

Michelle M. Garrison, PhD

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EDUCATION

University of Texas at Austin, BA (Microbiology and Plan II Honors) May 1997
Honors Thesis: "Parental Compliance with Infectious Disease Control Efforts in Child Day Care Centers"

University of Washington School of Public Health and Community Medicine, MPH (Epidemiology) May 1999
Thesis: "Corticosteroids in the Treatment of Infant Bronchiolitis: A Meta-Analysis"

University of Washington School of Public Health and Community Medicine, PhD (Epidemiology) August 2006
Dissertation: "The Impact of Foster Care Placement Changes on the Continuity of Mental Health Treatment"

PROFESSIONAL POSITIONS

Professor	Purdue University, College of Health and Human Sciences Dept. of Public Health Dept. of Psychological Sciences, Courtesy Appointment Dept. of Human Development and Family Science, Courtesy Appointment	2022-present
Provost Fellow	Purdue University Office of the Associate Vice Provost for Teaching and Learning	2024-present
Department Head	Purdue University, College of Health and Human Sciences Dept. of Public Health	2022-2023
Member	Regenstrief Center for Healthcare Engineering Purdue University	2022-present
Faculty Partner	Center for Families Purdue University	2022-present
Faculty Associate	Center for Working Well Purdue University, Daniels School of Business	2023-present
Faculty Affiliate	Center for Early Learning Purdue University	2023-present
Faculty Affiliate	Advanced Methods at Purdue (AMAP) Purdue University	2023-present
Adjunct Clinical Professor	Department of Family Medicine Indiana University – School of Medicine	2023-present
Affiliate Professor	University of Washington, School of Public Health Department of Health Systems and Population Health	2022-present
Professor	University of Washington, School of Public Health Department of Health Systems and Population Health Joint in School of Medicine, Dept. of Psychiatry & Behavioral Sciences, Div. of Child & Adolescent Psychiatry	2021-2022
Associate Professor	University of Washington, School of Medicine Dept. of Psychiatry & Behavioral Sciences, Div. of Child & Adolescent Psychiatry Joint in School of Public Health, Department of Health Services	2019-2021

Center Director	Center for Health Innovation and Policy Science University of Washington School of Public Health, Department of Health Services	2017-2020
Affiliate Faculty	Center for Innovation in Sleep Self-Management University of Washington School of Nursing	2017-2022
Affiliate Faculty	Center for Studies in Demography and Ecology University of Washington	2018-2022
Associate Director	MPH/MS program in Health Services University of Washington School of Public Health	2016-2022
Academic Research Coach	Division of General Internal Medicine University of Washington, School of Medicine	2016-2019
Research Associate Professor	University of Washington, School of Medicine Dept. of Psychiatry & Behavioral Sciences, Div. of Child & Adolescent Psychiatry Joint in School of Public Health, Department of Health Services	2016-2019
Research Assistant Professor	University of Washington, School of Medicine Dept. of Psychiatry & Behavioral Sciences, Div. of Child & Adolescent Psychiatry Adjunct in Department of Health Services	2013-2016
Principal Investigator	Seattle Children's Research Institute Center for Child Health, Behavior, and Development	2011-2022
Acting Assistant Professor	University of Washington, School of Public Health Dept. of Health Services	2011-2013
Manager, BEEP Core	Biostatistics, Epidemiology, and Programming Services Core Seattle Children's Research Institute Center for Child Health, Behavior, and Development	2008-2012
Research Scientist IV	Seattle Children's Research Institute Center for Child Health, Behavior, and Development	2008-2011
Research Consultant	University of Washington, School of Medicine Department of Pediatrics Child Health Institute	1999-2008

HONORS

Gatzert Child Welfare Fellowship, University of Washington	2005-2006
NIH Loan Repayment Award for Pediatrics Research, initial award and renewals, NICHD	2009-2014

PROFESSIONAL ACTIVITIES

Peer Review

Associate Editor, Sleep Health: Journal of the National Sleep Foundation	2020-present
Editorial Board Member, Sleep Health: Journal of the National Sleep Foundation	2017-present
Ad Hoc review member, NIH Social and Community Influences Across the Lifecourse (SCIL)	2023
Ad Hoc review member, NIH Fellowships: Learning and Memory, Language, Communication and Related Neurosciences (F01B)	2021
Ad Hoc review member, NIH Special Emphasis panel (ZNR T40) study section, two cycles	2019
Ad Hoc review member, NIH Health, Behavior, and Context (CHDM) study section	2017
Doctoral Thesis Examiner, Queensland University (student Cassandra Pattinson)	2017
Ad Hoc review member, NIH Psychosocial Development, Risk and Prevention (PDRP) study section	2017
Ad Hoc review member, NIH Mechanisms of Emotions, Stress, and Health (MESH) study section	2016, 2023
AdHoc Member, Scientific Review Committee, ITHS-Pediatric Clinical Research Center	2012-2014
AdHoc Grant Reviewer, Institute of Translational Health Sciences	2012-2017

Reviewer for journals: Sleep Health, Sleep Medicine Reviews, Behavioral Sleep Medicine, Pediatrics, JAMA-Network, JAMA-Pediatrics, Journal of Pediatrics, Journal of Pediatric Psychology, Child Development, Children and Youth Services Review, Cochrane Library

Professional Memberships and Committees

Sleep Research Society (SRS)	2009-present
Committee member, Communications Committee	2016-2019
Committee member, Trainee Education Advisory Committee	2013-2016
Co-organizer of Grant Writing and Leadership workshops for senior trainees	2013-2015
Task Force Member, Special Interest Groups Task Force	2015
Society for Behavioral Sleep Medicine (SBSM)	2010-present
American Academic of Sleep Medicine (AASM)	2023-present
World Sleep Society	2023-present
Pediatric Global Sleep Task Force	2023-present
National Sleep Foundation	
Screen Media Use Consensus Panel	2022-present
Society for Psychophysiological Research (SPR)	2023-present
American Public Health Association	2022-present
Panel moderator, national conference	2023-present
Association of Schools and Programs of Public Health (ASPPH)	2022-present
Academy Health	2014-present
Society of Behavioral Medicine (SBM)	2019-present
American College Health Association (ACHA)	2023-present
Society for Epidemiologic Research (SER)	2013-present
California Stress, Trauma, & Resilience Network (CAL STAR)	2023-present

BIBLIOGRAPHY

Refereed Research Articles (* served as primary or methodological mentor)

1. **Garrison MM**, Christakis DA, Harvey E, Cummings P, Davis RL. "Systemic Corticosteroids in Infant Bronchiolitis: A Meta-analysis." *Pediatrics* 2000; 105:e44.
2. **Garrison MM** and Christakis DA. "A Systematic Review of Treatments for Infant Colic." *Pediatrics* 2000; 106:184-90.
3. Christakis DA, Zimmerman FJ, Wright JA, **Garrison M**, Rivara FP, Davis RL. "A Randomized Controlled Trial of Point of Care Evidence to Improve the Antibiotic Prescribing Practices for Otitis Media in Children." *Pediatrics* 2001; 107:e2.
4. * Carroll AE, **Garrison MM**, Christakis DA. "A systematic review of nonpharmacological and nonsurgical therapies for gastroesophageal reflux in infants." *Arch Pediatr Adolesc Med.* 2002 Feb; 156(2):109-13.
5. * Van Niel CW, Feudtner C, **Garrison MM**, Christakis DA. "Lactobacillus Therapy for Acute Infectious Diarrhea in Children: A Meta-analysis." *Pediatrics* 2002; 109.
6. Zerr DM, **Garrison MM**, Marr KA, Christakis DA. "A Meta-analysis of Fluconazole versus Amphotericin B for Treatment of Documented Invasive Candida Infections." *Journal of Clinical Outcomes Management* 2002; 9(4):191-196
7. Richardson LP, DiGiuseppe D, **Garrison M**, Christakis DA. "Depression in Medicaid Youth: Differences by Race and Ethnicity." *Archives of Pediatric and Adolescent Medicine* 2003; 157(10):984-9.
8. Christakis DA, **Garrison MM**, Ebel BE, Wiehe SE, Rivara FP. "Smoking Prevention Interventions Delivered to Youth by Care Providers: A Systematic Review." *American Journal of Preventive Medicine* 2003; 25(4): 358-362.
9. **Garrison MM**, Christakis DA, Ebel BE, Wiehe SE, Rivara FP. "Smoking Cessation Interventions for Adolescents: A Systematic Review." *American Journal of Preventive Medicine* 2003; 25(4):363-367.
10. Rivara FP, Ebel BE, **Garrison MM**, Christakis DA, Wiehe S, Levy D. "Prevention of smoking related deaths in the United States from interventions during childhood and adolescence." *American Journal of Preventive Medicine* 2004; 27(2):118-125.
11. Rivara FP, **Garrison MM**, Ebel BE, Christakis DA. "Mortality Attributable to Harmful Drinking in the United States, 2000." *Journal of Studies on Alcohol* 2004 Jul; 65(4):530-6.
12. McCarty CA, Ebel BE, DiGiuseppe DL, **Garrison MM**, DiGiuseppe DL, Christakis DA, Rivara FP. "Continuity of Binge and Heavy Drinking from Late Adolescence to Early Adulthood." *Pediatrics* 2004; 114(3):714-719.
13. **Garrison MM**, Richardson LP, Christakis DA, Connell F. "Mental Health Hospitalizations of Youth in Washington State." *Archives of Pediatric and Adolescent Medicine* 2004; 158(8):781-785.

14. * Wiehe SE, **Garrison MM**, Christakis DA, Ebel BE, Rivara FP. "A Systematic Review of School-Based Smoking Prevention Trials with Long-term Follow-up." *Journal of Adolescent Health* 2005; 36(3):162-9.
15. Christakis DA, Cowan CA, **Garrison MM**, Molteni R, Marcuse E, Zerr DM. "Variations in Inpatient Management of Bronchiolitis." *Pediatrics* 2005; 115:878-884.
16. Zerr DZ, **Garrison MM**, Allpress AL, Heath J, Christakis DA. "Infection Control Policies and Hospital-Associated Infections: Variability and Associations in a Multi-center Pediatric Setting." *Pediatrics* 2005; 115(4):e387-e392.
17. Fishman PA, Ebel BE, **Garrison MM**, Christakis DA, Wiehe SE, Rivara FP. "Cigarette tax increase and media campaign cost of reducing smoking-related deaths." *Am J Prev Med* 1 Jul 2005; 29(1):19.
18. **Garrison MM**, Katon WJ, Richardson LP. "The Impact of Psychiatric Comorbidities on Readmissions for Diabetes in Youth." *Diabetes Care* Sep 1 2005; 28(9):2150-2154.
19. **Garrison MM**, Jeffries H, Zerr DZ, Christakis DA. "Risk of death for children with and without Down Syndrome who have sepsis." *Journal of Pediatrics* December 2005; 147:748-752.
20. * Migita RT, Klein EA, **Garrison MM**. "Sedation and Analgesia for Pediatric Fracture Reduction in the Emergency Department: A Systematic Review of the Literature." *Archives of Child and Adolescent Medicine* January 2006; 160:46-51.
21. Hollingworth W, Ebel B, McCarty CA, **Garrison MM**, Christakis DA, Rivara FP. "Prevention of deaths due to harmful drinking in the United States: Interventions with young drinkers." *Journal of Studies on Alcohol* 2006 Mar; 67(2):300-8.
22. Richardson LP, **Garrison MM**, Drangsholt M, LeResche L. "Associations Between Depression and Obesity During Puberty." *General Hospital Psychiatry* 2006; 28(4):313-320.
23. * Thakkar R, **Garrison MM**, Christakis DA. "A Systematic Review for the Effects of Television Viewing by Infants and Preschoolers." *Pediatrics* 2006; 118(5):2025-2031.
24. Christakis DA, **Garrison MM**, Zimmerman FJ. "Television viewing in Child Care Programs." *Communication Reports*, 2006; 19:101-110.
25. * Tarini BA, **Garrison MM**, Christakis DA. "Institutional Variation In Repeat Ordering Of A Complete Blood Count In Children Hospitalized With Bronchiolitis." *Journal of Hospital Medicine* 2007; 2:69-73.
26. * Goldin A, **Garrison MM**, Sawin R, Christakis DA, Zerr DZ. "Aminoglycoside-Based Triple Antibiotic vs Monotherapy in Children with Ruptured Appendicitis." *Pediatrics* 2007; 119:905-911.
27. Matthias D, Robertson J, Newland S, **Garrison M**, Nelson C. "Freezing temperatures in the vaccine cold chain: A systematic literature review." *Vaccine* 2007; 25:3980-3986.
28. Christakis DA, Zimmerman FJ, **Garrison MM**. "Block play and language acquisition and attention span in toddlers: A pilot randomized controlled trial." *Archives of Pediatrics and Adolescent Medicine* 2007; 161(10): 967-971.
29. Calderon R, Stoep AV, Collett B, **Garrison MM**, Toth K. "Inpatients with eating disorders: Demographic, diagnostic, and service characteristics from a nationwide pediatric sample." *International Journal of Eating Disorders* 2007; 40(7):622-628.
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31. Cooper WO, Ray WA, Arbogast PG, **Garrison MM**, Dudley JA, Christakis DA. "Health Plan Notification and Feedback to Providers Improves Filling of Preventer Medications for Medicaid Children with Asthma." *Journal of Pediatrics* 2008 Apr;152(4):481-8. Epub 2007 Nov 5.
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33. Zerr DM, Englund JA, Robertson AS, Marcuse EK, **Garrison MM**, and Christakis DA. "Hospital-Based Influenza Vaccination of Children: An Opportunity to Prevent Subsequent Hospitalization." *Pediatrics*. 2008; 121(2): p. 345-348.
34. Blume HK, **Garrison MM**, Christakis DA. "Neonatal Seizures: Current Pharmacological Treatments in 31 Hospitals." *Journal of Child Neurology*, 2009 Feb;24(2):148-54.
35. Goldin AB, **Garrison MM**, Larison C, Christakis DA. "Variations Between Hospitals in Antireflux Procedures in Children." *Archives of Pediatric and Adolescent Medicine*, 2009 Jul;163(7):658-63.
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39. Tieder JS, Robertson A, **Garrison MM**. "Pediatric adherence to the standard of care for acute gastroenteritis." *Pediatrics*. 2009 Dec; 124(6):e1081-7.
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44. Goldin AB, Khanna P, Thapa M, McBroom JA, **Garrison MM**, Parisi MT. "Revised ultrasound criteria for appendicitis in children improve diagnostic accuracy." *Pediatr Radiol*. 2011 Mar16.
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59. Christakis DA, Liekweg K, **Garrison MM**, Wright JA. "Infant Video Viewing and Salivary Cortisol Responses: A Randomized Experiment." *J Peds*, 2012 Nov 16.
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79. * Tinker E, Ward TW, **Garrison MM**. "Development of the Sleep Health in Preschoolers (SHIP) Intervention: Integrating a Theoretical Framework for a Family-Centered Intervention to Promote Healthy Sleep." *Family, Systems & Health* 2020 Dec;38(4):406-417. PMID: 33591782.
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84. * Tankwanchi AS, Bowman B, **Garrison M**, Larson H, Wiysonge CS. "Vaccine hesitancy in migrant communities: a rapid review of the evidence." *Curr Opin Immunol*. 2021 Aug;71:62-68. doi: 10.1016/j.coi.2021.05.009. Epub 2021 Jun 9.

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89. * Anan YH, Kahn NF, **Garrison MM**, McCarty CA, Richardson LP. Associations between sleep duration and positive mental health screens during adolescent preventive visits in primary care. *Acad Pediatr*. 2023 Mar 9:S1876-2859(23)00061-X. doi: 10.1016/j.acap.2023.02.013. Epub ahead of print. PMID: 36905952.
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92. * Sangameswaran S, Xie SJ, **Garrison MM**, Rosenberg DE, Yip JC, Hartzler AL. Exploring needs, interests and preferences for digital mind-body tools for adolescents. *AMIA Annu Symp Proc*. 2023 Apr 29;2022:952-961. PMID: 37128450; PMCID: PMC10148360.
93. Ramirez M, Bishop S, Ibarra G, Shah P, Duran MC, Chae HY, Hassell L, Garza L, Linde S, **Garrison MM**, Drain PK, Ko LK. An agricultural community's perspectives on COVID-19 testing to support safe school reopening. *Front Public Health*. 2023 Aug 3;11:1215385. doi: 10.3389/fpubh.2023.1215385. PMID: 37601218; PMCID: PMC10434621.
94. Kahn NF, Sequeira GM, **Garrison MM**, Orlich F, Christakis DA, Aye T, Conard LAE, Dowshen N, Kazak AE, Nahata L, Nokoff NJ, Voss RV, Richardson LP. Co-occurring Autism Spectrum Disorder and Gender Dysphoria in Adolescents. *Pediatrics*. 2023 Aug 1;152(2):e2023061363. doi: 10.1542/peds.2023-061363. PMID: 37395084.
95. Tarullo A, Ewell A, **Garrison M**. "Sleep, Poverty, and Biological Stress: Mitigating Sleep Health Disparities in Early Childhood." *Policy Insights from the Behavioral and Brain Sciences*. In press, August 2023.
96. Kahn NF, Sequeira GM, Reyes V, **Garrison MM**, Orlich F, Christakis DA, Aye T, Conard LAE, Dowshen N, Kazak AE, Nahata L, Nokoff NJ, Voss RV, Richardson LP. Mental health of youth with Autism Spectrum Disorder and gender dysphoria. *Pediatrics* published online: 11/1/2023 (doi: 10.1542/peds.2023-063289)
97. Hartstein LE, **Garrison MM**, Lewin D, Boergers J, LeBourgeois MK. Characteristics of Melatonin Use Among US Children and Adolescents. *JAMA Pediatr*. 2023 Nov 13:e234749. doi: 10.1001/jamapediatrics.2023.4749. Epub ahead of print. PMID: 37955916; PMCID: PMC10644249.
98. Hartstein LE, **Garrison MM**, Lewin D, Boergers J, Hiraki BK, Harsh JR, LeBourgeois MK. Factors contributing to U.S. parents' decisions to administer melatonin to children. *Sleep Med*. 2023 Dec 22;114:49-54. doi: 10.1016/j.sleep.2023.12.018. Epub ahead of print. PMID: 38154149.

BOOKS AND BOOK CHAPTERS

1. Vander Stoep A, Gale J, **Garrison M**, Buskin S. "Quantitative Research Methods" in [Experiential Teaching for Public Health Practice](#), edited by Bud Nicola and Amy Hagopian. Published 2017 by Bentham Books.
2. Chen M, **Garrison MM**. "Technology and Sleep" in [Technology and Adolescent Health](#), edited by Megan Moreno. Published 2020 by Elsevier.

OTHER NON-REFEREED SCHOLARLY PUBLICATIONS

1. Connell FA, **Garrison MM**, Brandon R, Hill SL. "The State of Washington's Children." Ninth annual report for the Washington Kids Count Project, funded by the Annie E. Casey Foundation, Fall 2001.
2. Connell FA, Brandon R, Hill SL, Carter SL, **Garrison MM**, DeWys S, Mandell DJ. "The State of Washington's Children." Tenth annual report for the Washington Kids Count Project, funded by the Annie E. Casey Foundation, Summer 2002.

3. Connell FA, Brandon R, Hill SL, Carter SL, Evans C, **Garrison MM**, Mandell DJ, Pflingst L. "The State of Washington's Children." Eleventh annual report for the Washington Kids Count Project, funded by the Annie E. Casey Foundation, Winter 2003.
4. **Garrison MM**, Christakis DA. "A Teacher in the Living Room? Educational Media for Babies, Toddlers and Preschoolers." Background report for the Kaiser Family Foundation, December 2005.
5. **Garrison MM**, Mangione-Smith R. "Cluster Randomized Trials for Health Care Quality Improvement Research." *Academic Pediatrics*. 2013 Nov-Dec;13(6 Suppl):S31-7.
6. **Garrison MM**. "The feedback whirlpool of early childhood sleep and behavior problems." *JAMA Pediatr*. 2015 Jun 1;169(6):525-6.
7. Hale L, Kirschen GW, LeBourgeois MK, Gradisar M, **Garrison MM**, Montgomery-Downs H, Kirschen H, McHale SM, Chang AM, Buxton OM. "Youth Screen Media Habits and Sleep Sleep-Friendly Screen Behavior Recommendations for Clinicians, Educators, and Parents." *Child Adolesc Psychiatric Clin N Am*. 2018 April, 27(2):229-245.
8. **Garrison M**, Myers K, Sarkhosh T, Gonzalez J, Ngo S, Towle C, Hernandez J, Porter R, McKee M, Walker S. "TeleMental Health Guides for Infancy to Young Adult." Report to the P-25 Subcommittee of the Children and Youth Behavioral Health Workgroup of Washington State. December 2023.

FUNDING HISTORY

Current Funded Projects

1OT2HD107544-01 RADx-UP (PI: Ko, Linda) 04/01/2021 – 03/31/2024
National Institutes of Health (NIH). \$5,000,000

Using COVID-19 testing and risk communication strategies to accelerate students' return to school

This project will test the effectiveness of a testing program for COVID-19 on increasing students' participation in onsite learning using community-based participatory research (CBPR) approach. The testing program will include regular SARS-CoV-2 testing and risk communication.

Role: Site PI and Co-Investigator

NIH R01 (PI: Meischke, UW; Site PI: Garrison, Purdue)

Purdue Subcontract: \$183,104

Improving linguistic health equity in prehospital emergency care

Language barriers in prehospital emergency care can deny patients life-saving clinical care and build distrust with the emergency medical system. Research shows that individuals with limited English proficiency (LEP) are less aware of the 9-1-1 emergency number, and are less willing and less likely to call 9-1-1 for emergency care than dominant language speakers. When LEP patients call 9-1-1, they are more likely to experience delays, less likely to receive and perform pre-arrival instructions and more likely to experience adverse health outcomes and unscheduled emergency department return visits than their English-speaking counterparts. This study has three aims: 1) Identify call characteristics that are associated with use of OPI and associated communication and care delivery outcomes during real-life 9-1-1 calls with LEP callers. 2) Identify key dispatcher attributes associated with use of and time to OPI during simulated scenarios (developed based on information collected in Aim#1), with LEP Spanish and Chinese mock callers. 3) Translate and disseminate the results of the study via training opportunities and policy recommendations identified by emergency medical services (EMS) and community stakeholders, using a participatory Delphi technique.

Role: Site PI and Co-Investigator

Washington Legislative Budget Proviso Contract (PI: Walker) 08/01/2021 – 10/01/2024

Telehealth for Behavioral Health Services for Infants, Children, Adolescents and Young Adults

This policy evaluation conducts an evidence review and convenes stakeholder panels to ascertain the policy needs around pediatric tele-behavioral health for patients in Washington State health care programs, including Medicaid, for the Behavioral Health Workgroup of the Health Care Authority.

Role: Co-Investigator

1R01HL164394 (PI: Khot, Sandeep).

05/01/2023 – 04/30/2028

National Institutes of Health (NIH)/ NHLBI

\$2,991,151

Optimizing adherence to the treatment of sleep apnea among patients with stroke undergoing inpatient rehabilitation

Stroke is the leading cause of serious long-term disability in the US. Obstructive sleep apnea (OSA), a disease characterized by repeated upper airway closure and breathing pauses during sleep, is found in about two-thirds of stroke survivors. We have demonstrated in the Stroke and CPAP Outcome Study (SCOUTS) that the initiation of CPAP therapy through a collaborative and supportive approach on an inpatient rehabilitation unit can improve

acceptance and nightly use of CPAP during and after inpatient rehabilitation. Our goal-based and nursing-led intensive CPAP adherence protocol can enhance early experiences with CPAP through an iterative process of OSA education, assessments and support with CPAP, tailored feedback and goal-setting. The collaborative approach to address the multi-factorial nature of adherence problems has been developed at our institution over many years and through multiple prior CPAP studies on the rehabilitation units, utilizing expertise ranging from rehabilitation nursing to sleep medicine and behavioral psychology. Subjects in our current ongoing single-arm study have also demonstrated continued CPAP adherence over the critical 3-month period of maximal stroke recovery with the SCOUTS outpatient maintenance program after discharge from the supportive inpatient rehabilitation environment. In the proposed study, we will assess the effects of CPAP therapy initiated during stroke rehabilitation with our SCOUTS protocol on stroke recovery and quality of life.

Role: Consultant

R01HD098167 (PI: Tarullo, Boston University)

03/01/2020 – 02/28/2025

Advancing Engagement and Efficacy of Interventions for Co-Morbid Sleep and Behavior Problems in Young Children

Although early interventions can improve health equity in young children living in poverty, this promise often is not realized because of barriers to family engagement. The proposed study will target co-morbid behavior and sleep problems in early childhood, comparing child outcomes and family response to sleep and behavior interventions and investigating the novel strategy of letting families select their intervention. Results will provide crucial information about how best to engage low-income families for effective early intervention to reduce behavioral and sleep health disparities in toddlers living in poverty.

Role: Consultant

NIH K01 Proposal (PI: Chung, NYU)

Family-Centered Digital Behavioral Sleep Intervention for Black Families of Preschool-Aged Children

Role: Co-mentor

Pending Projects

NIH R01 Proposal (PI: Webb, Seattle Childrens)

The Impact of Mobile Media Format & Content on Joint Attention and Child Outcomes

This proposal aims to understand the impact of media content and use on joint attention in toddlers and the long term effects of disrupted JA on language, executive functioning, and problem behavior.

Role: Consultant

Submitted Projects (selected sample)

PCORI proposal #17161 (PI: Garrison, UW)

07/01/2021-06/30/2024

(Scored, discussed, and resubmitted).

\$749,977

Provider Number, Treatment Effect Heterogeneity, and Randomized Trial Design

Heterogeneity of treatment effects (THE) can negatively impact generalizability of findings, reduce reproducibility of effects in broad scale implementation and cannot always be explained by factors such as study design, patient characteristics, or the dose, format, or fidelity of the intervention. Provider-driven HTE – referred to as “provider effects” – can play a significant role as well, and the impact on behavioral interventions has been underexplored. When a large number of providers are delivering an intervention in a study – or within a cluster of a cluster randomized trial – a stable mean treatment effect is generally obtained, even in the presence of significant provider effects. However, behavioral intervention trials often have one or few providers per study or cluster and have not consistently reported provider number or allocation in reports. As such, our specific aims are: 1) To conduct systematic reviews and meta-analyses of randomized trials and cluster randomized trials of established behavioral interventions for depression, insomnia, or obesity, aiming a) to describe the degree of provider effects observed, b) to jointly examine how characteristics of the study design and the intervention predict the strength of provider effects, and c) to evaluate whether these findings differ across the three condition categories, 2) To use meta-analytic findings and stakeholder input to create guidelines advising researchers how to address provider number in study design and analysis for both individually randomized trials and cluster randomized trials, and 3) To evaluate guidelines performance using simulation models based on existing clinical trials and implementation data, examining predicted performance across a) both individually randomized trials and cluster randomized trials, b) a range of provider effects and provider numbers, and c) differing provider allocation strategies.

NSF #1854772 (NSF 17-602, PI: Blain Christen, Arizona State University)

LEAP-HI: Assessing Sleep, Stress, and Workplace Efficiency

The productivity of the American worker can be directly tied to their well-being. This includes their physical and mental health along with quality of life. While the typical worker might have many opportunities during the day to choose actions that result in both short and long-term gains in their well-being, the reality is that there are other needs competing for each of those decision points - even choices as basic as whether to go for a walk vs. have a snack on a work break. When it comes to health behaviors related to sleep and stress, optimizing choices at these decision points is further complicated by the fact that both stress and inadequate sleep can impair our ability to interoceptively self-monitor these parameters on an ongoing basis and to interpret sometimes discordant bodily signals and perceptions, while simultaneously having a negative impact on our ability to self-regulate our health behavior choices. We propose an integrated approach to providing individuals with actionable information and interventions based on continuous recordings of their activity and biochemistry. By recording their activity along the concentration of specific biomarkers in their sweat, we can unobtrusively monitor individuals with precision that has not yet been available. Advances in technology have enabled affordable wearable devices for personal monitoring. We aim to revolutionize wearable monitoring by providing the ability to monitor hormones and proteins in sweat a transformative progress in personalized monitoring. This proposal will demonstrate how this wealth of information interpreted through machine learning can be used to improve sleep hygiene and stress management leading to enriched quality of life.

Role: Site PI and Co-Investigator

Completed Projects (selected sample)

1R61AT009859-01A1 - Garrison (PI)

09/01/2018 – 05/31/2022

NCCIH

\$608,216

Mind-Body Interventions to Mitigate Effects of Media Use on Sleep in Early Adolescents

Eliminating media use is neither feasible at a public health level nor perhaps even desirable given the role it plays in youth and adults, but mind-body interventions have the potential to mitigate state arousal effects and thus reduce negative impacts on sleep. Given emerging literature on links between intensive media use, sensory and interoceptive awareness, and self-regulation, we propose to study two related mind-body approaches: mindfulness sensory awareness exercises to increase sensory and interoceptive awareness, and mindful body awareness check-ins to guide media use choices. In order to optimize this approach, we will examine the effects of these mind-body strategies independently, jointly, and in combination with other strategies to mitigate the effects of media use on sleep, including amber glasses to block short wavelength light during evening media use, avoiding content with high vigilance demands or violence, and external controls to time-out media access. This R61 award is the first phase in an awarded R61/R33, with non-competitive progression to the subsequent three-year R33 for all awardees meeting project milestones.

Role: Principal Investigator

1 R01 HD071937-01A1

Garrison (PI)

12/10/2013 - 11/30/2019

\$1,894,717

NICHHD

Healthy Sleep Intervention for Preschool Children

We propose a randomized controlled trial of the SHIP (Sleep Health in Preschool) intervention for preschool children with sleep problems, in which we aim to give parents the knowledge, motivation, and skills necessary to set goals, problem-solve, and improve their child's sleep. In collecting three years of follow-up data, we will be able to determine the impact of early childhood sleep intervention on childhood sleep problems, obesity, poor academic achievement, and emotional and behavioral problems, as well as parental stress and daytime tiredness. This study has the dual potential to expand treatment resources for young children with behavioral sleep problems and to increase our scientific understanding of the long-term consequences of early childhood sleep problems.

Role: Principal Investigator

IK2 RX003245 (PI: Anderson, Lindsey)

6/1/2020 – 5/31/2023

Veteran's Administration Career Development Award

Neuromuscular electrical stimulation for physical function maintenance during hematopoietic stem cell transplantation

Some blood, bone marrow, and lymphatic (hematologic) cancers such as Hodgkin/Non-Hodgkin lymphomas, chronic lymphocytic leukemia, and multiple myeloma, are over-represented in Veterans due to exposures including Agent Orange and an increased percentage of patients of African American ethnicity. Hematologic transplantation (HCT) is a common treatment for these cancers, but often leads to deconditioning, fatigue, muscle atrophy, and poor quality of life, which are associated with complications such as hospitalization and infection. Despite the significance of these symptoms, there are no approved treatments to prevent/reverse these long-term effects. The cancer itself, side effects of chemotherapy, and sedentary behavior, contribute to these effects. Although exercise before and after HCT has helped reduce these effects, it is inconsistently recommended to

patients and most remain sedentary through and after treatment. We are testing an alternative exercise strategy, neuromuscular electrical stimulation, to maintain physical function quality of life after HCT.

Role: Co-mentor

HRSA MCHB R21 (PI: Richardson, Laura)
HRSA Maternal and Child Health Bureau

09/01/2021 – 08/31/2022
\$100,000

Understanding Gender Dysphoria Among Adolescents with ASD

The goal of this project is to better understand associations between Autism Spectrum Disorders, Gender Dysphoria, and mental health comorbidities among US populations of youth ages 9-18 using data from PEDSnet, a large database that includes comprehensive health information for over six million US youth from eight children's hospital networks.

Role: Co-Investigator

1R21HD099300 (PI: Christakis)
NICHD

7/1/2020-6/30/2022
\$187,500

Attentional attributes of early child media usage

We propose to look at joint attention and cardiophysiological responses to tablet-based media use in toddlers.

Role: Co-Investigator

UG3 DE029753-01A1 PI: Collett, Brent)
National Institutes of Health (NIH) / NIDCR

04/01/2021 – 03/31/2028
\$2,883,854

Shared Reading Intervention for Children with Oral Clefts

Oral clefts are among the most common birth defects, affecting 1 in 700 live births. Although problems with language and literacy have been well-documented in children with clefts, there are currently no studies of interventions to address these problems. This randomized controlled trial study will be the first to test the efficacy of a shared reading intervention, developed to meet the needs of children with oral clefts and their caregivers, in improving language and literacy outcomes.

Role: Co-Investigator (transitioned off with move)

1 R21MH110765 – LeBourgeois (PI), Garrison (Site PI)
Sleep and the Neural Basis of Emotion Processing in Childhood

07/01/2016-06/30/2019
\$296,326

The study uses the SHIP intervention to explore the impact of experimental sleep extension in young children with chronic insufficient sleep on emotion processing, as measured by structural MR imaging, fMRI, and behavioral measures.

Role: Co-Investigator and Site PI

Emerging Scientist Award (PI: Zhou)
Children's Cancer Research Fund

9/2019 – 8/2021

Promoting Healthy Sleep in Childhood Cancer Survivors

We intend to adapt a proven behavioral insomnia treatment program that effectively addresses the cancer treatment factors that impair sleep and insomnia treatment compliance. We will target school-aged childhood cancer survivors (5-12 years old) as this is a critical developmental stage where sleep habits are being established but remain highly modifiable. The novel intervention will be evaluated for its feasibility and acceptability, which will lay the groundwork for a fully powered multi-center efficacy trial that has the potential to change the expectation that all childhood cancer survivors must sleep poorly after treatment.

Role: Consultant

1S06GM142122-01 NARCH (UW Site PI: Kessler, Larry, Primary site: South Central Foundation)

04/01/2021 – 03/31/2025
\$275,333

National Institutes of Health (NIH) / NIGMS.

Building Capacity for Dissemination and Implementation Research in a Tribal Healthcare System

Southcentral Foundation (SCF) has successfully built an AN owned and operated health care organization with ANAI people comprising over half of the staff. In 2006, SCF established a Research Department (RD) which has doubled in size (9 to >20 staff) to include 12 researchers with graduate degrees, 6 who are ANAI. We thus propose a modified approach. Academic partners and a local peer mentor will offer small groups of new and early-career researchers targeted didactic training in a foundational research skill area as well as mentoring during on-the-job application of skills. Groups will be identified based on a modified Clinical Research Appraisal Inventory (CRAI) used in a prior NARCH as well as mentor- and supervisor-identified needs. This modified approach will more effectively match training resources with need and encourage ongoing learning amongst

researcher and peer mentors. We also propose to build organizational capacity to conduct dissemination and implementation (D&I) research. As a leading model of health care redesign, the SCF Nuka System of Care is uniquely suited to study how interventions, practices, and policies are developed, adopted, implemented, and maintained. Limited didactic instruction will be offered, and case studies will be used to facilitate discussion and pragmatic, applied analysis and problem-solving. Teams of senior researchers, IAs, and Pes, collaborating with UW D&I experts will then develop an integrated set of improvement, evaluation, and research efforts focused on one to two SCF implementation efforts.

Role: Co-Investigator (Transitioned off with move)

CDMRP (PI: Garcia, Jose) 7/1/2018 – 6/30/2021

Department of Defense: Congressionally Directed Medical Research Programs \$912,113

The Role of Mitochondria in ADT-induced Sarcopenia in Prostate Cancer Patients

Prostate cancer (PCa) is the most common cancer among men. Androgen deprivation therapy (ADT) is the standard treatment for advanced and metastatic PCa and nearly 400,000 men remain on androgen deprivation therapy (ADT) for advanced PCa in the U.S. Unfortunately, ADT also induces a decrease in muscle mass and function, known as sarcopenia, a condition that leads to decreased endurance, increased fatigue, falls, poor health-related quality of life (HR-QOL) and increased mortality. The overall goal of this proposal is to establish the role of mitochondrial dysfunction on ADT-induced sarcopenia in patients with PCa. Our hypothesis is that ADT in men with PCa will induce mitochondrial dysfunction leading to sarcopenia.

Role: Co-Investigator, Epidemiologist and Statistician

SCRI Stimulus Fund Grant Garrison (PI) 10/01/2019 – 8/30/2020 \$30,000

CCHBD SOPHOS: Sleep and Obesity in Parent Health Study

The SOPHOS study aims to build on the past success of the R01-funded SHIP project to identify the mediating pathways between the SHIP intervention and the observed weight loss in intervention compared to control parents among those who were obese at baseline. Based on preliminary data, likely pathways include increased parent sleep, increased parent self-care time, and changes in night-time snacking. The SOPHOS project will utilize this information to adapt the SHIP intervention to specifically enhance these pathways for future use in an R34 or R01 proposal aimed at studying the intervention specifically in families with an obese caregiver parent.

Role: Principal Investigator

1P30NR016585-01 (PI: Ward, Teresa) 7/1/2016 – 6/31/2021

NINR \$348,999

Center for Innovation in Sleep Self-Management (CISSM)

The mission of the Center for Innovations in Sleep Self-Management (CISSM) is to advance nursing science through the development, testing, and implementation of self-management interventions to assist adults and children with chronic illnesses to sleep better and simultaneously improve health, well-being, and quality of life. Sleep deficiency (e.g., inadequate amount, poor quality) is common in chronic illness conditions and directly contributes to decrements in health-related quality of life, increased health care utilization and is associated with increased morbidity and mortality. Although self-management intervention programs have been developed, tested and disseminated for specific chronic illnesses, few self-management interventions have been conducted to address sleep deficiency that is ubiquitous in chronic illnesses. Development of effective sleep self-management interventions using technology to empower patients and their caregivers has the potential to improve outcomes.

Role: Pilot Project Mentor

R34 DE027067 (PI: Collett, Brent) 09/01/2018-08/31/2019

NIDCR \$248,485

Optimizing the Home Literacy Environment for Children with Clefts

The objective for this study is to collect feasibility/acceptability data and to develop the intervention and study protocols for a randomized controlled trial (RCT) testing the efficacy of a caregiver-focused literacy intervention in children with oral clefts.

Role: Co-Investigator

1R01HD068478-01A1 Christakis (PI) 02/01/2012 – 01/30/2017 \$2,169,135

NIH/NICHD Promoting Optimal Parenting

The first few years of a child's life are important to their long-term cognitive and emotional development. Children's cognitive development during this time frame, especially around language and reciprocal communication, has a profound impact on later ability to succeed in school. We will study the effects of parent

education and the provision of specific tools and recommendations for appropriate developmental stimulation over the first 3 years of life
Role: Co-Investigator

Verizon Foundation Garrison (PI) 11/01/2013 - 4/31/2016 \$89,991
Verizon Wireless Automated Activity Tracking Toolkit

The WATTS project aims to develop and test an intervention for pediatric obesity treatment to provide objective tracking of physical activity, sleep, and nutrition; electronically share information between parent and providers; and increase mindfulness of activity, sleep, and nutrition among parents and children. The WATTS toolkit includes a consumer model actigraphy device (such as the Fitbit Force or Garmin Vivofit), a Verizon tablet, and applications that help families track behavior and goal progress. The WATTS project will include a clinical sample from the Child Wellness Clinic, and a community outreach sample not currently receiving obesity treatment.
Role: Principal Investigator

SCRI Internal Grant Garrison (PI) 10/01/2014 – 12/30/2015 \$9,965
CCHBD Parent Impact of an Early Childhood Sleep Intervention

This project will supplement the SHIP R01 with expanded assessment of parents at baseline and three-month follow-up. As improving child sleep has the ability to have a significant impact on parent sleep and functioning, we will assess parent sleep by actigraphy as well as expanded surveys and diaries at each point, as well as direct assessment of parent cognitive functioning and parent report of quality of life, mood symptoms, and productivity.
Role: Principal Investigator

SCRI Stimulus Fund Grant Garrison (PI) 03/01/2014 – 09/30/2014 \$36,320
CCHBD Circadian Regulation Assessment of Fragility and Temperature

The CRAFT project aims to develop and test a non-invasive skin temperature method for assessing circadian regulation in children ages 6-12, both with and without ADHD, as an alternative to the currently used Dim Light Melatonin Onset (DLMO) protocol, which is often infeasible to implement successfully, especially in populations with developmental or behavioral challenges. The CRAFT project will also develop and test potential survey and diary-based measures of circadian fragility and emotional regulation.
Role: Principal Investigator

Small Pilot Grant 07/01/12 – 06/30/13
Institute for Translational Health Sciences (ITHS) Total direct costs: \$9,894
Healthy Sleep Intervention for Young Children

The objective of this study is to pilot test a parenting intervention for behavioral sleep problems in preschool children, to assess the acceptability and usability of intervention materials, fidelity to the intervention protocol, and the feasibility of the recruitment methods and assessment measures.
Role: Principal Investigator

J. Christian Gillin, MD Research Grant 06/01/12 – 05/31/13
Sleep Research Society Foundation Total direct costs: \$20,000
Healthy Sleep Intervention for Young Children

The objective of this study is to pilot test a parenting intervention for behavioral sleep problems in preschool children, to assess the acceptability and usability of intervention materials, fidelity to the intervention protocol, and the feasibility of the recruitment methods and assessment measures.
Role: Principal Investigator

CCHBD Internal Pilot Grant 05/01/12 – 4/30/13
Center for Child Health, Behavior and Development Total direct costs: \$20,000
Healthy Sleep Intervention for Young Children

The objective of this study is to pilot test a parenting intervention for behavioral sleep problems in preschool children, to assess the acceptability and usability of intervention materials, fidelity to the intervention protocol, and the feasibility of the recruitment methods and assessment measures.
Role: Principal Investigator

1 R01 HD056506-01A2 Christakis (PI) 08/20/08 - 05/31/13
NICHD \$2,415,519

Media Impact on Preschool Behavior

This study is attempting to improve the TV diet of preschool children, without increasing overall viewing time, by testing an intervention to assist parents in making conscious and informed decisions regarding the media content to which their young children are exposed. The age of 3-5 is carefully chosen for this intervention because of the ready availability of prosocial content for young children, with known benefits for encouraging prosocial behavior because of the heavy diet of aggressive and violent content that children in this age range actually watch; because young children may be especially vulnerable to the effects of viewing upon behavior and because despite the obvious promise of early interventions to set good behavioral patterns early, there is a dearth of research in this area.

Role: Co-Investigator

1R01HL079402-01A2 Christakis (PI)

07/25/06 – 06/30/12

NIH/NHLBI

Internet Based Patient-Centered Asthma Management System

The objective of this study is to develop a web-based asthma management system to coach health behavior change for parents of children with asthma, and to test its effectiveness in a randomized controlled trial.

Role: Epidemiologist and Intervention Design

N/A Garrison (PI)

06/01/05 – 10/15/05

University of Washington; Seattle, WA

Gatzert Child Welfare Fellowship

This was a dissertation support fellowship; the objective of the study was to examine the ways in which foster care placement changes impact the continuity of mental health treatment.

Role: PI

PUBLIC HEALTH PRACTICE ACTIVITIES

Health Promotion Assistant

Texas Department of Health
Zoonosis Control Division

1995-1997

CONFERENCES AND SYMPOSIA

Conferences and Meeting Presentations

1. Garrison MM, Richardson LP, Christakis DA, Connell F. "Mental Health Hospitalizations of Youth." Invited talk presented at 2002 Making Connections Institute: Drug Addictions and Mental Illness in Adolescence.
2. Garrison MM, Richardson LP, Christakis DA, Connell F. "Mental Health Hospitalizations of Youth in Washington State." Platform presentation at 2002 Pediatric Academic Societies Annual Meeting.
3. Garrison MM, Christakis DA, Ebel BE, Wiehe SE, Rivara FP. "A Systematic Review of Smoking Cessation Interventions for Adolescents." Platform presentation at 2003 Pediatric Academic Societies Annual Meeting.
4. Garrison MM, Richardson LP, Lewis CW. "Hospitalizations Among Youth in the United States, 1980-1999." Platform presentation presented at 2003 Pediatric Academic Societies Annual Meeting.
5. Garrison MM and Christakis DA. "Using PHIS for Health Services Research." Invited talk presented at PHIS Fall Conference 2004, Child Health Corporation of America.
6. Garrison MM, et al. "Impact of Foster Care Placement Change on Mental Health Treatment Continuity." Platform presentation at 2006 AcademyHealth Annual Research Meeting.
7. Garrison MM, Christakis DA. "Bedtime Variability and Later Overweight: A Longitudinal Analysis." Platform presentation at the 2011 Pediatric Academic Societies Annual Meeting.
8. Garrison MM, Liekweg K, Christakis DA. "Media Use and Child Sleep: The Impact of Content, Timing, and Environment." Platform presentation at the 2011 Pediatric Academic Societies Annual Meeting.
9. Garrison MM, Christakis DA. "Daylight Savings Time and the Impact on Standardized Test Scores in Early Adolescents." Platform presentation at the 2011 SLEEP/APSS meeting.
10. Garrison MM, Christakis DA. "The Sustained Impact of a Healthy Media Use Intervention on Preschool Child Sleep." Platform presentation at the 2011 SLEEP/APSS meeting.
11. Garrison MM, Christakis DA. "Last One Up Turn Out the Lights: Patterns of Late Night Media Use in Adolescents." Platform presentation at the 2012 Pediatric Academic Societies Annual Meeting.
12. Garrison MM, Liekweg K, Christakis DA. "Screening out Media Violence: The Validity of Ratings as a Tool for Families of Preschool Children." Platform presentation by K. Liekweg at the 2012 Pediatric Academic Societies Annual Meeting.
13. Garrison MM, Christakis DA. "Longitudinal Trajectories of Behavioral Sleep Problems in a General Population Sample of Preschool-Aged Children." Poster presented at the 2012 SLEEP/APSS meeting.
14. Garrison MM, Christakis DA. "Sleep and the Longitudinal Trajectory of Behavior Problems in a General Population Sample of Preschool Children." Poster presented at the 2012 SLEEP/APSS meeting.

15. Garrison MM. "Pilot Study of the SHIP Intervention: Sleep Health in Preschoolers." Poster presented at the 2013 SLEEP/APSS meeting.
16. Garrison MM. "Predictors of Treatment Success in Behavioral Sleep Intervention among Preschool Children." Platform presentation at the 2014 SLEEP/APSS meeting.
17. Garrison MM, Wright D. "Parent Marital Status and Other Measures of Family Composition: What Works Best as a Covariate in Pediatric Research?" Poster presented at the 2014 Society for Epidemiologic Research meeting.
18. * Garrison MM, "Last One Up Turn Out the Lights: Late Night Media Use and Sleep in Adolescents." Invited talk at SMAHRT Social Media and Adolescent Health Research conference, 2014
19. Garrison MM, "Family Pathways to Success in an Intervention for Behavioral Sleep Problems in Early Childhood." Platform presentation at the 2016 SLEEP/APSS meeting.
20. Garrison MM, Ward T. "Parent Quality of Life: Impact of a Child Sleep Intervention." Poster presented at the 2017 SLEEP/APSS meeting.
21. Garrison MM, Ward T. "Two Year Follow-Up of the SHIP (Sleep Health in Preschoolers) Randomized Trial: Trajectories of Change." Platform presentation at the 2019 SLEEP/APSS meeting
22. Garrison MM. "Light Exposure and Sleep in Preschoolers: Effects of a behavioral sleep intervention." Invited talk at the 2019 SLEEP/APSS meeting
23. Garrison MM. "Sleep and Media Use: 'Abstinence Only' May Not Be the Answer." Invited presentation at the 2019 10th Biennial Conference on Pediatric Sleep Medicine.
24. Garrison MM. "Late Night Media Use and Sleep: Harm Reduction Approaches in the Context of Developing Self-Regulation From Childhood to Emerging Adulthood." Invited presentation at the 2022-2023 Thomas J. Anders Seminar Series at Brown University.

DEPARTMENTAL SERVICE

Co-Chair, Diversity, Equity, and Inclusion Committee, Purdue Dept of Public Health	2022-2023
Chair, Undergraduate Curriculum Committee, Purdue Dept of Public Health	2022-2023
Chair, Executive Committee, Purdue Dept of Public Health	2022-2023
Member, Department Name Change Committee, UW Department of Health Services	2020
Chair, Health Policy Sr Lecturer Search Committee, UW Department of Health Services	2019-2020
Chair, Health Economics Faculty Search Committee, UW Department of Health Services	2018-2019
Associate Director, MPH/MS Program, UW School of Public Health, Dept. of Health Services	2016-2022
MPH/MS Faculty Advisory Committee, UW School of Public Health, Dept. of Health Services	2016-2022
Admissions Committee Chair, UW School of Public Health MS/MPH Program in Health Services	2017-2022
Chair, Health Policy Faculty Search Committee, UW Department of Health Services	2017-2018

UNIVERSITY AND HOSPITAL SERVICE

Member, Purdue University Senate Faculty Compensation and Benefits Committee	2023-present
Member, University of Washington Advisory Committee on Work-Life	2021-2022
Community of Practice Member, AccessADVANCE, University of Washington DO-IT	2021-2022
Member, Scholarship Oversight Committee, Health Services and Quality of Care Research Fellowship at Seattle Children's Research Institute	2019-2022
Member, Adjudications Panel, University of Washington Faculty Governance	2018-2022
Member, UW CEPH Self-Study and Re-Accreditation Working Group on Resources (Section C)	2019-2021
Member, Childhood Inequality Working Group, UW Center for Studies in Demography & Ecology	2018-2020
Advisory Board, UWSOM Center for Scholarship in Patient Care Quality and Safety	2017-2019
Academic Research Coach, UW School of Medicine, Division of General Internal Medicine	2016-2019
Advisory Member, UW School of Public Health / School of Medicine MSCR Task Force	2016-2018
Co-Chair, Clinical Trials Workgroup, UW School of Medicine, Psychiatry and Behavioral Sciences	2017-2018
Admissions Committee, UW Community Oriented Public Health Practice MPH Program	2012-2017
WIP/Seminar Planning Chair, SCRI Center for Child Health, Behavior, and Development	2016-2017
Symposium Planning Committee, SCRI Center for Child Health, Behavior, and Development	2015-2016
Program Evaluation, Seattle Children's Science Bus Educational Outreach Program	2014-2016
Admissions Committee, UW Department of Epidemiology	2003-2004

PROFESSIONALLY RELATED COMMUNITY SERVICE

Indiana Department of Health, Local Health Department Core Leadership Committee	2023-present
Consultant, Family-Centered Sleep Interventions	2012-present
Advisory Board for the development of major new wellness exhibit at Pacific Science Center, focused on the science of health behavior and health behavior change	2010-2012

TEACHING HISTORY

Formal Courses at Purdue

PUBH 600: Professional Development Seminar (0 credits)
Fall 2022: Seminar (60 students, 100% responsibility)

Formal Courses at University of Washington

HSERV 591B: Community Oriented Public Health Practice, Biostatistics and Seminar (4 credits)
Winter 2012: Class (8 students) and Seminar (16 students, 50% responsibility)
Winter 2013: Class (8 students), Seminar (16 students, 50% responsibility), and Course Lead

HSERV 591B: Community Oriented Public Health Practice, Epidemiology, Biostatistics and Seminar (7 credits)
Winter 2014: Class (8 students, 100% responsibility), and Course Lead

HSERV 533: Quantitative Methods in Community Oriented Public Health Practice (6 credits)
Winter 2015: Class (7 students, 100% responsibility), and Course Lead
Winter 2017: Class (8 students, 100% responsibility), and Course Lead
Winter 2019: Class (9 students, Substitute for faculty on leave for 25% of the quarter)

HSERV 592C: Quantitative Methods in Community Oriented Public Health Practice Seminar (1 credit)
Winter 2015: Seminar (15 students, 50% responsibility), and Course Lead
Winter 2016: Seminar (25 students, 25% responsibility), and Course Lead
Winter 2017: Seminar (25 students, 33% responsibility), and Course Lead

HIHIM 425: Research Methods and Statistics for Health Informatics & Health Information Management (3 credits)
Autumn 2018: Class (46 students, 100% responsibility, with two 0.25 FTE Teaching Assistants)

HSERV 523: Advanced Health Services Research Methods I: Health Care Costs and Utilization Using Large Public Databases and Big Data
Autumn 2018: Class (24 students, 20% responsibility)
Autumn 2019: Class (22 students, 20% responsibility)
Autumn 2020: Class (21 students, 20% responsibility)

HSERV 592 / EPI 592: Clinical Fellows Seminar (1 credit)
Winter 2019: Seminar (10 students, 33% responsibility)
Autumn 2019: Seminar (12 students, 33% responsibility)
Winter 2020: Seminar (12 students, 33% responsibility)
Spring 2020: Seminar (11 students, 33% responsibility)
Autumn 2020: Seminar (19 students, 33% responsibility)
Winter 2021: Seminar (20 students, 33% responsibility)
Spring 2021: Seminar (18 students, 50% responsibility)
Autumn 2021: Seminar (12 students, 50% responsibility)
Winter 2022: Seminar (15 students, 50% responsibility)
Spring 2022: Seminar (11 students, 50% responsibility)

HSERV 522: Program Evaluation (4 credits)
Autumn 2019: Class (36 students, 100% responsibility, with one 0.50 FTE Teaching Assistant)
Autumn 2020: Class (19 students, 100% responsibility, with one 0.25 FTE Teaching Assistant)
Autumn 2021: Class (35 students, 50% responsibility, with one 0.25 FTE Teaching Assistant)

HSERV 230: Sleep and Population Health (3 credits)
Winter 2020: Class (52 students, 100% responsibility, with one 0.50 FTE Teaching Assistant)
Winter 2021: Class (100 students, 100% responsibility, with two 0.50 FTE Teaching Assistants)
Winter 2022: Class (99 students, 100% responsibility, with two 0.50 FTE Teaching Assistants)

Other Teaching

Online Modules

"Thinking Statistically for Evaluation" for UW Patient Centered Outcomes Research Partnership

Seven-part recorded lecture on outcome choices and measurement, thinking statistically at the outset, baseline data for quality improvement, administrative data and other big data sources for evaluation, bringing balance to your sample, and sensitivity analyses. Produced 2017-2018 by the UW Northwest Center for Public Health Practice.

Workshops or CME Courses, Multi-Day Course

Summer Institute at Northwest Center for Public Health Practice (NWCPHP)

2015: "Interpreting and Using Health Data", a one-week workshop taught in Aug 2015

University of Nairobi via MEPI Mental Health Linked grant (two weeks)

2013: Psychiatric Research Methods, co-teacher

Workshops or CME Courses, Single Talk

Summer Institute at the Patient Centered Outcomes Research Partnership (UW PCORP)

2016-2019: "Analysis Strategies for Comparative Effectiveness Research and Patient Centered Outcomes Research Projects"

APA Conference for Pediatric Quality Improvement Methods, Research, and Evaluation

2012: "Navigation and Statistical Management of Large Databases"

2011, 2014, 2017: "Cluster-Randomized Controlled Trials for Health Care Quality Improvement Research."

PAS: Pediatric Academic Societies Meeting

2014: "Ready Made: Conducting Pediatric Research Using Publicly Available Datasets", co-teacher

Sleep Research Society Trainee Event of the APSS SLEEP Meeting

2014: Grant Writing Workshop, co-organized and co-taught

2015: Leadership Workshop, co-organized and co-taught

2015: "Using Epidemiology to Solve Methodological and Statistical Challenges in Clinical Sleep Research", invited workshop

2016: "How to Get the Most Out of Existing Datasets", invited workshop

Guest lectures

2020: "Developing and Testing Family-Centered Sleep Interventions", invited talk for pediatric behavioral sleep medicine team at Dana Farber Cancer Institute

2020: "Developing and Testing Family-Centered Sleep Interventions", invited talk at Pennsylvania State University for their Child Study Center's symposium on Family-Level Perspectives on Sleep and Self-Regulation in Early Childhood

2020: "Developing and Testing Family-Centered Sleep Interventions", invited talk for the Building Research across Inter-Disciplinary Gaps (BRIDG) T90/R90 program funded by NCCIH

2019-2021: "Social Cognitive Theory and Family-Centered Sleep Interventions" for HSERV 581

2018-2019: "Big Data in Adolescent Health" for UW LEAH MCH Fellowship

2017-2021: "Design and Challenges of Randomized Trials for Behavioral Interventions" for EPI 546, Psychiatric Epidemiology

2017-2020: "The Science of Bedtime" for HSERV 100: Personal and Public Health

2017: "Sleepy Science, Population Health, and CHIPS – the Center for Health Innovation and Policy Science" for HSERV 592 Seminar

2017: "Study Drivers and Decisions: Sleep Health in Preschoolers (SHIP) Study" for EPI 583 Seminar

2017: "Sleepy Science and Population Health" Public Health and Healthcare Careers seminar at UW for high school students from WANIC Skill Center

2017: "Sleep behavior change: Using social cognitive theory for a realistic and family-centered intervention" for UW Center for Innovation in Sleep Self-Management seminar series

2017: "Design and Challenges of Randomized Trials for Behavioral Interventions" for NMETH 591: The Science of Therapeutics: Design and Outcomes

2016: "Evaluations of Multilevel Interventions" for HSERV 510: Society and Health

2012: "Child Sleep Problems" for UW Child and Adolescent Psychiatry didactics series

2008: "Case-Crossover Methods" for EPI 583 Seminar

Independent Study

HSERV 600: Independent Study in Health Services

Spring 2014: Systematic Reviews, Meta-Analysis, and Grant Writing (2 credits, 3 students)

Aut 2019-Win 2020: Quantitative Sleep Research (2 credits, 1 student)

Win 2021: Intro to Qualitative methods (2 credits, 8 students, 50% responsibility)

ADVISING AND FORMAL MENTORING

Masters Theses and Capstones, Chair for MPH and MS students in UW School of Public Health

Kyle Davidson (2014): "Interview Peru: A Mixed Methods Analysis of Stigma and Access to Care Among Men Who Have Sex With Men and Transgender Persons Living with HIV in Lima, Peru"

Ryan Kuhar (2015): "Transitional Care Coordination in the Jail-Incarcerated Population: A Mixed Methods Approach to Characterizing Barriers to Community Follow-Up Care for Post-Incarceration Inmates"

Leah Grodinsky (2018): "Impact of Snack and Beverage Intake on Preschoolers' Sleep in SHIP"

Nellie Adams (2018): "Light Exposure and Subsequent Sleep among Preschool Children in SHIP"

Gabriel Cortez (2018): "New Year, New Start Time: An Evaluation of the Effects of the Start School Later Policy on Seattle Public School Students"

Eric King (2018): "Adolescent Sleep Deprivation and Adult Alcohol Consumption Between Sexual Minorities & Non-Sexual Minorities"

Laura Bender (2018): "Household composition, patient sex, and home health care utilization in young and middle-aged adults"

Nupoor Kulkarni (2019): "An Impact Evaluation of the SHIP Intervention on Parental Changes in Sleep-Inducement Strategies for Their Children"

Lily Shapiro (2020): "Potential Impact of the 2016 Presidential Election on Parent Sleep"

Molly Taylor (2020): "Heart rate variability and resilience in pediatric cancer survivors"

Natalie Franz (2020): "Neighborhood characteristics as moderators of sleep intervention effects"

Andy Wen (2020): "Racialization as a predictor of pre-trial juvenile detention"

Marilyn Haas (2020): "Predictors of treatment success in a qualitative analysis of case management notes within an early childhood sleep intervention"

Kathleen Wright (2020): "An Exploration of Pregnancy and Postpartum Healthcare in Washington State Jails"

Crystal Rose-Cuellar (2021): "Gender Identity and Expression Congruence in Gender Diverse Youth"

Daisy Parra-Padilla (2021): "NICU follow-up referral practices in Washington State"

Aria Antsey (2022): "Mechanisms of parental obesity change following a child sleep intervention"

Amy Thomas (2022): "Caregiver Burden and Hospitalizations Among Veterans Enrolled in Home-Based Primary Care"

Sam Tullman (2022): "Optimizing health communication effectiveness of a mind-body intervention for early adolescents with sleep problems secondary to nighttime media use"

Taylor House (2022): "Parental decision making in pediatric kidney failure: a qualitative study"

Elliott Wills (will graduate in 2022): "Stakeholder perspectives on opportunities and barriers for sleep intervention in juvenile detention"

Kathleen Pescasio (2022): "Sleep in Incarceration Settings: Meta-Analysis of Barriers and Impact"

See Wan Tham (2022): "Autonomic Dysfunction and Chronic Abdominal Pain in Adolescents"

Mentored Scientists and Postdocs

Mentorship in epidemiological methods, study design, and statistical analysis for clinical faculty, postdoctoral fellows and residents, including:

- 2007-2014: Adam Goldin, MD and pediatric general surgery residents (Oliver Lao, MD and Cabrini Lariviere, MD)
- 2016-2019: Academic Research Coach for Division of General Internal Medicine

Mentorship of junior faculty and postdoctoral fellows in research methods (including study design, outcomes assessment and evaluation) and health behavior change intervention design

- 2016-2017: Jennifer Sonney, PhD ARNP, UW School of Nursing
- 2016-2019: Academic Research Coach for Division of General Internal Medicine
Weichao Yuwen, PhD ARNP, University of Washington - Tacoma
- 2018-2021: Molly Fuentes, MD MS, UW Rehabilitation Medicine, co-mentor on funded K23, "A New Model Of Rehabilitation To Meet The Cultural Needs Of American Indian/Alaska Native Children With Disabilities"
- 2019-present: Lindsey Anderson, PhD, VA Puget Sound Health Care System, co-mentor on funded CDA, "Neuromuscular electrical stimulation for physical function maintenance during hematopoietic stem cell transplantation"
- 2020-present Akhenaten (Ben) Siankam Tankwanchi, UW School of Public Health, co-mentor on IRSDA K01 career development proposal: "Exploring vaccine hesitancy in the Somali diaspora of South Africa: Evidence from community sample surveys in Cape Town and Johannesburg"
- 2022-present Alicia Chung, NYU Langone Health, co-mentor on a K01 award on dyadic intervention for parent-child sleep in Black families

Scholarship Oversight Committee Member for Postdoctoral Fellowships at Seattle Children's Research Institute

- 2021-2022: Tim Ohlsen, Health Services and Quality of Care Research Fellowship
- 2020-2022: Taylor House, Pediatric Nephrology Fellowship
- 2020-2022: Anisha Srinivasan, Health Services and Quality of Care Research Fellowship
- 2019-2021: Kathleen Bonsmith, Health Services and Quality of Care Research Fellowship

Mentorship of junior faculty and postdoctoral fellows in sleep research

- 2017-2020: Samantha Brown, PhD, Colorado State University, consultant on her funded K01
- 2017-present: Sandeep Khot, MD MPH, UW Neurology, co-I on R-award proposals

MS, MS, and PhD Committees in Non-Chair Roles

MPH or MS capstone and thesis students in the Department of Health Services

- 2013-2014: Katie McCabe
- 2017-2018: Emily Brown, Jennifer Ahn, Yuen Lie Tjoeng
- 2018-2019: Sarah Connell, Andrew Carlo, Rebecca Taub, Krista Stephens, Ashley Wolf, Alanna Otto
- 2019-2020: Talya Miller, Holly Schroeder, An Pham
- 2020-2021: Anna Elberier
- 2021-2022: Kase Cragg

PhD dissertation students in other departments conducting sleep research:

- 2017-2019: Elizabeth Tinker (School of Nursing)
- 2018-2023: Savitha Sangameswaran (Biomedical Informatics and Medical Education)

Other Mentoring. Mentorship of research assistants, interns, and external partners. The Garrison Lab has 6-12 undergraduate interns each year, and typically 1-2 high school interns as well – and so only interns who have authored journal articles and/or presented at national meetings with us are listed here.

- 2006-2012: Kimberly Liekweg, MD (high school, undergraduate, and post-baccalaureate)
- 2014-2015: Katherine Karzmar (undergraduate)
- 2014-2016: Ariel Hart (graduate student)
- 2014-2017: Nicole Simard (post-baccalaureate),
- 2016-2020: Vivian Ma (high school student, undergraduate)
- 2016-2018: Andrea Ramirez (PCORP program, QI supervisor at Swedish Medical Group)
- 2018-2019: Lars Almquist (PhD student in UW Department of Health Services)

2019-2020: Kate Lillie (PCORP program, junior investigator at Southcentral Foundation)