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I. General Research Interest

- A. Family caregivers, specifically parents, of children with developmental disabilities, including autism spectrum disorders
 - 1. Impaired sleep
 - 2. Caregiving stress
 - 3. Mental and Physical Health
 - 4. Sleep health intervention development
- B. Sleep measurement
 - 1. Objective measures of sleep, such as actigraphy, in parents of children with developmental disabilities
 - 2. Objective measures of sleep, including videosomnography, in children with developmental disabilities.
- C. Secondary Data analysis
 - 1. National Survey of Children's Health (NSCH)

II. Current Research Projects

- A. The use of actigraphy and videosomnography to measure sleep-wake patterns in mothers and their school-aged children with developmental disabilities: A feasibility study
- B. The factors predicting poor mental and physical health in parents of children with autism spectrum disorder (ASD): Data from 2016-2018 National Survey of Children's Health (NSCH)

III. Research Skills

- A. Quantitative research methodologies
- B. Community-based study recruitment and management
- C. Developing and implementing descriptive/correlational research studies
- D. SPSS database development and quantitative analysis
- E. Integrative reviews
- F. Obtaining and interpreting sleep data from actigraphy