

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

- 2017 Research Advisory Board Advancement of Research and Scholarship Award, 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

- | | |
|--|---|
| <p>Eunice Kennedy Shriver
National Institute of Child
Health and Human Develop
(NICHD)
R01-HD 046795</p> | <p>El-Sheikh, M. (PI)
<i>Predicting Young Adult Health: Family Aggression and Bioregulatory Pathways</i>
2/1/2019 - 12/31/2023
Total Direct Cost (TDC): \$2,120,545</p> |
| <p>National Heart, Lung, and
Blood Institute (NHLBI)
R15-HL140504</p> | <p>Fuller-Rowell, T. (PI)
<i>Social Determinants of Sleep and Sleep Disparities among College Students</i>
8/1/2018- 7/31/2021
TDC: \$299,993
Role: Co-Investigator</p> |
| <p>NICHD
R01-HD094829</p> | <p>Davies, P. (PI)
<i>Constructive Interparental Conflict and Child Adjustment</i>
7/11/2018 - 5/31/2023
Subcontract to AU: \$169,705
Role: PI on Auburn subcontract</p> |
| <p>NHLBI
R01-HL136752</p> | <p>El-Sheikh, M. (PI)
<i>Child Sleep as a Mechanism and Moderator in the Development of Health Disparities</i>
09/01/2017-08/31/2021
Total Direct Cost (TDC): \$1,865,868</p> |
| <p>National Institute on Minority
Health and Health Disparities
(NIMHD)
R21-MD01138</p> | <p>Yip, T. (PI)
<i>The Effects of Discrimination and Sleep Disturbance on Health among Asian Youth</i>
8/1/2016 – 5/31/2018
Total Direct Costs: \$399,799
Role: Co-Investigator</p> |
| <p>Auburn University</p> | <p>El-Sheikh, M. (Co-PI).
<i>Sleep Disruptions and Risk in Adolescence: Physiological Underpinnings</i>
4/1/2014 – 3/31/2016
Total Cost: \$103, 040</p> |

GRANTS

<p>National Science Foundation 1251322</p>	<p>Vaughn, B. (PI) <i>Sleep and Adaptation for Preschool Children</i> 6/1/2010 – 8/29/2013 TDC: \$599, 974 Role: Co-Investigator</p>
<p>NICHHD R01-HD046795</p>	<p>El-Sheikh, M. (PI) <i>Family aggression and trajectories of adolescent adaptation: Bioregulatory effects</i> 7/1/2012 - 5/31/2017 - 5/31/2018 No Cost Extension TDC: \$2,710,204</p>
<p>NHLBI R01-HL093246</p>	<p>El-Sheikh, M. (PI) <i>Sleep and Child Developmental Outcomes: Physiological and Contextual Influences</i> 1/1/2009 - 3/31/2014 TDC: \$2,706,702</p>
<p>NHLBI R01-HL093246</p>	<p>El-Sheikh, M. (PI) <i>Sleep and Child Developmental Outcomes: Physiological and Contextual Influences</i></p> <p>Research Supplement to Promote Diversity in Health-Related Research Trainee: J. Hardy 2010-2011 TDC: \$58,533</p>
<p>National Science Foundation 0843185</p>	<p>El-Sheikh, M. (PI) <i>Developmental Trajectories of Children's Sleep and Adjustment</i> 4/15/2009 – 3/31/2011 TDC: \$319,790</p>
<p>Society for Research in Child Development</p>	<p>El-Sheikh, M. (PI) Small Conference or Study Group Grant 2/1/2011 – 7/31/2012 \$20,000</p>
<p>Alabama Agricultural Experiment Station/ Lindsey Foundation ALA080-049</p>	<p>El-Sheikh, M. (PI) <i>Childhood Stress Exposure: Physiological Mechanisms of Risk and Resilience</i> 2007-2010 \$120,000</p>

<p>NICHD R21 HD062833</p>	<p>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</p>
<p>NICHD R03 HD061565</p>	<p>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</p>
<p>NICHD RC1AA019293</p>	<p>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</p>
<p>National Science Foundation 0921271</p>	<p>El-Sheikh, M. (Co-PI) <i>Peer Stress in Adolescence: Psychophysiological and Coping Responses</i> 9/1/2009 – 7/31/2013 TDC: \$376,104</p>
<p>Alabama Agricultural Experiment Station/ Lindsey Foundation</p>	<p>El-Sheikh, M. Equipment Grant 2008 \$120,000</p>
<p>National Science Foundation 0623936</p>	<p>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</p>
<p>NICHD R01-HD046795</p>	<p>El-Sheikh, M. (PI) <i>Child Regulation and Exposure to Marital Violence</i> 6/1/2004 - 3/31/2010 TDC: \$2,158,123</p>

National Science Foundation 0339115	El-Sheikh, M. (PI) Socialization in the Family and Child Development: Emotionality, Regulation, and Sleep as Pathways and Moderators of Outcomes 8/1/2004 – 7/31/2007 TDC: \$250,000
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; Divisions 7 (Developmental Psychology), APA Fellow
 38 (Health Psychology), 50 (Addiction Psychology), and 53 (Clinical Child and Adolescent Psychology)
 Society for Psychophysiological Research
 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-present
 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, 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, SRCDC 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

REVIEWER:

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

PUBLICATIONS

Citations: 9942; since 2014: 5367

h-index: 57; since 2014: 45

I10-index: 125; since 2014: 109

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 (*).

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).

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.

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. doi: 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. doi: 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. doi: 10.1111/mono.12151

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

PEER REVIEWED JOURNAL ARTICLES:

Shimizu, M.*, Gillis, B. T.*, Buckhalt, J. A. & El-Sheikh, M. (2019, epub). Linear and quadratic associations between sleep and adjustment in adolescence. *Behavioral Sleep Medicine*. doi:10.1080/15402002.2019.1665049

Philbrook, L., Buckhalt, J., & El-Sheikh, M. (2019, epub). Community violence concerns and adolescent sleep: Physiological regulation and race as moderators. *Journal of Sleep Research*. doi:10.1111/jsr.12897

- Yip, T., Cham, H., Wang, Y., & El-Sheikh, M. (2019, epub). Discrimination and sleep mediate ethnic/racial identity and adolescent adjustment: Uncovering change processes with slope-as-mediator mediation. *Child Development*. doi:10.1111/cdev.13276
- Yip, T., Cheon, Y. M., Wang, Y., Cham, H., Tryon, W., & El-Sheikh, M. (2019, epub). Racial disparities in sleep: Associations with discrimination among ethnic/racial minority adolescents. *Child Development*. doi:10.1111/cdev.13234
- Kelly, R., & El-Sheikh, M. (epub, 2018). Reciprocal relations between parental problem drinking and children's sleep: The role of socioeconomic adversity. *Child Development*. doi: 10.1111/cdev.13074
- El-Sheikh, M., Shimizu, M.,* Erath, S.A., Philbrook, L. E., & Hinnant, J. B. (2019). Dynamic patterns of marital conflict: Relations to trajectories of adolescent adjustment. *Developmental Psychology*, 55, 1720-1732. doi: 10.1037/dev0000746
- Elsley, T., Keller, P. S., & El-Sheikh, M. (2019). The role of couple sleep concordance in sleep quality: Attachment as a moderator of associations. *Journal of Sleep Research*, 28, e12825. doi: 10.1111/jsr.12825
- El-Sheikh, M., Philbrook, L. E., Kelly, R. J., Hinnant, B., & Buckhalt, J. A. (2019). What does a good night's sleep mean? Nonlinear relations between sleep and children's cognitive functioning and mental health. *Sleep*, 42, 1-12. doi:10.1093/sleep/zsz078
- Gillis, B.,* & El-Sheikh, M. (2019). Sleep and adjustment in adolescence: Physical activity as a moderator of risk. *Sleep Health*, 5, 266-272. doi: 10.1016/j.sleh.2019.02.001
- Nichols, O., Vaughn, E. B., Lu, T., Krzysik, L., & El-Sheikh, M. (2019). Scripted attachment representations and adaptive functioning during early childhood. *Attachment and Human Development*, 21, 289-306. doi: 10.1080/14616734.2019.1575551
- Hinnant, B., Erath, S. A., Shimizu, M.,* & El-Sheikh, M. (2019). Parenting, deviant peer affiliation, and externalizing behavior during adolescence: processes conditional on sympathetic nervous system reactivity. *Journal of Child Psychology and Psychiatry*, 60, 793-802. doi: 10.1111/jcpp.13046
- Posada, G., Vaughn, B. E., Verissimo, M., Lu, T., Nichols, O. I., El-Sheikh, M., Trumbell, J. M., Anaya, L., & Kaloustian, G. (2019). Preschoolers' secure base script representations predict teachers' ratings of social competence in two independent samples. *Attachment and Human Development*, 21, 238-252. doi: 10.1080/14616734.2019.1575547
- El-Sheikh, M., Saini, E. K.,* Gillis, B. T.,* & Kelly, R. J. (2019). Interactions between sleep duration and quality as predictors of adolescents' adjustment. *Sleep Health*, 5, 180-186. doi: 10.1016/j.sleh.2018.11.004
- Philbrook, L.,* Vaughn, B., Lu, T., Krzysik, L., & El-Sheikh, M. (2019). Stability and change in daytime and nighttime sleep in children attending daycare. *International Journal of Behavioral Development*, 43, 166-172. doi: 10.1177/0165025418798500
- Tu, K. M., Spencer, C., El-Sheikh, M., & Erath, S. A. (2019). Peer victimization predicts sleep problems in early adolescence. *Journal of Early Adolescence*, 39, 67-80. doi: 10.1177/0272431617725199
- Hinnant, J. B., Philbrook, L.,* Erath, S. A., & El-Sheikh, M. (2018). Approaches to modeling the development of physiological stress responsivity. *Psychophysiology*, 55, e13027. doi: 10.1111/psyp.13027
- Bagley, E. J., Fuller-Rowell, T. E., Saini, E. K.,* Philbrook, L. E.,* & El-Sheikh, M. (2018). Neighborhood economic deprivation and social fragmentation: Associations with children's sleep. *Behavioral Sleep Medicine*, 16, 542-552. doi: 10.1080/15402002.2016.1253011
- Philbrook, L. E., Shimizu, M., Buckhalt, J. A., & El-Sheikh, M. (2018). Sleepiness as a pathway linking race and socioeconomic status with academic and cognitive outcomes in middle childhood. *Sleep Health*, 4, 405-412. doi: 10.1016/j.sleh.2018.07.008

- Tu, K. M., Elmore-Staton, L., Buckhalt, J. A., & El-Sheikh, M. (2018). The link between maternal sleep and permissive parenting during late adolescence. *Journal of Sleep Research, 27*:e1267. doi: 10.1111/jsr.12676
- Philbrook, L.,* Hinnant, B., Erath, S., & El-Sheikh, M. (2018). Marital conflict and trajectories of adolescent adjustment: The role of autonomic nervous system coordination. *Developmental Psychology, 54*, 1687-1696. doi: 10.1037/dev0000501
- Bi, S., Haak, E. A., El-Sheikh, M., & Keller, P. S. (2018). Father attachment, father emotion expression, and children's attachment to fathers: The role of marital conflict. *Journal of Family Psychology, 32*, 456-465. doi: 10.1037/fam0000395
- Robinson, J., Erath, S., Kana, R., & El-Sheikh, M. (2018). Neurophysiological differences in the adolescent brain following a single night of restricted sleep – A 7T fMRI study. *Developmental Cognitive Neuroscience, 31*, 1-10. doi: 10.1016/j.dcn.2018.03.012
- El-Sheikh, M., Hinnant, J. B., & Philbrook, L. E.* (2017). Trajectories of sleep and cardiac sympathetic activity indexed by pre-ejection period in childhood. *Journal of Sleep Research, 26*, 578-586. doi:10.1111/jsr.12491
- El-Sheikh, M., & Kelly, R. J. (2017). Family Functioning and Children's Sleep. *Child Development Perspectives, 11*, 264-269. DOI: 10.1111/cdep.12243
- Kouros, C. D., & El-Sheikh, M. (2017). Within-family relations in objective sleep duration, quality, and schedule. *Child Development, 88*, 1983-2000. doi: 10.1111/cdev.12667
- Philbrook, L. E.,* Hinnant, J. B., Elmore-Staton, L., Buckhalt, J. A., & El-Sheikh, M. (2017). Sleep and cognitive functioning in childhood: Ethnicity, socioeconomic status, and sex as moderators. *Developmental Psychology, 53*, 1276-1285. doi: 10.1037/dev0000319
- Curtis, D. S., Fuller-Rowell, T. E., El-Sheikh, M., Carnethon, M. R., & Ryff, C. D. (2017). Habitual sleep as a contributor to racial differences in cardiometabolic risk. *Proceedings of the National Academy of Sciences, 114*, 8889-8894. doi:10.1073/pnas.1618167114
- Fuller-Rowell, T. E., Curtis, D. S., El-Sheikh, M., Duke, A. D., Ryff, C. D., & Zgierska, A. (2017). Racial discrimination mediates race differences in sleep problems: A longitudinal analysis. *Cultural Diversity and Ethnic Minority Psychology, 23*, 165-173. doi: 10.1037/cdp0000104
- Tu, K. M., Marks, B., & El-Sheikh, M. (2017). Sleep and mental health: The moderating role of perceived adolescent-parent attachment. *Sleep Health, 2*, 90-97. doi.org/10.1016/j.sleh.2016.12.003
- Tu, K., Erath, S. A., & El-Sheikh, M. (2017). Parental management of peers and autonomic nervous system reactivity in predicting adolescent peer relationships. *Developmental Psychology, 53*, 540-551. doi: 10.1037/dev0000248
- Fuller-Rowell, T. E., Curtis, D. S., El-Sheikh, M., Chae, D. H., Boylan, J. M., & Ryff, C. D. (2016). Racial disparities in sleep: The role of neighborhood disadvantage. *Sleep Medicine, 27-28*, 1-8.
- Philbrook, L. E., & El-Sheikh, M. (2016). Associations between neighborhood context, physical activity, and sleep in adolescents. *Sleep Health, 2*, 205-210. doi: <http://dx.doi.org/10.1016/j.sleh.2016.05.008>
- Kelly, R. & El-Sheikh, M. (2016). Parental problem drinking and children's sleep: The role of ethnicity and socioeconomic status. *Journal of Family Psychology, 30*, 708-719. doi.org/10.1037/fam0000209
- Lu, T.*, Tu, K. M.*, El-Sheikh, M., & Vaughn, B. (2016). Preschool children's negative emotionality and peer acceptance: The moderating role of sleep. *Social Development, 25*, 704-721. doi: 10.1111/sode.12175
- Hinnant, J. B., Erath, S. A., Tu, K.,* & El-Sheikh, M. (2016). Permissive parenting, deviant peer affiliations, and delinquent behavior in adolescence: The moderating role of sympathetic nervous system reactivity. *Journal of Abnormal Child Psychology, 44*, 1071-1081. doi: 10.1007/s10802-015-0114-8

- Tu, K. M. *, Erath, S. A., & El-Sheikh, M. (2016). Coping responses moderate prospective associations between marital conflict and youth adjustment. *Journal of Family Psychology, 30*, 523-532. doi:10.1037/fam0000169
- Bagley, E. J., Tu, K. M.,* Buckhalt, J. A., & El-Sheikh, M. (2016). Community violence concerns and adolescent sleep. *Sleep Health, 2*, 57-62. doi: 10.1016/j.sleh.2015.12.006
- El-Sheikh, M., Tu, K. M.*, Saini, E. K.*, Fuller-Rowell, T. E., & Buckhalt, J. A. (2016). Perceived discrimination and youths' adjustment: Sleep as a moderator. *Journal of Sleep Research, 25*, 70-77. doi: 10.1111/jsr.12333
- Tu, K. M.*, Erath, S. A., & El-Sheikh, M. (2015). Peer victimization and adolescent adjustment: The moderating role of sleep. *Journal of Abnormal Child Psychology, 43*(8), 1447-1457. doi: 10.1007/s10802-015-0035-6
- Erath, S. A., Tu, K. M. *, & Buckhalt, J. A. & El-Sheikh, M. (2015). Associations between children's intelligence and academic achievement: The role of sleep. *Journal of Sleep Research, 24*, 510-513. doi: 10.1111/jsr.12281
- El-Sheikh, M., Keiley, M., Bagley, E. J.,* & Chen, E. (2015). Socioeconomic adversity and women's sleep: Stress and chaos as mediators. *Behavioral Sleep Medicine, 13*(6), 506-523. doi: 10.1080/15402002.2014.940110
- Bagley, E. J., Kelly, R. J., & El-Sheikh, M. (2015). Longitudinal relations between children's sleep and body mass index: The moderating role of socioeconomic risk. *Sleep Health, 1*, 44-49. doi: 10.1016/j.sleh.2014.12.001
- Bagley, E. J., Kelly, R. J., Buckhalt, J. A. & El-Sheikh, M. (2015). What keeps low SES children from sleeping well: The role of pre-sleep worries and sleep environment. *Sleep Medicine, 16*, 496-502. doi: 10.1016/j.sleep.2014.10.008
- El-Sheikh, M., & Buckhalt, J. A. (2015). II. Moving sleep and child development research forward: Priorities and recommendations from the SRCD-sponsored forum on sleep and child development. In M. El-Sheikh & A. Sadeh (Eds.) *Sleep and Development: Advancing Theory and Research. Monographs of the Society for Research in Child Development, 80*, 15-32. doi: 10.1111/mono.12142
- El-Sheikh, M., Kelly, R. J., Koss, K. I., & Rauer, A. J. (2015). Longitudinal relations between constructive and destructive conflict and couples' sleep. *Journal of Family Psychology, 29*, 349-359. doi.org/10.1037/fam0000083
- El-Sheikh, M., Hinnant, B. & Erath, S. A. (2015). VI. Marital conflict, vagal regulation and children's sleep: A longitudinal investigation. In M. El-Sheikh & A. Sadeh (Eds.) *Sleep and Development: Advancing Theory and Research. Monographs of the Society for Research in Child Development, 80*, 89-106. doi: 10.1111/mono.12146
- Erath, S., & El-Sheikh, M. (2015). Linking bioregulatory systems: Reciprocal autonomic activation predicts sleep over one year in middle childhood. *Developmental Psychobiology, 57*, 17-24. doi: 10.1002/dev.21246
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MANUSCRIPTS SUBMITTED FOR PUBLICATION & UNDER REVIEW:

- Saini, E. K.,* Keiley, M. K., Fuller-Rowell, T. E., Duke, A. M., & El-Sheikh, M. Socioeconomic status and sleep among couples.
- Fuller-Rowell, T. E., Ong, A. D., Burrow, A. L., Nichols, O. I., Chae, D. H., & El-Sheikh, M. Day-to-day fluctuations in experiences of discrimination: Associations with sleep and the moderating role of internalized racism among African American college students.
- Gillis, B., Shimizu, M., Philbrook, L. E., & El-Sheikh, M. Racial disparities in adolescent sleep duration: Physical activity as a protective factor.
- Philbrook, L. E., Saini, E. K.,* Fuller-Rowell, T. E., & Buckhalt, J., & El-Sheikh, M. Socioeconomic status and sleep in adolescence: The role of family chaos.
- Hinnant, B., Erath, S., Gillis, B.,* & El-Sheikh, M. Deviant Peer Affiliation and Substance Use in Adolescence: Moderating Effects of Sex and Physiological Markers of Approach and Avoidance.

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. doi: 10.1007/978-3-319-64780-7
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- Cummings, E. M., & El-Sheikh, M. (1991). Children's stress and coping with family discord: A process-oriented approach. In E. M. Cummings, A. Greene, & K. Karraker (Eds.), *Life-span developmental psychology: Perspectives on stress and coping* (pp. 131- 150). New Jersey: Lawrence Erlbaum Associates, Inc.

SELECTED PAPERS & POSTERS PRESENTED AT PROFESSIONAL MEETINGS: 2013-2018

- 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 30th 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 30th 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 30th 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 27th 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 27th 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 27th 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

GRADUATE STUDENT SUPERVISION

Chair: Student Research Committees, Auburn University

Dissertation	Year	Title
Ekjyot Saini	2015-	Current doctoral student
Brian Gillis	2016-	Current doctoral student
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
Thesis	Year	Title
Olivia Martin-Piñon	2017-	Current student (co-mentored with Stephen Erath)
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

POST-DOCTORAL FELLOWS

Name	Years	Current Position	Department	University
Mina Shimizu, Ph.D.	2017-	Post-doctoral Fellow	Human Dev & Fam Studies	Auburn University
Lauren Philbrook, Ph.D.	2015-2017	Assistant Professor	Psychology	Colgate University
Kelly Tu, Ph.D.	2013-2015	Assistant Professor	Human Dev & Fam Studies	University of Illinois At Urbana-Champaign
Erika Bagley, Ph.D.	2011-2013	Assistant 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