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Educational History:

1989	Ph.D., Psychology, West Virginia University Major: Life-Span-Developmental Psychology
1988	M.A., Psychology, West Virginia University Major: Life-Span-Developmental Psychology
1984	B.A., The American University in Cairo, Egypt Major: Psychology; Minor: Anthropology

Professional Positions:

June 2005-Present	Alumni Professor Human Development and Family Studies, Auburn University
2002-May 2005	Professor Human Development and Family Studies, Auburn University
June 2000-2001	Associate Professor (tenured) Human Development and Family Studies, Auburn University
1995- June 2000	Associate Professor (tenured) Department of Psychology, Auburn University
1990-1995	Assistant Professor

	Department of Psychology, Auburn University
1990	Visiting Instructor Department of Psychology, West Virginia University
1985-1989	Graduate Teaching Assistant Department of Psychology, West Virginia University
1984-1985	Graduate Research Assistant Department of Anthropology/Psychology/Sociology, The American University in Cairo

Recent Awards and Honors:

2008; Recipient of the Faculty Award for Excellence Award; Human Development and Family Studies, in recognition for outstanding research and service.

2007; Recipient of the Creative Research and Scholarship Award; Auburn University. At the University level, one award is given to a faculty member in the humanities, behavioral or social sciences, and another award is given to a faculty member in engineering or natural sciences.

Grants:

Erath, S. A., K. Bub, & El-Sheikh, M. *Peer Stress in Adolescence: Psychophysiological and Coping Responses*. National Science Foundation, Grant No. 0921271 (\$376,104); 2009-2012.

El-Sheikh, M., & Buckhalt, J. *Developmental Trajectories of Children's Sleep and Development*. National Science Foundation, Grant No. 0843185 (\$349,791); 2009-2011.

El-Sheikh, M., Buckhalt, J., Erath, S., & Keiley, M., *Sleep and Child Developmental Outcomes: Physiological and Contextual Influences*. National Heart, Lung, and Blood Institute, National Institutes of Health. Grant No. R01-HL093246 (\$2,721,753); 2009-2013.

El-Sheikh, M., Vaughn, B., Erath, S., & Buckhalt, J. *Childhood Stress Exposure: Physiological Mechanisms of Risk and Resilience*. Alabama Agricultural Experiment Station/Lindsey Foundation Grant ALA080-049 (\$120,000); 2007 - 2010.

El-Sheikh, M. *Equipment Grant*, (\$25,000), Alabama Agricultural Experiment Station/Lindsey Foundation Grant, Auburn University; 2008

El-Sheikh, M., & Buckhalt, J. *Children's Sleep and Development: The Role of Family Functioning, Cultural Context, and Body Mass Index*. National Science Foundation,

Grant No. 0623936 (\$247,777); 2006-2008.

El-Sheikh, M., Buckhalt, J., & Cummings, E. M. *Child Regulation and Exposure to Marital Violence*, National Institute of Child Health and Human Development, National Institutes of Health, Grant No. R01-HD046795 (\$2,224,843); 2004 - 2009.

El-Sheikh, M., Buckhalt, J., & Mize, J. *Socialization in the Family and Child Development: Emotionality, Regulation, and Sleep as Pathways and Moderators of Outcomes*. National Science Foundation, Grant No. 0339115 (\$250,000); 2004-2007.

El-Sheikh, M., Mize, J., & Buckhalt, J. *Sympathetic, Parasympathetic, and HPA Activity in the Response to Family Stress: Deleterious and Protective Effects on Children's Health, Sleep, and Adjustment*. Alabama Agricultural Experiment Station/Lindsey Foundation Grant No. ALA080-001 (\$40,000); 2003 - 2005.

El-Sheikh, M., *Children's Responses to Interadult Angry Interactions*, National Institute on Alcohol Abuse and Alcoholism, National Institutes of Health, Grant No. R29-AAMH10591 (\$501,429); 1996 - 2002.

El-Sheikh, M. *Parental Conflict, Alcohol Abuse, and Child Outcomes: Sleep Patterns and Vagal Regulation as Pathways and Moderators of Risk*. Competitive Research Grant. Auburn University (\$10,000); 2002 - 2003.

Mize, J., & El-Sheikh, M. *Equipment Grant*, (\$8,992), Auburn University; 2001.

El-Sheikh, M. *Children's Responding to Interadult Conflict*, Competitive Research Grant (\$1,000), Auburn University; 1993 - 1994.

El-Sheikh, M. *Children's Responses to Interadult Anger as a Function of History of Exposure to Conflict*, Competitive Research Grant (\$3,000), Auburn University; 1991 - 1992.

Membership in Professional Organizations:

American Academy of Sleep Medicine
American Psychological Association
American Psychological Society
International Society of Developmental Psychobiology
Society for Psychophysiological Research
Society for Research in Child Development
Sleep Research Society

Editorial and Reviewing Activities:

Associate Editor, *Journal of Family Psychology*, 2007-2009

Editorial board member, *Journal of Family Psychology*, 2004 – 2006; 2009-present

Special issue guest editor: El-Sheikh, M., & Dahl, R. Carpe noctem: Sleep and family processes (2007). *Journal of Family Psychology*.

Review Panels

Member of the National Institutes of Health “Biobehavioral Mechanisms of Emotion, Stress and Health” study section, July 1, 2006 - June 30, 2010.

Chair, SRCD review panel (Childhood: Emotional and Personality Processes); 2008.

Reviewer; Swiss National Science Foundation; December 2007.

Reviewer; National Science Foundation, “Developmental and Learning Sciences” CRI, November, 2007.

Member of the National Science Foundation, “Developmental and Learning Sciences” CRI, November, 2005; May, 2006.

Temporary Member of the National Institutes of Health “Biobehavioral Mechanisms of Emotion, Stress and Health” study section, October, 2005 (NIH).

Member of the “Child Development Special Emphasis Panel” (National Institutes of Health; National Institute of Child Health and Human Development) review panel, April 2003.

Reviewer -- National Institutes of Health (National Institute of Mental Health); November, 2002-phone reviewer.

Society for Research in Child Development Review Panel (1999; 2001; 2003; 2007); reviewed 10 to 15 papers for each convention.

International Conference on Family Violence (2000; 2001; 2002; 2003). Reviewed 10 submissions for each convention.

Advisory Committee member for "Twice at Risk: A Forum on Children Affected by Family Violence and Parental Addiction"; 1994-1995.

Journal reviewer:

Addiction

Biological Psychology

Child Development
Development and Psychopathology
Developmental Psychobiology
Developmental Psychology
Infancy
International Journal of Behavioral Development
Journal of Abnormal Psychology
Journal of Abnormal Child Psychology
Journal of Adolescence
Journal of Counseling and Counseling Psychology
Journal of Family Issues
Journal of Family Psychology
Journal of Marriage and the Family
Journal of Pediatric Psychology
Journal of Research on Adolescence
Journal of Sleep Research
Journal of Social and Personal Relationships
Merrill-Palmer-Quarterly
Personal Relationships
Psychology and Health: An International Journal
Psychological Assessment
Sex Roles
Sleep Medicine
Social Development
Social Science and Medicine

Publications

Book chapters: Students and post-doctoral fellows are designated by an *.

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 educators*. National Association of School Psychologists is 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.) *Pediatric Disorders: Current Topics and Interventions for Educators*. National Association of School Psychologists & Corwin Press. Scheduled publication, late 2009 or early 2010.

Keller, P. S., Cummings, E. M., & El-Sheikh, M. (in press). Hostility and aggression in the marital relationship: Links to children's cardiovascular reactivity and sensitization. In B. Swati & S. Saini (Eds.), *Anger, hostility, and aggression syndrome: Relationship with cardiac diseases and prevention by life style intervention*. New Delhi, India: I.K. International Publishers.

- Keller, P. S., Buckhalt, J. A., & El-Sheikh, M. (2008). Links between family functioning and children's sleep. In A. Ivanenko (Ed.), *Sleep and Psychiatric Disorders in Children and Adolescents*. NY: U.S. Books.
- Granger, D., Kivlighan, K. T., El-Sheikh, M., Gordis, E., & Stroud, L. (2007). Salivary alpha-amylase in biobehavioral research: Measurement, applications, and implications. In L. J. Luecken & Linda Gallo (Eds.), *Handbook of Physiological Research Methods in Health Psychology*. New York: Sage.
- El-Sheikh, M., & Cummings, E. M. (1997). Marital conflict, emotional regulation, and the adjustment of children of alcoholics. In K. C. Barrett (Ed.), *New directions in child development: The communication of emotion: Current research from diverse perspectives*. San Francisco: Jossey-Bass Publishers.
- Cummings, E. M., & El-Sheikh, M. (1991). Children's stress and coping with family discord: A process-oriented approach. In M. Cummings, A. Greene, & K. Karraker (Eds.), *Life-span developmental psychology: Perspectives on stress and coping* (pp. 131-150). New Jersey: Lawrence Erlbaum Associates, Inc.

Monograph:

- El-Sheikh, M., Kouros, C. D.*, Erath, S.*, Keller, P.*, Cummings, E. M., & Staton, L. (2009). Marital conflict and children's externalizing behavior: Interactions between parasympathetic and sympathetic nervous system activity. *Monographs of the Society for Research in Child Development, 74, Issue 1*.

Articles in peer reviewed journals:

- Hinnant, J. B.*, & El-Sheikh, M. (in press). Children's Externalizing and Internalizing Symptoms over Time: The Role of Individual Differences in Patterns of RSA Responding. *Journal of Abnormal Child Psychology*.
- El-Sheikh, M., Hinnant, J. B.*, Kelly, R. J.*, & Erath, S. (in press). Maternal psychological control and child internalizing symptoms: Vulnerability and protective factors across bioregulatory and ecological domains. *Journal of Child Psychology and Psychiatry*.
- El-Sheikh, M., & Kelly, R. J.*, Hinnant, J. B.*, & Buckhalt, J. A. (in press). Children's sleep and adjustment over time: The role of the socio-economic context. *Child Development*.
- Keller, P. S.*, El-Sheikh, M., Keiley, M., Liao, P*. (2009). Longitudinal relations between marital aggression and alcohol problems. *Psychology of Addictive Behaviors, 23*, 2-13.
- Buckhalt, J. A., El-Sheikh, M., Keller, P. S., & Kelly, R. J.* (2009). Concurrent and longitudinal relationships between children's sleep and cognitive functioning: The moderating role of parent education, *Child Development, 80*, 875-892.

- Keiley, M. K., Keller, P. S., & El-Sheikh, M. (2009). Effects of physical and verbal aggression, depression, and anxiety on drinking behavior of married partners: A prospective and retrospective longitudinal examination. *Aggressive Behavior, 35*, 296-312.
- Cummings, E. M., El-Sheikh, M., Kouros, C. D., & Buckhalt (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.
- Erath, S., A., El-Sheikh, M., & Cummings, E. M. (2009). Harsh parenting and child externalizing behavior: Skin conductance level reactivity as a moderator. *Child Development, 80*, 578-592.
- Keller, P. S., & El-Sheikh, M. (2009). Salivary alpha-amylase as a longitudinal predictor of children's externalizing symptoms: Respiratory sinus arrhythmia as a moderator of effects. *Psychoneuroendocrinology, 34*, 633-643.
- 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.
- 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.
- El-Sheikh, M., Cummings, E. M., Kouros, C. D.*, Elmore-Staton, L. *, & Buckhalt, J. (2008). Marital psychological and physical aggression and children's mental and physical health: Direct, mediated, and moderated effects. *Journal of Consulting and 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.
- 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. *The Journal of Developmental & Behavioral Pediatrics, 29*, 441-449.
- Buckhalt, J., 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.
- 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.

- Buckhalt, J.A., Wolfson, A., & El-Sheikh, M. (2007). Children's sleep, academic performance, and school behavior. *NASP Communique*, 35, 40-43.
- Cummings, E. M., El-Sheikh, M., Kouros, C. D.*, & Keller, P. S.* (2007). Children's skin conductance reactivity as a mechanism of risk in the context of parental depressive symptoms. *Journal of Child Psychology and Psychiatry*, 48, 436-445.
- Dahl, R. E., & El-Sheikh, M. (2007). Considering sleep in a family context: Introduction to the special issue. *Journal of Family Psychology*, 21, 1-3.
- El-Sheikh, M. (2007). Children's skin conductance level and reactivity: Are these measures stable over time? *Developmental Psychobiology*, 49, 180-186.
- El-Sheikh, M., Buckhalt, J., 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.
- El-Sheikh, M., Buckhalt, J., Cummings, E. M., Keller, P., & Acebo, C. (2007). Child emotional insecurity and academic achievement: The role of sleep disruptions. *Journal of Family Psychology*, 21, 29-38.
- El-Sheikh, M., Buckhalt, J. A., Granger, D. A., Erath, S., & Acebo, C. (2007). The association between children's sleep disruption and salivary Interleukin-6. *Journal of Sleep Research*, 16, 188-197.
- El-Sheikh, M. & Elmore-Staton, L.* (2007). The alcohol-aggression link: Children's aggression expectancies in marital arguments as a function of the sobriety or intoxication of the arguing couple. *Aggressive Behavior*, 33, 1-9.
- El-Sheikh, M., Erath, S. A.*, & Keller, P. S.* (2007). Children's sleep and adjustment: The moderating role of vagal regulation. *Journal of Sleep Research*, 16, 396-405.
- El-Sheikh, M., Keller, P. S.*, & Erath, S. A*. (2007). Marital conflict and risk for child maladjustment over time: Skin conductance level reactivity as a vulnerability factor. *Journal of Abnormal Child Psychology*, 35, 715-727.
- Granger, D. A., Kivlighan, K. T., El-Sheikh, M., Gordis, E., & Stroud, L. R. (2007). Salivary alpha-amylase in biobehavioral research: Recent developments and applications. *Annals of the New York Academy of Sciences*, 1098(1), 122-144.
- El-Sheikh, M., Buckhalt, J., Mize, J., & Acebo, C. (2006). Marital conflict and disruption of children's sleep. *Child Development*, 77, 31-43.
- El-Sheikh, M., & Whitson, S. A.* (2006). Longitudinal relations between marital conflict and

- child adjustment: Vagal regulation as a protective factor. *Journal of Family Psychology*, *20*, 30-39.
- Granger, D. A., Kivlighan, K. T., Blair, C., El-Sheikh, M., Mize, J., Lisonbee, J., Buckhalt, J. A., Stroud, L. R., Handworkers, K., & Schwartz, E. B. (2006). Integrating the measurement of salivary alpha-amylase into studies of child health, development, and social relationships. *Journal of Social and Personal Relationships*, *23*, 267-290.
- El-Sheikh, M. (2005). Does poor vagal regulation exacerbate child maladjustment in the context of parental problem drinking? A longitudinal examination. *Journal of Abnormal Psychology*, *114*, 735-741.
- El-Sheikh, M. (2005). The role of emotional responses and physiological reactivity in the marital conflict-child functioning link. *Journal of Child Psychology and Psychiatry*, *46*, 1191-1199.
- El-Sheikh, M. (2005). Stability of respiratory sinus arrhythmia in children and young adolescents: A longitudinal examination. *Developmental Psychobiology*, *46*, 66-74.
- El-Sheikh, M., & Buckhalt, J. (2005). Vagal regulation and emotional intensity predict children's sleep problems. *Developmental Psychobiology*, *46*, 307-317.
- El-Sheikh, M., & Elmore- Staton, L.* (2004). The link between marital conflict and child adjustment: Parent-child conflict and perceived attachments as mediators, potentiators, and mitigators of risk. *Development and Psychopathology*, *16*, 631-648.
- El-Sheikh, M., & Buckhalt, J. (2003). Parental problem drinking and children's adjustment: Attachment and family functioning as moderators and mediators of risk. *Journal of Family Psychology*, *17*, 510-520.
- Harger, J.*, & El-Sheikh, M. (2003). Are children more distressed by man-child than woman-child arguments and by interadult versus adult-child disputes? *Social Development*, *12*, 162-181.
- Nicolotti, L.*, El-Sheikh, M., & Whitson, S.* (2003). Children's coping with marital conflict and their adjustment and physical health: Vulnerability and protective functions. *Journal of Family Psychology*, *17*, 315-326.
- Whitson, S.*, & El-Sheikh, M. (2003). Marital conflict and health: Processes and protective factors. *Aggression and Violent Behavior*, *8*, 283-312.
- Whitson, S.*, & El-Sheikh, M. (2003). Moderators of family conflict and children's adjustment and health. *Journal of Emotional Abuse*, *3*, 47-73.
- El-Sheikh, M. (2001). Parental drinking problems and children's adjustment: Vagal regulation and

- emotional reactivity as pathways and moderators of risk. *Journal of Abnormal Psychology*, 110, 499-515.
- El-Sheikh, M., & Flanagan, B.* (2001). Parental problem drinking and children's adjustment: Family conflict and parental depression as mediators and moderators of risk. *Journal of Abnormal Child Psychology*, 29, 417-432.
- El-Sheikh, M., & Harger, J.* (2001). Appraisals of marital conflict and children's adjustment, health, and physiological reactivity. *Developmental Psychology*, 37, 875-885.
- El-Sheikh, M., Harger, J.*, & Whitson, S.* (2001). Exposure to parental conflict and children's adjustment and physical health: The moderating role of vagal tone. *Child Development*, 72, 1617-1636.
- El-Sheikh, M., Buckhalt, J. A., & Reiter, S.* (2000). Gender-related effects in emotional responding to resolved and unresolved interpersonal conflict. *Sex Roles*, 43, 719-734.
- Reiter, S.*, & El-Sheikh, M. (1999). Does resolution of interadult conflict ameliorate children's anger and distress across covert, verbal, and physical disputes? *Journal of Emotional Abuse*, 1, 1-21.
- El-Sheikh, M. (1997). Children's responses to adult-adult and mother-child arguments: The role of parental marital conflict and distress. *Journal of Family Psychology*, 11, 165-175.
- El-Sheikh, M., Cummings, M., & Reiter, S.* (1996). Preschoolers' responses to ongoing interadult conflict: The role of prior exposure to resolved versus unresolved arguments. *Journal of Abnormal Child Psychology*, 24, 665-679.
- El-Sheikh, M., & Reiter, S.* (1996). Children's responding to live interadult conflict: The role of form of anger expression. *Journal of Abnormal Child Psychology*, 24, 401-415.
- El-Sheikh, M., & Cummings, M. (1995). Children's responses to angry adult behavior as a function of experimentally manipulated exposure to resolved and unresolved conflict. *Social Development*, 4, 75-91.
- El-Sheikh, M., & Cheskes, J.* (1995). Background verbal and physical anger: A comparison of children's responses to adult-adult and adult-child arguments. *Child Development*, 66, 446-458.
- El-Sheikh, M. (1994). Children's emotional and physiological responses to interadult angry behavior: The role of history of interparental hostility. *Journal of Abnormal Child Psychology*, 22, 661-678.
- El-Sheikh, M., Ballard, M., & Cummings, E. M. (1994). Individual differences in preschoolers' physiological and verbal responses to videotaped angry interactions. *Journal of Abnormal*

Child Psychology, 22, 303-320.

El-Sheikh, M., & Klaczynski, P. A. (1993). Intercultural variability in stress and control: An investigation of Egyptian middle class, countryside, and inner-city girls. *Journal of Cross-Cultural Psychology*, 24, 81-98.

El-Sheikh, M. & E. M. Cummings (1992). Availability of control and preschoolers' responses to interadult anger. *International Journal of Behavioral Development*, 15, 207-226.

Cummings, E. M., Ballard, M., & El-Sheikh, M. (1991). Responses of children and adolescents to interadult anger as a function of how anger is expressed. *Merrill-Palmer Quarterly*, 37, 543-560.

Cummings, E. M., Ballard, M., El-Sheikh, M., & Lake, M. (1991). Resolution and children's responses to interadult anger. *Developmental Psychology*, 27, 462-470.

Cummings, E. M., Vogel, D., Cummings, J., & El-Sheikh, M. (1989). Children's responses to different forms of anger between adults. *Child Development*, 60, 1392-1403.

El-Sheikh, M., Cummings, E. M., & Goetsch, V. (1989). Coping with adults' angry behavior: Behavioral, physiological, and verbal responses in preschoolers. *Developmental Psychology*, 25, 490-498.

El-Sheikh, M., Klaczynski, P. A., & Valaik, M. E. (1989). Stress and coping across the life course. *Human Development*, 32, 113-117.

El-Sheikh, M., El-Nagdy, S., Townes, B. D., & Kennedy, M. (1987). The Luria-Nebraska and Halstead-Reitan neuropsychological test batteries: A cross-cultural study in English and Arabic. *International Journal of Neuroscience*, 32, 757-764.

Selected Papers and posters presented at professional meetings:

El-Sheikh, M. (2009, October). *Sleep and Child Development: Familial and socio-cultural considerations*. Invited presentation. Pediatric Sleep Medicine Meeting, Denver.

Buckhalt, J.A., El-Sheikh, M, Keller, P., & Kelly, R. (2009, October). *Sleep and cognitive functioning across two Years: A moderating role for parent education*. Presented at Pediatric Sleep Medicine Meeting, Denver.

El-Sheikh, M., & Kelly, R. J. (2009, April). Children's sleep and adjustment: SES and ethnicity as moderators of effects. In M. El-Sheikh & P. S. Keller (Chairs), *Children's sleep: Familial and socio-cultural influences*. Paper Symposium to be presented at the Society for Research in Child Development, Denver, CO.

Kelly, R. J., Hinnant, J. B., & El-Sheikh, M (2009, April). *Parenting, children's sleep, and*

- academic functioning: A mediated relationship*. Poster to be presented at the Society for Research in Child Development. Denver, CO.
- Staton, L., El-Sheikh, M., & Buckhalt, J. A. (2009, April). *Respiratory sinus arrhythmia and cognitive functioning in children*. Poster to be presented at the biennial meeting of the Society for Research in Child Development, Denver, CO.
- Wingo, B., Staton, L., Shin, N., Kryzik, L., Vaughn, B., & El-Sheikh, M. (2009, April). *Associations between nocturnal and daytime sleep patterns in preschool children*. Poster to be presented at the biennial meeting of the Society for Research in Child Development, Denver, CO.
- Kelly, R. J., Keller, P., Staton, L., Reinecke, D., Buckhalt, J., & El-Sheikh, M. (2008, March). *Children's sleep as a predictor of marital conflict: A longitudinal study*. Poster selected for verbal presentation in the Research Blitz. Presented at the Pediatric Sleep Medicine Meeting, Amelia Island, FL.
- Staton, L., Martin, K., Spragg, C., Baker, S., & El-Sheikh, M. (2008, March). *Parent-child conflict and children's sleep*. Presented at the annual meeting of the Pediatric Sleep Medicine, Amelia Island, FL.
- Martin, K, Staton, L, Spragg, C., Baker, S., & El-Sheikh, M. (2008, March). *Family conflict and children's sleep: Age and puberty as moderators*. Presented at the biennial meeting of the Society for Research in Adolescence, Chicago, IL.
- El-Sheikh, M. (2007, March). Chair, symposium titled "*Carpe noctem: Family functioning and the sleep of infants, children, and adolescents*", presented at the Society for Research in Child Development, Boston, MA.
- El-Sheikh, M. & Calkins, S. (2007, March). Co-Chairs, symposium titled "*Family functioning and the adjustment of infants and children: The role of physiological regulation*", presented at the Society for Research in Child Development, Boston, MA.
- El-Sheikh, M., Keller, P. S.*, Buckhalt, J. A., & Cummings, E. M. (2007, March). *Marital conflict, children's sleep, and adjustment problems: The role of vagal regulation*. Presented in the symposium "Family functioning and the adjustment of infants and children: The role of physiological regulation", at the Society for Research in Child Development, Boston, MA.
- Buckhalt, J. A. & El-Sheikh, M. (2007, March). *Children's alpha-amylase responses to stress predict multiple outcomes over a two year period*. Presented in the symposium "Salivary a-amylase levels and stress reactivity: Cross-sectional and prospective

- associations with children's behavior problems", at the Society for Research in Child Development, Boston, MA.
- Staton, L. D.*, Keller, P. S.*, Wingo, B.*, Dumke, L. M.*, Buder, E. D.*, Minor, A.*, & El-Sheikh, M. (2007, March). *Marital conflict and post-traumatic stress: The mediating role of emotional insecurity*. Presented at the biennial meeting of the Society for Research in Child Development, Boston, MA.
- Buckhalt, J. A., El-Sheikh, M., & Keller, P.* (2006, March). *Children's sleep and cognitive functioning: Race and socioeconomic status as moderators of effects*. Presented at the annual meeting of the Pediatric Sleep Medicine, 2006: Next steps in research, patient care, policy, and education, Amelia Island, FL.
- El-Sheikh, M., & Buckhalt, J. A. (2006, March). *Children's sleep disruptions: The role of cortisol and IL-6*. Presented at the annual meeting of the Pediatric Sleep Medicine, 2006: Next steps in research, patient care, policy, and education, Amelia Island, FL.
- El-Sheikh, M., & Buckhalt, J. A. (2006, March). *Sleep and children's cortisol and immune system functioning*. Presented at the annual meeting of the Pediatric Sleep Medicine, 2006: Next steps in research, patient care, policy, and education, Amelia Island, FL.
- El-Sheikh, M., Buckhalt, J., Granger, D., & Mize, J. (2006, March). *Salivary alpha-amylase and cortisol: Their association with children's adjustment, health, sleep, and cognitive functioning*. Presented in the symposium "Physiological reactivity, behavior, cognition, and health: A new approach involving salivary alpha-amylase and cortisol", at the Society for Research on Adolescence, San Francisco, CA.
- El-Sheikh, M. (2006, June). *The link between parenting practices and children's sleep disruptions*. Presented in the symposium "Parenting and sleep in infants and children", at the Sleep 2006 20th Anniversary Meeting of the Associated Professional Sleep Societies, Salt Lake City, Utah.
- El-Sheikh, M., & Buckhalt, J. A. (2005, April). *A Mom and dad, I couldn't sleep at all last night: Marital conflict and disruption of children's sleep*. Presented in the symposium "Marital discord and child development: Developmental and transactional perspectives on the role of basic regulatory processes", at the biennial meeting of the Society for Research in Child Development, Atlanta, GA.
- El-Sheikh, M., Mize, J., & Granger, D. A. (2005, April). *Endocrine and parasympathetic responses to stress predict child adjustment, physical health, and cognitive functioning*. Presented in the symposium "Linking sympathetic nervous system arousal to stress, behavior, and health: Salivary alpha-amylase in studies of child development", at the biennial meeting of the Society for Research in Child Development, Atlanta, GA.

- Elmore-Staton, L.*, Martin, K. M.*, Farr, A.*, Jumper, R. L.*, & El-Sheikh, M. (2005, April). *Intervening variables in the relationship between interparental conflict and child outcomes*. Presented at the biennial meeting of the Society for Research in Child Development, Atlanta, GA.
- El-Sheikh, M., & Buckhalt, J. (2005, February). *Family stress, children=s sleep, and physiological reactivity and regulation*. Presented at the Pediatric Sleep Medicine Meeting. Amelia Island, FL.
- Buckhalt, J. A., El-Sheikh, M., & Elmore, L.* (2003, June). *Sleep, vagal regulation, and risk outcomes for children exposed to marital conflict*. Presented at the Associated Professional Sleep Societies Meeting, Chicago, IL.
- El-Sheikh, M., & Whitson, S.* (2003, April). *Emotional reactivity and regulation: Do they moderate negative outcomes in children exposed to marital conflict?* Presented in the symposium A New approaches to understanding the psychophysiology of emotional development@, at the biennial meeting of the Society for Research in Child Development, Tampa, FL.
- El-Sheikh, M, Martin, K.*, & Elmore, L.* (2003, April). *Parental problem drinking and children=s health and adjustment: Child-parent attachments as predictors, mediators, and moderators*. Presented at the biennial meeting of the Society for Research in Child Development, Tampa, FL.
- El-Sheikh, M. (2002, June). *Marital conflict and child outcomes*. National Association of State Universities and Land-Grant Colleges, DC. *Invited Presentation*.
- El-Sheikh, M., Buckhalt, J., & Elmore, L.* (2002, April). *Parental problem drinking and child outcomes: Family cohesion and adaptability as moderators and mediators of risk* Presented at the biennial Conference on Human Development, Charlotte, NC.
- El-Sheikh, M., Buckhalt, J., & Elmore, L.* (2002, April). *Child-parent attachments moderate associations between parental problem drinking and child outcomes*. Presented at the biennial Conference on Human Development, Charlotte, NC.
- El-Sheikh, M. (2002, April). *Marital conflict and child outcomes*. National Association of State Universities and Land-Grant Colleges. DC, June 2002. *Invited Presentation*.
- El-Sheikh, M., Whitson, S.*, & Buckhalt, J. (2001, August). *Marital conflict and children=s adjustment: Physiological reactivity as a moderator*. Presented at the American Psychological Association Annual Convention, San Francisco, CA.
- El-Sheikh, M., & Flanagan, E.* (2001, April). *Parental problem drinking and children=s adjustment: The mediating role of family conflict*. Presented at the biennial meeting of the

Society for Research in Child Development, Minneapolis, MN.

El-Sheikh, M., Whitson, S.*, & Harger, J.* (2001, April). *Moderators of child health and adjustment: Conflict appraisals and physiological regulation*. Presented in the symposium AMarital conflict and child outcomes: Processes, risk variables, and protective factors@, at the biennial meeting of the Society for Research in Child Development, Minneapolis, MN.

El-Sheikh, M. (2001, April). Chair, symposium titled AMarital conflict and child outcomes: Processes, risk variables, and protective factors@, at the biennial meeting of the Society for Research in Child Development, Minneapolis, MN.

El-Sheikh, M., & Flanagan, E.* (2000, November). *Children=s responses to parental conflict and drinking*. Presented at the American Association for Behavior Therapy Convention, New Orleans, Louisiana.

El-Sheikh, M., & Flanagan, E.* (2000, June). *Children=s expectancies of emotions in adults and children in response to alcohol consumption*. Presented at the American Psychological Society Convention, Miami, FL.

El-Sheikh, M., & Flanagan, E. (2000, June). *Children=s expectancies of emotions in adults and children in response to alcohol consumption*. Presented at the American Psychological Society Convention, Miami, FL.

Whitson, S., Paez, K., & El-Sheikh, M. (2000, June). *Physiological buffers to the negative consequences of exposure to conflict*. Presented at the American Psychological Society Convention, Miami, FL.

El-Sheikh, M., Parker, L. & Sellers, P. (1999, August). *Children=s expectancies of aggression between others who are intoxicated*. Presented at the 1998 American Psychological Association=s Annual Convention.

Kennedy, V., & El-Sheikh, M. (1999, April). *Relations between marital conflict and children=s adjustment: The moderating role of vagal tone*. Presentation at the biennial meeting of the Society for Research in Child Development, Albuquerque, NM.

El-Sheikh, M., Buckhalt, J., & Parker, K. (1999, April). *Do children expect more interadult and adult-child aggression when the adults are intoxicated versus sober?* Presented in the symposium ARelationships in the context of conflictual and violent families@ at the biennial meeting of the Society for Research in Child Development, Albuquerque, NM.

Nicolotti, L., & El-Sheikh, M. (1998, March). *Children's verbal-emotional responses to interadult conflict: The role of conflict history*. Presented at Biennial Conference on Human Development, Mobile, AL.

- Blakeman, R., Kennedy, V., & El-Sheikh, M. (1997, August). *Children's responding to angry interactions: Role of consumption of alcohol*. Presented at the annual meeting of the American Psychological Association, Chicago.
- El-Sheikh, M. (1997, June). *Children of alcoholics: Does interparental aggression mediate their adjustment?* Presented in the symposium "Children exposed to marital conflict and violence: Conceptual, theoretical, and practice directions" at the 2nd International Conference on Children Exposed to Family Violence, London, Ontario, Canada.
- El-Sheikh, M. & Blakeman, R. (1997, April). *Marital conflict, emotional regulation, and the adjustment of children of alcoholics*. Presented in the symposium "New directions in the communication of emotion" at the biennial meeting of the Society for Research in Child Development, Washington, DC.
- El-Sheikh, M. & Harger, J. (1997, April). *Man-woman, man-child, and woman-child arguments: Which type of conflict is most upsetting to child witnesses?* Presented in the symposium "Beyond the dyad: Parents and children as third parties in family conflict" at the biennial meeting of the Society for Research in Child Development, Washington, DC.
- El-Sheikh, M., Reiter, S., Kennedy, V., & Erwin, A. (1996, March). *What's more angering and distressing to children: Witnessing interadult disputes or participating in parent-child conflict?* Presented at the Biennial Conference on Human Development, Birmingham.
- Britt, R. J., Tucker, J. A., & El-Sheikh, M. (1995, August). *Social perceptual processes in adult children of alcoholics*. Presented at the annual meeting of the American Psychological Association, New York.
- El-Sheikh, M., Nicolotti, L., & Harger, J. (1995, August). *Children's responding to interadult and adult-child arguments*. Presented at the annual meeting of the American Psychological Association, New York.
- El-Sheikh, M., Swan, D., & Reiter (1995, June). *Gender-related effects in emotional responding to resolved and unresolved interadult conflict*. Presented at the annual meeting of the American Psychological Society, New York.
- Reiter, S., & El-Sheikh, M. (1995, June). *Children's responding to resolved and unresolved interadult covert, verbal, and physical arguments*. Presented at the annual meeting of the American Psychological Society, New York.
- Reiter, S., & El-Sheikh, M. (1995, March). *Interadult anger: A comparison of mothers' and children's responses to videotaped interactions*. Presented at the biennial meeting of the Society for Research in Child Development, Indianapolis.
- El-Sheikh, M., & Reiter, S. (1995, March). *Children's responding to live angry interactions: The*

- role of form of anger expression.* Presented at the biennial meeting of the Society for Research in Child Development, Indianapolis.
- El-Sheikh, M. (1994). *The role of experimentally manipulated exposure to conflict resolution.* Presented at the invited symposium "Children and marital conflict: Processes of effect" at the annual meeting of the Midwestern Psychological Association, Chicago.
- El-Sheikh, M., & Reiter, S. (1994, March). *Children's emotional and physiological responses to interadult angry behavior: The role of history of interparental hostility.* Presented at the Biennial Conference on Human Development, Pittsburgh.
- El-Sheikh, M., & Reiter, S. (1993, March). *Preschoolers' responses to live interadult anger as a function of histories of exposure to resolved and unresolved conflict.* Presented at the biennial meeting of the Society for Research in Child Development, New Orleans.
- Cheskes, J., & El-Sheikh, M. (1993, March). *Background anger: A comparison of children's responses to interadult anger and adult-child anger.* Presented at the biennial meeting of the Society for Research in Child Development, New Orleans.
- El-Sheikh, M., & Cummings, E. M. (1992, April). *Children's responses to angry adult behavior as a function of experimentally manipulated histories of resolved and unresolved anger.* Presented at the Biennial Conference on Human Development, Atlanta.
- El-Sheikh, M. (1992, February). *Children's responses to interadult angry behavior.* Presented at the Atlanta Area Association of Behavior Analysis group meeting, Auburn, AL.
- El-Sheikh, M. (1991, April). *Children's responses to videotaped angry interactions as a function of control.* Presented at the biennial meeting of the Society for Research in Child Development, Seattle.
- El-Sheikh, M., Ballard, M., & Cummings, E. M. (1990, May). *Attachment and responding to interadult anger.* Presented at the 1990 MacArthur Attachment meeting, Seattle.
- El-Sheikh, M., & Cummings, E. M. (1990, March). *Perceptions of control and preschoolers' responses to adults' angry behavior.* Presented at the 1990 Conference on Human Development, Richmond, Virginia.
- El-Sheikh, M., & Klaczynski, P. A. (1989, June). *Intercultural influences on perceptions of stress and control in Egyptian Girls.* Presented at the 1st convention of the American Psychological Society, Alexandria, Virginia.
- Cummings, E. M., Ballard, M., El-Sheikh, M., Lake, M. (1989, April). *Children's coping with adults' anger as a function of processes of conflict.* Presented at the symposium "Life course perspectives on stress and coping" at the biennial meeting of the Society for

Research in Child Development, Kansas City.

Cummings, E. M., Cummings, J., & El-Sheikh, M. (1989, April). *Children's coping with parents' angry behavior*. Presented at the symposium "Emotional expression in the family" at the biennial meeting of the Society for Research in Child Development, Kansas City.

El-Sheikh, M., & Cummings, E. M. (1988, April). *Preschoolers' behavioral and physiological responses to anger between others*. Presented at the West Virginia Life-Span-Development Conference: Stress and Coping, Morgantown.

Cummings, E. M., Daniel, D., & El-Sheikh, M. (1986, April). *An organizational scheme for classifying attachment on a secure/insecure/disorganized continuum*. Presented at the Fifth Biennial International Conference on Infant Studies, Los Angeles.

TEACHING EXPERIENCE

Undergraduate Courses

Families from a Cross-Cultural Perspective
 Marital Conflict and Child Adjustment
 Life-Span Development
 Life-Span Developmental Psychology
 Advanced Developmental Psychology
 Social Psychology
 Coordinated Life-Span-Developmental Psychology and Social Psychology, and supervised GTAs who were teaching these courses
 Introduction to Psychology

Graduate Courses

Auburn University (Graduate Faculty, doctoral, 1994-present)

Research Methods
 Advanced Conceptual/Metaphysical Issues in Human Development
 Life-Span-Development
 Individual Differences and Human Development
 Seminar: Developmental Psychopathology
 Seminar: Developmental Psychology and Behavior Analysis
 Seminar: Socioemotional Development
 Seminar: Life-Span Developmental Psychology
 Seminar: Stress and Coping (Developed course but did not teach it)
 Seminar: Emotional Regulation in Children
 Seminar: Sleep and Family Functioning

Teaching Supervision

CHAired STUDENT RESEARCH COMMITTEES

Auburn University

Chair (dissertation) – Lori Staton. *Exposure to interparental conflict and child functioning: Pre-ejection period as an intervening variable*. In progress.

Chair (dissertation) – Ryan Kelly. In progress.

Co-Chair (thesis) – Pei-Ju Lao (completed 2006). *Marital conflict and depression in couples*. .

Chair (thesis) - Karen Martin (completed 2006). *Family functioning and sleep disruptions in children*.

Chair (thesis) - Lori Staton. (completed 2005). *Children's alcohol expectancies: Effects of age, gender, parental problem drinking, and beverage type*.

Chair (honors thesis) – Bobbie Ann Burton. (completed 2003). The effects of interparental conflict on children.

Chair (dissertation) – Stephanie Whitson. (completed 2002). *Family conflict and child adjustment and health: Temporal relations and intervening variables*.

Chair (dissertation) - Linda Nicolotti. (completed 2000). *Coping responses as moderators of the effects of marital conflict on children=s health and adjustment*.

Chair (major area paper) B Stephanie Whitson. (completed 2000). *Marital conflict and health: Processes and protective factors*.

Chair (dissertation) - Victoria Kennedy. (completed 1999). *Effects of marital conflict on children=s adjustment: The role of emotional regulation*.

Chair (dissertation) - JoAnn Harger. (completed 1999). *Children=s physiological regulation and cognitive appraisals as moderators of the relationship between exposure to parental conflict and children=s psychosocial functioning and physical health*.

Chair (thesis) - Stephanie Whitson. (completed 1999). *Emotional regulation as a buffer of the effects of family conflict on child adjustment and health*.

Chair (thesis) - Linda Nicolotti. (completed 1997). *Children's responses to interadult arguments: The role of experimentally manipulated histories of exposure to covert, verbal, and physical conflict*.

Chair (thesis) - JoAnn Harger. (completed 1997). *Children's responding to background arguments as a function of conflict participants.*

Chair (dissertation) - Stephanie Reiter. (completed 1997). *Maternal responses to arguments as mediators between marital conflict and children's responses to disputes.*

Chair (thesis) - Rebecca Blakeman. (completed 1996): *Children's behavioral and physiological responding to angry interactions: The role of parental alcoholism and marital conflict.*

Chair (thesis) - Stephanie Reiter. (completed 1995): *Children's responding to interadult arguments: The roles of resolution of conflict and form of anger expression.*

Chair (thesis) - Jaime Cheskes. (completed 1993): *Background anger: A comparison of children's responses to interadult and adult-child anger.*

Post-doctoral Fellows

Peggy Keller, Ph.D.; presently an Assistant Professor in the Department of Psychology; University of Kentucky.

Stephen Erath, Ph.D.; presently an Assistant Professor in the Department of Human Development and Family Studies, Auburn University.

James Benjamin Hinnant, Ph.D.

Dilbur Arsiwala, Ph.D.

Justin Dyer, Ph.D.