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Academic Biographical Information

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

Licensed Psychologist, State of Alabama #250

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Current Research

Children's Sleep as a Risk/Protective Factor for School Performance, Adjustment, and Health Intelligence, School Psychology, and Education

Selected Recent Publications

Buckhalt, J.A., Wolfson, A., & El-Sheikh, M. (in press). Sleep and sleep disorders in children and adolescents. Invited chapter for S. Shaw (Ed.). *Helping children at home and school: Handouts for families and educator*. National Association of School Psychologists. Scheduled for publication, 2010.

Buckhalt, J.A. & El-Sheikh, M. (in press). Assessment and intervention for sleep problems. Invited chapter for P. McCabe & S. Shaw (Eds.) *Current topics in pediatrics in schools*. National Association of School Psychologists & Corwin Press. Scheduled for publication, 2009 or 2010.

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

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

- 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.
- Staton, L., El-Sheikh, M., & Buckhalt, J.A. (2009). Respiratory sinus arrhythmia and cognitive functioning in children. *Developmental Psychobiology*, *51*, 249-258.
- Buckhalt, J.A., Wolfson, A., & El-Sheikh, M. (2009). Children's sleep and school psychology practice. *School Psychology Quarterly*, *24*, 60-69.
- 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
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- Buckhalt, J.A., Wolfson, A., & El-Sheikh, M. (2007). Children's sleep, academic performance, and school behavior. *NASP Communicative*, *35*, 40-43.
- Buckhalt, J.A., El-Sheikh, M., Holthaus, C., Baker, S., & Wolfson, A. (2007). Sleep and school performance: What teachers and parents can do. *NASP Communicative*, *35*, (insert), 2-3.

- 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.
- 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.
- McGhee, R., Ehrler, D., & Buckhalt, J.A. (2007). *5-FFPI-C: Five Factor Personality Inventory for Children*. Austin, TX: Pro-Ed Publishers.
- 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.
- Granger, D.A., Kivlighan, K.T., Blair, C., El-Sheikh, M., Mize, J., Lisonbee, J., Buckhalt, J.A., Stroud, L.R., Schwartz, E.B., Handwerker, 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*(2), 267-290.
- El-Sheikh, M., Buckhalt, J.A., Mize, J., & Acebo, C. (2006). Marital conflict and disruption of children's sleep. *Child Development, 77*, 31-43.
- El-Sheikh, M. & Buckhalt, J.A. (2005). Vagal regulation and emotional intensity predict children's sleep problems. *Developmental Psychobiology, 46*, 307-317.

Selected Recent Presentations

- Buckhalt, J.A., El-Sheikh, M., Keller, P., & Kelley, R. Sleep and Cognitive Functioning across Two Years: A Moderating Role for Parent Education. Presentation at **Pediatric Sleep Medicine Meeting**, Denver, October, 2009.
- Buckhalt, J.A. Sleep, academic performance, and behavior. Invited workshop conducted at the meeting of the **Georgia Association of School Psychologists**, St. Simon's Island, GA, April, 2009.
- Staton, L., El-Sheikh, M., & Buckhalt, J.A. (April, 2009). Respiratory sinus arrhythmia and cognitive functioning in children. Presented at the **Biennial Meeting of the Society for Research in Child Development**, Denver, April, 2009.
- Buckhalt, J.A. (October, 2008). Sleep and school psychology practice: What should we know and what can we do? Presented at the **Mid-South Conference on Psychology in the Schools**, Chattanooga, TN, October, 2008.

- McGhee, R., Ehrler, D., Buckhalt, J.A. & Phillips, C. Differential Profiling of Social Maladjustment and Serious Emotional Disturbance using the Five Factor Personality Inventory - Children (FFPI-C) and the Differential Scales of Social Maladjustment and Emotional Disturbance (DSSMED). Presented at the **Georgia Association of School Psychologists**, Savannah, GA, September, 2008.
- El-Sheikh, M., Buckhalt, J.A., & Cummings, E.M. Child regulation and exposure to marital violence. Invited presentation to Research on Children Exposed To Violence Grantee Meeting, **Biennial Meeting of Society for Research on Adolescence**, Chicago, March 2008.
- Lee, D., Buckhalt, J.A., & El-Sheikh, M. Sleep education for six 2nd grade children with parent reported sleep problems. Presented at the **Pediatric Sleep Medicine Meeting**, Amelia Island, Florida, March 2008.
- Kelly, R., Keller, P., Staton, L., Reineke, D., Buckhalt, J., & El-Sheikh, M. Children's sleep as a predictor of marital conflict: A longitudinal study. Presented at the 4th Annual **Pediatric Sleep Medicine Meeting**, Amelia Island, Florida, March 2008.
- El-Sheikh, M. & Buckhalt, J.A. Does couples' conflict make children sick? The latest information on children's sleep, health, and school performance. Presented at the **Inaugural Alabama Health Marriage, Healthy Relationships, and Responsible Fatherhood Conference on Best Practices**. Opelika, Alabama, September, 2007.
- El-Sheikh, M., Buckhalt, J.A., & Keller, P.S. Children's emotional insecurity and their adjustment in multiple domains: The role of sleep disruptions. Presented in a symposium, Carpe Noctem: Family Functioning and the Sleep of Infants, Children, and Adolescents Chairs: Mona M. El-Sheikh, Ronald E. Dahl at the **Biennial meeting of the Society for Research in Child Development**, Boston, March 2007.
- El-Sheikh, M., Keller, P.S., Buckhalt, J.A., & Cummings, E.M. Marital conflict, children's sleep, and adjustment problems: The role of vagal regulation. Presented in a symposium, Family Functioning and the Adjustment of Infants and Children: The Role of Physiological Regulation. Chairs: Mona M. El-Sheikh, Susan D Calkins at the **Biennial meeting of the Society for Research in Child Development**, Boston, March 2007.
- Buckhalt, J.A. & El-Sheikh, M. Children's alpha-amylase responses to stress predict multiple outcomes over a two year period. Presented in a symposium, Salivary a-amylase Levels and Stress Reactivity: Cross-sectional and Prospective Associations with Children's Behavior Problems Chair: Douglas A. Granger at the **Biennial meeting of the Society for Research in Child Development**, Boston, March 2007.
- McGhee, R., Ehrler, D., Buckhalt, J.A., & Phillips, C. The *FFPI-C: Five Factor Personality Inventory for Children*. Presented at the annual meeting of the **National Association of School Psychologists**, New York, March 2007.

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Prepared 10-20-2009