

Michelle M. Perfect, Ph.D.

University Address: 1430 E. 2nd St
University of Arizona
Tucson, AZ 85721

Cell Phone: (520) 444-0096
Email: mperfect@email.arizona.edu

Chronology of Education

2005 – 2008 Texas A&M continuing education in psychopharmacology certificate program (neuroanatomy, immunology, endocrinology, neurophysiology)
1999 – 2004 University of Texas at Austin, Austin, TX
Doctor of Philosophy in Educational Psychology (major: School Psychology; APA approved)
1997 – 1999 New York University, New York, NY
Master of Arts, Psychology
1993 – 1997 Ithaca College, Ithaca, NY
Bachelor of Arts, Psychology & History

Chronology of Employment

Pending Courtesy Appointment (non-salaried, non-tenure track)
Associate Professor in Psychiatry & Banner University Medical Center
August 2015 – present Associate Program Director, School Psychology Program
February 2017 Courtesy Appointment (non-salaried, non-tenure track),
Pediatrics Department; University of Arizona; Tucson, AZ
July 2014 – Aug 2015 Interim Program Director, School Psychology Program
Fall 2014 Promotion to Tenure (Associate Professor Rank); School Psychology Program; Department of Disability and Psychoeducational Studies
Jan 2012 – present Courtesy Appointment (non-salaried, non-tenure track),
Psychology Department; University of Arizona; Tucson, AZ
Aug 2006 – June 2014 Assistant Professor, School Psychology Program;
Department of Disability and Psychoeducational Studies;
University of Arizona; Tucson, AZ
Sept 2005 – Sept 2006 Postdoctoral Research Fellowship in Health Psychology and Biostatistics; Scott & White Clinic; Temple, TX
Sept 2004 – Sept 2005 Postdoctoral Research Fellow in Pediatric Psychology (70% research and 30% clinical appointment); University of Texas Medical Branch at Galveston; Galveston, TX
July 2003 – June 2004 Child and Adolescent Psychology APA-approved Pre-doctoral Internship; University of Medicine and Dentistry; Newark, NJ
Sept 2001 – May 2003 Clinical Teaching Assistant and Supervisor; Department of Educational Psychology; University of Texas at Austin; Austin, TX
Aug 2001 – May 2003 Psychometrician; San Gabriel Psychological Services;

Sept 1999 – May 2001 Round Rock, TX
Teaching Assistant, Statistics and Research Design;
Department of Psychology; University of Texas at Austin,
Austin, TX

Licenses and Certificates

Arizona Licensed Psychologist #3876
Arizona Certified School Psychologist

Honors and Awards

2020 Society for Behavioral Medicine Leadership Institute Fellow
June 2018 American Diabetes Association Women’s Interprofessional
Network (WIN ADA) Award Winner for Best Abstract in the
Category of Behavioral and Nutritional Research
May 2016 Beeman N. Phillips Distinguished School Psychology Alumni
Award; University of Texas at Austin
Fall 2013 Smith Junior Faculty Award (competitive award given to
junior faculty to conduct proposed research study)
April 2012 American Academy of Sleep Medicine Young Investigator
Forum at the National Institutes of Health
March 2012 Erasmus Faculty Scholar (competitive award given to junior
faculty by UA College of Education)
February 2011 Society for the Study of School Psychology Early Career
Scholar (with stipend to attend pre-conference at the
National Association of School Psychologist Convention)
Summer 2007 University of Arizona International Affairs Foreign Travel
Grant
Summer 2007 Competitive Fellowship to attend the 2-Week Summer Institute
*on the Design and Conduct of Randomized Clinical Trials
Involving Behavioral Interventions* sponsored by the National
Institutes of Health Office of Behavioral and Social Sciences
Research for young investigators
Fall 2003 Beeman N. Phillips Endowment Outstanding School
Psychology Student Researcher Award; University of Texas at
Austin, TX
Fall 2002 Christine Warren Anderson Scholarship; University of Texas at
Austin, Austin, TX
Spring 1997 Elected to Phi Kappa Phi, National Honor Society; Ithaca
College, Ithaca, NY
Spring 1996 Elected to Psi Chi, Psychology Honor Society; Ithaca
College, Ithaca, NY
Spring 1995 Dana Internship Scholarship; Ithaca College, Ithaca, NY
Spring 1997 Elected to Sigma Xi, Research Honor Society; Ithaca
College, NY

Service/Outreach

National/International Outreach

Jan 2019 – May 2019	<i>School Psychology</i> Editor search committee
Nov 2018	<i>School Psychologist</i> Editor search committee
Jan 2016 – present	APA Division 16 Vice President of Publications and Communications (elected for a 2 nd term 2019 – 2021)
Jan 2014 – Aug 2016	APA Division 16 Convention Chair for 2015 (Co-chair and past-chair)
Summer 2013 – Mar 2015	Member of American Psychological Association (APA) Division 16 Mental Health Workgroup
May 2012 – Aug 2012	Member of APA Division 16 Technology Committee
Jan 2011 – Feb 2016	<i>Psychology in the Schools</i> Editorial Board Member
2010, 2011, 2012	Division 16 APA Convention Proposal Reviewer
Aug 2009 – present	American Psychological Association Accreditation Site Visitor
Jan 2009 – Dec 2019	<i>School Psychology Quarterly</i> Editorial Board Member (Ad hoc reviewer Spring 2012; <i>School Psychology</i> as of 2018)
Jan 2009 – Jan 2011	<i>Psychology in the Schools</i> Ad-Hoc Editorial Board Member
Summer 2008 – 2017	Member of APA Interdivisional Task Force on Child and Adolescent Mental Health

Reviewed for other journals: *Journal of Pediatric Psychology*, *Family Relations*, *Journal of Clinical Sleep Medicine*; *School Mental Health*, *Journal of Pediatric Diabetes*, *SLEEP*

Community Outreach

2018 – present	Post Traumatic Stress Disorder Interdisciplinary Work- Group in Department of Pediatrics and Banner Health Systems, Tucson, AZ
2008 – 2017	Coordinated mental health therapy practica for students, provide supervision
2013; 2017; 2018	Southern Arizona Regional Science and Engineering Fair judge
2015 – present	University-School District partnership (role: Consultant) with Avondale School District (Training Director: Neil Stafford awarded Grant Program for School Psychology Internships)
2015 – present	Banner University Medical Center Hospital School Program and UA Group; 2016 – created partnership for Hospital School Program to establish the program

Departmental Committees

2014; 2015	Search Committee Chair for UA School Psychology Clinical Assistant Professor of Practice
2014; 2015	Search Committee for UA School Psychology Associate/Full Professor and Program Director

Spring 2012	School Psychology Program Search Committee Member for Assistant Professor
2012; 2013; 2014	Faculty Co-Sponsor for the School Based Mental Health Research Group
Fall 2012; 2013; 2014	Faculty Co-Sponsor for Pediatric School Psychology Research Group
Spring 2011	School Psychology Program Search Committee Member for Full Professor
Fall 2008 – Summer 2014	Department of Disability and Psychoeducational Studies Human Subject Protection Committee
Fall 2008 – Spring 2014	Department of Disability and Psychoeducational Studies Research Collaboration Task Force
Fall 2008 – Fall 2009	Department of Disability and Psychoeducational Studies Curriculum Collaboration Task Force
Fall 2008	Department of Disability and Psychoeducational Studies Research Methods Course Working Group
Fall 2007 – Spring 2008	Search Committee for Disability and Psychoeducational Studies Department Head
August 2006 - present	School Psychology Program Committee

College Committees

Spring 2019 – present	Medical Education Curriculum Committee
Fall 2009	College of Education Research Methods Working Group
Fall 2007 – Fall 2009	College of Education Academic Programs Committee

University Committees

Feb 2020 – present	Member, Motivation/Work Environment and Leadership Task Force; Communication and Transparency Subcommittee Co-Chair
Spring 2007, Fall 2007	Faculty Reviewer, Student Travel Grants

Clinical Practice, Leadership, and Supervision (including specialties/continuing education)

Jan 2020 – present	Instructor, Accredited Behavioral Sleep Medicine Fellowship Program, University of Arizona and Banner University Medical Center
Dec 2019	Trauma-Focused Cognitive-Behavioral Therapy refresher (online)
Nov 2019	Good Clinical Practice for Clinical Trials Involving Human Subjects in the Social and Behavioral Sciences, <i>Society for Behavioral Medicine</i> (online certificate)
Sept 2018 – present	Research Director, University-School-Hospital Alliance for Research on Educational Success (U-SHARES)
June 2018 – present	American Diabetes Association Mental Health Provider Directory (database linked in Medical Standards of Care)
Aug 2017 – present	Banner University Medical Center Hospital School Program, Externship Supervisor

Professional Memberships

June 2018;	American Diabetes Association's full membership
Jan 2020 - present	
Oct 2019 - present	Society for Behavioral Medicine
2018; Mar 2020 – present	Arizona Association of School Psychologists
2018	International Pediatric Sleep Association
June 2013 – present	
June 2010 – June 2011;	National Association of School Psychologists
2012 – June 2018	
2008, 2009, 2012, 2015	Sleep Research Society
2008, 2009, 2012	American Academy of Sleep Medicine
Spring 2008 – present	American Psychological Association; Division 16 School Psychology (starting January 2009)

Media Outreach - Selected News Coverage of Research (alphabetical order)

July 2017: Innovation section of Diabetes Forecast (International Newsletter) Sleep Tight. (pp. 17 – 18)
AZ Start (hospital school program; 2016)
NBC (for hospital school program; 2016)
Fox News Affiliates (for NSF Sleep Science and Hospital School Program; 2015, 2016)
Diabetes Insight audio program (2013)
For Diabetes and Sleep (2012 article):
CBS News Affiliates
Daily RX
Huffington Post
India Express
Irish Health
Medical Daily
Medical News Today
MedPage Today
MedScape Today
MSN
National Sleep Foundation
Psych Central
USA Today
US News and World Report

***Denotes graduate student or trainee (endocrinology fellow; postdoctoral fellow)

Publications

Peer-Reviewed Journals

Perfect M. M. (in-press). Sleep-related disorders in patients with type 1 diabetes: Current insights. *Nature and Science of Sleep*.

Li, A., Chen, S., Quan, S. F., Silva, G. E., Ackerman, C., Powers, L. S., ... & **Perfect, M. M.** (2020). Sleep patterns and sleep deprivation recorded by actigraphy in 4th-grade and

- 5th-grade students. *Sleep Medicine*. (senior author; took last position)
- Elrokhsi, S., Bluez, G., Chin, C., Wheeler, M., Silva, G. E., & **Perfect, M. M.** (2019). Differences in sleep architecture according to body mass index in children with type 1 diabetes. *Pediatric diabetes*. *** (senior author; took last position)
- Frye, S. S., **Perfect, M. M.**, & Silva, G. E. (2019). Diabetes management mediates the association between sleep duration and glycemic control in youth with type 1 diabetes mellitus. *Sleep medicine*. ***
- Knight, M. F., & **Perfect, M. M.** (2019). Glycemic control influences on academic performance in youth with Type 1 diabetes. *School Psychology*, 34, 646-651. ***
- Perfect, M. M.**, & Moore, I. M. K. (2019). Introduction to the special issue on school-related outcomes and success for youth with chronic medical conditions. *School Psychology*, 34, 622.
- Carlson, J. S., Yohannan, J., & Saint Gilles, M., Turley, M., Larez, N., & **Perfect, M. M.** (2019). Prevalence of adverse childhood experiences in school-aged youth: A systematic review (1990-2015). *International Journal of School and Educational Psychology*, 1-22. *** (co-lead on research project with first author; took last position)
- Li, A., Roveda, J., Silva, G., **Perfect, M. M.**, & Quan, S. (2018). A novel artificial neural network based sleep disordered breathing screening tool. *Journal of Clinical Sleep Medicine*, 14:1063-1069.
- Perfect, M. M.**, Frye, S., Bauman, S., Kroeger, S., Chou, C., & Shaw, L. (2017). A model for facilitating an inclusive experience for college students with health-related conditions: Application for students with diabetes. *The School Psychologist*, 71, 45-57. ***
- Reutrakul, S., Thakkinstian, A., Anothaisintawee, T, Chontong, S. Borel, A-L., **Perfect, M.M.** . . . Kuston, K.L. (2016). Sleep characteristics in type 1 diabetes and associations with glycemic control: Systematic review and meta-analysis. *Sleep Medicine*, 23, 26-45.
- Perfect, M.M.**, Beebe, D., Levine-Donnerstein, D., Frye, S., Bluez, G.P., & Quan, S.F. (2016). Development of a clinically-relevant sleep modification protocol for youth with Type 1 Diabetes. *Clinical Practice in Pediatric Psychology*, 4, 227-240. ***
- Perfect, M.M.**, Turley, M., Carlson, J. S., Yohannan, J., & Saint Gilles, M. (2016). School-related outcomes of traumatic exposure and traumatic stress in students: A systematic review of research from 1990 to 2015. *School Mental Health*, 8, 7-43. ***
- Perfect, M.M.**, & Smith, B. (2016). Hypnotic relaxation and yoga to improve sleep and school functioning. *Journal of International Educational and School Psychology*,

4, 43 -51.

- Perfect, M.M., & Mahoney, E.** (2015). Internships in school psychology: Issues and opportunities. *Psychology in the Schools, 52*, 943-945. ***
- Perfect, M.M., Thompson, M.E., & Mahoney, M.** (2015). Internship attainment and program policies: Trends in APA-accredited school psychology programs. *Psychology in the Schools Psychology in the Schools, 1008 – 1015.* ***
- Mahoney, E., **Perfect, M.M., & Edwinston, R.** (2015). Internship training directors' perceptions of school psychology internship applicants. *Psychology in the Schools, 52*, 984 – 997. ***
- Mahoney, E., **Perfect, M.M., & Edwinston, R.** (2015). Comparing school and school psychology internship applicants' characteristics. *Psychology in the Schools, 52*, 972-983. ***
- Perfect, M.M.** (2014). Evidence for a sleep health education program? *Journal of Clinical Sleep Medicine, 10*, 793 – 794.
- Perfect, M.M.** (2014). The relations of sleep and glucose to school performance in youth with type I diabetes. *Journal of Applied School Psychology, 30*, 7 - 28.
- Polcyn, D.M., Levine-Donnerstein, D., **Perfect, M.M., & Obrzut, J.** (2014). Reading intervention and special education referrals. *School Psychology Forum, 8*, 156-167. ***
- Perfect, M.M., Levine-Donnerstein, D., Archbold, K., Goodwin, J.E., & Quan, S.F.** (2014). The contribution of multiple sleep disturbances on school and psychosocial functioning. *Psychology in the Schools, 51*, 273-295.
- Perfect, M.M., Stoll, K.A., Thompson, K., Scott, R.E.** (2013). Analysis of state laws and policies following the implementation of the Fostering Connections to Success and Increasing Adoptions Act. *School Psychology Forum, 7*, 50-64. ***
- Perfect, M.M., Archbold, K., Goodwin, J., Levine-Donnerstein, D., & Quan, S.F.** (2013). Risk of difficulties in behavioral and adaptive functioning in youth with persistent and current sleep-disordered breathing. *SLEEP, 26*, 517 - 525.
- Perfect, M.M., & Jaramillo, E.** (2012). Relations between resiliency, diabetes-related quality of life, and disease markers to school-related outcomes in adolescents with diabetes. *School Psychology Quarterly, 27*, 29 – 40. ***
- Perfect, M.M., Patel, P.G., Scott, R.E., Wheeler, M.D., Patel, C., Griffin, K., Sorensen, S.T., Goodwin, J., & Quan, S.F.** (2012). Sleep, glucose, and daytime functioning in youth with type 1 diabetes. *SLEEP, 35*, 81 - 88. ***

- Dix, T., Meunier, L.N., Lusk, K., & **Perfect, M.M.** (2012). Mothers' Depressive symptoms and children's facial emotions: Examining the depression-inhibition hypothesis. *Developmental Psychopathology*, *24*, 195 – 210.
- Morrow, K.L., Thompson, C.A., Flatt, S.W., Wertheim, B.C., **Perfect, M.M.**, Ravia, J., Sherwood, N.E., Karanja, N., & Rock, C.L. (2012). Relationship between sleep and weight loss in women participating in a weight loss intervention trial. *Obesity*, ***
- Elkins, G.,R., Fisher, W., Johnson, A., Kendrick, C., Koep, L., Bunn, J. & **Perfect, M.M.** (2012). Initial development of a brief measure of psychological distress. *Psychological Reports*, *110*, 218 – 226.
- Perfect, M.M.**, Tharinger, D.T., Keith, T.Z., & Lyle-Lahroud, T. (2011). Relations between Minnesota Multiphasic Personality Inventory-A Scales and Rorschach variables with the scope and severity of maltreatment among adolescents. *Journal of Personality Assessment*, *93*, 582 – 591.
- Perfect, M.M.**, & Morris, R.J. (2011). Delivering school-based mental health services by school psychologists: Education, training, and ethical issues. *Psychology in the Schools*, *48*, 1049 – 1063.
- Perfect, M.M.**, Levine-Donnerstein, D., Swartz, N.E., Wheeler, L., & Amaya, G. (2011). Parents' and diabetic adolescents' perceptions of mental health screening, assessment, and feedback. *Administration and Policy in Mental Health and Mental Health Services Research*, *38*, 181-192. doi:10.1007/s10488-010-0312-1 ***
- Elkins, G.R., Fisher, W., Johnson, A., Marcus, J., Dove, J., **Perfect, M.M.**, Keith, T. (2011). Moderate effect of hypnotizability on hypnosis for hot flashes in breast cancer survivors. *Contemporary Hypnosis and Integrative Therapy*, *28*, 185 – 197.
- Perfect, M.M.**, Elkins, G., Lyle-Lahroud, T., & Curcio, J. (2010). Stress and sleep quality among individuals with diabetes. *Stress and Health*, *26*, 61 – 74. ***
- Perfect, M.M.**, & Elkins, G. (2010). Cognitive behavioral therapy and hypnotic relaxation to treat sleep problems in adolescents with diabetes. *Clinical Psychology: In Session*, *66*, 1205 – 1215.
- Elkins, G., Marcus, J., Bunn, J., & **Perfect, M.M.**, Palamara, L., Stearns, V., & Dove, J. (2010). Preferences for hypnotic imagery for hot-flash reduction: A brief communication. *International Journal for Clinical and Experimental Hypnosis*, *58*, 345- 349
- Elkins, G., Cooke, T., Dove, J., Markova, D., Marcus, J.D., Meyer, T., M. H., & **Perfect, M.M.** (2010). Perceived stress among nursing staff related to accreditation. *Clinical Nursing Research*, *19*, 376-386.

Elkins, G., Marcus, J., Stearns, V., **Perfect, M.M.**, Rajab, H., Ruud, C., Palamara, L., & Keith, T. (2008). Randomized trial of a hypnosis intervention for treatment of hot flashes among breast cancer survivors. *Journal of Clinical Oncology*, *26*, 5022 – 5026.

Auslander, B.A., **Perfect, M.M.**, Breitkopf, D.M., Succop, P. & Rosenthal, S.L. (2007). Microbicides: Women's "anticipated" sources of information, beliefs, and preferences for insertion. *Journal of Women's Health*, *16*, 1458 – 1467.

Short, M.B. **Perfect, M.M.**, Auslander, B.A., DeVellis, F., & Rosenthal, S.R. (2007). Measurement of microbicide acceptability among U.S. adolescent girls. *Journal of Sexually Transmitted Diseases*, *34*, 362-366.

Auslander, B.A., **Perfect, M.M.**, Succop, P.S., & Rosenthal, S.R. (2007). Perceptions of sexual assertiveness among adolescent girls: Initiation, refusal, and use of protective behaviors. *Journal of Pediatric and Adolescent Gynecology*, *20*, 157-162.

Elkins, G., White, J., Patel, P., Marcus, J., **Perfect, M.M.**, & Montgomery, G.H. (2006). Hypnosis to manage anxiety and pain associated with colonoscopy for colorectal cancer screening: Case studies and possible benefits. *International Journal of Clinical and Experimental Hypnosis*, *54*, 416-431.

Zubowicz, E.A., Yates, J.K., Short, M.B., **Perfect, M.M.**, Succop, P.S., & Rosenthal, S.R. (2006). Adolescent girls' descriptions of the physical characteristics of microbicide surrogates and experiences of use. *Journal of Women's Health*, *15*, 952-961.

Perfect, M.M., Bourne, N., Ebel, C., & Rosenthal, S.R. (2005). Complimentary and alternative medicine for the treatment of genital herpes. *Herpes*, *12*, 48-51.

Stark, K.D., **Perfect, M. M.**, Simpson, J., Schnoebelen, S., & Glenn, R. (2004). Encouraging academic careers: One of many desirable career options for doctoral school psychologists. *School Psychology Quarterly*, *19*, 382-397.

Perfect, M.M. (2001). Examining communicative behaviors in a 3-year-old boy (C.M.) who is blind. *Journal of Visual Impairment and Blindness*, *95*, 353-365.

Guest Edited Special Issues in Peer-Reviewed Journals

Perfect, M. M., & D'Amato R.C. (pending publication July 2020). History of the future of proactive school psychology: Transcending the past, present, and future. *School Psychology*

Perfect M.M. & Moore, I.D.K (November 2020). School-related outcomes and success for youth with chronic medical conditions. *School Psychology*

Perfect M.M. & Mahoney. E. (2016). Internships in school psychology: Issues and

opportunities. *Psychology in the Schools*. ***

Books

Perfect, M.M., Riccio, C., & Bray, M. (edited book under contract). *Health-related disorders in children and adolescents: A guidebook for understanding and educating*.

Book Chapters

Perfect, M.M. (2019). Applying Psychology in the Schools Series Forward (Division 16 Series Editor). *Mind- Body Health: School-Based Interventions*, in Mackle, C, & Bray, M. (Eds) American Psychological Association, Washington, DC.

Perfect, M. M., & Champagne, C. (2019). Hypnotic interventions in the schools. *Mind- Body Health: School-Based Interventions*, in Mackle, C, & Bray, M. (Eds). American Psychological Association, Washington, DC. ***

Perfect, M. M. Frye, S., Williams, S.B. (2019). Sleep-based interventions for the school setting. *Mind-Body Health: School-Based Interventions*, in Mackle, C, & Bray, M.. American Psychological Association, Washington. DC.

Perfect, M. M., Frye, S., & Sakakini, R., (2019). Sleep disorders. In Dempsey, A. (Eds.) *Pediatric health conditions in schools: A clinician's guide for working with children, families, and educators*. Oxford, United Kingdom: Oxford University Press.

Frye, S. **Perfect, M. M., & Graham, J.** (2018). Treating internalizing symptoms from an integrated behavioral health perspective. In Forman, S. G. & Shahidullah, J. D. (Eds.) *Handbook of pediatric behavioral healthcare: An interdisciplinary collaborative approach*. New York, NY: Springer.

Perfect, M.M. (2019). Applying Psychology in the Schools Series Forward (Division 16 Series Editor). *Behavioral Interventions in the Schools: Evidence-Based Positive Strategies*, in Little, S.G., & A-L, A. (Eds). American Psychological Association, Washington, DC.

Perfect, M.M. (2016). Hypnosis to assist with diabetes management. In Elkins, G., *Medical Hypnosis*.

Perfect, M.M., & Frye, S. (2014). Resiliency in pediatric chronic illness: Assisting youth at school and home. In Prince-Embury, S. (Eds.), *Resilient enhancement for youth in diverse populations*. New York, NY: Springer. ***

Perfect, M.M., & Elkins, G.R., & (2014). Hypnotherapy of childhood somatoform disorders. In W. Wester & L. Sugarman (Eds.), *Therapeutic Hypnosis with Children and Adolescents*. Williston, VT: Crown House Publishing.

Elkins, G.R., & **Perfect, M.M.** (2008). Hypnosis and health-compromising behaviors.

Oxford Handbook of Clinical Hypnosis, in M. Nash & A. Barnier (Eds.). Oxford: Oxford University Press.

Elkins, G.R., Ruud, C., & **Perfect, M.M.** (2008). Biobehavioral treatment of hot flashes in a 48 year-old menopausal woman, (pp. 177 – 185). In Kessler, R., & Stafford, D. (Eds.), *Collaborative Medicine Case Studies: Evidence in Practice*. New York: Springer Inc.

Elkins, G.R., & **Perfect, M.M.** (2007). Hypnotherapy of childhood somatoform disorders. In W. Wester & L. Sugarman (Eds.), *Therapeutic Hypnosis with Children and Adolescents* (pp. 217 – 240). Williston, VT: Crown House Publishing.

Tharinger, D. & **Perfect, M.M.** (2005). Psychotherapy. In S.W. Lee (Ed.), *Encyclopedia of School Psychology* (pp. 4196-4200). Thousand Oaks, CA: Sage Publications, Inc.

Perfect, M.M. (2003a). Corneal Dystrophy. In E. Fletcher-Janzen & C.R. Reynolds (Eds.), *Childhood disorders: Diagnostic desk reference* (pp. 151-152). New York: John Wiley and Sons, Inc.

Perfect, M.M. (2003b). Hyperkinesis. In E. Fletcher-Janzen & C.R. Reynolds (Eds.), *Childhood disorders: Diagnostic desk reference* (pp. 305-306). New York: John Wiley and Sons, Inc.

Perfect, M.M. (2003c). Retinoblastoma. In E. Fletcher-Janzen & C.R. Reynolds (Eds.), *Childhood disorders: Diagnostic desk reference* (pp. 540-541). New York: John Wiley and Sons, Inc.

Perfect, M.M. (2003d). Rickets, Hypophosphatemic. In E. Fletcher-Janzen & C.R. Reynolds (Eds.), *Childhood disorders: Diagnostic desk reference* (pp. 545-546). New York: John Wiley and Sons, Inc.

Perfect, M.M. (2003e). Rickets, Vitamin D Deficiency. In E. Fletcher-Janzen & C.R. Reynolds (Eds.), *Childhood disorders: Diagnostic desk reference* (pp. 546-547). New York: John Wiley and Sons, Inc.

Peer-Reviewed Scientific Newsletters and Other Publications

Sleep To Enhance Participation in STEM Team (proofing). *The Z-Factor Investigations in Sleep Science: 4th Grade Zzz Please!* (PI: **Perfect**, Co-Pi: Roveda; OToher Committee Members Charlotte Ackerman, Stuart Quan, University of Arizona STEPS team; Catalina Foothills School District Teacher Curriculum Committee; with support from Biological Sciences Curriculum Study)

Sleep To Enhance Participation in STEM Team (proofing). *The Z-Factor Investigations in Sleep Science: 5th Grade The Power of Zzz!* (PI: **Perfect**, Co-Pi: Roveda; OToher Committee Members Charlotte Ackerman, Stuart Quan, University of Arizona STEPS team; Catalina

Foothills School District Teacher Curriculum Committee; with support from Biological Sciences Curriculum Study)

Perfect, M. M., Frye, S., & Ochoa, E. (2018). Chronic illness: Helping handout for the school and home. In Bear, G. & Minke, K. (Eds.) *Helping Children at Home and School IV: Handouts for Families and Educators*. Bethesda, MD: National Association of School Psychologists.***

Perfect, M. M. & Frye, S. (2018). Sleep problems: Helping handout for the home. In Bear, G. & Minke, K. (Eds.) *Helping Children at Home and School IV: Handouts for Families and Educators*. Bethesda, MD: National Association of School Psychologists.

Perfect, M.M., McClung, A., & Bressette, K. (June 2013). Applying hypnosis to treat problems in school-age children: Reviewing science and debunking myths. *NASP Communique*, 41, 1, 9. ****

McClung, A., & **Perfect, M.M.** (April 2012). Sexual health education: Social and scientific perspectives and how school psychologists can be involved. *NASP Communique*, 40, 1, 3. ***

Scholarly Presentations at Professional Meetings

International

Perfect MM, Frye SS. (2018, April). *Considering the Z-Factor in type 1 diabetes*. Oral presentation as part the symposium *Sleep and Metabolic Functioning*, at the International Pediatric Sleep Association Congress; Paris, France. ***

Perfect, M.M., Elkins, G.R., Lyle-Lahroud, T., & Curcio, J. (2007, May). *Morning salivary cortisol associated with coping behaviors and sleep duration: Preliminary findings from a pilot study*. Presented at the Psychoneuroimmunology Research Society Conference, Arcachon, France. ***

Perfect, M.M., Elkins, G.R., & Herrera, L., Maxwell, & Nottingham-Smith, M.R. (2007, May). *Expressive prayer as a mind-body intervention to improve immunity and mood*. Presented at the Psychoneuroimmunology Research Society Conference, Arcachon, France.

Rosenthal, S.L., Zubowicz, E.A., **Perfect, M.M.**, Auslander, B.A., & Stanberry, L.R. (2005, July). *Adolescent girls' perceptions of the impact of a microbicide surrogate on their sexual experience*. Poster presentation at the 2005 International Society for Sexually Transmitted Diseases Research, Amsterdam, Netherlands.

National

Perfect, M.M. (accepted for August 2020). *Mechanisms For Funding Mentored Research Training to Support Undergraduate and Graduate Students* (Chair). Symposium to be presented at the American Psychological Association Annual Convention, Washington, DC.

Perfect, M.M., Mullins, M.V., & Brown-Perkl, B. (accepted for August 2020). *Positive Psychology Frameworks to Support Diverse Scholars in Year-Long Mentored Research Apprenticeships*. Mechanisms For Funding Mentored Research Training to Support Undergraduate and Graduate Students (Chair: Michelle M. Perfect). Symposium to be presented at the American Psychological Association Annual Convention, Washington, DC.

Fairchild, A. **Perfect, M.M.,** & Mullins, M.V. (accepted for August 2020). *A Panel of Stakeholders To Address Mechanisms To Increase and Support Underrepresented Students*. Mechanisms For Funding Mentored Research Training to Support Undergraduate and Graduate Students (Chair: Michelle M. Perfect). Symposium to be presented at the American Psychological Association Annual Convention, Washington, DC. ***

Perfect, M.M. (accepted for June 2020). *Addressing Zzz in Diabetes Management*. Diabetes Meets the Sandman--Sleep, Diabetes, and Glycemic Management (Chair: Sarah C. Wester). Symposium to be presented at the American Diabetes Association Annual Conference, Chicago, IL.

Perfect, M.M. & Mullins, V. (2020, January). *Using a Positive Psychology Framework To Cultivate The Pipeline of Diverse Scholars Through a Year-Long Mentored Research Program*. Increasing Diversity in Higher Education: A Look at the Pathways to the Educational Sciences Program. Symposium presented at the Investigator Meeting of the Institute for Educational Sciences, Washington, DC.

Perfect, M.M. (2019, August). *Establishing Evidence-Based Training to Promote Underrepresented Student Success in PhD Programs* (Chair: **Michelle M. Perfect**). Symposium presented at the Annual Meeting of the American Psychological Association, San Francisco, CA.

Perfect, M.M., Mullins, V.M., Fairchild, A., & Myer, T. (2019, August). *Initial Efficacy of a Structured Research Training Program for Underrepresented Students*. Establishing Evidence-Based Training to Promote Underrepresented Student Success in PhD Programs (Chair: **Michelle M. Perfect**). Symposium presented at the Annual Meeting of the American Psychological Association, San Francisco, CA.

Yates, L., Brown-Perkle, B.A., **Perfect, M.M.,** Myer, T., Fairchild, A., & Mullins, V.M. (2019, August). *Initial Efficacy of a Structured Research Training Program for Underrepresented Students*. Establishing Evidence-Based Training to Promote Underrepresented Student Success in PhD Programs (Chair: **Michelle M. Perfect**). Symposium presented at the Annual Meeting of the American Psychological Association, San Francisco, CA.

Fairchild, A., **Perfect, M.M.,** Larez, N. & Myer, T., & Mullins, V.M., (2019, August). *Perspectives of Underrepresented Students on Effective Mentored Research Training*.

Establishing Evidence-Based Training to Promote Underrepresented Student Success in PhD Programs (Chair: **Michelle M. Perfect**). Symposium presented at the Annual Meeting of the American Psychological Association, San Francisco, CA.

Myer, T., Fairchild, A., Yates, L. & **Perfect, M.M.**, (2019, August). *A Systematic Review of Research Training Programs to Prepare Underrepresented Students for PhDs* Establishing Evidence-Based Training to Promote Underrepresented Student Success in PhD Programs (Chair: **Michelle M. Perfect**). Symposium presented at the Annual Meeting of the American Psychological Association, San Francisco, CA.

Perfect, M.M. (2018, August). *Mentorship Across Settings and Contexts: Addressing the Needs of Underrepresented Students and Early Career Faculty and Employees*. In **M. Perfect** (Chair). Symposium presented at the Annual Meeting of the American Psychological Association, San Francisco, CA.

Turley, M.R., & **Perfect, M.M.** (2018, August). *Prevalence and Perceptions of traumatic exposure and traumatic stress in students with type 1 diabetes*. Poster to be presented at the Annual Meeting of the American Psychological Association, San Francisco, CA. ***

Frye, S., **Perfect, M. M.**, & Geiger, J. (2018, August). *Hospital-based neuropsychological services for students with chronic illnesses*. Symposium to be presented at the Annual Meeting of the American Psychological Association, San Francisco, CA. ***

Geiger, J., **Perfect, M. M.**, & Frye, S. (2018, August). *Background and introduction of neuropsychology to school-based practitioners*. Symposium to be presented at the Annual Meeting of the American Psychological Association, San Francisco, CA. ***

Frye, S., Ochoa, E., Brown, B. A. & **Perfect, M. M.** (2018, August). *Becoming mindful and empowered mentees: Mentoring for underrepresented trainees and ECPs*. Symposium to be presented at the Annual Meeting of the American Psychological Association, San Francisco, CA. ***

Perfect, M. M., Brown, B. A., Frye, S., & Ochoa, E. (2018, August). *Preparing the research mentor to promote pathways to doctoral studies for underrepresented students*. Symposium to be presented at the Annual Meeting of the American Psychological Association, San Francisco, CA. ***

Geiger, J.M., Wang, J.M., **Perfect, M.M.** (2018, February). *Engaging Students Through STEM: A 21st Century Learning Approach*. Poster to be presented at the 2018 National Association of School Psychologists annual convention, Chicago, IL. ***

Frye, S., Bluez, G., & **Perfect, M. M.** (2018, February). *Link between sleep and internalizing symptoms in type 1 diabetes*. Paper to be presented at the 2018 National Association of School Psychologists Annual Convention, Chicago, Illinois.

- Geiger, J.M., Bluez, G., **Perfect, M.M.** (2017, August). *School and Home Behavioral Effects of Adolescent Type-1 Diabetes Glucose Variability*. Poster presentation at the Annual Meeting of the American Psychological Association, Washington, D.C. ***
- Bluez, G.P., Geiger, J.M., Frye, S.S., **Perfect, M.M.** (2017, August). *Sleep architecture and glucose patterns in youth with T1DM*. Poster presentation at the Annual Meeting of the American Psychological Association, Washington, D.C. ***
- Frye, S. & **Perfect, M. M.** (2017, August). *An analysis of state laws related to the education of youth who are medically involved*. Symposium presented at the Annual Meeting of the American Psychological Association, Washington, DC. ***
- Perfect, M. M.** & Frye, S. (2017, August). *Hospital school programs for coordinating educational services for youth who are medically involved*. Symposium presented at the Annual Meeting of the American Psychological Association, Washington, DC. ***
- Carlson, J. S., Yohannan, J., Darr, C. L., Turley, M. R., & **Perfect, M. M.** (2017). A systematic review (1990-2015) of the prevalence of adverse events in school-aged youth. Poster presented at the 2017 Annual Conference of the American Psychological Association, Washington DC. ***
- Sakakini, R., Frye, S. & **Perfect, M. M.** (2017, February). *Pediatric sleep problems: What school psychologists need to know*. Mini-skills presentation presented at the 2017 National Association of School Psychologists Annual Convention, San Antonio, Texas. ***
- Roveda, J. M., Slepian, M. J., **Perfect, M. M.**, Quan, S. F., & Rahman, F. (2017, February). Embedded systems in Medical devices and their integration with medical data, EMR and Big Data. In *International Conference on Biomedical and Health Informatics (BHI)*.
- Graham, P. M., Goldstein, M., David, B. M., Perlis, M. L., **Perfect, M. M.**, Frye, S., Killgore, W., Carrasco, N., Alfonso-Miller, P., Gehrels, J., & Grandner, M. (2016, June). Longitudinal analysis of sleep duration using actigraphy and sleep diary: Stability and agreement over 8-11 months. In *SLEEP*.
- Graham, P. M., Goldstein, M., David, B. M., Perlis, M. L., **Perfect, M. M.**, Frye, S., Killgore, W., Carrasco, N., Alfonso-Miller, P., Gehrels, J., & Grandner, M. (2016, June). Longitudinal analysis of sleep duration using actigraphy and sleep diary: Stability and agreement over 8-11 months. In *SLEEP*.
- Roveda, J. M., **Perfect, M. M.**, & Quan, S. F. (2016, April). Modeling and Simulation for pediatric sleep and education performance correlations. In *Spring Simulation Multi-Conference*.
- Frye, S., & **Perfect, M.M.** (2016, February). *Sleep to feel better: Benefits of a sleep extension intervention for internalizing symptoms in youth with Type 1 Diabetes*. Paper

presented at the 2016 National Association of School Psychologists Annual Convention, New Orleans, Louisiana. ***

Perfect, M.M., Terjesen, M., Frye, S., & Quan, S. (2016, February). *Measuring Sleep problems among youth internationally: Methodology, outcomes, and implications*. symposium presented at the 2016 National Association of School Psychologists Annual Convention, New Orleans, Louisiana. ***

Perfect, M.M., Tanner, N., Frye, S., Schroeder, M., & Quan, S. (2015, August). *Real-time monitoring of sleep in practice, research, and personal use*. In **M. Perfect** (Chair), Symposium presented at the 123rd Annual Meeting of the American Psychological Association, Toronto, Ontario. ***

Tanner, N., **Perfect, M.**, Hicks, C., Turley, M.R., Chin, C., & Wheeler, M. (2015, August). *Real-time monitoring of diabetes management in practice, research, and personal use*. In **M. Perfect** (Chair), Symposium presented at the 123rd Annual Meeting of the American Psychological Association, Toronto, Ontario. ***

Frye, S., **Perfect, M.M.**, & Tanner, N. (2015, August). *Resiliency in youth with chronic medical conditions: Examples of youth with diabetes*. Paper presented at the 123rd Annual Meeting of the American Psychological Association, Toronto, Ontario. ***

Tanner, N. **Perfect, M.M.**, & Frye, S. (2015, August). *Multi-Informant perspective of psychosocial functioning in youth with type 1 diabetes*. Presented at the 123rd Annual Meeting of the American Psychological Association, Toronto, Ontario. ***

Schroeder, M., **Perfect, M.M.**, Bluez, G.P., & Wong, R. (2015, August). *Teachers' sleep and decision-making: A quasi-experimental study*. Presented at the 123rd Annual Meeting of the American Psychological Association, Toronto, Ontario. ***

Turley, M.R., & **Perfect, M.M.** (2015, August). Prevalence and School-related outcomes of traumatic exposure and traumatic stress in students. In **S. Overstreet** (Chair), Symposium presented at the 123rd Annual Meeting of the American Psychological Association, Toronto, Ontario. ***

Perfect, M.M. (2015, February). *Sleepy schools: The role of sleep in youth with and without chronic medical conditions and their teachers*. Paper presentation at the 2015 National Association of School Psychologists.

Perfect, M.M., & Schroeder, M. (2015, February). *The role of sleep in perceived stress and self-efficacy among teachers*. Paper presentation at the 2015 National Association of School Psychologists. ***

Chapman, O., **Perfect, M.M.**, & Levine-Donnerstein (2014, August). Ethnic identity and psychosocial outcomes in foster care youth. In **M. Perfect** (Chair), *Integrating multiple systems of care for youth in foster care*. Symposium conducted at the 2014 American Psychological Association Annual Convention, Washington, D.C. ***

- Edwinson, R., & **Perfect, M.M.** (2014, August). Behavioral health needs of youth in foster care. In **M. Perfect** (Chair), *Integrating multiple systems of care for youth in foster care*. Symposium conducted at the 2014 American Psychological Association Annual Convention, Washington, D.C. ***
- Stoll, K. A., **Perfect, M.M.**, Thompson, K., & Edwinson, R. (2014, August). State laws and policies related to educating youth in foster care. In **M. Perfect** (Chair), *Integrating multiple systems of care for youth in foster care*. Symposium conducted at the 2014 American Psychological Association Annual Convention, Washington, D.C. ***
- Thompson, K., Stoll, K. A., **Perfect, M.M.**, & Morris, R.J., (2014, August). Dually involved youth in the juvenile justice system. In **M. Perfect** (Chair), *Integrating multiple systems of care for youth in foster care*. Symposium conducted at the 2014 American Psychological Association Annual Convention, Washington, D.C. ***
- Bukoski, E., **Perfect, M.M.**, & Levine-Donnerstein, D. Sleep duration as a predictor of neurocognitive performance. Poster presentation at the 2014 American Psychological Association Annual Convention, Washington, D.C. ***
- Levine-Donnerstein, D., & **Perfect, M.M.** (2014, August). Associations of sleep architecture and behaviors. Poster presentation at the 2014 American Psychological Association Annual Convention, Washington, D.C. ***
- Hicks, C.A., & **Perfect, M.M.** (2013, August). *Perceptions of school-based supports for students with diabetes*. Poster session presented to the 121st Annual Meeting of the American Psychological Association, Honolulu, HI. ***
- Sorensen, S.T., **Perfect, M.M.**, Kim, H.M., Wences, M., Havens, C., Goodwin, J., Quan, S.F., & Archbold, K.H. (2013, July). *Neurocognition in Children with Obstructive Sleep Apnea and Comorbid Depression*. Poster session presented to the 121st Annual Meeting of the American Psychological Association, Honolulu, HI. ***
- Bukoski, E.A., Levine-Donnerstein, D., **Perfect, M.M.**, Goodwin, J., & Quan, S.F. (2013, July). *Children's self-perception of sleep duration as a predictor of neurocognitive performance*. Poster session presented to the 121st Annual Meeting of the American Psychological Association, Honolulu, HI. ***
- Mahoney, E.B., **Perfect, M.M.**, & Scott, R.E. (2013, July). Survey of internship training directors' perceptions of school psychology applicants. In E.B. Mahoney & M.M. Perfect (Co-Chairs), *Perspectives on school psychology students in non-school internships---A 360-degree view*. Symposium conducted at the 121st Annual Meeting of the American Psychological Association, Honolulu, HI. ***
- Perfect, M.M.**, & Keith T.Z. (2013, July). Training school psychology students for internships in nonschool settings. In E.B. Mahoney & M.M. Perfect (Co-Chairs),

Perspectives on school psychology students in non-school internships---A 360- degree view. Symposium conducted at the 121st Annual Meeting of the American Psychological Association, Honolulu, HI.

Perfect, M.M. (2013, June). Sweet Dreams—Sleep in Youth with Diabetes in *Sleep—A Novel Behavioral Target in Diabetes?* Wagner, J. (Chair). Symposium conducted at the Annual Meeting of the American Diabetes Association, Chicago, Illinois.

Sorensen, S.T., **Perfect, M.M.**, Wences, M., Havens, C., Kim, H.M., Goodwin, J., Quan, S.F., & Archbold, K.H. (2013, June). *Sleep Architecture and Neurocognitive Correlates in School-Aged Children with OSA and Comorbid Depressive Symptoms.* Poster session presented at SLEEP 27th Annual Meeting of the Associated Professional Sleep Societies, Baltimore, MD. ***

Perfect, M., **Stoll, K. A.**, & Morris, R.J. (2012, October). *Ethical and professional practice issues in the delivery of school-based mental health services.* Paper session presented at the 17th Annual Conference on Advancing School Mental Health, Salt Lake City, Utah.***

Wang, M., & **Perfect, M.** (2012, september). *Measured Health and Life: VLSI Designs for Future Mobile Health.* Mhealth and Mobile Matters Symposium.

Perfect, M.M., Archbold, K., Levine-Donnerstein, D., Goodwin, J., & Quan, S.F. (2012. August). *The contribution of sleep disturbances to academic and psychosocial functioning.* Poster presented at the 120th Annual Meeting of the American Psychological Association, Orlando, FL.

Perfect, M.M., & Jaramillo, E. (2012, August). *Resiliency is related to school functioning in youth with diabetes.* Poster presented the 120th Annual Meeting of the American Psychological Association, Orlando, FL. ***

Perfect, M.M., Archbold, K., Goodwin, J., & Quan, S.F. (2012, June). *Risk of impairment in behavioral and adaptive functioning in youth with persistent and current sleep-disordered breathing.* Paper presented at SLEEP 26th Annual Meeting of the Associated Professional Sleep Societies, Boston, MA.

Sorensen, S.T., **Perfect, M.M.**, Scott, R.E., & Levine-Donnerstein, D. (2011, August). *Maltreatment characteristics, parental substance use, and subsequent adolescent use of alcohol and marijuana.* Poster presented at the 119th Annual Meeting of the American Psychological Association, Washington, D.C. ***

Perfect, M.M., & Morris, R.J. (2011, February). *Ethical issues in school psychologists delivering school-based mental health services.* Paper presented at the National Association of School Psychologists 2011 Annual Convention, San Francisco, CA. ***

- Scott, R.E., **Perfect, M.M.**, & Sorensen, S.T. (2011, February). *Cognitive and academic functioning in youth with maltreatment histories*. Paper presented at the National Association of School Psychologists 2011 Annual Convention, San Francisco, CA. ***
- Perfect, M.M.**, Amaya, G., Swartz, N.E., Jaramillo, E., & Wheeler, L. (2010, August) *Mental health screening, assessment, and referral for adolescents with diabetes*. Paper presented at the 118th Annual Meeting of the American Psychological Association, San Diego, CA. ***
- Wheeler, L.E., **Perfect, M.M.**, & Obrzut, J. (2010, August). *Relationship among diabetes, depressive symptoms, and neuropsychological functioning in adolescents*. Poster presented at the 118th Annual Meeting of the American Psychological Association, San Diego, CA. ***
- Perfect, M.M.**, Patel, P.G., Scott, R.R., Sorensen, S.T., & Lehr, J.E. (2010, June). *Sleep, glucose, and daytime functioning: A multi-method study of youth with type 1 diabetes*. Poster presented at SLEEP 2010 Annual Meeting of the Associated Professional Sleep Societies, San Antonio, TX. ***
- Patel, P.G., **Perfect, M.M.**, Patel, C.M., Wheeler, M.D., & Griffin, K. (2010, June). *Evaluation of the relationship between glucose variability, sleep and activity levels in children with type 1 diabetes mellitus*. Poster presented at the Annual Meeting of the American Diabetes Association, Orlando, FL. ***
- Perfect, M.M.**, Swartz, N., & Mercier, D. (2009, August). *Bariatric surgery candidate pre-surgery perceptions: Social and developmental considerations*. Poster presented at the 117th Annual Meeting of the American Psychological Association, Toronto, CAN. ***
- Perfect, M.M.**, Swartz, N., Youman, M., & Wheeler, L. (2009, August). *Caregivers' perspectives on psychosocial services for their children with endocrine disorders*. Poster presented at the 117th Annual Meeting of the American Psychological Association, Toronto, CAN. ***
- Chapman, O.G., & **Perfect, M.M.** (2009, August). *Measuring the accuracy of psychologists in prescribing medication through vignettes*. Poster presented at the 117th Annual Meeting of the American Psychological Association, Toronto, CAN. ***
- Elkins, G.R., Marcus, J., Sterns, V., **Perfect, M.M.**, Rajab, M.H., Dove, J., & Bunn, J. (2009, August). *Hypnosis for hot flashes: A randomized clinical trial*. Paper presented at the 117th Annual Meeting of the American Psychological Association, Toronto, CAN.
- Dove, J., Elkins, G.R., Marcus, J., Sterns, V., **Perfect, M.M.**, & Bunn, J. *Assessment of hypnotizability and the possible moderating role in treatment of hot flashes*. Paper presented at the 117th Annual Meeting of the American Psychological Association,

Toronto, CAN.

Bunn, J., Elkins, G.R., Marcus, J., Sterns, V., **Perfect, M.M.**, Rajab, M.H., & Dove, J. (2009, August). *Additional psychological and physiological benefits of hypnosis for treatment of hot flashes*. Paper presented at the 117th Annual Meeting of the American Psychological Association, Toronto, CAN.

Perfect, M.M., Breslin, J.H., Cousins, J., & Bootzin, R. (2009, June). *Insomnia subtypes and improvement: Results from the insomnia-methods study*. Poster presented at SLEEP 2009 Annual Meeting of the Associated Professional Sleep Societies, Seattle, WA.

Elkins, G.R., Marcus, J., Sterns, V., **Perfect, M.M.**, Rajab, M.H., Dove, J., & Bunn, J. (2009, April). *Moderating effect of hypnotizability on hypnosis for hot flashes in breast cancer survivors*. Poster presented at the Society for Behavioral Medicine, Montreal, CAN

Perfect, M.M., Curcio, J., & Elkins, G.R. (2008, June). *The feasibility and potential benefit of hypnotic relaxation to reduce stress among individuals with diabetes mellitus: The need to address sleep problems in this population*. Poster presented at SLEEP 2008 Annual Meeting of the Associated Professional Sleep Societies, Baltimore, MD. ***

Perfect, M.M., Curcio, J., Lyle-Lahroud, T., & Elkins, G.R. (2007, June). *Feasibility of using actigraphy to objectively measure sleep in adolescents and adults diagnosed with diabetes mellitus*. Poster presented at SLEEP 2008 Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MN. ***

Perfect, M.M., Elkins, G.R., Lyle-Lahroud, T., & Curcio, J. (2007, June). *Preliminary findings from actigraph data among adolescents and adults with diabetes mellitus: Implications for diabetic health*. Poster presented at SLEEP 2008 Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MN. ***

Zubowicz, E.A., Yates, J.K., **Perfect, M.M.**, Auslander, B.A., & Rosenthal, S.L. (2006, March). *Adolescent girls' descriptions of the physical characteristics of microbicide surrogates*. Poster presented at the Society for Adolescent Medicine, Boston, MA.

Perfect, M.M., Zubowicz, E.A., Auslander, B.A., Rupp, R., & Rosenthal, S.R. (2005, May). *Relations of demographics and experiences to perceptions of microbicides*, Paper presented at the 2005 North American Society for Pediatric and Adolescent Gynecology, New Orleans, LA.

Auslander, B.A., **Perfect, M.M.**, Breitkopf, D.M., Succop, P.S., & Rosenthal, S.R. (2006, May). *Microbicides: Women's "anticipated" sources of information, beliefs, and preferences for insertion*. Poster presented at the 2005 North American Society for Pediatric and Adolescent Gynecology, New Orleans, LA.

Auslander, B.A., **Perfect, M.M.**, & Rosenthal, S.L. (2005, April). *Sexual assertiveness*

among adolescent girls. Poster presented at the 2005 Great Lakes Regional Conference on Child Health, Columbus, Ohio.

Tharinger, D. J. & **Perfect, M.M.** (2003, August). *Interpersonal Child/Adolescent Psychotherapy: Training, Supervision, and Therapist-trainee Development*. Poster presented at the Annual Meeting of the American Psychological Association, Toronto, Can.

Invited (National)

Perfect, M.M. (2019). *Sleep in Diabetes Management*. Presented to physicians, researchers, and educators at Georgetown University Hospital as part of the Clinical and Translation KL2 Award program.

Invited (Local)

Perfect, M.M. (2020). *Family engagement in pediatric sleep intervention research*. Presented as part of the Family Studies Speaker Series, University of Arizona.

Perfect, M.M. (2013; 2015). *Sleepy schools*. Presented to APA-accredited Psychology Interns at Banner Health Arizona Medical Center Behavioral Health Pavilion.

Perfect, M.M. (2011, December). *The role of sleep in diabetes management and school functioning in youth with type 1 diabetes*. Presented at the Sleep Research Group Meeting; University Medical Center; University of Arizona, Tucson, AZ.

Perfect, M.M., Bressette, K.A., & McClung, A.A. (2011, December). *Understanding and treating sleep disturbances in adolescents and adults*. Presented at the Southern Arizona Psychological Association; Tucson, AZ.

Perfect, M.M., Morris, R.J., Scott, R.E., & Sorensen, S.T. (2010, February). *School psychologists as mental health service providers: Ethical and professional development issues*. Presented at the Southern Arizona Psychological Association "Back to School" event; University of Arizona, Tucson, AZ. ***

Perfect, M.M., Wheeler, L.E., & Swartz, N.E. (2008, March). *Mental health screening and assessment among youth diagnosed with diabetes*. Presented at Disability and Psychoeducational Studies Brown Bag; University of Arizona, Tucson, AZ.***

Perfect, M.M. (2007, February). *Associations of physiological and psychological markers of stress and sleep in adolescents and adults with Diabetes Mellitus*. Presented at the Center for Injury Mechanisms and Related Responses; University of Arizona, Tucson, AZ.

Perfect, M.M. (2006, March). *Psychological Assessment Seminar (PGY-3 Residents): Neuropsychological Assessment*. Presented at the Scott and White Memorial Hospital, Temple, TX.

Perfect, M.M. (2005, October). *Human Sexuality Seminar (PGY-3 Residents): Socio-cultural*

issues in sexuality. Presented at the Scott and White Memorial Hospital, Temple, TX.

Perfect, M.M., & Speth, G. (2004, March). *Understanding Attention Deficit Hyperactivity Disorder (ADHD) in the Schools*. Presented at the University of Medicine and Dentistry of New Jersey: School Partnership, Newark, NJ.

Speth, G., & Perfect, M.M. (2004, March). *Academic and social skills interventions for children with ADHD*. Presented at the University of Medicine and Dentistry of New Jersey: School Partnership, Newark, NJ.

Grants and Awards

Current and Pending

INTERN Supplement for The Z-factor Program: A Data-Driven, Sleep Education Program to Improve STEM in Elementary School Students

Sponsor: National Science Foundation (1433185 Supplement)

Role: Principal Investigator (Co-PI: Roveda)

Amount Awarded: \$189,000

Funding Period: July 2017 – June 2020 (NCE)

Extending Sleep to Improve Glycemic Control in Pediatric Type 1 Diabetes

Sponsor: National Institutes of Health (R01-DK-110528)

Role: Principal Investigator

Amount Awarded: \$2,100,000

Funding Period: July 1, 2016 – June 30, 2022

Pathways to Doctoral Studies in Education-Related Fields: Underrepresented Students (AWARDSS) (Access, Wellness, and Relational Determinants of School Success) Training Program

Sponsor: Institute of Educational Sciences (R305B160003)

Role: Principal Investigator (Co-PI: Brown) Amount Awarded: \$1,073,278

Funding Period: August 2016 – July 2021

Research Experiences for Undergraduates Supplemental for The Z-factor Program: A Data-Driven, Sleep Education Program to Improve STEM in Elementary School Students

Sponsor: National Science Foundation (1433185 supplement)

Role: Principal Investigator (Co-PI: Roveda)

Amount Awarded: \$58,000

Funding Period: April 2016 – December 2017 (No-Cost Extension to June 2020)

The Z-factor Program: A Data-Driven, Sleep Education Program to Improve STEM in Elementary School Students

Sponsor: National Science Foundation (1433185)

Role: Principal Investigator (Co-PI: Roveda)

Amount Awarded: \$1,199,322

Funding Period: January 2015 – December 2017 (No Cost Extension to June 2020)

Sponsored Work

*University-School-Hospital Alliance for Research on Educational Success
(Subproject) Kubi Konnection: Increasing Access for Students with Chronic Medical Conditions
who are Unable to Attend School*

Cumulative funds: ~\$16,000

Previous Research Support

*Undergraduate Diversity Supplement for Extending Sleep to Improve Glycemic Control in
Pediatric Type 1 Diabetes*

Sponsor: National Institutes of Health (R01-DK-110528-S1)

Role: Principal Investigator

Amount Awarded: \$18,500

Funding Period: January 2019 – August 2019

*Elucidating the Role of Sleep in Glycemic Control and Neurobehavioral Functioning in
Youth with Type 1 Diabetes*

Sponsor: American Diabetes Association (7-CE-13-72)

Role: Principal Investigator

Amount Awarded: \$521,839

Funding Period: July 2013 – June 2016 (NCE to December 2017)

*Interdisciplinary Mentorship to Advance Pediatric Sleep Research in Youth with Type 1
Diabetes*

Sponsor: Research, Discovery, and Innovation (UA)

Role: Principal Investigator (Co-I: Parthasarathy)

Amount Awarded: \$37,673

Funding Period: August 2017 – July 2018

*Undergraduate Minority Internship for Elucidating the Role of Sleep in Glycemic Control and
Neurobehavioral Functioning in Youth with Type 1 Diabetes*

Sponsor: American Diabetes Association

Role: Principal Investigator

Amount Awarded: \$3,000

Funding Period: 2016

*Undergraduate Minority Internship for Elucidating the Role of Sleep in Glycemic Control and
Neurobehavioral Functioning in Youth with Type 1 Diabetes*

Sponsor: American Diabetes Association

Role: Principal Investigator

Amount Awarded: \$3,000; \$3,000

Funding Periods: 2014; 2015

Integrating Medical and Psychological Services for Adolescents with Diabetes

Sponsor: Institute for Mental Health Research

Role: Principal Investigator

Amount Awarded: \$24,964

Funding Period: August 1, 2008 to July 31, 2009

Sleep and Glucose Regulation in Youth with Type I Diabetes Mellitus

Sponsor(s): Father's Day Council; Faculty Small Grants Program (University of Arizona) Role:

Principal Investigator

Amount Awarded: \$20,000; \$9,954

Funding period: July 2008 – July 2010; July 2008 – July 2009

A Pilot Study to Examine the Effects of a Hypnosis Intervention on Stress and Sleep in Diabetic Adolescents and Young Adults

Sponsor: Scott and White Education and Research Foundation

Role: Principal Investigator

Total Funded Amount: \$39,998.00

Project Period: April 2006 - September 2006

A Pilot Study of Expressive Prayer and Immunity

Sponsor: Scott and White Education and Research Foundation

Role: Co-Investigator; Gary Elkins, Ph.D. (P.I.) Total

Funded Amount: \$40,000.00

Project Period: February 2006 - September 2006

Reliability and Validity of the Elkins Distress Scale

Sponsor: Scott and White Education and Research Foundation

Role: Co-Investigator; Gary Elkins, Ph.D. (P.I.) Total

Funded Amount: \$2,998.00

Project Period: August 2005 - August 2006

Hypnotizability in Men

Sponsor: Scott and White Education and Research Foundation

Role: Co-Investigator; Gary Elkins, Ph.D. (P.I.) Scott

and White Research Foundation

Total Funded Amount: \$2,998.00

Awarded: January 2006 - September 2006