

Ryan C. Brindle
Curriculum Vitae

PERSONAL INFORMATION

Department of Cognitive and Behavioral Science, Neuroscience Program
Washington and Lee University
204 West Washington Street
Lexington, VA 24450
Email: rbrindle@wlu.edu

EDUCATION

2012-2015	University of Birmingham	Birmingham, England
	Ph.D., Cardiovascular Psychophysiology	
	Thesis: Peripheral Physiological Mechanisms of Cardiovascular Stress Reactivity	
2008-2012	Allegheny College	Meadville, PA, USA
	B.S., Neuroscience and Psychology	
	Senior Thesis: The Relationship between Depression and Cardiovascular Reactivity to Acute Psychological Stress	

EMPLOYEMENT

2018-	Washington and Lee University	Lexington, VA
	Assistant Professor, Department of Cognitive and Behavioral Science, & Neuroscience Program	
2017-2018	University of Pittsburgh	Pittsburgh, PA
	F32 (Role: PI) Postdoctoral Scholar in Translational Sleep Medicine Research	
2016-2017	University of Pittsburgh	Pittsburgh, PA
	T32 Postdoctoral Scholar in Translational Sleep Medicine Research	

AWARDS & HONORS

2023	Virginia Foundation of Independent Colleges H. Hiter Harris III Rising Star Award
2017	American Academy of Sleep Medicine Young Investigators Research Forum Invitee
2017	American Psychosomatic Society Young Investigators Colloquium Invitee
2016	Young Scholar Award, American Psychosomatic Society
2012	Magna Cum Laude, Allegheny College
2012	Neuroscience & Psychology Departmental Honors, Allegheny College
2012	Senior Class Major Prize in Neuroscience (Given once annually), Allegheny College
2011	Junior Class Major Prize in Neuroscience (Given once annually), Allegheny College
2010-2011	Distinguished Alden Scholar (GPA > 3.8), Allegheny College

2009	Psi Chi Honor Society
2008-2012	Alden Scholar (Dean's List Equivalent), Allegheny College
2008-2012	Trustee Scholarship for Academic Excellence, Allegheny College

FELLOWSHIPS & GRANTS

2020-2022	Modeling energy regulation under stress: A possible mechanism linking stress and disease? (Jeffress Trust Award Program in Interdisciplinary Research; \$104,500) Role: Principle Investigator
2017-2018	Examining the bi-directional relationship between sleep and psychological stress: A sleep-stress cycle (F32HL137227; \$72,740) Role: Principle Investigator
2016-2017	Translational Research Training in Sleep Medicine (T32HL082610) Role: Postdoctoral Research Fellow
2012-2015	University of Birmingham Elite Doctoral Research Fellowship (£95,420) Role: Principle Investigator
2011	American Heart Association Summer Research Fellowship (\$3500) Role: Research Fellow

Travel Grants

2014	University of Birmingham Travel Award (£500)
2013	British Psychological Society Grindley Grant (£500)
2013	Alec Dale Conference Travel Funding, Allegheny College (\$650)

Other Grants

2019	Spring Term Course Enrichment Grant (\$2000)
2019	Summer Student Research Funding, Various Sources (\$16500)
2013	University of Birmingham Student Led Conference Grant (£500)
2013	British Heart Foundation Small Meeting in Cardiovascular Science Grant (£2500)

PUBLICATIONS

Refereed Journal Articles

*denotes W&L undergraduate student or alumnus

1. **Brindle, R.C.**, *Hatfield, A., *Manta, D.S., *Ahmad, M., *Evans, K., *Holthouser, S., & Duggan, K.A. (under review). Does mental stress causally disrupt sleep? A systematic review of recent experimental studies and a *de novo* experimental study.
2. *Bynum, L.G., & **Brindle, R.C.** (under review). Sleep and interoception as predictors of depression and anxiety symptoms: A moderation analysis
3. *Varela Benavides, S., & **Brindle, R.C.** (under review). Exposure to adverse childhood experiences (ACEs) is related to poor self-reported interoceptive accuracy
4. *Johnston, M. A., & **Brindle, R.C.** (under review). Sleep is not associated with cardiovascular and baroreflex responses to mental stress
5. *Roché, S., *Kearns, H., & **Brindle, R.C.** (2023). Testing adverse childhood experiences (ACEs) as a potential moderator of the association between current chronic stress and cardiovascular reactivity. *International Journal of Psychophysiology*.

6. Whittaker, A.C., De Nys, L., **Brindle R.C.**, & Drayson, M.T. (2023). Physical activity and sleep relate to antibody maintenance following naturalistic infection and/or vaccination in older adults. *Brain, Behavior, & Immunity- Health*, 32, 100661.
7. **Brindle, R.C.**, *Pearson, A., & Ginty, A.T. (2022). Adverse childhood experiences (ACEs) relate to blunted cardiovascular and cortisol reactivity to acute laboratory stress: A systematic review and meta-analysis. *Neuroscience and Biobehavioral Reviews*, 134, 104530.
8. Ginty, A.T., Tyra, A.T., Young, D.A., **Brindle, R.C.**, de Rooij, S.R., & Williams, S.E. (2022). Cardiovascular reactions to acute psychological stress and academic achievement. *Psychophysiology*, e14064.
9. *Borthwick, K., & **Brindle, R.C.** (2022). The connection between proprioception and interoception in athletes and non-athletes. *BIOS Journal*.
10. Ginty, A.T., Young, D.A., Tyra, A.T., Hurley, P.E., **Brindle, R.C.**, & Williams, S.E. (2021). Heart rate reactivity to acute psychological stress predicts higher levels of posttraumatic stress disorder symptoms during the COVID-19 pandemic. *Psychosomatic Medicine*, 83, 351-357.
11. *Midha, A, Tyra, A.T., Ginty, A.T., & **Brindle, R.C.** (2021). Trait neuroticism does not relate to cardiovascular reactivity or habituation to repeated acute stress. *International Journal of Psychophysiology*, 165, 112-120.
12. *Barham, W., Buysse, D.J., Kline, C.E., Kubala, A.G., & **Brindle, R.C.** (2021). Sleep health mediates the relationship between physical activity and depression symptoms. *Sleep and Breathing*, 1-9.
13. Tighe, S., **Brindle, R.C.**, Stahl, S., Wallace, M, Bramoweth, A., Forman, D., & Buysse, D.J. (2020). Multidimensional sleep health and physical functioning in older adults. *Gerontology and Geriatric Medicine*, 7, 1-9.
14. Tyra, A.T., **Brindle, R.C.**, Hughes, B.M., & Ginty, A.T. (2020). Cynical hostility relates to a lack of habituation of the cardiovascular response to repeated acute stress. *Psychophysiology*, 57, e13681.
15. Bowman, M. A., **Brindle, R. C.**, Joffe, H., Kline, C. E., Buysse, D. J., Appelhans, B. M., Kravitz, H. M., Matthews, K. A., Neal-Perry, G. S., Krafty, R. T., & Hall, M. H. (2020). Multidimensional sleep health is not cross-sectionally or longitudinally associated with adiposity in the Study of Women's Health Across the Nation. *Sleep Health*, 6, 790-796.
16. Kubala, A.G., Buysse, D.J., **Brindle, R.C.**, Krafty, R.T., Thayer, J.F., Hall, M.H., & Kline, C.E. (2020). The Association Between Physical Activity and a Composite Measure of Sleep Health, *Sleep and Breathing*, 24, 1207-1217.
17. Wilckens, K., Kline, C., Bowman, M., **Brindle, R.C.**, Cribbet, M., Thayer, J., & Hall, M. (2020). Does objectively-assessed sleep moderate the association between history of major depressive disorder and task-switching? *Journal of Affective Disorders*, 265, 216-223.
18. **Brindle, R.C.**, Yu, L, Buysse, D.J., & Hall, M.H. (2019). Poor sleep health is related to poor cardiometabolic health: Results from the Midlife in the United States (MIDUS) study. *Sleep*, 42, zsz116.
19. Bowman, M.A., Duggan, K.A., **Brindle, R.C.**, Kline, C.E., Krafty, R.T., Thayer, J.F., & Hall, M.H. (2019). Prospective associations among objectively and subjectively assessed sleep and the metabolic syndrome. *Sleep Medicine*, 58, 1-6

20. Hamilton, J.L., **Brindle, R.C.**, Alloy, L.B., & Liu, R.T. (2018). Childhood trauma and sleep among young adults with a history of depression: A daily diary study. *Frontiers in Psychiatry, 9*, 673. doi: 10.3389/fpsyt.2018.00673
21. de Geus, E.J.C., Gianaros, P.J., **Brindle, R.C.**, Jennings, J.R., & Berntson, G.G. (2018). Should heart rate variability be “corrected” for heart rate? Biological, quantitative, and interpretive considerations. *Psychophysiology, 56*, e13287.
22. **Brindle, R.C.**, Ginty, A.T., Phillips, A.C., Carroll, D., & Lucas, S.J.E. (2018). Assessment of cerebral pressure-flow relationship using psychological stress to manipulate blood pressure. *Psychophysiology, e13265*.
23. Hall, M.H., **Brindle, R.C.**, & Buysse, D.J. (2018). Sleep and cardiovascular disease: Emerging opportunities for health psychology. *American Psychologist, 73*, 994-1006.
24. John-Henderson, N., **Brindle, R.C.**, & Ginty, A.T. (2018). The changing relationship between childhood emotional trauma and sleep quality: The role of psychological distress during a life transition. *British Journal of Psychology, 109*, 694-707.
25. **Brindle, R.C.**, Cribbet, M.R., Duggan, K.A., Kline, C.E., Krafty, R.T., Thayer, J.F., Mulukutla, S.R., & Hall, M.H. (2018). Slow-wave sleep moderates the relationship between cardiovascular reactivity to acute psychological stress and carotid intima-media thickness. *Psychosomatic Medicine, 80*, 301-306.
26. **Brindle, R.C.**, Cribbet, M.R., Samuelsson, L.E., Frank, E., Krafty, R.T., Thayer, J.F., Buysse, D.J., & Hall, M. (2018). Remnants of the past: Childhood trauma exposure and age of first traumatic experience relate to poor sleep health. *Psychosomatic Medicine, 80*, 200-207.
27. **Brindle, R.C.**, Phillips, A.C., Bibbey, A., Carroll, D., & Ginty, A.T. (2017). Exploring the possible origins of blunted cardiac reactivity to acute psychological stress. *International Journal of Psychophysiology, 113*, 1-7.
28. **Brindle, R.C.**, Ginty, A.T., Jones, A., Phillips, A.C., Roseboom, T.J., Carroll, D., Painter, R.C., & de Rooij, S.R. (2016). Cardiovascular reactivity patterns and pathways to hypertension: A multivariate cluster analysis. *Journal of Human Hypertension, 30*, 755-760.
29. Bibbey, A., Ginty, A.T., Phillips, A.C., **Brindle, R.C.**, & Carroll, D. (2016). Blunted cardiac stress reactors exhibit relatively high levels of behavioural impulsivity. *Physiology and Behavior, 159*, 40-44.
30. **Brindle, R.C.**, Ginty, A.T., Phillips, A.C., Fisher, J.P., McIntyre, D., & Carroll, D. (2016). Heart rate complexity: A novel approach to assessing cardiac stress reactivity. *Psychophysiology, 53*, 465-472.
31. Ginty, A.T., **Brindle, R.C.**, & Carroll, D. (2015). Cardiac stress reactions and perseverance: Diminished reactivity is associated with study non-completion. *Biological Psychology, 109*, 200-205.
32. **Brindle, R.C.**, Ginty, A.T., Phillips, A.C., & Carroll, D. (2014). A tale of two mechanisms: A meta-analytic approach toward understanding the autonomic basis of cardiovascular stress reactivity. *Psychophysiology, 51*, 946-976.

33. **Brindle, R.C.**, Ginty, A.T., & Conklin, S.C. (2013). Is the association between depression and blunted cardiovascular stress reactions mediated by perceptions of stress? *International Journal of Psychophysiology*, *90*, 66-72.
34. **Brindle, R.C.** & Conklin, S.C. (2011). Daytime sleep accelerates cardiovascular recovery after psychological stress. *International Journal of Behavioral Medicine*, *19*, 111-114.

Abstracts from Conference Presentations

1. Duggan, K.A., Tyra, A.T., Ginty, A.T., & **Brindle, R.C.** (2022). Multivariate clusters of heart rate and blood pressure reactivity to psychological stress in young and midlife adults: Descriptive findings using a latent profile approach in two samples. *Psychosomatic Medicine*, *84*, A119-A120.
2. *Adotey, C., *Honig, D., *Roché, S., *Tyler, T., *Robinson, L., **Brindle, R.C.** (2022). The relationship between sleep health and habituation of the cardiovascular response to mental stress. *University of Virginia Reid Undergraduate Psychology Research Conference*.
3. *Honig, D., *Adotey, C., *Tyler, T., *Robinson, L., *Roché, S., **Brindle, R.C.** (2022). The relationship between mental stress and cardiac timing in individuals with anxiety symptoms. *University of Virginia Reid Undergraduate Psychology Research Conference*.
4. **Brindle, R.C.**, *Pearson, A., Ginty, A.T. (2022). Adverse childhood experiences (ACEs) relate to blunted cardiovascular and cortisol reactivity to acute laboratory stress: A systematic review and meta-analysis. *Annual Meeting of the American Psychosomatic Society*
5. **Brindle, R.C.**, Duggan, K.A., Tyra, A.T., Ginty, A.T. (2022). Habituation of cardiovascular reactivity to repeated stress: Descriptive results from a study using latent profile analysis. *Annual Meeting of the American Psychosomatic Society*
6. *Midha, A, Tyra, A.T., Ginty, A.T., & **Brindle, R.C.** (2020). Trait neuroticism does not relate to cardiovascular reactivity or habituation to repeated acute stress. *Psychosomatic Medicine*
7. **Brindle, R.C.**, *Ahmad, M., *Evans, K., *Hatfield, A., & *Holthouser, S. (2020). Mental stress comprises human sleep through a biological, not psychological pathway. *SLEEP*, *43*, A63-A64.
8. Cardiovascular Stress Reactivity: From Basic Concepts to Modern Approaches (Chair of symposium at Annual meeting of Society of Psychophysiological Research, 2019)
9. Sleep Health: Empirical cut-offs and its relationship to childhood trauma (Invited symposium at Annual Meeting of the Society of Behavioral Sleep Medicine, 2019)
10. **Brindle, R.C.**, Buysse, D.J., & Hall, M.H. (2018). Poor cardiometabolic health is related to an aggregate measure of sleep health in a nationally representative sample of Americans: Results from the Midlife in the United States (MIDUS) Study. *SLEEP*, *41*, A331.
11. Bowman, M.A., **Brindle, R.C.**, Kline, C.E., Matthews, K.A., Neal-Perry, G.S., Kravitz, H.M., Joffe, H., Buysse, D.J., & Hall, M.H. (2018). Sleep health is related to physical health in midlife women: The Study of Women's Health Across the Nation (SWAN) study. *SLEEP*, *41*, A257.
12. **Brindle, R.C.**, Duggan, K.A., Bowman, M.A., Mathyssek, C., Kline, C.E., Kravitz, H.M., Krafty, R.T., & Hall, M.H. (2018). The relationship between daily sleep and worry: Analysis of diary and actigraphy data in the study of women's health across the nation (SWAN) sleep study. *Psychosomatic Medicine*, *80*, A14.

13. Cribbet, M.R., **Brindle, R.C.**, Frank, E., Thayer, J.F., Krafty, R.T., Hall, M.H. (2018). Early life adversity is associated with cortical activation during sleep. *Psychosomatic Medicine*, 80, A112.
14. Kubala, A.G., Buysse, D.J., **Brindle, R.C.**, Mulukutla, S.R., Krafty, R.T., Erwin J.A., Thayer, J.F., Hall, M.H., & Kline, C.E. (2017). Physical activity and sleep health: An association between intensity not volume. *SLEEP*, 40, A317.
15. **Brindle, R.C.**, Cribbet, M.R., Samuelsson, L.E., Frank, E., Krafty, R.T., Thayer, J.F., Buysse, D.J., & Hall, M. (2017). Remnants of the past: Childhood trauma exposure and age of first traumatic experience relate to poor sleep health. *Psychosomatic Medicine*, 79, 3, A-137
16. Bowman, M.A., Smagula, S.F., **Brindle, R.C.**, Kline, C.E., Mulukutla, S.R., Krafty, R.T., Frank, E., Kupfer, D.J., Thayer, J.F., & Hall, M.H. (2017). We got the beat: lower sleep-wake rhythmicity is associated with larger brachial artery diameter. *Psychosomatic Medicine*, 79, 3, A-25.
17. Ginty, A.T., Williams, S., **Brindle, R.C.**, Phillips, A.C., & Carroll, D. Depressive symptomology: Associations with acute psychological stress and a stressful life transition. Association for Behavioral and Cognitive Therapies (ABCT) Conference, New York, USA, October 2016.
18. Phillips, A.C., **Brindle, R.C.**, Ginty, A.T., Roseboom, T.J., Carroll, D., de Rooij, S.R., & Der, G. Different patterns of cardiovascular reactivity to stress predict different pathways to disease. Stress and Anxiety Research (STAR) Conference, Zagreb, Croatia, July 2016.
19. **Brindle, R.C.**, Ginty, A.T., Jones, A., Phillips, A.C., Roseboom, T.J., Carroll, D., Painter, R.C., & de Rooij, S.R. (2016). Cardiovascular reactivity patterns and pathways to hypertension: A multivariate cluster analysis. *Psychosomatic Medicine*, 78, 3, A-38.
20. **Brindle, R.C.**, Ginty, A.T., Carroll, D., & Phillips, A.C. (2016). High allostatic load is associated with blunted cardiac reactivity to acute mental stress. *Psychosomatic Medicine*, 78, A-63.
21. **Brindle, R.C.**, Ginty, A.T., Phillips, A.C., & Carroll, D. (2014). A tale of two mechanisms: A meta-analytic approach to the autonomic basis of cardiovascular reactivity. 11th Annual Psychology, Health and Medicine Conference, *The Psychological Society of Ireland*.
22. **Brindle, R.C.**, Ginty, A.T., Phillips, A.C., Bibbey, A., & Carroll, D. (2014). Blunted systolic blood pressure responses to acute psychological stress are related to measures of behavioral perseverance. *International Congress of Behavioral Medicine*, Groningen, The Netherlands.
23. Ginty, A., S.E. Williams, **Brindle, R.C.**, Bibbey, A., Phillips, A.C., Carroll, D. (2014) Do you listen to your head or your heart: Dissociation between psychological and physiological systems. *International Journal of Behavioral Medicine*, 21, S59.
24. **Brindle, R.C.**, Ginty, A.T., Phillips, A.C., & Carroll, D. (2014). A tale of two mechanisms: A meta-analysis of the autonomic basis of cardiovascular stress reactivity. *Psychosomatic Medicine*, 76, A48.

25. **Brindle, R.C.**, Ginty, A.T., Conklin, S. (2013). Symptoms of depression and cardiovascular stress reactivity: The role of stressor type, stress exposure, and stress perception. *Psychosomatic Medicine*, 75, 3.
26. **Brindle, R.**, Sesek, J., Conklin, S. (2011). Depression is related to blunted cardiovascular reactivity. *Psychosomatic Medicine*, 73, 34.
27. **Brindle, R.**, Kimicata, A., Vance, C., Costantini, L., Domachowski, D., Conklin, SM. (2010). Daytime sleep does not influence cardiovascular reactivity to stress. *Psychosomatic Medicine*, 72, 78.
28. Costantini, L., **Brindle, R.**, Domachowski, D., Vance, C., Kimicata, A., Conklin, S. (2010). Self-reported sleep quality and daytime sleep architecture in college students is related to neuroticism. *Psychosomatic Medicine*, 72, 125.
29. Domachowski, D., Costantini, L., Vance, C., **Brindle, R.**, Kimicata, A., Conklin, S. (2010). Evening chronotype is associated with daytime dysfunction and neuroticism in college students. *Psychosomatic Medicine*, 72, 123.
30. Vance, C.C., **Brindle, R.C.**, Costantini, L.R., Domachowski, D.J., Kimicata, A.C., Conklin, S.M. (2010). Exercise is related to daytime sleep architecture, but not self-reported sleep quality in young adults. *Psychosomatic Medicine*, 72, 126.

TEACHING & SUPERVISION EXPERIENCE

Completed Coursework/Study

- | | |
|------|---|
| 2020 | How Learning Works Study Cohort, Washington and Lee University |
| 2019 | Active Learning Summer Cohort, Washington and Lee University |
| 2012 | Introduction to Learning and Teaching in Higher Education, Masters Level (University of Birmingham) |
| 2012 | Laboratory-Based Demonstrating, Masters Level (University of Birmingham) |

Undergraduate Level Teaching

- | | |
|--------------|--|
| 2018- | Brain & Behavior, Research Methods and Statistics, Sleep and Circadian Rhythms in Health and Disease, Advanced Methods in Human Psychophysiology, Sleep Health and Society (Washington and Lee University) |
| 2017, Spring | Research Methods, Lecturer, Lab Instructor (University of Pittsburgh) |
| 2015, Fall | “Diseases of the Night” Invited Lecture (Allegheny College) |
| 2013-2015 | Skills for Sport and Exercise Sciences- Lecturer, Seminar Leader, Exam and Coursework Grader (University of Birmingham) |
| 2013-2014 | Cardiovascular Behavioral Medicine- Seminar Leader, Exam and Coursework Grader (University of Birmingham) |
| 2012-2015 | Research Methods & Statistics for Sport and Exercise Sciences- Lab and Seminar Instructor, Exam and Coursework Grader (University of Birmingham) |
| 2010-2012 | Organic Chemistry II: Synthetic Strategies- Workshop Instructor (Allegheny College) |
| 2010-2012 | Organic Chemistry I: Forms and Function- Workshop Instructor (Allegheny College) |

Undergraduate Research Mentoring

- 2023 AIM Research Mentoring (2 students, Washington and Lee University)
- 2023- Stress-related cardiovascular and respiratory impact of cognition (8 students, Washington and Lee University)
- 2021- Modeling energy regulation under stress: A possible mechanism linking stress and disease? (20 students; Washington and Lee University)
- 2020 Impact of Mood on Daytime Naps (4 students; Washington and Lee University)
- 2019-2020 Stress and Sensory Processing Study (4 students; Washington and Lee University)
- 2012-2015 Supervised 18 undergraduate students on their final year dissertation projects (University of Birmingham)

Graduate Level Teaching

- 2017, Spring Sleep and Circadian Rhythms in Health and Disease- Course Design, Lecturer (University of Pittsburgh)

Graduate and Medical School Level Research Mentoring

- 2016- Supervising 2 medical school student on final-year scholarly project

RESEARCH PLACEMENTS

- 2011 American Heart Association Summer Research Fellowship: The role of mTOR pathway in central angiotensin signaling, Pennsylvania State University Medical School, Hershey, PA
- 2011 Independent Study: Symptoms of depression and cardiovascular reactivity, Allegheny College, Neuroscience Program
- 2009 Independent Study: Daytime sleep and cardiovascular reactivity, Allegheny College, Department of Psychology

RESEARCH SKILLS

Behavioral stress paradigms (active, passive, physical, and socially-evaluative stress), Sleep paradigms (constant routine, multiple sleep latency test, waking EEG), Sleep scoring, Venipuncture, Cannulation, Flow Cytometry, Competitive ELISA, Transcranial Doppler echocardiography, Cardiac Doppler echocardiography, Blood pressure and flow measurements, Cortisol/Melatonin measurement and analysis, Respiratory/Ventilation Measurement, Metabolic Measurement, Spectral analysis of electrocardiography (EKG) and electroencephalography (EEG), Statistical analysis on SPSS and other packages, Meta-analysis

SERVICE TO PROFESSION

Ad Hoc Journal Reviewer

<i>International Journal of Psychophysiology</i>	<i>Psychoneuroendocrinology</i>	<i>Psychosomatic Medicine</i>
<i>Journal of Clinical Sleep Medicine</i>	<i>Psychology of Sport & Exercise</i>	<i>Scientific Reports</i>
<i>Journal of Psychosomatic Research</i>	<i>Psychophysiology</i>	<i>Sleep</i>

*PLoS ONE**American Journal of Preventive Medicine**Oxford Research Encyclopedia**Anxiety, Stress, & Coping**Biological Psychology**Sleep and Breathing**Behavioral Medicine**Health Psychology**Stress and Health***Leadership**

- 2016-2017 Sleep Medicine Institute Research Day Planning Committee, University of Pittsburgh
- 2014-2021 Emerging Leaders Initiative, American Psychosomatic Society
- 2014-2021 Professional Education Committee, American Psychosomatic Society
- 2013-2014 Chairman, Cardiovascular Behavioral Medicine Group, University of Birmingham
- 2013 Chairman of committee that organized a one-day conference on cardiovascular stress reactivity with internal and external funding at University of Birmingham
- 2012-2013 Doctoral Student Representative, School of Sport and Exercise Sciences, University of Birmingham
- 2012-2013 Doctoral Student Representative, Postgraduate Research Committee, University of Birmingham

Professional Organization Membership

- American Psychosomatic Society
- American Academy of Sleep Medicine
- Sleep Research Society

Public Engagement

- 2019- Washington and S(Lee)P Week: A Sleep Health Promotion Week, Washington and Lee Athletics Department Sleep Improvement in Sports, Sleep Promotion material for First Year Experience (FYE) courses at Washington and Lee University, Sleep Seminars with W&L Office of Student Health, W&L Alumni Lifelong Learning, Presidents Day Event Seminars, & Alumni College, Kendall College Adult Learning Series
- 2017-2018 Allegheny County Health Department Lunch and Learn Lecture Series
- 2017 Caregiving Aging Mastery Program, Jewish Community Center, Pittsburgh (Lecture Series)
- 2017 AgeWell Program, Jewish Community Center, Pittsburgh (Lecture Series)