

**CURRICULUM VITAE**

**University of Alabama at Birmingham School of Medicine Faculty**

October, 2013

**PERSONAL INFORMATION:**

Name: Kristin Thomas Avis, PhD, CBSM  
Citizenship: U.S.A  
Language: English

**RANK/TITLE:**

Rank/Title: Associate Professor  
Department: Pediatrics  
Business Address: University of Alabama at Birmingham School of Medicine  
Department of Pediatrics,  
Division of Pulmonary and Sleep Medicine  
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**HOSPITAL AND OTHER NONACADEMIC APPOINTMENTS:**

<u>Institution</u>	<u>Rank/Title</u>	<u>Year</u>
Children’s of Alabama	Medical Staff	2004-Present

**PROFESSIONAL CONSULTANTSHIPS:**

<u>Institution</u>	<u>Rank/Title</u>	<u>Year</u>
• Mitchell’s Place Treatment Center for Autism Spectrum Disorders	Consultant and Director After School Social & Academic Program for Children with Asperger’s Syndrome & High Functioning Autism	2005 – 2008
• Mitchell’s Place Treatment Center for Autism Spectrum Disorders	Consultant Summer Camp Treatment Program	2006 – 2008

**EDUCATION:**

<u>Institution</u>	<u>Degree</u>	<u>Year</u>
• Vanderbilt University	B.S. Psychology, Neuroscience PII	1996
• University of Southern Mississippi	M.A.	2000
• University of Southern Mississippi	Ph.D. Psychology	2002

**LICENSURE:**

- Licensed Psychologist, State of Alabama, License #1313

**Year:**

2004-current

**BOARD CERTIFICATION**

- CBSM, Board Certification in Behavioral Sleep Medicine by American Academy of Sleep Medicine

**Year:**

2006

**POSTDOCTORAL TRAINING**

- Johns Hopkins University School of Medicine/Kennedy Krieger Institute      Predoctoral Internship in Pediatric Psychology
- Johns Hopkins University School of Medicine/Kennedy Krieger Institute      Postdoctoral Fellowship in Pediatric Psychology

**Year:**

2001-2002

2002-2004

**OTHER CERTIFICATIONS: N/A****ACADEMIC APPOINTMENTS:****Institution****Rank/Title****Year**

- |                                |                     |                |
|--------------------------------|---------------------|----------------|
| • UAB Department of Pediatrics | Associate Professor | 2011-Present   |
| • UAB Department of Pediatrics | Assistant Professor | 2004 – Present |

**AWARDS/HONORS**

- Acceptance to Clinical Microsystems Training in Quality Improvement in Healthcare, Dartmouth Institute for Health Policy & Clinical Practice, Dartmouth Medical School (2009)
- Acceptance to Early Career Women in Medicine Faculty Professional Development Seminar Sponsored by American Association of Medical Colleges (AAMC) and Harvard Medical School (2009)
- Visiting Professor, University of Arkansas Medical System, Pediatric Pulmonary Medicine/Arkansas Children's Hospital Sleep Disorders Center (2008)
- Visiting Professor, Children's Hospital of Philadelphia, Pediatric Pulmonary Medicine/Sleep Disorders Center (2008)
- Psi Chi Honor Society in Psychology, Vanderbilt University (1995)

**PROFESSIONAL SOCIETIES/MEMBERSHIPS:**

- |                                                                                          |              |
|------------------------------------------------------------------------------------------|--------------|
| • Member, Association for Pediatric Program Directors (APPD)                             | 2010-Present |
| • Society for Pediatric Psychology,<br>Division 54 of American Psychological Association | 2009-Present |
| • American Academy of Sleep Medicine                                                     | 2002-Present |
| • Sleep Research Society                                                                 | 2009-Present |

**UNIVERSITY ACTIVITIES:**

- |                                                                                                                                                                                                             |              |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| • Director, UAB Actigraphy Program for Research in Sleep and Circadian Rhythms                                                                                                                              | 2011-Present |
| • Associate Director, Children's of Alabama Sleep Disorders Center/<br>UAB Department of Pediatrics, Division of Pulmonary and Sleep Medicine                                                               | 2010-Present |
| • Member, Quality Improvement in Health Care Program at Children's Hospital                                                                                                                                 | 2010-Present |
| • Director, Quality Improvement in Service Delivery Initiative in UAB/CHS<br>Pediatric Sleep Disorder, focusing on improving outcomes for safety, technical scoring, work flow, and quality of patient care | 2010-Present |
| • Clinical Instructor UAB Department of Psychology,                                                                                                                                                         | 2009-Present |
| • Member, Admissions Committee for Doctoral Program in Medical Psychology                                                                                                                                   | 2009-Present |

- Core Faculty, Sleep Specialist Staffing for Medical Autism Clinic at UAB/CHS 2009-Present
- Co- Director ACGME Accredited Fellowship Program in Sleep Medicine Program 2008-Present  
University of Alabama at Birmingham School of Medicine
- Adjunct Faculty and Practicum Supervisor, 2008-Present  
Doctoral Program in Medical Psychology, UAB Department of Psychology
- Adjunct Faculty, Psychology Training Consortium 2008-Present  
UAB Departments of Psychology/Medicine
- Provider, Overnight Sleep Study Interpretation in CHS/UAB 2006-Present  
Pediatric Sleep Disorders Center, Scoring and Interpreting  
approximately 300 studies per year
- Development and Implementation of Multidisciplinary Pediatric Clinic for 2006  
children treated with Positive Airway Pressure within a Behavioral Model  
for Improving Adherence
- Staff, Outpatient Sleep Disorders Clinics 2004-Present

#### **EDITORIAL BOARD MEMBERSHIPS: N/A**

#### **MAJOR RESEARCH INTERESTS:**

- My research goals are to focus on adherence to continuous positive airway pressure therapy (CPAP), as well as the effects of sleep disturbance on children's health and safety.

#### **TEACHING/TRAINING EXPERIENCE:**

#### **Year**

##### **Institutional Courses**

- Undergraduate Honors Seminar 3B: The Promise of Sleep: An Overview of 2011  
Sleep and Sleep Disorders Across the Lifespan (3 hour credit,  
University Honors Program)
- Psychology 488: Pediatric Psychology Senior Seminar 2010-Present  
(3 hour credit for undergraduates, Department of Psychology)
- Psychology 325: Clinical Child Psychology 2009-Present  
(3 hour credit for undergraduates, Department of Psychology)

##### **Community/Institutional Educational Lectures**

- NASCENT Panel at UAB CCTS 2012  
*Sleep Deprivation and Pediatric Pedestrian Injury Risk*
- Children's Health Investigative Forum 2011  
*Sleep Disorders, Sleep Deprivation, and Pediatric Injury Risk*
- UAB Medical Clerkship Noon Conference 2008-Present  
*Sleep Disorders in Children*
- UAB Physicians Assistant Program 2008-Present  
*Developmental and Behavioral Issues in Children*
- UAB Medical Psychology Doctoral Program 2008-Present  
*Pediatric Sleep Medicine*
- UAB Undergraduate Psychology Course Lecture in Pediatric Psychology 2008-2009  
*Introduction to Sleep and Sleep Disorders in Children*
- UAB Psychology Internship Program Seminar Series 2009-Present  
*Introduction to Pediatric Sleep Disorders and the Sleep Laboratory*
- UAB Sleep Fellowship Noon Conference, Topics Include: 2007-Present  
*Overview of International Classification of Sleep Disorders-2,,  
Subjective Measurement of Sleep and Psychometric Testing*

*Assessment of Sleep Patterns Using Actigraphy ,  
CPAP Adherence in Children, Behavioral Insomnia of Childhood  
Psychophysiological Insomnia, Sleep Deprivation  
Sleep in Children with Developmental Disabilities*

- Pediatric Pulmonary Center Trainee Lecture 2006-2008  
*Introduction to Pediatric Sleep Disorders*
- Cystic Fibrosis Parent Education Day 2005  
*Interventions for Behavioral and Feeding Problems in Children*
- Mitchell's Place Center for Autism Spectrum Disorders 2005-2008  
*The Design of and Rationale for an After-School Social and Academic Program for Children with Asperger's Disorder and High Functioning Autism*

**TEACHING EXPERIENCE: Research Training**

- |                                                                                                                                                      | <u>Year</u>  |
|------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| • Dr. Jessica Brown, Fellow in Pediatric Pulmonary Medicine (research mentor on AMA seed grant program)                                              | 2012-Present |
| • Jessica Swinea, Undergraduate University Honors Program (committee member for Honors Thesis)                                                       | 2011-2012    |
| ○ <i>Pedestrian Injury and Distraction: How talking on the phone and talking with someone affect a pedestrian's ability to safely cross a street</i> |              |
| • Zachary Kane Jones, Undergraduate Honors Major in Psychology (co-mentor for Honors Thesis)                                                         | 2011-2012    |
| ○ <i>Pediatric Narcolepsy: The Impact of Excessive Daytime Sleepiness on Psychosocial Functioning</i>                                                |              |
| • Payal Mehta, Undergraduate Major in Psychology (mentor for undergraduate research practicum)                                                       | 2010         |
| ○ <i>Sleep In Children With Cystic Fibrosis During A Pulmonary Exacerbation</i>                                                                      |              |
| ○ Mentored Project presented at UAB Student Research Day                                                                                             |              |
| • Aaron Davis, Doctoral Student in Medical Psychology (co-mentor on student grant applications)                                                      | 2009-2013    |
| ○ <i>The Effects of Sleep Restriction on Adolescents' Pedestrian Safety</i>                                                                          |              |
| ○ <i>Student Mentored Grants obtained from:</i>                                                                                                      |              |
| ▪ Children's Hospital Of Philadelphia Center for Injury Research & Prevention                                                                        |              |
| ▪ Department of Transportation Federal Highway Administration                                                                                        |              |
| ▪ Sigma Chi Scientific Research Society                                                                                                              |              |
| ▪ Decision, Risk, and Management Sciences Program of the National Science Foundation                                                                 |              |
| • Kristina Ewer, Emory University Undergraduate Student                                                                                              | 2005-2006    |
| ▪ Research Practicum focusing on Clinical Sleep Research                                                                                             |              |
| • Ben Ewer, Emory University Undergraduate Student                                                                                                   | 2007-2008    |
| ▪ Research Practicum focusing on Clinical Sleep Research                                                                                             |              |
| • Haley Westbrook, Pediatric Pulmonary Center Trainee in Nutrition (co-mentor, research thesis project)                                              | 2008-2009    |
| ○ <i>Relationship between BMI, Nutrition Knowledge, and Daytime Sleepiness</i>                                                                       |              |

- *in a Pediatric Population Suffering from Obstructive Sleep Apnea*
- Project presented at Alabama Dietetic Association and the Annual Meeting for American Dietetic Association

<b>TEACHING EXPERIENCE: Fellows in Sleep Medicine</b>	<b><u>Year</u></b>
• Dr. Dwayne Henry, Adult Sleep Medicine Fellow, MD, Nephrology	Present
• Dr. William Levins, Adult Sleep Medicine Fellow, MD Neurology	2012-2013
• Dr. Payam Pooyam, Adult Sleep Medicine Fellow, MD, Pulmonary & Critical Care <i>Status: Fellow in Pulmonary and Critical Care</i>	2011-2012
• Dr. Robert Troxler, Pediatric Sleep Medicine Fellow, MD Pediatrics <i>Status: Assistant Professor, UAB Department of Pediatrics Attending Sleep Specialist, COA Pediatric Sleep Disorders Center</i>	2011-2012
• Dr. Mary Halsey Maddox, Pediatric Sleep Medicine Fellow, MD Pediatrics <i>Status: Board Eligible for Sleep Medicine Exam 2011 Assistant Professor, UAB Department of Pediatrics Attending Sleep Specialist, CHS Pediatric Sleep Disorders Center</i>	2010-2011
• Dr. Amy Amara, Adult Sleep Medicine Fellow, MD Neurology <i>Status: Board Eligible for Sleep Medicine Exam in 2011 Assistant Professor UAB Department of Neurology Attending Sleep Specialist, UAB Sleep Wake Disorders Center</i>	2010-2011
• Dr. Schriran Moturi, Pediatric Sleep Medicine Fellow, MD Psychiatry <i>Status: Board Eligible for Sleep Medicine Exam in 2011 Psychiatrist in Private Practice at Middle Tennessee Psychiatric Clinic Attending Sleep Medicine Specialist Smyrna Pulmonary and Sleep Assoc</i>	2009-2010
• Dr. Neil Billeud, Adult Sleep Medicine Fellow, MD Neurology <i>Status: Board Eligible for Sleep Medicine Exam in 2011 Assistant Professor UAB Department of Neurology Attending Sleep Specialist, UAB Sleep Wake Disorders Center</i>	2009-2010
• Dr. Han Phan, Pediatric Sleep Medicine Fellow, MD Neurology <i>Status: Boarded in Sleep Medicine 2009 Attending Sleep Specialist, Children's Healthcare of Atlanta</i>	2008-2009
• Dr. Jason Gunn, Adult Sleep Medicine Fellow, MD Pulmonary/Critical Care <i>Status: Boarded in Sleep Medicine 2009 Attending Pulmonologist and Sleep Medicine Specialist Charleston Pulmonary Associates</i>	2008-2009
• Dr. Lisa Withrow, Adult Sleep Medicine Fellow, MD Internal Medicine <i>Status: Board Eligible for Sleep Medicine Attending Sleep Specialist, Alabama Sleep Disorders Center</i>	2007-2008

**TEACHING EXPERIENCE: Ph.D. Candidate Training**

**Ph.D Committee Member for the following doctoral candidates:**

- |                                                                                                                                               |              |
|-----------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| • Ann Johnston, UAB Dept of Nursing, PhD Program<br>(member of PhD committee for Doctoral Dissertation)                                       | 2011-Present |
| ○ <i>The Influence of Perceived Stress, Sleep, and Cortisol on Fatigue in School-Age Cancer Survivors</i>                                     |              |
| • Christine Feeley, UAB Dept of Nursing, PhD Program<br>(member of Ph.D Committee for Doctoral Dissertation)                                  | 2011-2012    |
| ○ <i>Sleep Quality, Stress, Caregiver Burden and Quality of Life in Maternal Caregivers of Young Children with Bronchopulmonary Dysplasia</i> |              |

- Aaron Davis, UAB Dept of Psychology, Medical Psychology Doctoral Program 2010-2012  
(member of Ph.D. Committee for Doctoral Dissertation)
  - *The Effects of Sleep Restriction on Adolescents' Pedestrian Safety*

**General Advisory Committee Member for the following doctoral candidates:**

- Aaron Davis, UAB Dept of Psychology, Medical Psychology Doctoral Program 2010-2012

**Clinical Practicum Supervisor for the following doctoral candidates:**

- Trista Perez, UAB Dept of Psychology, Medical Psychology Doctoral Program 2010
- Aaron Davis, UAB Dept of Psychology, Medical Psychology Doctoral Program 2009
- Kim Guion, UAB Dept of Psychology, Medical Psychology Doctoral Program 2008
- Justin S. Thomas, University of Alabama Tuscaloosa Doctoral Program 2007  
in Clinical Psychology

**MAJOR LECTURES AND VISITING PROFESSORSHIPS:**

- |                                                                                                                                                                                                                                                                                                                                                                                                                              | <u>Year</u> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| <ul style="list-style-type: none"> <li>• Visiting Professor, University of Arkansas Medical System,<br/>Pediatric Pulmonary Medicine/Arkansas Children's Hospital Sleep Disorders Center<br/>Focus: <i>Development of a Pediatric Program for Children with Sleep Related Breathing Disorders Treated with Positive Airway Pressure Therapy And Management of Sleep Disturbance in Children with Disabilities</i></li> </ul> | 2008        |
| <ul style="list-style-type: none"> <li>• Visiting Professor, Children's Hospital of Philadelphia,<br/>Pediatric Pulmonary Medicine and Sleep Disorders Center.<br/>Focus: <i>Development of a Pediatric Program for Children with Sleep Related Breathing Disorders Treated with Positive Airway Pressure Therapy</i></li> </ul>                                                                                             | 2008        |

**ACTIVE RESEARCH:**

- | <u>Project:</u>                                                                                                                                                                                                                                                                                                                                                                         | <u>Years of Support</u>    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| <ul style="list-style-type: none"> <li>• <b>C10953/1100</b> (Makris)<br/>A Phase 1, Randomized, Open Label Study to Characterize the Pharmacokinetics, Pharmacodynamics, and Safety of Single and Multiple Doses of Armodafinil (50, 100, and 150mg/day) in Children and Adolescents with Excessive Daytime Sleepiness Associated with Narcolepsy.<br/>Role: Co-investigator</li> </ul> | 10/01/2013 – present.      |
| <ul style="list-style-type: none"> <li>• <b>AMA Foundation Seed Grant Research Program (Avis/Brown)</b><br/><i>Comparing Two Standard Types of CPAP Treatments for Obstructive Sleep Apnea (OSA) in Children</i><br/>Role: PI (mentored seed grant: Dr. Jessica Brown, pulmonary fellow)</li> </ul>                                                                                     | 3/2013-3/2014<br>\$2500    |
| <ul style="list-style-type: none"> <li>• <b>RESMED Foundation</b><br/><i>Does Treatment of OSA with Positive Airway Pressure Therapy Reduce Children's Pedestrian Injury Risk?</i><br/>Role: PI</li> </ul>                                                                                                                                                                              | 8/2012-8/2013<br>\$80,000  |
| <ul style="list-style-type: none"> <li>• <b>UABHSF-GEF (Avis)</b><br/>UAB Health Service Foundation-General Endowment Fund<br/><i>Actigraphy Program for Sleep and Circadian Rhythm Disorders</i><br/>Role: PI</li> </ul>                                                                                                                                                               | 2/2012-2/2014<br>\$180,000 |

**COMPLETED RESEARCH:**

<b><u>Project</u></b>	<b><u>Years of Support</u></b>
• <b>KPRI (Avis)</b> Kaul Pediatric Research Institute <i>Does Excessive Daytime Sleepiness Affect Pediatric Pedestrian Injury Risk?</i>	2/2011-2/2013 \$60,000
• Role: PI	
• <b>Faculty Development (Avis)</b> UAB Faculty Development Award <i>Does treatment of pediatric obstructive sleep apnea reduce pedestrian injury risk?</i> Role: PI	08/01/2010 – 07/31/2011 \$10,000
• <b>383587 (Davis)</b> Children's Hospital (Philadelphia)/ NSF - National Science Foundation <i>The Effects of Sleep Restriction on Adolescent's Pedestrian Safety</i> Role: Co-Mentor	08/15/2010 – 02/15/2011 \$5,860
• <b>APF(Davis)</b> American Psychological Foundation Lizette Peterson Homer Memorial Injury Research Grant Doctoral Dissertation Research in Decision, Risk, and Management Sciences <i>The Effects of Sleep Restriction on Adolescent's Pedestrian Safety</i> Role: Co-Mentor	1/2011 \$12,000
• <b>393746 (Clancy/Avis)</b> Pfizer, Inc. <i>Pfizer's Medical &amp; Academic Partnerships (MAP) Pulmonary Disease Visiting Professorship Award</i> Role: Co-Investigator	07/01/2010 – 06/30/2011 \$7,500
• <b>C1538/3029/ES/MN (Makris)</b> Cephalon, Inc. A 1-Year Open-Label, Flexible-Dosage Extension Study to Assess the Safety and Continued Effectiveness of PROVIGIL (Modafinil) Treatment in Children and Adolescents with Excessive Sleepiness Associated with Narcolepsy or Obstructive Sleep Apnea/Hypopnea Syndrome Role: Co-investigator	11/18/2004 – 12/29/2006
• <b>C1538/3027/NA/MN (Makris)</b> Cephalon, Inc. A Phase 3, Randomized, Double-Blind, Placebo-Controlled, Parallel-Group Study to Assess the Efficacy and Safety of PROVIGIL® (Modafinil) Treatment (100, 200, and 400 mg/day) in Children and Adolescents With Excessive Sleepiness Associated With Narcolepsy Role: Co-investigator	11/18/2004 – 12/30/2005
• <b>C1538/3028/AP/MN (Makris)</b> Cephalon, Inc. A Phase 3, Randomized, Double-Blind, Placebo Controlled, Parallel-Group Study To Assess the Efficacy and Safety of PROVIGIL (Modafinil) Treatment (100, 200, and 400 mg/day) in Children and Adolescents with Excessive Sleepiness Associated with Obstructive Sleep Apnea/Hypopnea Syndrome Role: Co-investigator	11/18/2004 – 12/30/2005

**BIBLIOGRAPHY:**

**MANUSCRIPTS:**

1. **Avis KT**, Gamble KL., & Schwebel DC. (in press). Does excessive daytime sleepiness affect

- children's pedestrian safety? *Sleep*.
2. Davis AL, **Avis KT**, & Schwebel DC. (in press). The effects of sleep restriction on adolescents' pedestrian safety in a virtual environment. *Journal of Adolescent Health*. DOI: 10.1016/j.jadohealth.2013.07.008
  3. Tahmasian M, Khazie H, Golshani S, **Avis KT**. Clinical Application of actigraphy in psychotic disorders: a systematic review. *Current Psychiatry Reports*. 2013,15(6). DOI: 10.1007/s11920-013-0359-2 June 2013.
  4. Meltzer LJ, **Avis KT**, Biggs S, Reynolds, A, Crabtree VM, Bevans KB. The Children's Report of Sleep Patterns (CRSP): A Self-Report Measure for School-Aged Children. *Journal of Clinical Sleep Medicine*. 2013,9(3):235-245.
  5. Feeley C, Turner-Henson A, Christian BJ, **Avis KT**, Heaton K, Lozano DJ. Sleep Quality, Stress, Caregiver Burden, and Quality of Life in Maternal Caregivers of Young Children with Bronchopulmonary Dysplasia. *Journal of Pediatric Nursing* 2013. doi:10.1016/j.pedn.2013.08.001
  6. Khazie H, Razie L, Darvish F, Nayafi F, **Avis KT**. Treatment of paradoxical insomnia with atypical antipsychotics: a comparison of olanzapine and risperidone. *Neurosciences*. 2013,18(1):64-69.
  7. Meltzer LJ, Biggs S, Reynolds S, **Avis KT**, Crabtree V, Bevans K. The Children's Report of Sleep Patterns - Sleepiness Scale: A Self-Report Measure for School-Aged Children. (2012). *Sleep Medicine*, 2012,13(4):385-389.
  8. **Avis KT**, Tofil N, Youngblood A, Lozano, DJ. (2012) Simulation as training for sleep technologists in a pediatric sleep setting. *Journal of Clinical Sleep Medicine*. 2012,8: 97-101.
  9. Fargason RE, Gamble K, **Avis KT**, May RA. Treatment of ADHD with Ramelteon. *Psychopharmacology Bulletin*. 2012,44(2):1-22).
  10. Zafar A, Bashir K, Dowdy S, **Avis K**, Ness J. Sleep, Fatigue, and Daytime Sleepiness in Pediatric Multiple Sclerosis Patients. *Multiple Sclerosis*, 2012,18(4):481-488.
  11. Moturi S and **Avis KT** Assessment and treatment of common pediatric sleep disorders. *Psychiatry* (Edgmont), 2010. 7(6): p. 24-37.
  12. Slifer KJ, **Avis KT**, Frutchey RA. Behavioral Intervention to Increase Compliance with Electroencephalogram (EEG) Procedures in Children with Developmental Disabilities. *Epilepsy and Behavior*, 2008,13(1):189-195.
  13. LeBourgeois MK, **Avis KT**, Mixon M, Olmi J, Harsh J. Snoring, sleep quality, and sleepiness across attention-deficit/hyperactivity disorder subtypes. *Sleep*, 2004 27(1): 520-5.
  14. **Avis KT**, Edwards RP. Review of Merrill, KW. Behavioral, social, and emotional assessment of children and adolescents. *Journal of Psychoeducational Assessment*, 1999,9:276-278.

#### **BOOKS/BOOK CHAPTERS:**

1. Thomas SJ, **Avis KT**, & Lichstein K. (2013). *Behavioral Sleep Medicine: Training, Credentialing, and the Role in Sleep Laboratories*. Oxford Press.
2. **Avis KT** (2011). Sleep. In *Encyclopedia of Child Behavior and Development*. New York, NY: Springer.
3. **Avis KT**, Davis, AL. (2011). Sleep Disorders. In *Encyclopedia of Child Behavior and Development*. New York, NY: Springer.
4. Guion K, **Avis KT** (2011). Rapid Eye Movement Sleep. In *Encyclopedia of Child Behavior and Development*. New York, NY: Springer.
5. Guion K. **Avis KT** (2011). Sleep Architecture. In *Encyclopedia of Child Behavior and Development*. New York, NY: Springer.
6. **Avis KT**, Mindell JM. (2009). *Behavioral Influences on Sleep*. In Marcus, C et al. (eds) *Sleep in Children: Developmental Changes in Sleep Patterns*, Second Edition. Informa Healthcare USA, Inc. New York: New York.

#### **PUBLISHED ABSTRACTS and POSTER PRESENTATIONS:**



- Davis A, Schwebel DC, Avis KT. Interaction between Temperament and Sleep Restriction on Adolescents' Pedestrian Safety. Poster presented at the Society of Pediatric Psychology Conference, New Orleans, LA. April 2013.
- Weaver P, Avis KT, Johnston A, Schwebel DC. Quality of Life and Temperament among Children with Narcolepsy poster presented at the Society of Pediatric Psychology Conference, New Orleans, LA. April 2013.
- **Avis KT**, Johnston A, Davis A, Schwebel DC. The effect of obstructive sleep apnea on pediatric pedestrian injury risk and risk taking behavior. *Sleep*. 35:A383.
- Davis A, Cox M, **Avis KT**, Schwebel DC. Adolescents' media use and its effect on sleep. *Sleep*. 35:A359.
- Kiel S, Foshee H, Makris CM, Maddox MH, **Avis KT**, Lozano DJ. Modafinil for the Treatment of Hypersomnia in Children: One Center's Experience. *Sleep*. 35:A391.
- Kiel S, **Avis KT**, Foshee H, Makris CM, Lozano DJ. Relationship between compliance with positive airway pressure therapy (PAP) in pediatric patients with obstructive sleep apnea syndrome (OSAS), caregiver concern, and caregiver Involvement: Results of a Quality Improvement Project. *Sleep*. 35:A401.
- Feeley C, Heaton Karen, **Avis KT**, Lozano DJ, Christian B, Su X, Turner-Henson A. Sleep Quality, Stress, and Depressive Symptoms in Maternal Caregivers of Young Children with Bronchopulmonary Dysplasia. *Sleep*. 35:A423.
- Davis A, Hayes S, Avis KT, Schwebel DC. Parental Knowledge of Adolescents' Media Use. Poster presented at the Midwest Regional Conference in Pediatric Psychology. Milwaukee, WI. April 2012.
- **Avis KT**, McCartney LM, Johnston A, Davis A, Schwebel DC. *The effect of obstructive sleep apnea on pediatric pedestrian injury risk and risk taking behavior*. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies in June 2012, Boston, Massachusetts.
- Kiel S, Foshee H, Makris CM, Maddox MH, **Avis KT**, Lozano DJ. *Modafinil for the Treatment of Hypersomnia in Children: One Center's Experience*. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies in June 2012, Boston, MA
- Kiel S, **Avis KT**, Foshee H, Makris CM, Lozano DJ. *Relationship between compliance with positive airway pressure therapy (PAP) in pediatric patients with obstructive sleep apnea syndrome (OSAS), caregiver concern, and caregiver Involvement: Results of a Quality Improvement Project*. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies in June 2012, Boston, MA.
- Feeley C, Heaton Karen, **Avis KT**, Lozano DJ, Christian B, Su X, Turner-Henson A. *Sleep Quality, Stress, and Depressive Symptoms in Maternal Caregivers of Young Children with Bronchopulmonary Dysplasia*. Annual Meeting of the Associated Professional Sleep Societies in June 2012, Boston, Massachusetts
- Meltzer LJ, **Avis, K.T.** (June 2011). Impact of Chronobiotic Chaos on Sleep and Daytime Functioning in Parents of Ventilator-Assisted Children. *Sleep*, 34, A284.
- Meltzer LJ, **Avis KT.** (May 2011). Chronobiotic Chaos: Sleep in Parents of Ventilator-Assisted Children. *American Journal of Respiratory and Critical Care Medicine*, 183, 5251.
- **Avis KT**, O'Neal EO, McCartney LM, Balzer R, Schwebel DC. (March 2011). *Does Obstructive Sleep Apnea Affect Children's Pedestrian Safety?* Poster presented at Sleep, Health, and Safety Annual Meeting Sponsored by the National Sleep Foundation. Washington DC.
- **Avis KT**, Oster R., Lozano D, Makris C. (2010). Compliance with PAP in pediatric special populations. *Sleep*, 33, A329.
- **Avis KT**, Oster R, Lozano D, Makris C. (2010) Evaluating the Benefit of Seeing Patients the Morning After the NPSG: Results of a QI Project in a Pediatric Sleep Center. *Sleep*, Suppl A325.
- Zafar A, Bashir K, Dowdy S, **Avis KT**, Ness J. (2010) Sleep and Fatigue in Pediatric Multiple Sclerosis Patients. *Sleep*, 33, A278.

- Gamble KL, Besing RC, Lindbergh KH, Garner, RY, **Avis KT**, May RS, Fargeson, RE. *Circadian and sleep parameters differentially predict hyperactive-impulsive and inattentive symptoms in adult ADHD patients with insomnia*. Presented at the 2010 Meeting of the Society for Research on Biological Rhythms. Destin, FL. May 2010.
- Wooldridge N, Westbrook H, Makris C, **Avis K.** (2009) Relationship between BMI, nutrition knowledge, and daytime sleepiness in a pediatric population suffering from obstructive sleep apnea syndrome. *J Amer Diet Assoc* (S) 109.
- **Avis KT**, Oster R, Lozano D, Laughlin B, Makris C. (2009) Compliance with PAP in pediatric patients with Downs Syndrome and OSAS. *Sleep*, 32, A111.
- **Avis KT**, Oster, R., Lozano, Laughlin, B, Makris, C. (2009) Change in BMI in children treated with Positive Airway Pressure. *Sleep*, 32, A109.
- **Avis KT**, Makris CM, Lozano DL, Dixon L, Laughlin B. (2008) Compliance with PAP in a Pediatric Population. *Sleep*, 3, A87.
- **Avis, K.**, Britton, L., Reeves, G., Makris, C. (2008). Investigation of Sleep in Children with CF During Pulmonary Exacerbation and Recovery Period. *Ped Pulmonol*,31, A701.
- Zafar A, Bashir K, Dowdy S, **Avis KT**, Ness J. (May 2009) *Examining Sleep and Fatigue Habits in Pediatric Multiple Sclerosis Patients*. Poster presented at the 23<sup>rd</sup> Annual Meeting of the consortium of Multiple Sclerosis Centers. University of Alabama at Birmingham. Birmingham, AL.
- **Avis KT**, Remick M, Camille F, Hardin EC, Toledo L.A. (March 2008) *Evaluation of a Program to Determine Effective Components in Skill Attainment and Generalization*. Poster presented at the 7<sup>th</sup> Annual Alabama Autism Conference: Tools for Managing Associated Features in Autism Spectrum Disorders. Tuscaloosa, AL.
- Remick, M, **Avis KT**, Mink S. Tuscaloosa, AL. (Feb 2007) *After-School Social and Academic Program (ASAP) for Children with Asperger's Disorder*. Poster presented at the 6<sup>th</sup> Annual Alabama Autism Conference: Best Practices in Autism Spectrum Disorders Intervention. Tuscaloosa, AL. Feb 2007.
- Amari A, Slifer KJ, Beck M, **Avis KT**, Benore E, Wertalik G. (May 2004) *The Development of a Pediatric Behavioral Adjustment Scale for General Use in Pediatric Rehabilitation*. Poster presented at the Annual Convention of the Association for Behavior Analysis. Boston, MA.
- Amari A, **Avis KT**, Gibson J, Tencer H, Piszcor R. (May 2004) *Using Behavior Analysis to Assist Pediatric Rehabilitation Staff in Assessment and Treatment of Pain Behavior*. Poster presented at the Annual Convention of the Association for Behavior Analysis. Boston, MA.
- Amari A, Beck M, **Avis, KT**, Tencer, H, Wiczerok, B, Slifer K. (April, 2004) *Treatment of Reflex Sympathetic Dystrophy on a Pediatric Rehabilitation Unit*. Poster presented at the Annual Convention of the Society for Pediatric Psychology. Charleston, SC.
- **Avis KT**, Slifer KJ, Amari A, Gorski J, Sulc W. (May 2002) *Behavioral Treatment of a "Pseudoseizure" Conversion Disorder in a Pediatric Rehabilitation Patient*. Poster presented at the Annual Convention of the Association for Behavior Analysis. Toronto, Canada.
- Glick NP, Slifer KJ, Gorski J, **Avis KT**. (May 2002) *Measuring Child Cooperation and Behavioral Adjustment During Rehabilitation After Injury or Major Surgery*. Poster presented at the Annual Convention of the Association for Behavior Analysis. Toronto, Canada.

## ORAL PRESENTATIONS:

### INVITED PRESENTATIONS: National

- |                                                                                                              | <u>Year</u> |
|--------------------------------------------------------------------------------------------------------------|-------------|
| • Pediatric Respiratory Grand rounds, Arkansas Children's Hospital                                           | 2009        |
| ○ <i>Positive Airway Pressure Therapy in Children: Treatment Topics</i>                                      |             |
| • Children's Hospital of Philadelphia Sleep Program/U Penn Pediatric Pulmonary                               | 2008        |
| ○ <i>Positive Airway Pressure Therapy in Children, Treatment and Adherence Issues</i>                        |             |
| • Kennedy Krieger Institute Pediatric Psychology Service, Department of Behavioral Psychology, Baltimore, MD | 2008        |

○ *Behavioral Sleep Medicine: The UAB Experience*

<b>INVITED PRESENTATIONS: Local and Regional</b>	<b><u>Year</u></b>
• <i>CPAP Compliance in Adults and Children</i> . Presented at the UAB VA Sleep Symposium, Birmingham, AL.	2009
• <i>Overview of Sleep and Sleep Hygiene</i> . In workshop <i>Sleep and Obesity</i> . Presented at the Alabama Dietetic Association Annual Meeting. Birmingham, AL.	2008
• <i>Sleep Disorders Across the Lifespan</i> . Workshop presented at the Alabama Conference of Social Work: Facing Life's Challenges: Together We Can. Birmingham, AL.	2008
• <i>Autism Spectrum Disorders</i> . Presented at the Conference for the Jefferson County Health Department Nurses: Healthcare and prevention for school-aged children hosted by the Pediatric Pulmonary Center, Birmingham, AL.	2007
• <i>Introduction to Sleep</i> . Presented at the Psychiatric Treatment: Learning, Helping and Understanding. Mental Health Conference, Montgomery, AL.	2007
• <i>Overview of Autism Spectrum Disorders</i> . Presented at the Tennessee Dental Association Meeting, Memphis, TN.	2007
• <i>Behavior Management of Pediatric Sleep Disorders</i> . Presented at the Pediatric Sleep Disorders Meeting Sponsored by Pediatric Pulmonary Center, Department of Pediatrics University of Alabama Birmingham and Methodist Le Bonheur Healthcare, Memphis, TN.	2006
• <i>Behavioral Interventions in Pediatric Conditions</i> . Conference for the Jefferson County Health Department Nurses: Healthcare and prevention for school-aged children hosted by the Pediatric Pulmonary Center, UAB Pediatric Pulmonary Division, Birmingham, AL.	2005

**OTHER PRESENTATIONS: National Meetings**

- **Avis KT**. Behavioral Interventions to Improve Pediatric Compliance with Positive Airway Pressure Therapy. In Honaker, S (Chair) *Pediatric Behavioral Sleep Medicine*. Postgraduate course presented at the Annual Meeting of the American Psychological Association, Honolulu, HA, August 2013.
- **Avis KT**. Using Virtual Reality to Investigate the Relationship between Sleep and Pediatric Pedestrian Injury Risk. CATSS-UTC Symposium at the Institute of Simulation and Training, Research Park, Orlando, FL. 2013.
- **Avis KT**. Behavioral Interventions to Improve Pediatric Compliance with Positive Airway Pressure Therapy. In Crabtree, V (Chair) *Pediatric Behavioral Sleep Medicine*. Postgraduate course presented at the Annual Meeting of the American Psychological Association, Orlando, FL, August 2012.
- **Avis KT**. Behavioral Interventions to Improve Pediatric Compliance with Positive Airway Pressure Therapy. In Crabtree, V (Chair) *Pediatric Behavioral Sleep Medicine*. Postgraduate course presented at the Annual Meeting of the Associated Professional Sleep Societies, Boston, MA, June 2012.
- **Avis KT**. The Effect of Sleep Disorders on Pediatric Pedestrian Safety. In Meltzer, L (Chair) "Real World Outcomes of Sleep Restriction and Sleep Disorders Across Development. Symposium presented at the 6<sup>th</sup> Annual Pediatric Sleep Medicine Conference: Advances in Research, Patient Care, Policy, and Education, October 27-30, 2011.
- **Avis KT**. Behavioral Interventions to Improve Pediatric Compliance with Positive Airway Pressure Therapy. In Crabtree, V (Chair) *Pediatric Behavioral Sleep Medicine*. Postgraduate course presented at the Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MN, June 2011.
- Frutchey RA, **Avis KT**, Myers MA, Slifer KJ. (May, 2008) *Behavioral Intervention to Increase Compliance in Autism and Related Disabilities with the EEG Procedure*. In K. Slifer (Chair) *Methods for Teaching Children with Autism and Other Developmental Disorders to Cooperate with Health Care Procedures*. Symposium presented at the Annual Convention of the Association for Behavior Analysis. Chicago, IL.
- **Avis KT**. *Positive Airway Pressure Therapy for Children: More than Just a Prescription*.

In B Kuhn (Chair), *Nuts and Bolts of Behavior Therapy for Pediatric Sleep Disorders*. Postgraduate workshop presented at the Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MN 2007.

- Remick ML, Avis KT, Mink S. (March, 2007). *An After-School Social and Academic Program for Children with Asperger's Disorder*. Paper presented at the Annual Convention of the National Association of School Psychologists, New York, New York.
- Slifer KJ, **Avis KT**, Bahl A, Busby S, Njordick U. (May, 2004). *Behavioral Intervention to Increase Compliance with the Electroencephalographic (EEG) Procedure*. In K. Slifer (Chair), *Behavior Analysis and Intervention for Sleep and Pulmonary Disorders in Patients with Developmental Disabilities*. Symposium presented at the Annual Convention of the Association for Behavior Analysis. Boston, MA.
- **Avis KT**, Slifer, KJ. (May, 2004). *Assessing and Treating Disorders of Sleep Initiation and Maintenance*. In K. Slifer (Chair), *Behavior Analysis and Intervention for Sleep and Pulmonary Disorders in Patients with Developmental Disabilities*. Symposium presented at the Annual Convention of the Association for Behavior Analysis. Boston, MA.
- Ruffin G, Schonblachler H, DeLeon I, Kahng S, **Avis KT**. (May, 2004). *Graduated Exposure and Blocking Procedures Used to Desensitize Children to Equipment for Sleep Studies*. In K. Slifer (Chair), *Behavior Analysis and Intervention for Sleep and Pulmonary Disorders in Patients with Developmental Disabilities*. Symposium presented at the Annual Convention of the Association for Behavior Analysis. Boston, MA.
- **Avis KT**, Slifer KJ, Amari A, Dorsey L. (May, 2003). *Behavioral Intervention During Treatments for Pediatric Pulmonary Disorders*. In J. Gorski (Chair), *Behavior Analysis and Intervention in Pediatric Medicine and Rehabilitation*. Symposium presented at the Annual Convention of the Association for Behavior Analysis. San Francisco, CA.
- Harsh J, Mixon M, **Avis KT**. (June, 2001). LeBourgeois, M. *Sleep, Sleepiness, and ADHD subtypes*. Panel Presentation given at the 15<sup>th</sup> Annual Meeting of Professional Sleep Societies. Chicago, IL.
- **Avis KT**, LeBourgeois M, Mixon M, Olmi DJ. (April, 2001) *The Role of Sleep in Attention and Behavior*. Paper presented at the Annual Convention of the National Association of School Psychologists, Washington, DC.