

***Vita***

**Joseph A. Buckhalt, Ph.D.**

**Present Position**

Wayne T. Smith Distinguished Professor

Special Education, Rehabilitation, & Counseling Department

College of Education

Joint Appointment, Human Development & Family Studies

College of Human Sciences

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Blog <http://www.psychologytoday.com/experts/joseph-buckhalt-phd>

**Professional Education**

B.A. M.S. Auburn University; Ph.D. George Peabody College, Vanderbilt University

**Licensure & Credentialing**

Licensed Psychologist, State of Alabama #250

**Scholarship Statement:**

My research interests were shaped early in my career by involvement in Project Head Start and then at Peabody College in what is now the Vanderbilt Kennedy Center, one of 14 Eunice Kennedy Shriver Intellectual and Developmental Disabilities Research Centers supported by NICHD. The core of my scholarship has continued to be factors that exacerbate risk for academic failure and social maladjustment in school-age children. As director of a school psychology program for many years, I focused my research generally on assessment for special education, primarily in theory and measurement of cognitive functioning and secondarily in personality and socioemotional adjustment. Most recently, my focus has been on how children’s sleep relates to developmental trajectories in cognitive, academic, socioemotional, and health domains. Of particular interest is how sleep in children in families of lower socioeconomic position relates to health disparities and academic underachievement.

(Updated May 10, 2017)

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**Honors and Awards:**

Wayne T. Smith Distinguished Professorship awarded October 1, 2003

College of Education Research Award 2014

Recognized as one of the most productive scholars in school psychology, 2011

Taylor, B. L., & Riccio, C. A. (2011, February). Faculty productivity and international research collaboration in school psychology journals. Presented at the National Association of School Psychologists Conferences, San Francisco, CA.

Invited presentations have been made at numerous meetings, including National Sleep Foundation (Washington, DC, 2010), Bellin Health, (Green Bay, WI, 2010), National Institutes of Health (Bethesda, MD, 2011), The Jacobs Foundation, (Zurich, Switzerland, 2012), and McGill University (Montreal, Canada, 2012)

**Publications 2004-present (71 publications prior to 2004 omitted from this list)**

123. Philbrook, L., Hinnant, J.B., Elmore-Staton, L., Buckhalt, J.A., & El-Sheikh, M. (2017, in press). Sleep and cognitive functioning in childhood: Ethnicity, socioeconomic status, and sex as moderators. ***Developmental Psychology***

122. 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

121. 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

120. Gruber, R., Anders, T. F., Beebe, D., Bruni, O., Buckhalt, J. A., Carskadon, M. A., ... &

Ivanenko, A. (2016). A call for action regarding translational research in pediatric sleep.

*Sleep Health: Journal of the National Sleep Foundation*, *2*(2), 88-89.

119. El-Sheikh, M. & Buckhalt, J.A., (2015). Moving sleep and child development

research forward: Priorities and recommendations from the SRCD-sponsored Forum

on Sleep and Child Development. ***Monographs of the Society for Research in Child***

***Development***, ***80,*** 15-32.

118. 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: 10.111/jsr.12281

117. 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***, 496-592. http://dx.doi.org/doi: 10.1016/j.sleep.2014.10.008.

116. El-Sheikh, M., Tu, K.M., Erath, S. A., & Buckhalt, J. A. (2014). Family stress and

adolescents’ cognitive functioning: Sleep as a protective factor. ***Journal of Family***

***Psychology, 28***, 887-896.

115. Elmore-Staton, L., Hinnant, J.B., Buckhalt, J.A., & El-Sheikh, M. (2014). Sleep

and cognitive performance: The role of income and respiratory sinus arrhythmia

reactivity. ***Developmental Psychobiology, 56***, 1528-1540.

114. Keller, P.S., Smith, O.A., Gilbert, L.R., Bi, S., Haak, E.A. & Buckhalt, J.A. (2014)

Earlier school start times as a risk factor for poor school performance: An examination

of public schools in the Commonwealth of Kentucky. ***Journal of Educational***

***Psychology.*** Advance online publication <http://dx.doi.org/10.1037/a0037195>

113. Buckhalt, J.A. & Suh, S. (2014). Research on sleep of children and adolescents:

Implications for East Asian counselors. ***Journal of Asia Pacific Counseling, 4,*** *31-47.*

112. Buckhalt, J.A. & El-Sheikh, M. (2013). Sleep and poverty. ***SES Indicator*** – Online

Newsletter of American Psychological Association Socioeconomic Status Office,

November Vol. 6. <http://www.apa.org/pi/ses/resources/indicator/>

111. Buckhalt, J.A. (2013). The role of schools in identification, treatment and

prevention of sleep problems. In A.Wolfson and H.Montgomery- Downs (Eds.). ***The***

***Oxford handbook of infant, child, and adolescent sleep problems****.* (pp. 292-301)*.*NY:

Oxford University Press.

110. Hinnant, J.B., El-Sheikh, M., Keiley, M., & Buckhalt, J.A. (2013). Marital conflict,

allostatic load, and the development of children’s fluid cognitive performance. ***Child***

***Development,*** *84*, 2003-2014.

109. Buckhalt, J.A. (2013). Sleep and cognitive functioning in children with disabilities.

***Exceptional Children, 79,*** 391-405.

108. El-Sheikh, M., Bagley, E. J., Keiley, M., Elmore-Staton, L., Chen, E., & Buckhalt, J. A.

(2013). Economic adversity and children's sleep problems: Multiple indicators and

moderation of effects. ***Health Psychology,*** *32*, 849-859

107. El-Sheikh, M., Bub, K.L., Kelly, R.J., & Buckhalt, J.A. (2013). Children’s sleep and

adjustment: A residualized change analysis. ***Developmental Psychology, 49,*** 1591-1601.

106. McGhee, R.L., Ehrler, D.J., Buckhalt, J.A., & Phillips, C. (2012). The relation between

Five Factor personality traits and risk-taking in preadolescents. ***Psychology, 3***, published

online August 12, 2012 in SciRes at <http://www.scirp.org/journal/psych>

105. Buckhalt, J.A. (2012). Sleep recommendations. ***Pediatrics,*** published

online March 6, 2012.

<http://pediatrics.aappublications.org/content/129/3/548/reply#pediatrics_el_53021>

104. Owens, J.A., Wise, M…Buckhalt, J.A. …et al. (2012). A letter to the editor in defense of

sleep recommendations. ***Pediatrics***, published online February 18, 2011. <http://pediatrics.aappublications.org/content/early/2012/02/08/peds.2011-2039/reply>

103. Keller, P.S., El-Sheikh, M., Granger, D.A. & Buckhalt, J.A. (2012). Interactions

between salivary cortisol and alpha-amylase as predictors of children’s cognitive

functioning and academic performance. ***Physiology & Behavior, 4,*** 987-995.

doi:10.1016/j.physbeh.2011.11.005

104. Buckhalt, J.(2011). Children’s sleep, sleepiness, and performance on cognitive tasks.

***WMF Press Bulletin, No.2***. Online publication on the ***Woodcock-Muñoz Foundation***

***website****:* <http://woodcock-munoz-foundation.org/press/pressbulletins.html>

101. Bub, K., Buckhalt, J.A., & El-Sheikh, M. (2011). Children’s sleep and cognitive

performance: A cross-domain analysis of change over time. ***Developmental***

***Psychology, 47,*** 1504-1514.

100. Buckhalt, J.A. (2011). Comment on Eme, R. (2011). Sluggish cognitive tempo. *The School*

*Psychologist, 65*, 7-9. ***The School Psychologist, 65 (2), 15.***

99. Buckhalt, J.A. & Staton, L. E. (2011). Children's sleep, cognition, and academic

performance in the context of socioeconomic status and ethnicity. Chapter in M. El-

Sheikh (Ed.). ***Sleep and development: Familial and socio-cultural considerations.*** New

York***:*** Oxford University Press. (pp 219-244)

98. Buckhalt, J.A. (2011). Insufficient sleep and the socioeconomic status achievement gap.

***Child Development Perspectives, 5,*** 59-65.

97. Rauer, A., Kelly, R, J., Buckhalt, J., & El-Sheikh, M. (2010). Sleeping with one eye open:

Marital abuse as an antecedent of poor sleep. ***Journal of Family*** ***Psychology, 24,*** 667-

677.

96. Buckhalt, J.A., Wolfson, A., & El-Sheikh, M.(2010). Sleep and sleep disorders in

children and adolescents. Chapter in A. Canter, L.Z. Paige, & S. Shaw (Eds.). ***Helping children at home and school: Handouts for families and educators.*** Bethesda, MD: National Association of School Psychologists.

95. Buckhalt, J.A. & El-Sheikh, M. (2010). Assessment and intervention for sleep problems. Chapter in P. McCabe & S. Shaw (Eds.) P***ediatric disorders: Current topics and interventions for Educators.*** Thousand Oaks, CA: National Association of School Psychologists & Corwin Press. (pp. 52-60)

94. El-Sheikh, M., Kelly, R., Buckhalt, J.A. & Hinnant, J. (2010). Children's sleep and

adjustment over time: The role of the socio-economic context. ***Child Development, 81,*** 870-883***.***

93. Cummings, E.M., El-Sheikh, M., Kouros, C., & Buckhalt, J.A. (2009). Children and

violence: The role of children’s regulation in the marital aggression-child adjustment

link. ***Clinical Child and Family Psychology Review, 12***, 3-15***.***

92. Staton, L., El-Sheikh, M., & Buckhalt, J.A. (2009). Respiratory sinus arrhythmia

and cognitive functioning in children. ***Developmental Psychobiology, 51,*** 249-258.

91. Buckhalt, J.A., Wolfson, A, & El-Sheikh, M. (2009). Children’s sleep and school psychology practice. ***School Psychology Quarterly, 24,*** 60-69***.***  (Abstract also published in ***The School Psychologist, 2009, 16,*** 37-38.)

90. Buckhalt, J.A., El-Sheikh, M, Keller. P., & Kelley, R. (2009). Concurrent and

longitudinal relations between children’s sleep and cognitive functioning. ***Child***

***Development, 80,*** 875-892

89. Keller, P.S., El-Sheikh, M.,& Buckhalt, J.A. (2008). Children's attachment to parents and

their academic functioning: Sleep disruptions as moderators of effects. ***Journal of***

***Developmental and Behavioral Pediatrics, 29,*** 441-449.

88. El-Sheikh, M., Erath, S.A., Buckhalt, J.A., Granger, D.A., & Mize, J. (2008).

Cortisol and children’s adjustment: The moderating role of sympathetic nervous system

activity. ***Journal of Abnormal Child Psychology, 36,*** 601-611.

87. Keller, P.S., Buckhalt, J.A., & El-Sheikh, M. (2008). Links between family functioning and sleep. Chapter in A. Ivanenko (Ed.). ***Sleep and psychiatric disorders in children and adolescents.*** New York: Informa Healthcare.

86. El-Sheikh, M., Cummings E. M., Kouros, C., Elmore-Staton, L., & Buckhalt, J.A. (2008) Marital, psychological, and physical aggression and children’s mental and physical health: Emotional insecurity as mediators of effects. ***Journal of Consulting & Clinical Psychology, 76,*** 138-148.

85. El-Sheikh, M., Buckhalt, J.A., Keller, P. S., & Granger, D. (2008). Children’s objective and

subjective sleep disruptions. Links with afternoon cortisol levels. ***Health Psychology,***

***27,*** 26-33.

84. El-Sheikh, M., Buckhalt, J.A., Granger, D.A., Erath, S., & Acebo, C. (2007). The association between children’s sleep and afternoon salivary interleukin-6. ***Journal of Sleep Research,*** *16,* 188-197.

83. Buckhalt, J.A., Wolfson, A., & El-Sheikh, M. (2007). Children’s sleep, academic performance, and school behavior. ***NASP Communique, 35,*** *40-43.* Linked to NASP Resources through <http://www.nasponline.org/resources/listingr_u.aspx>

82. Buckhalt, J.A., El-Sheikh, M., Holthaus, C., Baker, S., & Wolfson, A.(2007)***.*** Sleep and

school performance: What teachers and parents can do. ***NASP Communique, 35,***

(insert), 2-3. Linked to NASP Resources through <http://www.nasponline.org/resources/listingr_u.aspx>

81. El-Sheikh, M., Buckhalt, J.A., Keller, P., Cummings M., & Acebo, C. (2007). Child

emotional insecurity and academic achievement: The role of sleep disruptions. ***Journal***

***of Family Psychology, 21,*** 29-38*.*

80. Buckhalt, J.A., El-Sheikh, M, & Keller. P. (2007) Children’s sleep and cognitive functioning: Race and socioeconomic status as moderators of effects***. Child Development, 78,*** 213-231.

79. McGhee, R., Ehrler, D., & Buckhalt, J.A. (2007). ***FFPI-C: Five Factor Personality***

***Inventory for Children.*** Austin, TX: Pro-Ed Publishers***.***

78. El-Sheikh, M., Buckhalt, J.A., Cummings, E.M., & Keller, P. (2007). Sleep disruptions and emotional insecurity are pathways of risk for children. ***Journal of Child Psychology and Psychiatry, 48,*** 88-96.

77. Granger, D.A., Kivlighan, K.T., Blair, C., El-Sheikh, M., Mize, J., Lisonbee, J., Buckhalt, J.A., Stroud, L.R., Schwartz, E.B., Handwerger, K. (2006). Integrating the measurement of salivary alpha-amylase into studies of child health, development, and social relationships. ***Journal of Social and Personal Relationships* (Special issue)**, *23*, 267-290.

76.El-Sheikh, M., Buckhalt, J.A., Mize, J., & Acebo, C. (2006). Marital conflict and disruption of children’s sleep. ***Child Development, 77***, 31-43.

75. El-Sheikh, M. & Buckhalt, J.A. (2005). Vagal regulation and emotional intensity predict

children’s sleep problems. ***Developmental Psychobiology***,*46*, 307-317.

74. Cobia, D.C., Carney, J.S., Buckhalt, J.A., Houston, I., Middleton, R.A., Shannon, D.M.,

Trippany, R., & Ullery, E. (2005). The Doctoral Portfolio: Centerpiece of a

Comprehensive System of Evaluation. ***Counselor Education and Supervision,*** *44,*

*242-254.*

73.Buckhalt, J.A. (2005). Unexcused Absence: Personality Assessment in Schools. Review of *Big Five Assessment,* edited by Boele De Raad & Marco Perugini, Hogrefe & Huber, 2002, ***Journal of Psychoeducational Assessment,*** *23, 69-75.*

72. Buckhalt, J.A., Baird, S, & Reilly, A. (2004). Early language intervention for children with developmental disabilities. In J.L. Matson, R.B. Laud, & M.L. Matson (Eds.). ***Behavior modification for persons with developmental disabilities: Empirically supported treatments***.**Vol. 2.** New York: National Association for the Dually Diagnosed.

**Online Publications**

Blog Posts on ***Psychology Today*** website beginning 9-2012 to present

**Child Sleep: From ZZZ’s to A’s: How better sleep relates to learning, memory, and behavior**

<http://www.psychologytoday.com/blog/child-sleep-zzzs>

**Recent and Ongoing Research Grants**

Co-Investigator with Mona El-Sheikh (PI) and Jackie Mize, “Socialization in the Family and Interpersonal and Cognitive Functioning: Emotion and Sleep regulation as Pathways and Moderators of Outcomes”, ($250,000), **National Science Foundation**, 2004-2008.

Co-Investigator with Mona El-Sheikh (PI), “Child Regulation and Exposure to Marital Violence”, ($2,224,843), National Institute of Child Health and Human Development, **National Institutes of Health R01**, 2004-2010.

Co-Investigator with Mona El-Sheikh (PI) “Child Sleep and Development: The Role of Family Functioning, Cultural Context, and BMI” ($227,777) **National Science Foundation** 8/1/2006-7/31/2008..

Co-Investigator with Mona El-Sheikh (PI), Brian Vaughan, and Stephen Erath.

“Childhood Stress Exposure: Physiological Mechanisms of Risk and Resilience” ($120,000). **Alabama Agricultural Experiment Station**, 2007-2010.

Co-Investigator with Mona El-Sheikh (PI) “Developmental Trajectories of Children’s Sleep and Development” ($349,791). **National Science Foundation**, 2009-2011

Co-Investigator with Mona El-Sheikh (PI) “Sleep and Child Developmental

Outcomes: Physiological and Contextual Influences” ($3,416,257) R01 **National**

**Institutes of Health**, 1R01HL093246-01A1 April 2009- March 2013.

Co-Awardee with Mona El-Sheikh. Award to host a study group on Sleep and

Child Development. **Society for Research in Child Development**. $25,000

February, 2011-December, 2011.

Co-Investigator with Mona El-Sheikh (PI) on Eunice Kennedy Shriver National Institute of Child Health and Human Development, National Institutes of HealthR01 “Family Aggression and Trajectories of Adolescent Adaptation: Bioregulatory Effects”

($3,472,351). 2013-2018

Total Research Grant Support: $10,922,499

**Editing/Reviewing**

2015-present: Editorial Board, ***Behavioral Sleep Medicine***

2014- present: Editorial Board, ***Sleep Health***

2012-14: Reviewed grant proposals for the ***American Sleep Medicine Foundation***

2014: Reviewed grant proposal for ***Natural Sciences &Engineering Research Council, Canada***

2012: Reviewed a book prospectus for the ***American Psychological Association***

2009-10: Reviewed book chapters for ***Oxford University Press***

2007: Reviewer of a grant proposal for the ***Austrian Science Fund***

2006: Reviewer for ***National Science Foundation (Developmental & Learning Sciences)***

2002: Special Issue Editor, ***Learning and Individual Differences***

1998-present: Associate, ***Behavioral and Brain Sciences***

1991-99: Associate Editor, ***Diagnostique***

1987-96: Editorial Board, ***Journal of Psychoeducational Assessment***

1983-88: Editor, ***Newsletter of the Alabama Association of School Psychologists***

1976-82: Associate Editor,***Exceptional Children***

I have also served as reviewer for ***Sleep Medicine, Journal of Sleep Research, Pediatrics, American Psychologist, Child Development, Journal of Rural Mental Health***, ***Developmental Review***, ***Journal of Family Psychology***, ***European Archives of Psychiatry and Clinical Neuroscience,*** ***Journal of School Psychology***, ***,*** ***Chronobiology International***, ***World Journal of Biological Psychology***, ***Archives of Pediatrics and Adolescent Medicine,*** ***Archives of General Psychiatry, American Journal of Intellectual and Developmental Disabilities, Behavioral Disorders, , Criminal Justice and Behavior, The Open Psychology Journal, Journal of the Alabama Academy of Science, Journal of Sport & Exercise Psychology, Psycoloquy, Research Quarterly for Exercise and Sport*, *Theory and Psychology***