

**Rebecca (Becca) Campbell, Ph.D.**

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**CURRENT POSITION**

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<b>Bowling Green State University</b> Department of Psychology Assistant Professor	Bowling Green, OH	2025-current
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**EDUCATION**

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<b>University of Arkansas</b> Doctor of Philosophy in Clinical Psychology (APA accredited program) Dissertation: The Effects of Sleep Deprivation on Reappraisal of Negative Situations. Advisor: Ellen W. Leen-Feldner, Ph.D.	Fayetteville, AR	2017-2023
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<b>University of Arizona College of Medicine</b> Clinical Psychology Internship (APA accredited program) Training Director: Denise Rodriguez-Esquivel, Ph.D.	Tucson, AZ	2022-2023
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<b>University of Arkansas</b> Master of Arts: Psychology Thesis: An Experimental Test of the Effects of Sleep Deprivation on Approach Behavior. Advisors: Ellen W. Leen-Feldner Ph.D. & Matthew Feldner, Ph.D.	Fayetteville, AR	March 2020
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<b>University of Pittsburgh</b> <i>Magna Cum Laude</i> Bachelor of Science: Psychology and Religious Studies	Pittsburgh, PA	2011-2014
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<b>Al-Ahliyya University</b>	Amman, Jordan	Summer 2013
<b>Hawai'i Pacific University</b>	Honolulu, HI	2010-2011

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**ACADEMIC POSITIONS**

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<b>University of Arizona Department of Psychology</b> Postdoctoral Research Assistant Advisor: Daniel J. Taylor, Ph.D.	Tucson, AZ	2023-2025
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**AWARDS, FELLOWSHIPS, AND SCHOLARSHIPS**

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2025	Outstanding Postdoctoral Scholar Award- University of Arizona
2024	Sursum Fellow- University of Arizona
2023	Society of Behavioral Sleep Medicine Travel Award
2022-2023	HRSA Behavioral Health Workforce Education and Training Fellow – University of Arizona
2017-2021	Distinguished Doctoral Fellow - University of Arkansas
2020	Howells Student Educational Experience - University of Arkansas
2020, 2025	Sleep Research Society Trainee Merit Award

2019-2020      HRSA Graduate Psychology Education Program Fellow – University of Arkansas  
2013              Nationality Room Scholarship- Bruhn’s Memorial Fund

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## GRANT ACTIVITY

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3. **Campbell, R.L.** *Reliable assessment of sleep disorders using the Structured Clinical Interview of Sleep Disorders-Revised (SCISD-R)*. (2024). American Academy of Sleep Medicine Focused Projects for Junior Investigators Award. Mentors: Daniel Taylor, Ph.D. and Kristi Pruiksma, Ph.D. (Grant Number: 327-FP-24, \$39,939.00)
2. **Campbell, R.L.** *Advancing psychological science through the development of skills in psychometric analyses*. (2024) University of Arizona Postdoctoral Research Development Grant. Mentor: Daniel Taylor, Ph.D. (\$1437)
1. **Campbell, R.L.** *A study of the relation between sleep and thinking patterns*. (2021). Howells Student Research Grant. Mentor: Ellen Leen-Feldner, Ph.D. (Grant Number: 2110.01S, \$1833).

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## MANUSCRIPTS UNDER REVIEW

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Walker, J., **Campbell, R.L.**, Bridges, A.J., Acosta, C., & Vargas, I. (under review) A “single-shot” of Cognitive Behavioral Therapy for Insomnia in integrated primary care: A pilot study. *SLEEP*

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## MANUSCRIPTS IN PREPARATION

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- Campbell, R.L.**, Pruiksma, K., Dietch, J.R., Wilkerson, A.K., Wardle-Pinkston, S., Nagy, S.M., Emert, S.E., Leete, J.J., Lara, H., Kim, K.N., Palmer, J.M., Benjamin, J., & Taylor, D.J. (in preparation). Psychometric Evaluation of the Structured Clinical Interview for Sleep Disorders-Revised (SCISD-R): A Reliability Study.
- Campbell, R.L.**, Rodriguez, K., Jenson, C., Leighton, S.C., Nieforth, L.O., Bristol, S., Taylor, D.J., Ashbeck, E., Bedrick, E., Bandin, E., vanMarle, K., MacLean, E., Bray, E., Davis, L., O’Haire, M.E. (in preparation) A Warrior’s Best Friend: A Randomized Clinical Trial on Service Dogs for Veterans with Posttraumatic Stress Disorder. *To be submitted to Randomized Clinical Trials*
- Tyler, H., Pruiksma, K.E., Straud, C.L., Buccellato, K.H., Seifert, A.E., Resick, P.A., Taylor, D.J., Dondanville, K.A., Young-McCaughan, Mintz, J., Price, W.A., **Campbell, R.L.**, Marx, B.P., Peterson, A.L., & Sloan, D.M., for the STRONG STAR Consortium. (in preparation), Sleep Outcomes Following Written Exposure Therapy and Cognitive Processing Therapy for Posttraumatic Stress Disorder in United States Service Members.
- Campbell, R.L.**, Thompson, L., Williams, P., Assar, A., Gournay, L.R., Nguyen, A., Vargas, I., & Leen-Feldner, E.W. (in preparation). Reappraising Negative Situations After a Night of Sleep Deprivation. *To be submitted to Behavioral Sleep Medicine*

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## PEER-REVIEWED JOURNAL ARTICLES

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11. Pruiksma, K.E., Davis, J., Dietch, J.R., Taylor, D.J., Lin, T., **Campbell, R.L.**, Tyler, H., Price, W., Olson, E., Wardle-Pinkston, S., Young-McCaughan, S., Peterson, A.L., Bolstad, C., LoSavio, S., & Wilkerson, A., for the STRONG STAR Consortium (in press) The Development and Evaluation of a Web-

Based Training Program for Cognitive Behavioral Therapy for Nightmares (CBTN):  
CBTNightmares.org. *Military Medicine*.

10. Pruiksma, K.E, Miller, K., Davis, J., Gehrman, P., Harb, G., Ross, R., Balliett, N., Taylor, D.J., Nadorff, M., Brim, W., Dietch, J., Tyler, H., Wardle-Pinkston, S., **Campbell, R.L.**, Friedlander, J., & Peterson, A. (2025). An Expert Consensus Statement for Implementing Cognitive Behavioral Therapy for Nightmares in Adults. *Behavioral Sleep Medicine*.
9. **Campbell, R.L.**, & Bridges, A.J. (2024). Harnessing the Power of Integrated Behavioral Health to Enhance Insomnia Intervention in Primary Care. *Journal of Clinical Medicine*. doi:10.3390/jcm13185629
8. Bristol, S., Leighton, S.C., Schwichtenberg, A.J., **Campbell, R.L.**, Ashbeck, E., Taylor, D.J., Bedrick, E., & O’Haire, M.E. (2024). The influence of service dog partnerships on perceived and objective sleep quality for military veterans with PTSD. *Frontiers in Sleep*. doi:10.3389/frsle.2024.1432919
7. Gorovoy, S.B., **Campbell, R.L.**, Fox, R.S., & Grandner, M.A. (2023). App-supported sleep coaching: Pilot study and implications for sleep duration and sleep quality. *Frontiers in Sleep*. doi:10.3389/frsle.2023.1156844
6. **Campbell, R.L.**, & Bridges, A.J. (2022). Bedtime procrastination mediates the relation between anxiety and sleep problems. *Journal of Clinical Psychology*, 1-15. doi:10.1002/jclp.23440
5. **Campbell, R.L.**, Feldner, M.T., & Leen-Feldner, E.W. (2022). An experimental test of the effects of acute sleep deprivation on affect and avoidance. *Journal of Behavior Therapy and Experimental Psychiatry*, 77, doi:10.1016/j.jbtep.2022.101770
4. **Campbell, R.L.**, Cloutier, R., Bynion, T.M., Nguyen, A., Blumenthal, H., Feldner, M.T., Leen-Feldner, E.W. (2021). Greater adolescent tiredness is related to more emotional arousal during a hyperventilation task: An area under the curve approach. *Journal of Adolescence*, 90, 45-52. doi:10.1016/j.adolescence.2021.05.008
3. **Campbell, R.L.**, Bynion, T.M., Forte, J., Feldner, M.T., & Adams, T. (2020). Specificity of disgust in the prediction of avoidance of possible contaminants. *Cognitive Therapy and Research*, 44, 386-392. doi:10.1007/s10608-019-10067-2
2. Germain, A., McKeon, A. B., & **Campbell, R. L.** (2017). Sleep in PTSD: Conceptual model and novel directions in brain-based research and interventions. *Current Opinion in Psychology*, 14, 84-89, doi:10.1016/j.copsyc.2016.12.004
1. **Campbell, R.L.**, & Germain, A. (2016). Nightmares and posttraumatic stress disorder (PTSD). *Current Sleep Medicine Reports*, 2(2), 74-80, doi:10.1007/s40675-016-0037-0

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## BOOK CHAPTERS

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2. Vargas, I., Walker, J., **Campbell, R.L.**, & Veilleux, J. (in press). Stress and Affective Dysregulation. In Hall, D. (Ed) *CBT Innovations in Treating Insomnia and Depression*
1. Germain, A., **Campbell, R.L.**, & McKeon, A.B (2018). Sleep disturbances and sleep assessment methods in PTSD. In Vermetten, E., Germain, A. & Neylan, T. C. (Eds.), *Sleep and Combat-Related Post Traumatic Stress Disorder* (pp. 193-200). New York, NY. Springer. doi:10.1007/978-4939-7148-0

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## ORAL PRESENTATIONS

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20. **Campbell, R.L.** (2025, April). *The Reliability of the Structured Clinical Interview for Sleep Disorders-Revised (SCISD-R)*. Behavioral Sleep Medicine Seminar (BSMinar) University of Arizona, Tucson, AZ.
19. Walker, J.L., **Campbell, R.L.**, Bridges, A.J., Acosta, C., Perlis, M., Ellis, J., Vargas, I. (2025, June) *"Single-Shot" Cognitive Behavioral Therapy for Insomnia (CBT-I) is related to improvements in sleep onset and maintenance problems*. Abstract submitted for 39<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies.
18. **Campbell, R.L.** (2025, February). *Rest Interrupted: Exploring the Personal and Societal Barriers to Sleep*. Osher Lifelong Learning Institute, University of Arizona
17. Tyler, H., Pruiksma, K. E., Wilkerson, A., Miller, K., Davis, J. L., Taylor, J. R., Dietch, J.R., Gehrman, P., Nadorff, M., Brim, W., **Campbell, R.L.**, Price, W., Peterson, A. L., for the STRONG STAR Consortium. (2024, November). *Sweet Dreams are Made of a Unified Nightmare Treatment Protocol: Expert-Driven Strategies, Manual Development, and Recommendations for Implementing Cognitive Behavioral Therapy for Nightmares*. 52<sup>nd</sup> annual meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
16. Taylor, D.J., Huskey, A., Emert, S.E., Nagy, S.M., Kim, K., Leete, J., **Campbell, R.L.**, Lopez, N., Olson, E., Killgore, W.D., Grilli, M.D. (2024, September). *Comparing In-person, Videoconferencing and Internet Delivered Cognitive Behavioral Therapy for Insomnia Versus Waitlist Control in Middle-Aged Adults with Chronic Insomnia Disorder*. 27<sup>th</sup> Annual Cyberpsychology, Cybertherapy, and Social Networking Conference. Phoenix, AZ.
15. **Campbell, R.L.**, Pruiksma, K. E., Wilkerson, A., Taylor, D.J., Dietch, J.R., Tyler, H., Price, W., Davis, J.L., Wardle-Pinkston, S., Young-McCaughan, S., LoSavio, S., Peterson, A.L., for the STRONG STAR Consortium (2024, September). *The Development of CBTNightmaresWeb*. Presented at the 27<sup>th</sup> Annual Cyberpsychology, Cybertherapy, and Social Networking Conference, Phoenix, AZ.
14. Nagy, S., **Campbell, R.L.**, Pruiksma, K. E., Wilkerson, A., Taylor, D.J., Dietch, J.R., Tyler, H., Price, W., Davis, J.L., Wardle-Pinkston, S., Young-McCaughan, S., LoSavio, S., Peterson, A.L., for the STRONG STAR Consortium (2024, September). *Epidemiology and Treatment of Nightmares*.

Presented at the 27<sup>th</sup> Annual Cyberpsychology, Cybertherapy, and Social Networking Conference, Phoenix, AZ.

13. Wilkerson, A., Dietch, J.R., Taylor, D.J., **Campbell, R.L.**, Pruiksma, K. E., Tyler, H., Price, W., Davis, J.L., Wardle-Pinkston, S., Young-McCaughan, S., LoSavio, S., Peterson, A.L., for the STRONG STAR Consortium (2024, September). *Launch and 1-year follow up of CBTIweb*. Presented at the 27<sup>th</sup> Annual Cyberpsychology, Cybertherapy, and Social Networking Conference, Phoenix, AZ.
12. Dietch, J.R., Taylor, D.J., **Campbell, R.L.**, Pruiksma, K. E., Wilkerson, A., Tyler, H., Price, W., Davis, J.L., Wardle-Pinkston, S., Young-McCaughan, S., LoSavio, S., Peterson, A.L., for the STRONG STAR Consortium (2024, September). *Development of CBTIweb*. Presented at the 27<sup>th</sup> Annual Cyberpsychology, Cybertherapy, and Social Networking Conference, Phoenix, AZ.
11. Taylor, D.J., **Campbell, R.L.**, Pruiksma, K. E., Wilkerson, A., Dietch, J.R., Tyler, H., Price, W., Davis, J.L., Wardle-Pinkston, S., Young-McCaughan, S., LoSavio, S., Peterson, A.L., for the STRONG STAR Consortium (2024, September). *Epidemiology and Treatment of Insomnia*. Presented at the 27<sup>th</sup> Annual Cyberpsychology, Cybertherapy, and Social Networking Conference, Phoenix, AZ.
10. Bristol, S., Leighton, S.C., Schwichtenberg, A. J., **Campbell, R.L.**, Ashbeck, E.L., Taylor, D.J., Edward J. Bedrick, E.J., O'Haire, M.E. (2024, September). *The Impact of Service Dog Partnerships on Veteran Sleep Quality*. Presented at the University of Arizona College of Veterinary Medicine Research Day, Tucson, AZ.
9. **Campbell, R.L.**, Nguyen, A.M., Gournay, L.R., Vargas, I., Williams, P., Assar, A., Leen-Feldner, E.W. (2024, June). *Sleep Deprivation Impairs the Ability to Reappraise Negative Situations*. Presented at the 38<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, Houston, TX.
8. **Campbell, R.L.**, Chernyak, Y., Feldman, E., Gloston, G., Williams, R., Vargas, I., & Kathryn Hensen. (2024, February). *The Value of Attending the SBSM Scientific Conference*. Society of Behavioral Sleep Medicine Webinar, Virtual.
7. Vargas, I., Walker, J. L., **Campbell, R.L.**, Bridges, A., Acosta, C., Perlis, M., & Ellis, J. (2023, November). *Randomized Controlled Trial of a "One-Shot" Cognitive Behavioral Therapy for Insomnia (CBT-I) in Primary Care Patients: A Pilot Study*. 5<sup>th</sup> annual Society of Behavioral Sleep Medicine Scientific Conference, San Diego, CA.
6. Walker, J. L., **Campbell, R.L.**, Bridges, A., Acosta, C., & Vargas, I. (2023, November). *Prevalence of Insomnia and Other Comorbid Sleep Disorders Among Primary Care Patients at an Integrated Behavioral Health Center*. 5<sup>th</sup> annual Society of Behavioral Sleep Medicine Scientific Conference, San Diego, CA.
5. Pruiksma, K. E., Tyler, H., Wilkerson, A., Taylor, D. J., Dietch, J. R., Price, W. A., **Campbell, R. L.**, Wardle-Pinkston, S., Peterson, A. L., Young-McCaughan, S., Davis, J., Balliett, N., Gehrman, P., Harb, G., Miller, K., Ross, R., Friedlander, J., Brim, W., & LoSavio, S. (2023, November). *Cognitive*

*Behavioral Therapy for Nightmares (CBT-N): Development of a consensus manual and web-based training.* 8<sup>th</sup> Annual Combat PTSD Conference, San Antonio, TX.

4. **Campbell, R.L.** (2023, October). *What is Keeping Us at Night?* American Psychological Association Health Behavior Series, Virtual.
3. **Campbell, R.L.**, & Bridges, A.J. (2023, August). *Bedtime Procrastination, Anxiety, and Clinical Practice.* Behavioral Sleep Medicine Seminar (BSMinar) University of Arizona, Tucson, AZ.
2. **Campbell, R.L.**, Bilsky, S.A., Feldner, M.T., & Leen-Feldner, E.W. (2018, November). *The interaction between anxiety sensitivity and cigarette smoking level in relation to sleep onset latency among adolescent cigarette smokers.* 52<sup>nd</sup> annual meeting of the Association of Behavioral and Cognitive Therapies, Washington D.C.
1. **Campbell, R.L.** (2016, February). *Not all who wonder are lost.* Invited talk for the University of Pittsburgh chapter of Psi Chi, Pittsburgh, PA.

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#### **MODERATED TALKS**

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2. Patel, S., Seixas, A., & Jackson, C.L. moderated by **Campbell, R.L.** (2021, May). *Mechanisms of Sleep Health Disparities.* Moderated talk for the Sleep Research Society Trainee Symposia Series.
1. Payne, J., & Alger, S.E. moderated by **Campbell, R.L.** (2021, May). *Neuroanatomy Underlying Sleep and Emotion.* Moderated talk for the Sleep Research Society Trainee Symposia Series.

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#### **POSTER PRESENTATIONS**

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30. Pruiksma, K., **Campbell, R.L.**, Davis, J.L., Dietch, J.R., Taylor, D.J., Lin, T., Tyler, H., Price, W., Olson, E., Wardle-Pinkston, S., Young-McCaughan, Peterson, A.L., Bolstad, C., LoSavio, S.T., Wilkerson, A., for the STRONG STAR Consortium (2025, October). *Innovative Online Training in Cognitive Behavioral Therapy for Nightmares.* Abstract submitted for the Annual Meeting of the Society of Behavioral Sleep Medicine. Kansas City, MI.
29. **Campbell, R.L.**, Pruiksma, K., Dietch, J.R., Wilkerson, A.K., Wardle-Pinkston, S., Nagy, S.M., Emert, S.E., Leete, J.J., Lara, H., Kim, K.N., Palmer, J.M., Benjamin, J., & Taylor, D.J. (2025, June). *Psychometric Evaluation of the Structured Clinical Interview for Sleep Disorders-Revised (SCISD-R): A Reliability Study.* Poster presented at the 39<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies.
28. Emert, S.E., Huskey, A., Nagy, S.M., Kim, K.N., Leete, J.J., Lopez, N., Olson, E., Lara, H., **Campbell, R.L.**, Taylor, D.J. (2025, June). *Cognitive Behavioral Therapy for Insomnia Outcomes: Insomnia Identity and Insomnia Severity.* Poster presented at the 39<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies.
27. Stover, C., Emert, S.E., Tucker, E., Elmore, L., Huskey, A., Nagy, S.M., Kim, K.N., Leete, J.J., Lopez, N., Olson, E., Lara, H., **Campbell, R.L.**, Taylor, D.J. (2025, June). *Client Expectations of Different*

*Cognitive Behavioral Therapy for Insomnia Modalities and Related Treatment Outcomes.* Poster presented at the 39<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies.

26. Walker, J.L., **Campbell, R.L.**, Bridges, A.J., Acosta, C., Perlis, M., Ellis, J., Vargas, I. (2025, June) *"Single-Shot" Cognitive Behavioral Therapy for Insomnia (CBT-I) is related to improvements in sleep onset and maintenance problems.* Poster presented at the 39<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies.
25. **Campbell, R.L.**, Bristol, S., Leighton, S.C., Schwichtenberg, A.J., Asbeck, E., Taylor, D.J., Bedrick, E., & O'Haire, M.E. (2024, November). *Does Fear of Sleep Mediate the Relation Between Service Dog Partnership and PTSD Severity?* Poster presented at the 58<sup>th</sup> Annual Meeting of the Association of Behavioral and Cognitive Therapies.
24. Olson, E.A., Pruiksma, K.E., **Campbell, R.L.**, William, P.A., Taylor, D.J., Dietch, J.R., Wilkerson, A.K., Tyler, H.C., Davis, J.L., LoSavio, S.T., Young-McCaughan, S., Peterson, A.L. (2024, October). *Impact of training background in trauma psychology or behavioral sleep medicine when learning Cognitive Behavioral Therapy for Nightmares.* Poster presented at the 9<sup>th</sup> Annual Combat PTSD Conference.
23. **Campbell, R.L.**, Pruiksma, K.E., Dietch, J.R., Olson, E., Price, W., Taylor, D.T., Wilkerson, A., Tyler, H., Davis, J.L., LoSavio, S., Young-McCaughan, S., Peterson, A.L. (2024, October) *Improving CBTNightmaresWeb Trainee Evaluations Using Item Response Theory.* Abstract accepted for presentation at the 9<sup>th</sup> Annual Combat PTSD Conference.
22. Bristol, S., Leighton, S.C., Schwichtenberg, A. J., **Campbell, R.L.**, Ashbeck, E.L., Taylor, D.J., Edward J. Bedrick, E.J., O'Haire, M.E. (2024, September). *The Impact of Service Dog Partnerships on Veteran Sleep Quality.* Presented at the University of Arizona College of Veterinary Medicine Research Day.
21. Pruiksma, K.E., Wilkerson, A., Taylor, D.J., Dietch, J.R., Tyler, H., Price, W., **Campbell, R.L.**, Davis, J.L., Wardle-Pinkston, S., Young-McCaughan, S., LoSavio, S., Peterson, A.L., for the STRONG STAR Consortium. (2024, September). *Dreaming Big: Launching a Web-Based Provider Training for Cognitive Behavioral Therapy for Nightmares.* Poster presented at the International Traumatic Stress Studies (ISTSS) meeting.
20. Pruiksma, K.E., Wilkerson, A., Taylor, D.J., Dietch, J.R., Tyler, H., Price, W., **Campbell, R.L.**, Davis, J.L., Wardle-Pinkston, S., Young-McCaughan, S., LoSavio, S., Peterson, A.L., for the STRONG STAR Consortium. (2024, August) *Dreaming Big: Launching a Web-Based Provider Training for Cognitive Behavioral Therapy for Nightmares.* Poster presented at the Military Health System Research Symposium (MHSRS).
19. Bristol, S., Leighton, S.C., Schwichtenberg, A. J., **Campbell, R.L.**, Ashbeck, E.L., Taylor, D.J., Edward J. Bedrick, E.J., O'Haire, M.E. (2024, June). *The Impact of Service Dogs on Veteran Sleep Quality.*

Presented at the 33<sup>rd</sup> Annual Meeting of the International Society for Anthrozoology Conference.

18. Pruiksma, K.E., Miller, K., Davis, J., Taylor, D.J., Dietch, J., Gehrman, P., Nadorff, M., Brim, M., **Campbell, R.L.**, Tyler, H., Price, W., Peterson, A.L., for the STRONG STAR Consortium. (2024, June) *Shining Light on Nightmare Treatment: Expert-Driven Strategies, Manual Development, and Recommendations for Implementing Cognitive Behavioral Therapy in Adults with Nightmares*. Poster presented at the 38<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies.
17. Pruiksma, K.E., Wilkerson A., Taylor D.J., Dietch J., Tyler, H., Price, W, **Campbell, R.L.**, Davis, J., Wardle-Pinkston, S., Young-McCaughan, S., LoSavio, S., Peterson, A.L, for the STRONG STAR Consortium. (2024, June) *Dreaming Big: Launching a Web-based Provider Training for Cognitive Behavioral Therapy for Nightmares*. Poster presented at the 38<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies.
16. **Campbell, R.L.**, Nguyen, A.M., Gournay, L.R., Vargas, I., Williams, P., Assar, A., & Leen-Feldner, E.W. (2024, June). *Sleep Deprivation Impairs the Ability to Reappraise Negative Situations*. Poster presented at the 38<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies.
15. **Campbell, R.L.**, Tyler, H., Price, W., Wilkerson, A., Taylor, D.J., Dietch, J.R., Wardle-Pinkston, S., Davis, J., Peterson, A.L., Young-McCaughan, S., Pruiksma, K.E., for the STRONG STAR Consortium. (2023, November). *Examination of Learning Through Pre- and Post-test Module Questions During Web-based Training in Cognitive Behavioral Therapy for Nightmares*. Poster presented at the 8<sup>th</sup> Annual Combat PTSD Conference.
14. Price, W. A., **Campbell, R. L.**, Tyler, H., Wilkerson, A., Taylor, D. J., Dietch J. R., Wardle-Pinkston, S., Davis, J., LoSavio, S., Young-McCaughan, S., Peterson, A. L., & Pruiksma, K. E., for the STRONG STAR Consortium. (2023, November). *Web-based provider training for Cognitive Behavioral Therapy for Nightmares: Alpha tester reactions and satisfaction*. Poster presented at the 8<sup>th</sup> Annual Combat PTSD Conference.
13. Severson, E., Nguyen, A.M., **Campbell, R.L.**, Leen-Feldner, E.W. (2021, October). *Effects of sleep deprivation on emotional reactivity*. Poster presented virtually at the Arkansas Psychological Association.
12. Nguyen, A.M., **Campbell, R.L.**, Vance, A., Leen-Feldner, E.W. (2021, June). *Effects of sleep on intrusive symptoms and emotion reactivity in a laboratory film-based analogy study*. Poster presented virtually at the 35<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies.
11. Nguyen, A.M., **Campbell, R.L.**, Mobley, A., & Vargas, I. (2021, June). *Transitions to virtual administration of CBT-I during COVID-19: Strengths & barriers*. Case presentation presented virtually at the 35<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies.



10. Walker, J., **Campbell, R.L.**, & Vargas, I. (2021, June). *Do depressive symptoms mediate the association between insomnia and physical activity?* Poster presented virtually at the 35<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies.
9. **Campbell, R.L.**, Walker, J., Makhanova, A., & Vargas, I. (2021, June). *The role of insomnia symptoms in the relation between perceived vulnerability to disease and COVID-19 anxiety.* Poster presented virtually at the 35<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies.
8. **Campbell, R.L.**, Ledesma, R., Guzman, L., & Bridges, A. (2021, June). *Bedtime procrastination but not total sleep time mediates the association between anxiety and sleep problems.* Poster presented virtually at the 35<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies.
7. Lindsey, E., **Campbell, R.L.**, & Leen-Feldner, E.W. (2020, December). *Too tired to tolerate: A multimodal assessment of the link between sleep quality, distress tolerance, and academic performance.* Poster presented virtually at the University of Arkansas Honors College undergraduate poster competition.
6. Petry, J., Padon, C., Bach, S., **Campbell, R.L.**, Leen-Feldner, E.W. (2020, October). *Sleep deprivation increases self-reported avoidance.* Poster presented virtually at the Arkansas Psychological Association Convention.
5. **Campbell, R.L.**, Lindsey, E., Vance, A., Nguyen, A.M., Feldner, M.T., Leen-Feldner, E.W. (2020, June). *Sleep deprivation increases self-reported but not behavioral avoidance.* Poster presented virtually at the 34<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies.
4. Vance, A., Nguyen, A.M., **Campbell, R.L.**, Bynion, T.M., Feldner, M.T., & Leen-Feldner, E.W. (2019, October) *State tiredness predicts emotional reactions to hyperventilation and sadness induction tasks among adolescents.* Poster presented at the Arkansas Psychological Association Convention.
3. **Campbell, R.L.**, Bilsky, S.A., Feldner, M.T., & Leen-Feldner, E.W. (2019, November). *Adolescent cigarette smoking interacts with anxiety sensitivity in relation to sleep onset latency.* 52<sup>nd</sup> Annual Meeting of the Association of Behavioral and Cognitive Therapies.
2. Nguyen, A.M., **Campbell, R.L.**, Bynion, T.M., Feldner, M.T., Leen-Feldner, E.W. (2019, April) *State tiredness predicts emotional reactions to a laboratory-based challenge among adolescents.* Poster presented at the 39th Annual Conference of the Anxiety and Depression Association of America.
1. **Campbell, R.L.**, Troxel, W., Richardson, R., Gunn, H., Matthews, K., Buysse, D., Germain, A. (2015, June). *Sleep in military couples during and after deployment: A preliminary qualitative study.* Poster presented at the 29<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies.

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## RESEARCH EXPERIENCE

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University of Arizona, Department of Psychology

Tucson, AZ

**Postdoctoral Research Associate**, Daniel J. Taylor, Ph.D.

July 2023 – Current

*Reliable Assessment of Sleep Disorders Using the Structured Clinical Interview of Sleep Disorders-Revised (SCISD-R)*

PI: Rebecca L. Campbell, Ph.D.

This project, funded by the American Academy of Sleep Medicine, aims to evaluate the psychometric properties of the SCISD-R to improve the reliable diagnosis of sleep disorders. Double-rated interviews are used to assess inter-rater reliability. This training grant also included advanced training in R and psychometric analyses as well as the development of a K award.

Conducted double-rated interviews, analyzed inter-rater reliability data, prepared manuscripts for submission to peer-reviewed journals, and collaborated on the development of future research plans.

*Mechanisms of Change of Cognitive Behavioral Therapy for Insomnia (CBTi): A Randomized Control Pilot Trial*

PI: Daniel Taylor, Ph.D.

This internally funded pilot randomized clinical trial plans to investigate the pre-post treatment change in sleep and resultant physiological and psychological changes (e.g., core body temperature, heart rate variability, inflammation, cognitive performance, fMRI, depression, anxiety) following a course of CBTi via telehealth, in-person, or asynchronous online training.

Provided in-person and telehealth CBTi to protocol patients; Developed standard operating procedures for imminent risk of suicide and adverse events; Conducted structured clinical interviews and cognitive screening.

*Web-Based Provider Training for Cognitive Behavioral Therapy for Nightmares (CBT-N); Phases 2 & 3*

PI: Kristi Pruiksma, Ph.D.

This DoD-funded study (W81XWH2110576) is designed to 1) develop a web-based provider training program to disseminate precision assessment and treatment of nightmares with a first line non-pharmacological treatment, cognitive behavioral therapy for nightmares (CBTn), and assessed practitioner reaction/satisfaction and learning/knowledge gain across alpha- and beta-testing, and 2) compare reaction/satisfaction, learning, and subsequent behavior of providers who complete CBTnweb versus a live workshop using the same training materials.

Developed materials for web-based training; Cleaned and analyzed data; prepared manuscripts for submission to peer-reviewed journals; Collaborated on the development of a treatment manual.

*Multi-site, longitudinal trial evaluating the efficacy, mechanisms, and moderators of service dogs for military veterans with PTSD*

PI: Maggie O'Haire, Ph.D.

This NIH-funded study (R01HD106413) is a two-armed randomized clinical trial designed to assess the efficacy and dose-response curve of service dogs for Veteran PTSD symptomology and psychosocial functioning. Clinician assessment of PTSD symptoms using the CAPS-5R, standardized surveys, ecological momentary assessment of daily experiences, salivary metrics of stress, sleep, and canine behavior are assessed over a 12-month period. Results are expected to elucidate the clinical impact of service dogs for military Veterans with PTSD, as well as the biobehavioral mechanisms of action and characteristics that moderate efficacy.

Primarily responsible for organizing the CAPS-5R team, conducting reliability, and managing fidelity meetings with Dr. Frank Weathers. Assisted in selection and implementation of sleep measures, both objective and subjective; Created a protocol for adverse events; Cleaned and analyzed data; Collaborated on the preparation of manuscripts for submission to peer-review journals.

University of Arkansas, Department of Psychological Science

Fayetteville, AR

**Graduate Student Researcher**, Ellen Leen-Feldner, Ph.D.

2017-2023

*A Study of the Effects of Sleep Deprivation on Cognition*

PI: Rebecca L. Campbell (mentored by Ellen Leen-Feldner, Ph.D.)

Committee Members: Ellen Leen-Feldner, Ph.D., Ana J. Bridges, Ph.D., Ivan Vargas, Ph.D.

This internally funded dissertation project examined the effects of sleep deprivation on the ability to reappraise negative situations in an undergraduate sample. Developed study design, applied for funding, remotely recruited participants, administered study tasks, and monitored sleep deprivation, analyzed data.

*Too Tired to Tolerate; The Relation Between Sleep Quality and Distress Tolerance*

PI: Elise Lindsay (undergraduate honors student under the mentorship of Ellen Leen-Feldner, Ph.D.)

This internally funded undergraduate honors project measured the relation between sleep quality and distress tolerance during an unsolvable puzzle task. Co-mentored honors student in the development of study design, data collection, data analysis, and presentation.

*A Study of the Effects of Sleep Deprivation on Approach Behavior*

PI: Rebecca L. Campbell (mentored by Ellen Leen-Feldner, Ph.D.)

Committee Members: Ellen Leen-Feldner, Ph.D., Matthew Feldner, Ph.D., Lindsay Ham, Ph.D.

This repeated-measures study examined the effects of sleep deprivation on behavioral and self-reported avoidance as measured by a behavioral avoidance task. Under the mentorship of my committee, I developed the study design, collected and analyzed all data, and presented findings.

University of Pittsburgh Medical Center

Pittsburgh, PA

**Research Project Assistant**, Anne Germain, Ph.D.

2014-2017

Assisted in data collection for several DoD-funded studies focused on sleep challenges in military veterans. Studies examined differences in performance and sleep metrics in veterans with and without PTSD. Additionally, I assisted in the alpha phase of development for an app designed to

connect clinicians to patients during CBTI. Lastly, I cleaned and analyzed qualitative data of the experiences of military couples as it relates to sleep during and after deployment.

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## TEACHING EXPERIENCE

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University of Arkansas

Fayetteville, AR

### Instructor of Record

General Psychology (4 sections)

2021-2022

*Developed syllabus for hybrid course, designed course lectures and activities, wrote exams, advised students, graded all course material. Course was a lower division class required for the Psychology major. Enrollment: 36-40 students. Average student rating: 4.81 (out of 5)*

### Graduate Teaching Assistant

Research Methods – Brenda Zies, Ph.D.

Spring, 2018

Advanced Seminar: Substance Use and Misuse – Lindsay Ham, Ph.D.

Spring, 2018

General Psychology- Jeremy Holm, M.A.

Fall, 2017

Advanced Seminar: Bullying and Aggression- Tim Cavell, Ph.D.

Fall, 2017

### Guest Lectures

Graduate Psychopathology: Sleep Disorders (Lindsay Ham, Ph.D.)

Spring 2022

Undergraduate Abnormal Psychology: Sleep Disorders (Ellen Leen-Feldner, Ph.D.)

Spring 2018

### Didactic Presentations

STRONGSTAR Didactic: The Effects of Sleep Deprivation on Reappraisal

Fall, 2023

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## CLINICAL EXPERIENCE

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Banner University Medical Center

Tucson, AZ

### Clinical Psychology Predoctoral Intern

#### *Whole Health Clinic*

Chad McWhinnie, Ph.D.

July 2022 – June 2023

Focus: providing behavioral healthcare in an integrated setting to a consistently underserved and culturally diverse population that is dependent on Medicaid to cover their treatment costs.

#### *Assessment*

Kyle Suhr, Ph.D.

July 2022 – June 2023

Focus: administering, scoring, and interpreting a variety of assessment instruments for pre-surgical candidacy.

#### *Research*

Michael Grandner, Ph.D., DBSM

July 2022- June 2023

Focus: developing skills in grant-writing and dissemination, building line of research in sleep medicine.

#### *Behavioral Sleep Medicine*

Cristina Garcia, Ph.D., Denise Rodriguez-Esquivel, Ph.D., DBSM

January 2023- June 2023

Focus: assessing, diagnosing, and treating sleep disorders, clinical interviewing, case conceptualization, and consideration of other medical and psychiatric conditions.

*Chronic Pain*

Mairead McConnell, Ph.D.

July 2022 – December 2022

Focus: assessing for and treating behavioral and psychiatric concerns that contribute to chronic pain.

The Southern Arizona Asylum Clinic

Tucson, AZ

**Psychological Evaluator**, Noshene Ranjbar, M.D.

Spring 2023

Focus: conducting evaluations of psychological well-being as part of court cases for torture victims seeking political asylum.

Fayetteville Veterans Affairs: Trauma Treatment Team

Fayetteville, AR

**Graduate Student Trainee**, Melissa Gowen, Ph.D.

August 2021 – May 2022

Focus: conducting individual treatment for PTSD, PTSD evaluations using the CAPS-5, cognitive behavioral therapy for insomnia groups, and developing proficiencies in prolonged exposure and cognitive processing therapy.

Pat Walker Health Center

Fayetteville, AR

**Behavioral Health Consultant**, Ana Bridges, Ph.D.

August 2019 - May 2020

Focus: collaboration with the primary-care team to implement time limited, evidence-based behavioral health interventions.

Community Clinic NWA

Fayetteville, AR

**Medication-Assisted Treatment (MAT) Group**, Ana Bridges, Ph.D.

March 2020

Focus: observation of individual and group MAT sessions.

University of Arkansas Psychological Clinic

Fayetteville, AR

**Assessment Practicum**, Ana Bridges, Ph.D.

July 2021 - August 2021

Focus: selecting, administering, and interpreting neuropsychological tests and report writing as a senior clinician.

**Summer I Practicum**, Lindsay Ham, Ph.D.

May 2021 - July 2021

Focus: understanding the role of psychopharmacology in clinical practice.

**Supervision Practicum**, Jennifer Veilleux, Ph.D.

January 2021 - May 2021

Focus: practicing and forming an identity related to supervisory skills.

**Intervention Practicum**, Tim Cavell, Ph.D.

August 2020 - December 2020

Focus: Unified Protocol, case formulation, and patient collaboration.

**Summer II Practicum**, Lauren Rosso, Ph.D.

July 2020 - August 2020

Focus: interpersonal process issues, and case conceptualization.

**Summer I Practicum**, Ivan Vargas, Ph.D.

May 2020 - July 2020

Focus: structured clinical interviews and diagnostic assessment.

**Spring 2020 Practicum**, Ivan Vargas, Ph.D.

January 2020 - May 2020

Focus: Cognitive Behavioral Therapy for Insomnia in individual and group settings.  
**Diversity Practicum**, Lindsay Ham, Ph.D. August 2019 - December 2019  
 Focus: cultural knowledge, humility, and responsiveness.  
**Summer II Practicum**, Ana Bridges, Ph.D. July 2019 - August 2019  
 Focus: identifying patients with suicidal ideation and intent, crisis management.  
**Summer I Practicum**, Lindsay Ham, Ph.D. May 2019 - July 2019  
 Focus: case conceptualization and identifying appropriate evidence-based treatments.  
**Intervention Practicum**, Lindsay Ham, Ph.D. January 2019 - May 2019  
 Focus: building rapport, setting treatment goals, and implementing evidence-based treatments.  
**Assessment Practicum**, Ana Bridges, Ph.D. August 2018 - December 2018  
 Focus: selecting, administering, and interpreting neuropsychological tests, report writing.

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## ACADEMIC SERVICE

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Psychology Students for Inclusion, Diversity, and Equity 2020 - 2021  
 Sleep Research Society Trainee Education Advisory Committee 2021  
 Trainee Symposia Series Subcommittee  
 Diversity Committee, University of Arkansas 2017-2018, 2020-2021

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## COMMUNITY INVOLVEMENT

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Guest Lecturer 2025  
 Osher Lifelong Learning Institute (OLLI) Tucson, AZ

As a guest lecturer for OLLI, I presented internal and external barriers to quality sleep to a community of lifelong learners aged 50 and older. OLLI offers engaging, non-credit educational programs that promote intellectual growth, social connection, and personal enrichment. My presentation aimed to increase awareness of the importance of sleep and inspire practical changes to improve sleep health within this community.

Asylum Evaluator 2023-current  
 The Southern Arizona Asylum Clinic

As a pro bono evaluator, I conduct psychological evaluations for torture victims seeking political asylum in the United States. Evaluations aim to determine the severity of psychological distress and traumatic experiences as well as current mental health challenges.

Standard Time Champion 2024-current  
 Coalition for Permanent Standard Time

As a standard time advocate, I support the adoption of permanent Standard Time to promote better health, safety, and well-being. I attended the Sleep Research Society's Save Standard Time Bootcamp. I aim to raise awareness about the negative effects of Daylight-Saving Time.

Project Mentor  
Brevard Middle School

2023-current  
Melbourne, FL

As a project mentor for 7th grade students at a Title 1 school, I guided students in the development of a research project that investigated the relation between daytime behaviors and sleep patterns, daytime stress and nightmares, and the differences between the way adults and children experience fear.

Featured Scientist  
Queer'd Science

2024  
Tucson, AZ

I collaborated with a visual storyteller for an event celebrating LGBTQIA+ individuals in STEM. The event highlighted the work and challenges faced by LGBTQIA+ scientists at the University of Arizona.

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## EDITORIAL SERVICE

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### Peer Reviews

Social Sciences	2025
Journal of Behavioral Sleep Medicine	2025
Dreaming	2024
Journal of Clinical Medicine	2024
Journal of International Psychiatry	2024
Journal of Health Psychology	2023
BMC Psychiatry	2023

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## AFFILIATIONS

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- Sleep Research Society
- American Academy of Sleep Medicine
- Society of Behavioral Sleep Medicine
- Arizona Psychological Association
- National Postdoctoral Association
- Society for a Science of Clinical Psychology
- American Psychological Association
- University of Pittsburgh Alumni Association
- University of Arkansas Alumni Association
- Psi Chi: The National Honors Society of Psychology

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## TRAINING AND CERTIFICATIONS

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- Collaborative IRB Training Initiative (CITI; current)
- Sleep Research Society Leadership Development Workshop (2025)
- Star Behavioral Health Providers Military Competency Training; Tier 1 (2025)
- National Postdoctoral Association SmartSkills Certificate (2024)
- Men In Mind (2024)

- Getting Started with Cognitive Behavioral Therapy for Insomnia (CBTI; Grandner, Perlis, Posner, & Cuddihy 2024)
- University of Arizona Postdoctoral Professional Development Certificate (2024)
- Sleep Research Society Grant Development Workshop (2024)
- CBTNightmaresweb (2024)
- MOCA (2022)
- CPTweb (2021)
- VA Remote Work Trainings (2021)
- Signal Preprocessing and Feature Extraction for Data Analytics with MATLAB (2020)
- Signal Processing with MATLAB (2020)
- University of Pittsburgh Summer SWIM: Sleep and Circadian Workshop on Indispensable Methods (2020)
- University of Pittsburgh Diversity in Rhythm and Sleep (DIVERS; 2020)
- CBTIweb (2020)
- Telepsychology Best Practices 101: About the Tech (2020)
- Razorback Safe Zone (2020)
- Interpersonal and Social Rhythm Therapy (2019)