

Curriculum Vitae

Reagan S. Breitenstein, Ph.D.

Department of Psychology
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PROFESSIONAL POSITIONS

2020-Present **Assistant Professor** Department of Psychology
Appalachian State University, Boone, North Carolina
2019-2020 **Postdoctoral Fellow** NICHD Training Program in Integrative
Developmental Process (T32), Indiana University,
Bloomington, Indiana

EDUCATION

2019 Ph.D. **Developmental Psychology** Arizona State University, Tempe,
Arizona
2015 M.A. **Psychology** Arizona State University, Tempe, Arizona
2013 B.S. **Psychology** Wofford College, Spartanburg, South Carolina,
Summa Cum Laude

HONORS AND AWARDS

2018 Developmental Catalyst Grant, Arizona State University: *Dyadic
Relations Between Caregiver and Child Objective and
Subjective Sleep Indicators: The Role of Household Chaos*
Graduate College Travel Award, Arizona State University
Developmental Science Travel Award, Arizona State
University, Developmental Psychology Area
2016-2018 Graduate & Professional Student Association Travel
Award, Arizona State University
2016 Developmental Science Travel Award, Arizona State
University, Developmental Psychology Area
2014 Research Excellence Award, Arizona State University,
Developmental Psychology Area
2013 Phi Beta Kappa - Beta Chapter, Wofford College
2013 The James E. Seegars Psychology Award, Wofford College
2012-2013 South Carolina Independent Colleges and Universities
(SCICU) Research Grant: *Working Memory and Binding:
An Examination of Cross-Repeats in the Repetition-
Detection Task*
2009-2012 Dean's List, Wofford College
2009-2012 Southern Conference Academic Honor Roll, Wofford
College

PUBLICATIONS

* indicates undergraduate at the time work was conducted

- Breitenstein, R. S.**, Doane, L. D., & Lemery-Chalfant, K. (accepted). Children's objective sleep assessed with wrist-based accelerometers: Strong heritability unique from parent-reported sleep. *SLEEP*.
- Breitenstein, R. S.**, Hoyniak, C. P., McQuillan, M. E., & Bates, J. E. (accepted). Sleep and self-regulation in early childhood. To be in *Advances in Child Development & Behavior: Interdisciplinary Perspectives on the Relation between Sleep and Learning in Early Development*. Elsevier.
- Lewis, C. R., **Breitenstein, R. S.**, Henderson-Smith, A., Sowards, H. A.* , Huentelman, M. J., Doane, L. D., & Lemery-Chalfant, K. (accepted). Harsh parenting is related to novel HPA receptor gene methylation and NR3C1 methylation predicts cortisol daily slope in middle childhood. *Cellular and Molecular Neurobiology*.
- Clifford, S., Doane, L. D., **Breitenstein, R. S.**, Grimm, K., & Lemery-Chalfant, K. (2020). Effortful control moderates the relation between electronic media use and objective sleep indicators in childhood. *Psychological Science*. doi: 10.1177/0956797620919432
- Breitenstein, R. S.**, Doane, L. D., & Lemery-Chalfant, K. (2019). Early life socioeconomic status moderates associations between objective sleep and weight-related indicators in middle childhood. *Sleep Health: The Journal of the National Sleep Foundation*. doi:10.1016/j.sleh.2019.04.002
- Sladek, M. R., Doane, L. D., & **Breitenstein, R. S.** (2019). Daily rumination about stress, sleep, and diurnal cortisol activity. *Cognition and Emotion*, 1-13. doi:10.1080/02699931.2019.1601617.
- Lewis, C. R., Henderson-Smith, A., **Breitenstein, R. S.**, Sowards, H. A.* , Piras, I. S., Heuntelman, M. J., Doane, L. D., Lemery-Chalfant, K. (2019). Dopaminergic gene methylation is associated with cognitive performance in a childhood monozygotic twin study. *Epigenetics*. doi:10.1080/15592294.2019.1583032
- Doane, L. D., **Breitenstein, R. S.**, Beekman, C., Clifford, S., Smith, T. J.* , & Lemery-Chalfant, K. (2019). Early life socioeconomic disparities in children's sleep: The mediating role of the current HOME environment. *Journal of Youth and Adolescence*, 48(1), 56-70. doi:10.1007/s10964-018-0917-3
- Doane, L. D., Sladek, M. R., **Breitenstein, R. S.**, Park, H. J., Castro, S., & Kennedy, J. (2018). Cultural neurobiology and the family: Evidence from the daily lives of Latino adolescents. *Development & Psychopathology*, 30(5), 1779-1796. doi:10.1017/S0954579418001104
- Breitenstein, R. S.**, Doane, L. D., Clifford, S., & Lemery-Chalfant, K. (2018). Children's sleep and daytime functioning: Increasing heritability and environmental associations with sibling conflict. *Social Development*, 44(2), 389-404. doi:10.1111/sode.12302
- Doane, L.D., Gress-Smith, J., & **Breitenstein, R. S.** (2015). Multi-method assessments of sleep over the transition to college and the reciprocal relations with depression and anxiety symptoms. *Journal of Youth and Adolescence*, 44(2), 389-404. doi:10.1007/s10964-014-0150-7

Published Abstracts

- Lewis, C., **Breitenstein, R. S.**, Henderson-Smith, A., Sowards, H. A.* , Huentelman, M., Doane, L. D. & Lemery-Chalfant, K. (2019, June). Parenting gets under the skin: Epigenetic consequences of harsh parenting. *Behavior Genetics*, 49(6).
- Rea-Sandin, G., **Breitenstein, R. S.**, Doane, L. D. & Lemery-Chalfant, K. (2019, June). The moderating role of sleep problems in the etiology of academic competence in middle childhood. *Behavior Genetics*, 48(6).
- Breitenstein, R. S.**, Doane, L. D. & Lemery-Chalfant, K. (2018). Genetic and environmental associations between objective sleep and weight indicators in 8-year-old twins. *Behavior Genetics*, 48(5).

- Lewis, C., **Breitenstein, R. S.**, Henderson-Smith, A., Heuntelman, M., Doane, L. D., & Lemery-Chalfant, K. (2018). NR3C1 methylation is associated with internalizing symptoms in middle childhood. *Behavior Genetics, 48*(5).
- Miadich, S. A., Doane, L. D., **Breitenstein, R. S.**, Clifford, S., Davis, M. C., & Lemery-Chalfant, K. The genetic and environmental associations between sleep and impulsivity in middle childhood. *Behavior Genetics, 48*(5).
- Lewis, C., Henderson-Smith, A., **Breitenstein, R. S.**, Heuntelman, M., Doane, L. D., & Lemery-Chalfant, K. (2018). Associations between dopaminergic gene methylation and executive performance in a childhood MZ twin difference design. *Behavior Genetics, 48*(5).

Manuscripts and Chapters Submitted or Under Review

- Miadich, S. A., **Breitenstein, R. S.**, Davis, M. C., Doane, L. D., Lemery-Chalfant, K. Longitudinal associations between sleep, internalizing symptoms, and recurring pain in middle childhood. *Revise and Resubmit Invitation at the Journal of Behavioral Medicine.*

Manuscripts in Preparation

- Breitenstein, R. S.**, Bates, J. E. (in prep). Difficult temperament in toddlerhood moderates associations between sleep and child problem behaviors.
- Breitenstein, R. S.**, Doane, L. D., Lemery-Chalfant, K. (in prep). Genetic and environmental influences on associations between children's sleep and weight indicators in middle childhood.
- Breitenstein, R. S.**, Doane, L. D., Gonzalez, N. A. (in prep). Associations between objective and subjective sleep and body mass index in Latino adolescents: The moderating role of generation status and Latino cultural values.
- Rea-Sandin, G., **Breitenstein, R. S.**, Vakulskas, E. *, Doane, L. D., & Lemery-Chalfant, K. (in prep). Socioeconomic status moderates links between objective and subjective sleep and academic achievement in middle childhood.

PAPER PRESENTATIONS AT PROFESSIONAL CONFERENCES

- Breitenstein, R. S.**, Doane, L. D., Davis, M. C., & Lemery-Chalfant, K. (2020). Objective and subjective sleep influences on internalizing and externalizing behavior in middle childhood: The role of household chaos. Presented for symposium at the Annual Meeting of the Association of Psychological Science, Chicago, IL. (Meeting cancelled due to COVID-19)
- Breitenstein, R. S.**, Lecarie, E., & Doane, L. D. (2019). Longitudinal associations between weight indicators and academic achievement over the Latino college transition. Presented for symposium at the Biennial Meeting of the Society for Research on Child Development, Baltimore, MD.
- Miadich, S. A., **Breitenstein, R. S.**, Davis, M. C., Doane, L. D., & Lemery-Chalfant, K. (2019). Longitudinal associations between sleep and pain experiences among twins in middle childhood. Presented for symposium at the Biennial Meeting of the Society for Research on Child Development, Baltimore, MD.
- Doane, L. D., Sladek, M. R., **Breitenstein, R. S.**, Park, H. J., Castro, S., & Kennedy, J. (2018). Cultural neurobiology and the family: Evidence from the daily lives of Latino adolescents. Presented for symposium at the Annual Meeting of the International Society of Psychoneuroendocrinology, Irvine, CA.
- Breitenstein, R. S.**, Doane, L. D. & Lemery-Chalfant, K. (2018). Genetic and environmental associations between objective sleep and weight indicators in 8-year-old twins. Presented for symposium at the Annual Meeting of the Behavior Genetic Association, Boston, MA.
- Lewis, C., **Breitenstein, R. S.**, Henderson-Smith, A., Huentelman, M., Doane, L. D., & Lemery-Chalfant, K. (2018). NR3C1 methylation is associated with internalizing symptoms in middle

childhood. Presented for symposium at the Annual Meeting of the Behavior Genetic Association, Boston, MA.

Breitenstein, R. S., & Doane, L. D. (2018). Associations between sleep and BMI in Latino adolescents: The moderating role of cultural orientations. Presented for symposium at the Biennial Meeting of the Society for Research on Adolescence, Minneapolis, MN.

Breitenstein, R. S., Doane, L. D., Le, C.*, Corona, S.*, Fossella, A., & Lemery-Chalfant, K. (2017). Associations between objective sleep and weight-related indicators in middle childhood: Preliminary findings from a twin study. Presented at symposium for the Biennial Meeting of the Society for Research on Child Development, Austin, TX.

Breitenstein, R. S., Doane, L. D., Valiente, C., & Lemery-Chalfant, K. (2017). Genetic and contextual influences on associations between sleep duration and effortful control in infancy and childhood: A twin study. Presented at symposium for the Biennial Meeting of the Society for Research on Child Development, Austin, TX.

Sladek, M. R., **Breitenstein, R. S.**, & Doane, L. D. (2016). Individual and day-to-day differences in psychological responses to stress predict sleep in emerging adulthood. Presented for symposium at the Biennial Meeting of the Society for Research on Child Development, Austin, TX.

Breitenstein, R. S., Doane, L. D., & Gress-Smith, J. (2016). Longitudinal associations between objective and subjective sleep problems, anxiety, and body mass index in young adults. Presented for symposium at the Biennial Meeting of the Society for Research on Adolescence, Baltimore, MD.

Breitenstein, R. S., Doane, L. D., Clifford, S., & Lemery-Chalfant, K. (2014). Genetic and environmental influences on sibling conflict and childhood sleep in five-year-old twins. Presented for symposium at the Biennial Meeting of the Society for Research on Child Development, Philadelphia, PA.

CHAired SYMPOSIA AT PROFESSIONAL CONFERENCES

Breitenstein, R. S., Doane, L. D., Valiente, C., & Lemery-Chalfant, K. (2017). Genetic and contextual influences on associations between sleep duration and effortful control in infancy and childhood: A twin study. Presented at symposium for the Biennial Meeting of the Society for Research on Child Development, Austin, TX.

POSTER PRESENTATIONS AT PROFESSIONAL CONFERENCES

Lewis, C., **Breitenstein, R. S.**, Henderson-Smith, A., Sowards, H. A.*, Huentelman, M., Doane, L. D. & Lemery-Chalfant, K. (2019, June). *Parenting gets under the skin: Epigenetic consequences of harsh parenting*. Poster presented at the Annual Meeting of the Behavior Genetic Association, Stockholm, Sweden.

Rea-Sandin, G., **Breitenstein, R. S.**, Doane, L. D. & Lemery-Chalfant, K. (2019, June). *The moderating role of sleep problems in the etiology of academic competence in middle childhood*. Poster presented at the Annual Meeting of the Behavior Genetic Association, Stockholm, Sweden.

Breitenstein, R. S., Rea-Sandin, G., Doane, L. D., & Lemery-Chalfant, K. (2019, March). *Associations between effortful control and diurnal cortisol patterns in middle childhood: The moderating role of socioeconomic status*. Poster to be presented for Biennial Meeting of the Society for Research on Child Development, Baltimore, MD.

Clifford, S., Doane, L. D., **Breitenstein, R. S.**, & Lemery-Chalfant, K. (2019, March). *Effortful control moderates the relation between electronic media use and objective sleep indicators in childhood*. Poster to be presented for Biennial Meeting of the Society for Research on Child Development, Baltimore, MD.

Miadich, S. A., Doane, L. D., **Breitenstein, R. S.**, Clifford, S., Davis, M. C., & Lemery-Chalfant, K. (2018, June). *The genetic and environmental associations between sleep and impulsivity in*

- middle childhood*. Poster presented at the Annual Meeting of the Behavior Genetic Association, Boston, MA.
- Lewis, C., Henderson-Smith, A., **Breitenstein, R. S.**, Huentelman, M., Doane, L. D., & Lemery-Chalfant, K. (2018, June). *Associations between dopaminergic gene methylation and executive performance in a childhood MZ twin difference design*. Poster presented at the Annual Meeting of the Behavior Genetic Association, Boston, MA.
- Moga, R.*, Sladek, M. R., **Breitenstein, R. S.**, & Doane, L. D. (2017, April). *Assessing loneliness and objective sleep parameters in emerging adulthood using electronic daily diary reports and actigraphy*. Poster presented at the Biennial Meeting of the Society for Research on Child Development, Austin, TX.
- Breitenstein, R. S.**, Doane, L. D., & Gress-Smith, J. (2016, June). *Longitudinal associations between objective and subjective sleep problems, internalizing symptoms, and body mass index in young adults*. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies (SLEEP), Denver, CO.
- Breitenstein, R. S.**, Doane, L. D., Clifford, S., & Lemery-Chalfant, K. (2016, June). *Genetic and environmental influences on childhood sleep and sibling conflict in young twins*. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies (SLEEP), Denver, CO.
- King, J.*, Sladek, M. R., Van Lenten, S. A., **Breitenstein, R. S.**, & Doane, L. D. (2015, March). *Investigating emerging adults' perceptions of stress and interpersonal connections using smartphone daily diary reports*. Poster presented at the Biennial Meeting of the Society for Research on Child Development, Philadelphia, PA.
- Styles, R. C.**, Doane, L. D., & Lemery-Chalfant, K. (2014, May). *Sibling conflict predicts childhood sleep problems in a longitudinal sample of twins*. Poster presented at the Annual Convention of the Association for Psychological Science, San Francisco, CA.
- Nowatka, C., Bopp, K., Gothberg, E., Richardson, R., & **Styles, R. C.** (2013, March). *The effect of expectancies on difficult versus easy dual tasks: Implication for cellular telephone use and driving*. Poster presented at the Annual Meeting of the Southeastern Psychological Association, Atlanta, GA.

RESEARCH EXPERIENCE

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| 2019-2020 | Postdoctoral Fellow to Drs. John Bates and Kirby Deater-Deckard (cross-training with Emily Fyfe, Brian D'Onofrio), NICHD Training Program in Integrative Developmental Process (T32), Indiana University
<u>Projects:</u> Toddler Development Study |
| 2017-2019 | Graduate Research Associate to Drs. Leah Doane and Kathryn Lemery-Chalfant, Arizona State University
<u>Projects:</u> Social and Genetic Contributions to Children's Sleep Health and Functioning (Arizona Twin Project), Transiciones: Examining the Latino Transition to College in Support of Academic Equality |
| 2016-2017 | Graduate Research Assistant to Drs. Leah Doane and Kathryn Lemery-Chalfant, Arizona State University
<u>Project:</u> Social and Genetic Contributions to Children's Sleep Health and Functioning (Arizona Twin Project) |
| 2014-2015 | Graduate Research Assistant to Dr. Kathryn Lemery-Chalfant, Arizona State University
<u>Project:</u> Arizona Twin Project |
| 2013-2017 | Graduate Research Assistant to Dr. Leah Doane, |

Arizona State University
Projects: ASU Transition to College Study,
ASU Support for Success Initiative for Students in
Transition to College (ASSIST), Transiciones: Examining
the Latino Transition to College in Support of Academic
Equality

2012-2013

Undergraduate Research Assistant to Drs. Kara
Bopp and Cecile Nowatka, Wofford College
Projects: Working Memory and Binding: An
Examination of Cross-Repeats in the
Repetition-Detection Task, Lifespan
Cognition Lab – NIT Study

TEACHING EXPERIENCE

Spring 2018 Instructor: Developmental Psychology, Arizona State
University, Department of Psychology
Summer 2015 Graduate Teaching Assistant*: Research Methods, Arizona
State University, Dr. Heather Cate
Spring 2015 Graduate Teaching Assistant*: Research Methods, Arizona
State University, Dr. Heather Cate
Spring 2014 Graduate Teaching Assistant: Abnormal Child Psychology,
Arizona State University, Dr. Anita Pedersen
Fall 2013 Graduate Teaching Assistant †: Introduction to Psychology
and Personality Psychology, Arizona State University, Dr.
Eva Szeli
Spring 2013 Undergraduate Teaching Assistant: Cognitive Psychology,
Wofford College, Dr. Katherine Steinmetz
Spring 2012 Undergraduate Teaching Assistant: Biological Psychology,
Wofford College, Dr. David Pittman

*instructor for complementary lab course with separate syllabus
and lectures – met twice/week, approximately 25-30 students per
course

† indicates online course(s)

INVITED TALKS AND GUEST LECTURES

Breitenstein, R. S. (2019, October). Links between sleep and academic performance in early and
middle childhood. Invited talk for the Healthy Development Initiative at the University of
Massachusetts - Amherst.
Breitenstein, R. S. (2019, February). Transactions among sleep, health and socio-contextual factors in
childhood: Examples from the Arizona Twin Project. Invited talk for the Developmental Training
Grant Seminar at Indiana University – Bloomington.
Breitenstein, R. S. (2016, March). Writing a Results Section. Guest lecture for Research Methods
course under Dr. Heather Cate and Julia Humphrey at Arizona State University, Tempe, AZ.
Breitenstein, R. S. (2014, October). Emotional Development. Guest lecture for Developmental
Psychology course under Dr. Leah Doane at Arizona State University, Tempe, AZ.
Breitenstein, R. S. (2014, August). Research Methods. Guest lecture for Developmental Psychology
course under Dr. Leah Doane at Arizona State University, Tempe, AZ.
Styles, R. C. (2014, April). Eating Development. Guest lecture for Abnormal Child Psychology course
under Dr. Anita Pedersen at Arizona State University, Tempe, AZ.

Styles, R. C. (2014, February). Anxiety Disorders. Guest lecture for Abnormal Child Psychology course under Dr. Anita Pedersen at Arizona State University, Tempe, AZ.

Styles, R. C. (2014, February). Classification, Assessment & Intervention. Guest lecture for Abnormal Child Psychology course under Dr. Anita Pedersen at Arizona State University, Tempe, AZ.

MENTORING EXPERIENCE

- 2019-2020 Postdoctoral Fellow for the Social Development Lab (Drs. John Bates and Kirby Deater-Deckard [UMASS – Amherst] the Toddler Development Study)
Duties: Training and overseeing undergraduates in the coding and cleaning of longitudinal sleep diaries, lab tasks, and questionnaire data. Also responsible for helping undergraduate research assistants with thesis projects, holding professional development and statistical analysis workshops, and leading small group meetings and larger lab meetings for the Social Development Lab.
- 2014-2019 Graduate Research Associate for the Child Emotions Lab (including the Arizona Twin Project)
Duties: Training and overseeing undergraduates in the collection, handling, and cleaning of objective sleep data, physiological biomarker data, and communication with study participants. Also responsible for helping train graduate and undergraduate students to conduct home visits for NIH-funded studies, and leading small group meetings and larger lab meetings for the Child Emotions Lab.
- 2013-2019 Graduate Research Associate for the Adolescent Stress and Emotions Lab (including the Transition to College Study and Transiciones Project)
Duties: Training and overseeing undergraduates in the collection, handling, and cleaning of objective sleep data, and physiological biomarker data. Also responsible for helping train undergraduate students to conduct home and laboratory visits, and leading larger lab meetings for the Adolescent Stress and Emotions Lab.
- 2017-2018 Third Reader and Committee Member for Undergraduate Honor's Thesis, Arizona State University – Emily Vakulskas, *Associations between sleep and cognitive function in middle childhood: The moderating role of early life socioeconomic status.*

STATISTICAL TRAINING

Training includes proficiency in SPSS, SAS, Mplus, R, and OpenMx in R (for various biometric and behavioral genetic statistical modeling techniques).

- Spring 2016 2016 International Workshop on Statistical Genetic Methods for Human Complex Traits, directed by Drs. Michael Neale and Sarah Medland at the Institute for Behavior Genetics, Boulder, CO.

Spring 2016	Longitudinal Growth Modeling (PSY537), Arizona State University, Dr. Kevin Grimm
Fall 2015	Multilevel Modeling in Psychological Research (PSY539), Arizona State University, Dr. Hye Won Suk
Fall 2015	Data Mining in Psychology (PSY591), Arizona State University, Dr. Kevin Grimm
Spring 2015	Structural Equation Modeling (PSY533), Arizona State University, Dr. Craig Enders
Fall 2014	Analysis of Multivariate Data (PSY532), Arizona State University, Dr. Leona Aiken
Spring 2014	Multiple Regression in Psychological Research (PSY531), Arizona State University, Dr. Leona Aiken
Fall 2013	Intermed Statistics (Analysis of Variance; PSY531), Arizona State University, Dr. Craig Enders

PROFESSIONAL SERVICE

Professional Memberships

Society for Research on Adolescence
Society for Research on Child Development
Behavior Genetic Association

Ad Hoc Reviewer

International Journal of Behavioral Medicine
Biological Rhythms Research
Childhood Obesity
OMB Neurobiology – Special Issue: Sleep and Health
Social Development
Journal of Research on Adolescence
Child and Youth Care Forum, Student reviewer with Dr. Leah Doane, 2015

Conference Submission Reviewer

Student reviewer with Dr. Leah Doane, Society for Research on Child Development Biennial Meeting, 2017

COMMUNITY SERVICE

2017-2018	ASU Night of the Open Door, Arizona State University Educated broader community about ongoing research studies and how to conduct psychological research.
2016-2018	Bridging Success Early Start and Psychology 101 Lab Tours, Department of Psychology, Arizona State University Conducted lab tours and provided an introduction to psychological research for incoming freshman at-risk for dropout and students enrolled in Introduction to Psychology courses.
2015	Developmental Psychology Area Graduate Admissions Planning Committee, Arizona State University Worked with a small student and faculty committee to review graduate admission applications for the

2012-2013	Developmental Psychology Area and organized and planned in-person interview weekend for applicants.
2012	Psychology Kingdom (Psi Chi), member (2010-2013) and Social chair (2012-2013), Wofford College
2009-2013	Living Words Creative Writing for Older Adults, volunteer facilitator
	Student Athletic Advisory Committee, voting team delegate, Wofford College Volleyball Team