 30<sup>th</sup> Annual Meeting of the APSS (SLEEP 2016), Denver, CO.
- Bagley, E. J., Tu, K. M.\* , Buckhalt, J. A., & El-Sheikh, M. (2016, April). *Community violence concerns and adolescent sleep*. Paper presented as part of the symposium "Health-related outcomes in adolescence: Sleep and BMI as examples" (E.J. Bagley, Chair) at the Biennial Meeting of the Society for Research on Adolescence, Baltimore, MD.
- Fuller-Rowell, T.E., Curtis, D.S., El-Sheikh, M., Duke, A.D., Ryff, C.D., & Zgierska, A. (2016, April). *Perceived discrimination mediates race differences in sleep problems among college students: A longitudinal analysis*. Paper presented as part of the symposium "Discrimination, sleep, and youths' well-being" (K.H. Zeiders, Chair) at the Biennial Meeting of the Society for Research on Adolescence, Baltimore, MD.
- Kouros, C.D., & El-Sheikh, M. (2016, April). *Within-family relations in objective sleep duration and quality*. Poster presented at the Biennial Meeting of the Society for Research on Adolescence, Baltimore, MD.
- Tu, K. M.\* , Erath, S. A., & El-Sheikh, M. (2016, April). *Peer relations among adolescents: The interplay between parental directing and autonomic nervous system activity*. Poster presented at the Biennial Meeting of the Society for Research on Adolescence, Baltimore, MD.
- Robinson, J. L., Denney, T. S., Murphy, J. E., Kirby, L. A. J., Kirkland, A., Graap, K., Macy, A., Erath, S. A., & El-Sheikh, M. (2016, March). *Neuropsychophysiological mapping following sleep restriction & extension: A 7T fMRI Study*. Poster presented at the International Society for Magnetic Resonance in Medicine Ultra High Field MRI Workshop, Heidelberg, Germany.
- El-Sheikh, M., Robinson, J. L., Erath, S. A., Tu, K. M.\* , Kirby, L. A. J., & Murphy, J. E. (2015, September). *Sleep deprivation and disturbances in neural functioning in adolescence*. Poster presented at the 2015 SRCD Special Topic Meeting: *Social Neuroscience Perspectives on Child Development*, Leiden, The Netherlands.
- Robinson, J. L., Murphy, J. E., Hill, A. C., Kirby, L. A. J., Kirkland, A., Loftin, C., Graap, K., Macy, A., Erath, S., & El-Sheikh, M. (2015, September). *Neuropsychophysiological mapping following sleep restriction and extension: A 7T fMRI study*. Poster presented at the Annual meeting for the Society of Psychophysiological Research. Seattle, Washington, USA.
- Bagley, E. J., Kelly, R. J., & El-Sheikh, M. (2015, March). *Cumulative risk moderates links between sleep and changes in zBMI from late-childhood to early-adolescence*. Paper presented at the 2015 Biennial Meeting of the Society for Research in Child Development, Philadelphia, PA.
- Kelly, R. J., Saini, K. E.\* , & El-Sheikh, M. (2015, March). *Parental drinking problems and children's sleep: The moderating roles of ethnicity and socioeconomic status*. Poster presented at the 2015 Biennial Meeting of the Society for Research in Child Development, Philadelphia, PA.



- Kouros, C. D., & El-Sheikh, M. (2015, March). *Daily mood and sleep: Reciprocal relations and links with children's mental health*. Poster presented at the 2015 Biennial Meeting of the Society for Research in Child Development, Philadelphia, PA.
- Krzysik, L., Lu, T., El-Sheikh, M., & Vaughn, B. E. (2015, March). *Social competence and executive functions in preschool children*. Poster presented at the 2015 Biennial Meeting of the Society for Research in Child Development, Philadelphia, PA.
- Lu, T., Krzysik, L., Vaughn, B. E., & El-Sheikh, M. (2015, March). *A longitudinal study of sleep parameters in a sample of preschool children*. Poster presented at the 2015 Biennial Meeting of the Society for Research in Child Development, Philadelphia, PA.
- Tu, K. M.\*, Erath, S. A., Buckhalt, J. A., Marks, B. T., & El-Sheikh, M. (2015, March). *Associations between children's intelligence and academic achievement: The role of sleep*. Poster presented at the 2015 Biennial Meeting of the Society for Research in Child Development, Philadelphia, PA.
- Tu, K. M.\*, Erath, S. A., & El-Sheikh, M. (2015, March). *Peer victimization and adolescent adjustment: The moderating role of sleep*. Poster presented at the 2015 Biennial Meeting of the Society for Research in Child Development, Philadelphia, PA.
- Tu, K. M.\*, Erath, S. A., Hinnant, B., & El-Sheikh, M. (2014, September). *Harsh parenting and behavioral and peer maladjustment: The moderating role of PEP reactivity*. Poster presented at the annual meeting of the Society for Psychophysiology Research, Atlanta, GA.
- Bagley, E., Keiley, M., Erath, S. A., & El-Sheikh, M. (2014, March). *Growth in body mass index from childhood into adolescence: The role of sleep duration and quality*. Poster presented at the Biennial Meeting of the Society for Research on Adolescence, Austin, TX.
- Kelly, R. J., Marks, B. T.\*, & El-Sheikh, (2014, March). *Parent-child conflict and children's internalizing and externalizing symptoms: Sleep as an intervening process*. Poster presented at the Society for Research in Adolescence Conference, Austin, TX.
- Tu, K. M.\*, Erath, S. A., Pettit, G. S., & El-Sheikh, M. (2014, March). *Physiological reactivity moderates the association between parental directing and early adolescent friendship adjustment*. Poster presented at the Biennial Meeting of the Society for Research on Adolescence, Austin, TX.
- El-Sheikh, M., Kelly, R. J.\*, Sadeh, A., & Buckhalt, J. A. (2013, June). *Economic adversity, ethnicity, and children's sleep*. Poster presented at the 27<sup>th</sup> Annual Meeting of the APSS (SLEEP 2013), Baltimore, MD.
- Erath, S. A., & El-Sheikh, M. (2013, June). *Linking bioregulatory systems: Reciprocal autonomic activation predicts sleep in middle childhood*. Poster presented at the 27<sup>th</sup> Annual Meeting of the APSS (SLEEP 2013), Baltimore, MD.
- Bagley, E.\*, Marks, B.\*, El-Sheikh, M. (2013, June) *Relations between daytime sympathetic nervous system reactivity and sleep in late childhood*. Poster presented at the 27<sup>th</sup> Annual Meeting of the APSS (SLEEP 2013), Baltimore, MD.
- El-Sheikh, M. (Chair) (2013, April). *Emerging longitudinal research linking family processes and children's sleep*. Paper Symposium conducted at the 2013 Biennial Meeting of the Society for Research in Child Development, Seattle, WA.
- El-Sheikh, M. (Chair) (2013, April). *Moving Forward: Research priorities for sleep and child development*. Paper Symposium conducted at the 2013 Biennial Meeting of the Society for Research in Child Development, Seattle, WA.
- El-Sheikh, M., & Buckhalt, J. A. (2013, April). Research priorities for sleep and child development. In M. El-Sheikh (Chair), *Moving Forward: Research priorities for sleep and child development*. Paper Symposium presented at the 2013 Biennial Meeting of the Society for Research in Child Development, Seattle, WA.
- Buckhalt, J. A., Bagley, E. J.\*, & El-Sheikh, M. (2013, April). Physical and psychosocial aspects of sleep conditions in the link between SES and children's sleep problems. In J. A. Buckhalt (Chair), *Physical and psychosocial mechanisms of poor sleep in children of poverty*. Paper Symposium presented at the 2013 Biennial Meeting of the Society for Research in Child Development, Seattle, WA.

- Hinnant, J. B., El-Sheikh, M., & Erath, S. A. (2013, April). *Marital conflict, vagal regulation and children's sleep: a longitudinal investigation*. Paper presented at the 2013 Biennial Meeting of the Society for Research in Child Development, Seattle, WA.
- Hinnant, J. A., & El-Sheikh, M. (2013, April). *Codevelopment of externalizing and internalizing symptoms in middle to late childhood: Sex, baseline RSA, and RSA reactivity as predictors*. Paper presented at the 2013 Biennial Meeting of the Society for Research in Child Development, Seattle, WA.
- Kelly, R. J.\*, & El-Sheikh, M. (2013, April). *Reciprocal relations between sleep and adjustment among youth over time*. Paper presented at the 2013 Biennial Meeting of the Society for Research in Child Development, Seattle, WA.
- Kelly, R.\* & El-Sheikh, M. (2013, April). *Longitudinal relations between marital conflict and children's sleep: The role of emotional insecurity*. Paper presented at the 2013 Biennial Meeting of the Society for Research in Child Development, Seattle, WA.
- Elmore-Staton, L., Hinnant, J. B., Buckhalt, J. A., & El-Sheikh, M. (2013, April). *Sleep and growth in children's growth in children's cognitive performance: The role of parasympathetic nervous system activity*. Poster presented at the 2013 Biennial Meeting of the Society for Research in Child Development, Seattle, WA.
- Gilbert, L., Keller, P. S., Haak, E., Shuang, B., Miskell, S., Brown, B., & El-Sheikh, M. (2013, April). *Generational transmission of attachment insecurity and the moderating role of social support*. Poster presented at the 2013 Biennial Meeting of the Society for Research in Child Development, Seattle, WA.
- Haak, E., Keller, P. S., Gilbert, L., Shuang, B., Coe, J., Brown, B., & El-Sheikh, M. (2013, April). *Paternal behaviors as a moderator of the relationship between maternal drinking and child sleep quality*. Poster presented at the 2013 Biennial Meeting of the Society for Research in Child Development, Seattle, WA.
- Miskell, S.\*, Keller, P. S., Duke, A., Gilbert, L., & El-Sheikh, M. (2013, April). *The influence of parental drinking motives on children's emotional security*. Poster presented at the 2013 Biennial Meeting of the Society for Research in Child Development, Seattle, WA.
- Bagley, E. J.\*, & El-Sheikh, M. (2013, April). *Associations between children's sleep and health: The moderating role of vagal regulation*. Poster presented at the 2013 Biennial Meeting of the Society for Research in Child Development, Seattle, WA.

## TEACHING

### UNDERGRADUATE COURSES

Sleep and Development  
 Families from a Cross-Cultural Perspective  
 Marital Conflict and Child Adjustment  
 Life-Span Development  
 Advanced Developmental Psychology  
 Social Psychology  
 Coordinated Life-Span Developmental Psychology and Social Psychology  
 Introduction to Psychology

### GRADUATE COURSES

Auburn University (Graduate Faculty, doctoral, 1994-present)  
 Research Methods  
 Advanced Conceptual/Metaphysical Issues in Human Development  
 Life-Span Development  
 Individual Differences and Human Development  
 Seminar: Developmental Psychopathology  
 Seminar: Developmental Psychology and Behavior Analysis  
 Seminar: Socioemotional Development  
 Seminar: Life-Span Developmental Psychology

Seminar: Stress and Coping  
 Seminar: Emotional Regulation in Children  
 Seminar: Sleep and Family Functioning

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## GRADUATE STUDENT SUPERVISION

Chair: Student Research Committees, Auburn University

<b>Dissertation</b>	<b>Year</b>	<b>Title</b>
Brian Gillis	2023	Sleep, physical activity, and mental health among sexual-minority, transgender, and gender-diverse youth
Ekjyot Saini	2022	Harsh parenting and trajectories of adjustment across late adolescence: Autonomic nervous system activity as a moderator of risk
Ryan Kelly	2012	Predictors and consequences of disruptions of sleep among children
Lori Elmore-Staton	2011	Children's sleep and cognition: The moderating role of vagal activity
Stephanie Whitson	2002	Family conflict and child adjustment and health: Temporal relations and intervening variables
Linda Nicolotti	2000	Coping responses as moderators of the effects of marital conflict on children's health and adjustment
Stephanie Whitson	2000	Marital conflict and health Processes and protective factors (major area paper)
Victoria Kennedy	1999	Effects of marital conflict on children's adjustment: The role of emotional regulation
JoAnn Harger	1999	Children's physiological regulation and cognitive appraisals as moderators of the relationship between exposure to parental conflict and children's psychosocial functioning and physical health
Stephanie Reiter	1997	Maternal responses to arguments as mediators between marital conflict and children's responses to disputes
<b>Thesis</b>	<b>Year</b>	<b>Title</b>
Olivia Martin-Piñon	2021	(co-mentored with Stephen Erath) Too stressed to sleep: Autonomic nervous system reactivity and sleep in adolescents
Brian Marks	2015	Sleep as a moderator of links between parent-child attachment and adjustment in early adolescence
Audrey Minor	2008	Parent-child conflict and children's sleep: Attachment security as moderator or mediator
Pei-Ju Lao	2006	Marital conflict and depression in couples (co-chair)
Karen Martin	2006	Family functioning and sleep disruptions in children
Lori Staton	2005	Children's alcohol expectancies: Effects of age, gender, parental problem drinking, and beverage type
Bobbie Ann Burton	2003	The effects of interparental conflict on children (honors thesis)
Stephanie Whitson	1999	Emotional regulation as a buffer of the effects of family conflict on child adjustment and health
Linda Nicolotti	1997	Children's responses to interadult arguments: The role of experimentally manipulated histories of exposure to covert, verbal, and physical conflict
JoAnn Harger	1997	Children's responding to background arguments as a function of conflict participants
Rebecca Blakeman	1996	Children's behavioral and physiological responding to angry interactions: The role of parental alcoholism and marital conflict

Stephanie Reiter 1995 Children's responding to interadult arguments: The roles of resolution of conflict and form of anger expression

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**POST-DOCTORAL FELLOWS**

<b>Name</b>	<b>Years</b>	<b>Current Position</b>	<b>Department</b>	<b>University</b>
Alexandra Ehrhardt	2024-	Post-doctoral	Human Dev & Fam Science	Auburn University
Morgan Thompson, Ph.D.	2022-	Post-doctoral Fellow	Human Dev & Fam Science	Auburn University
Leanna McWood, Ph.D.	2020-2022	Assistant Professor	Human Dev & Fam Science	North Dakota State University
Megan Zeringue, Ph.D.	2019-2021	Assistant Professor	Psychology	Middle Tennessee State University
Mina Shimizu, Ph.D.	2017-2021			
Lauren Philbrook, Ph.D.	2015-2017	Associate Professor	Psychology	Colgate University
Kelly Tu Frantz, Ph.D.	2013-2015	Associate Professor	Human Dev & Fam Studies	University of Illinois At Urbana-Champaign
Erika Bagley, Ph.D.	2011-2013	Associate Professor	Psychology	Muhlenberg College
Ryan Kelly, Ph.D.	2012-2013	Associate Professor	Individual, Family & Community Education	University of New Mexico
James Benjamin Hinnant, Ph.D.	2008-2011	Associate Professor	Human Development & Family Studies	Auburn University
Stephen Erath, Ph.D.	2006-2008	Professor	Human Development & Family Studies	Auburn University
Peggy Keller, Ph.D.	2006-2008	Associate Professor	Psychology	University of Kentucky