

Brett A. Messman, Ph.D.

Assistant Professor | Director of Ambulatory Healthy Aging Laboratory
Department of Psychology | Behavioral Science Program
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EDUCATION

2024	Ph.D.	Behavioral Science	University of North Texas
2022	M.S.	Psychology	University of North Texas
2017	B.A.	Biology & Psychology	University of North Texas

PROFESSIONAL EXPERIENCE

2025-present	Assistant Professor	Department of Psychology, University of North Texas	University of North Texas
2024-2025	Pathways NIH T32 Postdoctoral Fellow	Center for Healthy Aging, The Pennsylvania State University	State College, PA
2022-2024	Lead Research Program Coordinator	Program Evaluation and Research Unit (PERU), University of Pittsburgh	Pittsburgh, PA
2017-2020	Research Assistant I for NIH R01AI12835901	University of North Texas	Denton, TX
Summer 2015	William C. Dement Fellow	Brown University	Providence, RI

PUBLICATIONS

Peer-Reviewed Publications

†Mentored student publications

*Co-first authorship

36. **Messman, B.A.***, Leota, J.*, Flora, Le., Jasinski, S., Capodilupo, E.R., Facer-Childs, E.R., & Wiley, J.F. (*in press*). How many nights are needed? The short-term stability of intraindividual variability in sleep parameters derived from accelerometry data in a cohort of normal sleepers. *SLEEP*.
35. Contractor, A.A., **Messman, B.A.**, Dicker-Oren S.D., Weiss, N.H., Sznitman, S., & Greene, T. (*in press*). Positive autobiographical memories in the treatment of posttraumatic stress disorder: An exploratory intervention study. *Psychological Trauma: Theory, Research, Practice, and Policy*.

34. Wang, S.[†], **Messman, B.A.**, Greene, T., & Contractor, A.A. (2026). The short-term stability and reliability of daily estimates of posttraumatic stress disorder symptoms. *Journal of Traumatic Stress*.
33. **Messman, B.A.**, Wang, S., Batley, P., Weiss, N.H., & Contractor, A.A. (2025). Psychometric evaluation of the Posttraumatic Stress Disorder Checklist for DSM-5 in daily surveys: An item response theory and longitudinal invariance analysis. *Journal of Affective Disorders*, 103079.
32. Contractor, A.A., **Messman, B.A.**, Dicker-Oren S.D., Compton S., Slavish D., Sznitman S., & Greene, T. (2025). Therapeutic impacts of recalling and processing positive autobiographical memories on post-trauma health: An open label study. *Journal of Traumatic Stress*, 38(2), 317-329.
31. Fentem, A.,[†] Stoneking, F., & **Messman, B.A.** (2025). Associations between sadistic tendencies and psychological, physical, and sexual aggressions within relationship conflict. *Journal of Interpersonal Violence*, 08862605251368920.
30. **Messman, B.A.**, Petrie, K.A., Moore, E.W.G., & Petrie, T.A. (2025). Sleep disturbances and risk of sports injury among collegiate student-athletes. *Clinical Journal of Sports Medicine*, 10-1097.
29. Petrie, K.A., **Messman, B.A.**, Moore, E.W.G., Slavish, D.C., & Petrie, T.A. (2025). Sociodemographic differences in sleep disturbances among college athletes during the COVID-19 pandemic. *Journal for the Study of Sports and Athletes in Education*, (2025), 19(1), 98-115.
28. Thompson, M., Slavish, D.C., **Messman, B.A.**, Dietch, J.R., Kelly, K., Ruggero, C., Taylor, D.J., Ramarushton, B., & Blumenthal, H. (2024). Alcohol use predicts longer but more fragmented sleep: A daily diary study of alcohol, sleep, and PTSD in nurses. *International Journal of Behavioral Medicine*, 1-12.
27. Miguel-Alvaro, A., **Messman, B.A.**, Weiss, N.H., & Contractor, A.A. (2024). Relations between posttraumatic stress disorder symptoms and positive autobiographical memories among military veteran students: Moderating roles of childhood experiences. *Memory*, 32(5), 540-551.
26. Cloutier, R.M., Dowd, W.N., Aldridge, A., Walsh, C.A., **Messman, B.A.**, Northcott, J.L., Talbert, A., & Pringle, J.L. (2024). Project Lifeline II: Feasibility of implementing SBIRT in urban pharmacies. *Public Health Reports*, 00333549241277416.
25. **Messman, B.A.**, Wiley, J.F., Feldman, E., Dietch, J.R., Taylor, D.J., & Slavish, D.C. (2024). Irregular sleep is linked to poorer mental health: A pooled analysis of 8 studies. *Sleep Health*, 10(4), 493-499.
24. **Messman, B.A.**, Compton, S.E., Majeed, I., Weiss, N.H., & Contractor, A.A. (2024). Beyond the mean: Examining associations between intraindividual variability in daily-level posttraumatic stress disorder symptoms and posttrauma risky behaviors. *Anxiety, Stress, and Coping*, 37(5), 615-631.
23. Ramarushton, B., Griffith, E.L., **Messman, B.A.**, Contractor, A.A., Slavish, D.C., Zamboanga, B.L., & Blumenthal, H. (2023). Latent profiles of Posttraumatic Stress Disorder symptoms and sleep disturbances in relation to drinking to cope motives among college students. *Journal of Psychiatric Research* 167, 37-45.
22. Contractor, A.A., **Messman, B.A.**, Gould, P., Slavish, D.C., & Weiss, N.H. (2023). Impacts of repeated retrieval of positive and neutral memories on posttrauma health: An investigative pilot study. *Journal of Behavior Therapy and Experimental Psychiatry*, 81, 101887.
21. **Messman, B.A.**, Fentem, A., Compton, S.E., Griffith, E.L., Blumenthal, H., Contractor, A.A., & Slavish, D.C. (2023). The role of affect in associations between sleep disturbances and posttraumatic stress disorder symptoms: A systematic review. *Sleep Medicine*, 110, 287-296.
20. **Messman, B.A.**, Slavish, D.C., Briggs, M., Ruggero, C.J., Luft, B.J., & Kotov, R. (2023). Daily sleep-stress reactivity and functional impairment in World Trade Center responders. *Annals of Behavioral Medicine*, 57(7), 582-592.

19. Petrie, K.A., **Messman, B.A.**, Slavish, D.C., Moore, E.W.G., & Petrie, T.A. (2023). Sleep disturbances and depression are bidirectionally associated among college student athletes across COVID-19 pandemic exposure classes. *Psychology of Sport and Exercise*, 66, 102393.
18. Jordan, D.G., Slavish, D.C., Dietch, J., **Messman, B.**, Ruggero, C., Kelly, K., & Taylor, D.J. (2023). Investigating sleep, stress, and mood dynamics via temporal network analysis. *Sleep Medicine*, 103, 1-11.
17. **Messman, B.A.**, Jin, L., Slavish, D.C., Alghraibeh, A.M., Aljomaa, S.S., & Contractor, A.A. (2023). The role of positive affect processes in the association between posttraumatic stress disorder symptoms and sleep: A multi-study design. *Journal of Affective Disorders*, 324, 511-520.
16. Slavish, D.C., Ruggero, C.J., Briggs, M., **Messman, B.A.**, Contractor, A., Miao, J., Oltmanns, J.R., Waszczuk, M.A., Luft, B.J., & Kotov, R. (2023). Longitudinal associations between PTSD and sleep disturbances among World Trade Center responders. *Sleep Medicine*, 101, 269-277.
15. Farmer, H., Slavish, D.C., Dietch, J.R., Ruiz, J., Ruggero, C., **Messman, B.**, Kelly, K., Kohut, M., & Taylor, D.J. (2022). Racial/ethnic variations in inflammatory markers: Exploring the role of sleep duration and sleep efficiency. *Journal of Behavioral Medicine*, 45(6), 855-867.
14. Forkus, S., Raudales, A., Rafiuddin, H., **Messman, B.A.**, Weiss, N.H., & Contractor, A.A. (2022). The Posttraumatic Stress Disorder (PTSD) Checklist for DSM-5: A systematic review of existing psychometric evidence. *Clinical Psychology: Science and Practice*, 30(1), 110.
13. **Messman, B.A.**, Wiley, J.F., Yap, Y., Tung, Y.C., Almeida, I.M., Dietch, J.R., Taylor, D.J., & Slavish, D.C. (2022). How much does sleep vary from night-to-night? A quantitative summary of intraindividual variability in sleep by age, gender, and racial/ethnic identity across eight-pooled datasets. *Journal of Sleep Research*, 31(6), e13680.
12. Contractor, A.A., **Messman, B.A.**, Slavish, D.C., & Weiss, N.H. (2022). Do positive memory characteristics influence daily-level trajectories of posttraumatic stress disorder symptoms? An exploratory daily diary study. *Anxiety, Stress, & Coping*, 36(3), 320-338.
11. Taylor, D.J., Dietch, J.R., Wardle-Pinkston, S., Slavish, D.C., **Messman, B.A.**, Ruggero, C., & Kelly, K. (2022). The Shift Work Disorder Index: Initial validation and psychosocial associations in a sample of nurses. *Journal of Clinical Sleep Medicine*, 18(10), 2339-2351.
10. Slavish, D.C., Briggs, M., Fentem, A., **Messman, B.A.**, & Contractor, A.A. (2022). Bidirectional associations between daily PTSD symptoms and sleep disturbances: A systematic review. *Sleep Medicine Reviews*, 63, 101623.
9. Slavish, D.C., Dietch, J.R., **Messman, B.A.**, Garcia, O., Kane, H.S., Wiley, J.F., Yap, Y., Kelly, K., Ruggero, C.J., & Taylor D.J. (2022). Daily stress and sleep associations vary by work schedule: A between- and within-person analysis in nurses. *Journal of Sleep Research*, 31(3), e13506.
8. **Messman, B.A.**, Rafiuddin, H., Slavish, D.C., Weiss, N.H., & Contractor, A.A. (2022). Examination of daily level associations between posttraumatic stress disorder and COVID-19 worries. *Psychological Trauma: Theory, Research, Practice, and Policy*, 14(3), 497.
7. Slavish, D.C., Contractor, A.A., Dietch, J.R., **Messman, B.A.**, Lucke, H., Briggs, M., Thornton, J., Ruggero, C., Kelly, K., Kohut, M., & Taylor, D.J. (2022). Characterizing patterns of nurses' daily sleep health: A latent profile analysis. *International Journal of Behavioral Medicine*, 29(5), 648-685.
6. Garcia O., Slavish, D.C., Dietch, J.R., **Messman, B.A.**, Contractor, A.A., Haynes, P.L., Pruiksma, K.E., & Taylor, D.J. (2021). What goes around comes around: Nightmares and daily stress are bidirectionally associated in nurses. *Stress and Health*, 37(5), 1035-1042.
5. Dietch, J.R., Taylor, D.J., Pruiksma, K.E., Wardle-Pinkston, S., Slavish D.C., **Messman, B.A.**, Estevez, R., Ruggero, C., & Kelly, K. (2021). The Nightmare Disorder Index: Development and initial validation in a sample of nurses. *Sleep*, 44(5), zsaa254.

4. **Messman, B.A.**, Slavish, D.C., Dietch, J.R., Jenkins, B.N., ten Brink, M., & Taylor, D.J. (2021). Associations between daily affect and sleep vary by sleep assessment type: What can ambulatory EEG add to the picture? *Sleep Health*. 7(2), 219-228.
3. Slavish, D.C., Asbee, J., Veeramachaneni, K., Scott, B., **Messman, B.A.**, Sin, N.L., Taylor, D.J., & Dietch, J.R. (2021). The cycle of daily stress and sleep: Sleep measurement matters. *Annals of Behavioral Medicine*, 55(5), 413-423.
2. Walker, J., Slavish, D.C., Dolan, M., Dietch, J.R., Wardle-Pinkston, S., **Messman, B.A.**, Ruggero, C.J., Kohut, M., Borwick, J., Kelly, K., & Taylor, D.J. (2021). Age-dependent associations among insomnia, depression, and inflammation in nurses. *Psychology & Health*, 36(8), 967-984.
1. Slavish, D.C., Taylor, D.J., Dietch, J.R., Wardle-Pinkston, S., **Messman, B.A.**, Ruggero, C.J., Kohut, M., & Kelly, K. (2020). Intraindividual variability in sleep and levels of systemic inflammation in nurses. *Psychosomatic Medicine*, 82(7), 678-688.

Manuscripts Under Review

†Mentored student manuscripts under review

*Co-first authorship

1. †**Rodenbaugh, M.M.**, Wang, S., **Messman, B.A.**, Greene, T., **Pociūnaitė-Ott, J.**, Contractor, A.A. (*under review*). Daily-life associations between posttraumatic stress disorder symptoms, affect, and posttrauma cognitions in the context of the Processing of Positive Memories Technique.
1. **Messman, B.A.**, Nagy, S.M., Petrie, K.A., & Griffith, E.L. (*under review*). Perceptions and use of melatonin supplements in college students.

Grant/Project Funding and Grant/Project Involvement

The Pennsylvania State University Biobehavioral Health Seed Grant (PIs: Messman & Engeland)
01/2025-01/2026

Examining within-person differences in the simultaneous quantification of Epstein-Barr virus, Cytomegalovirus, and Human Herpesvirus-6 in fasting and non-fasting bloods

Direct Award: \$10,000

Role: PI

NIH/NIA 5T32AG049676 (Awardee Organization: The Pennsylvania State University)

09/2024-08/2025

Psychosocial Determinants and Biological Pathway to Healthy Aging (Pathways)

Role: Postdoctoral Training Fellow

United States-Israel Binational Science Foundation (PIs: Contractor & Greene)

10/2021-09/2025

Daily Affect and Cognition Impacts of Processing of Positive Memories Technique (PPMT) in Trauma Exposed Sample

Direct Award: \$253,650

Role: Consultant

NIH/NIDA 1RM1DA059395-01 (PIs: Cloutier, Pringle, Scott, & Aldridge)

11/01/2023-present

HEALing Measurement Center: Enhancing Opioid Use Disorder Recovery Through Measurement Based Care

Direct Costs: \$8,595,416

Role: Interim Project Manager; contributed to writing of the grant proposal and submission, including the research strategy, power analyses, data analytic plan, and PHS Human Subjects and Clinical Trials Information

2021 HBIC Collaborative Award (Awardees: Messman & Wiley)

07/27/2021-07/27/2022

No two nights are the same: Quantifying demographic and health correlates of variability in sleep

Direct Award: \$2,000

Role: Student Awardee

Sponsor: Society of Health Psychology (Div 38)

Canopy Growth Corporation (PIs: Slavish & Blumenthal)

06/01/2021-05/31/2022

A Combined Phase Change Test of the Safety and Effects of Two Doses of CHI-559 on Sleep Quality (SL-01) and relaxation (RE-01)

Direct Award: \$163,724

Role: Project Coordinator

NIH/NIAID 1R01AI128359-01 (PIs: Taylor & Kelly)

02/01/2016-11/30/2020

Sleep and Vaccine Response in Nurses (SAV-RN)

Direct costs: \$2,194,247

Role: Project Coordinator

PRESENTATIONS

Conference Paper Presentations (all peer-reviewed, published abstracts)

[†]Mentored student conference paper presentations

8. Leota, J, Messman, B, Le, F, Jasinski, E, Capodilupo, E, Facer-Childs, E, Wiley, J (2025, June). *How many nights? Examining the reliability of sleep intraindividual variability*. Paper presented at SLEEP 2025, Seattle, WA.
7. Kim, KN, Taylor, DJ, Sbarra, DA, Mehl, MR, **Messman, BA**, Dietch, JR, Kelly, K, Slavish, DC, Ruggero, CJ (2024, June). *Bidirectional relationships between daily sleep and depression: How do shiftwork and sleep variability factor in?* Paper presented at SLEEP 2025, Houston, TX.
6. Kim, KN, Taylor, DJ, Sbarra, DA, Mehl, MR, **Messman, BA**, Dietch, JR, Kelly, K, Slavish, DC, Ruggero, CJ (2024, June). *Bidirectional relationships between daily sleep and depression: How do shiftwork and sleep variability factor in?* Paper presented at SLEEP 2024, Houston, TX.
5. Rafiuddin, H, **Messman, BA**, Slavish, DC, Weiss, NH, Contractor, AA (2021). *Examination of daily-level associations between PTSD symptoms and COVID-19 worries*. Flash talk accepted to the annual International Society for Traumatic Stress Studies conference.
4. Slavish, DC, Taylor, DJ, Ruggero, CM, Dietch, JR, **Messman, B**, Wardle-Pinkston, S, Kelly, K (2020, March). *Beyond the mean: Personality, night-to-night variability in sleep, and social jetlag*. In K. Duggan & Z. Krizan (Co-Chairs), *New insights into the role of personality processes for sleep*. Paper submitted for the American Psychosomatic Society, Long Beach, CA. (conference cancelled due to COVID-19)
3. Taylor, DJ, Ruggero, CM, Dietch, JR, Slavish, DC, **Messman, B**, Wardle-Pinkston, S, Alkire, C, Kohut, ML, Kelly, K (2019, September). *Multifaceted measurement of sleep and circadian factors*

- in sleep and depression*. In N. Carmona (Chair), *Depression and sleep: New insights in measurement and treatment*. Paper presented at World Sleep 2019, Vancouver, BC.
2. Taylor, DJ, Pruiksma, KE, Slavish, DC, **Messman, B**, Wardle-Pinkston, S, Williamson, D., & the STRONG STAR Consortium (2019, June). *Risk factors and correlates of insomnia across U.S. Army deployment cycle*. Vulnerability and risk for insomnia in the military service members. Paper presented at SLEEP 2019, San Antonio, TX.
 1. Slavish, D.C., **Messman, B.**, Wardle-Pinkston, S., Kohut, M., Ruggero, C., Kelly, K., & Taylor, D.J. (2019). Psychological and health correlates of night-to-night variability in sleep in nurses. Oral Presentation to be presented at the annual meeting of the American Psychosomatic Society, Vancouver, BC.

Conference Poster Presentations (all peer-reviewed, published abstracts)

[†]Mentored student conference poster presentations

28. Yang, N., Taylor, D. J., Kim, K. N., Slavish, D., Dietch, J. R., **Messman, B.**, & Ruggero, C. (2026, June 14–17). *Does shift-work moderate the relationship between sleep disturbances and anxiety symptoms?* Poster presented at SLEEP 2026: The Annual Meeting of the Sleep Research Society, Baltimore, MD, United States.
27. Tomar, T[†], **Messman, B**, Engeland, C, Graham-Engeland, J, Knight, E, & Buxton, O. (2025, November). Latent viruses in older adults: associations with inflammation and implications for health. The Gerontological Society of America Annual Conference, Boston, MA.
26. **Messman, BA**, Stowe, RP, & Engeland, CG (2025, June). A novel protocol for studying the effects of latent viral pathogenic burden on cognitive health and aging. Annual Meeting of the PsychoNeuroImmunology Research Society, Bordeaux, France.
25. Leota, J, **Messman, B**, Le, F, Jasinski, E, Capodilupo, E, Facer-Childs, E, Wiley, J (2025, June). How many nights? Examining the reliability of sleep intraindividual variability. Associated Professional Sleep Societies, Houston, TX.
24. Kim, KN, Taylor, DJ, Sbarra, DA, Mehl, MR, **Messman, BA**, Dietch, JR, Kelly, K, Slavish, DC, Ruggero, CJ (2024, June). Bidirectional Relationships between Daily Sleep and Depression: How do Shiftwork and Sleep Variability factor in? Associated Professional Sleep Societies, Houston, TX.
23. **Messman, BA**, Fentem, A, Compton, SE, Griffith, E, Contractor, AA, Slavish, DC (2023, November). The Role of Affect in Associations between Sleep and Posttraumatic Stress Disorder Symptoms: Preliminary Findings From A Systematic Review. International Society for Traumatic Stress Studies 39th Annual Meeting, Los Angeles, CA
22. Clark, J, Anderson, S, **Messman, BA**, Griffith, E, Briggs, M, Slavish, DC (2023, June). Emotion Dysregulation and Sleep Disturbances in Trauma-Exposed College Students. Associated Professional Sleep Societies, Indianapolis, IN.
21. **Messman, BA**, Kim, KN, Almeida, I, Dietch, JR, Ruggero, CJ, Kelly, K, Taylor, DJ, Slavish, DC (2022, June). Shiftwork moderates bidirectional associations between daily circadian misalignment and perceived stress in nurses. Associated Professional Sleep Societies, Charlotte, NC.
20. Jordan, S, Slavish, DC, Dietch, JR, **Messman, BA**, Taylor, DJ, Kelly, K, Ruggero, C, Haynes, P, Ruiz, J (2022, June). The role of social vigilance and hindrance-challenge stress in predicting nightmares among nurses. Associated Professional Sleep Societies, Charlotte, NC.
19. Martinez, J, Santiago, B, Slavish, DC, Dietch, JR, **Messman, BA**, Kelly, K, Ruggero, C, Taylor, DJ (2021, June). Who is most at risk for nightmares? Demographic and psychosocial differences in nightmare prevalence among nurses. Associated Professional Sleep Societies (virtual conference).

18. Garcia, OG, Slavish, DC, Dietch, JR, **Messman, BA**, Contractor, AA, Haynes, PL, Pruiksma, KE, Kelly, K, Ruggero, C, Taylor, DJ (2021, June). Daily stress and nightmares are bidirectionally associated among nurses. Associated Professional Sleep Societies (virtual conference).
17. Slavish, DC, Asbee, J, Veeramacheneni, K, Scott, B, **Messman, B**, Sin, NL, Taylor, DJ & Dietch, JR (2020, June). *The cycle of daily stress and sleep: Sleep measurement matters*. Associated Professional Sleep Societies, Philadelphia, PA.
16. Dietch, JR, Slavish, DC, Taylor, DJ, Ruggero, CM, **Messman, B**, Wardle-Pinkston, S, Kelly, K (2020, June). *Do associations between daily stress and sleep vary by work shift? A within-person analysis in nurses*. Associated Professional Sleep Societies, Philadelphia, PA.
15. Scott, B, Crawford, M, Slavish, DC, **Messman, BA**, Wardle-Pinkston, S, Dietch, JR, Kelly, K, Ruggero, CR, & Taylor, DJ. (2020, June). *Demographic differences in the degree discrepancy between sleep diary and actigraphy measures of sleep*. Associated Professional Sleep Societies, Philadelphia, PA.
14. Santiago, B, **Messman, BA**, Slavish, DC, Alkire, C, Wardle-Pinkston, S, Dietch, JR, Kelly, K, Ruggero, CR, & Taylor, DJ (2020, June). *Do nurses with high blood pressure have more sleep disturbances than their peers?* Associated Professional Sleep Societies, Philadelphia, PA.
13. Shapiro, TH, **Messman, BA**, Slavish DC, Alkire, C, Wardle-Pinkston, S, Dietch, JR, Kelly, K, Ruggero, CR, & Taylor, DJ. (2020, June). *Depression moderates the association between PTSD and nightmare severity in nurses*. Associated Professional Sleep Societies, Philadelphia, PA.
12. Dietch, JR, Slavish, DC, Ruggero, CJ, Kelly, K, **Messman, B**, Wardle-Pinkston, S, & Taylor, DJ (2020, April). *Insomnia identity and psychosocial health in nurses*. Society of Behavioral Medicine, San Francisco, CA. (conference cancelled due to COVID-19)
11. Taylor, DJ, Pruiksma, KE, Slavish, DC, **Messman, B**, Wardle-Pinkston, S, Williamson, D., & the STRONG STAR Consortium (2019, June). *Prevalence and correlates of nightmares in active duty service members*. Associated Professional Sleep Societies, San Antonio, TX.
10. Walker, J, Slavish, DC, Messman, B, Dietch, J, Wardle, S, Ruggero, C, Kelly, K, & Taylor, DJ. (2019, June). *Effects of chronotype, insomnia, depression, and age on markers of systemic inflammation in nurses*. Associated Professional Sleep Societies, San Antonio, TX.
9. Kumar, R, Slavish, DC, **Messman, B**, Dietch, JR, Wardle, S, Ruggero, C, Kelly, K, & Taylor, DJ. (2019, June). *Associations between pain, depression, stress, and substance use in nurses with and without insomnia*. Associated Professional Sleep Societies, San Antonio, TX.
8. Wardle-Pinkston, S., **Messman, B.A.**, Slavish, D.C., Ruggero, C., Kelly, K., Taylor, D.J. (2019, June). Associations between intraindividual variability in subjective sleep parameters and insomnia in nurses. Poster presented at the 33rd Annual Meeting of the Associated Professional Sleep Societies, San Antonio, TX.
7. Alkire, C., **Messman, B.**, Ruggero, C., Wardle-Pinkston, S., Taylor, D., Kelly, K. (2019, June). Depression, insomnia, and PTSD as predictors for nightmares. Poster presented at the 33rd Annual Meeting of the Associated Professional Sleep Societies, San Antonio, TX.
6. Brown, A., Tompkins, B., **Messman, B.**, Wardle, S., Slavish, D.C., Kelly, K., Ruggero, C., & Taylor, D.J. (2019, June). Are self-reported symptoms of obstructive apnea associated with increased nightmare frequency? Poster presented at the 33rd Annual Meeting of the Associated Professional Sleep Societies, San Antonio, TX.
5. Walker, J.L., Slavish, D.C., **Messman, B.**, Taylor, D.J., Kelly, K., & Ruggero, C. (2019, March). The Prevalence and Psychosocial Correlates of Supplement Use in Nurses. Poster presented at the 77th Annual Meeting of the American Psychosomatic Society.
4. Hale, B.S., **Messman, B.**, Brown, A., Banzuelo, H., Nguyen, T.L., Slavish, D.C., Taylor, D.J., & Dietch, J.R. (2018). Daily positive affect predicts EEG-determined REM duration. Poster presented at the 32nd Annual Meeting of the Associated Professional Sleep Societies, Baltimore, MD.

3. Byeon, A, Slavish, DC, **Messman, B**, Kelly, K, Ruggero, C, & Taylor, DJ. (2018, November). *Depression, anxiety, and intraindividual variability in sleep in nurses*. Association for Behavioral and Cognitive Therapies, Washington, DC.
2. Walker, J, Douglas, M, Dietch, J, Slavish, DC, Brown, A, **Messman, B**, Scott, B, Taylor, DJ, & Blumenthal, H (2018). Trait anxiety and restrictive eating as predictors of sleep onset latency and sleep quality. Poster presented at the meeting of the Society of Behavioral Medicine, New Orleans, LA.
1. **Messman, BM**, Scott, BV, Dietch, JR, Francetich, JM, Kelly, K, & Taylor, DJ (2016, June). Total sleep time as moderator for serum glucose levels in college students with and without insomnia. *Sleep*, 39 (Abstract Suppl.) A223.

Invited Presentations

6. **Messman, BA** (2024, December). Sleep, stress, and immune health. Invited Talk at the Pennsylvania State University, Center for Healthy Aging, Pathways Colloquium Fall 2025 series.
5. Ruggero, C, & **Messman, BA** (2023, June). PTSD and Sleep Among World Trade Center Responders. Invited Talk at Research Meeting 2021 Summer, World Trade Center (WTC) Health Program.
4. **Messman, BA** (2023, March). Impact of Opioid Use on Sleep. Invited Talk at University of Pittsburgh Program Evaluation and Research Unit, School of Pharmacy.
3. **Messman, BA** (2021, October). Sleep and Sport Performance. Invited Talk at University of North Texas Swim Team.
2. **Messman, BA**, (2021, March). How much does sleep vary from night-to-night? A quantitative summary of intraindividual variability in sleep by age, gender, and racial/ethnic identity. Invited Talk at Sleep SIG Presentation, Society of Behavioral Medicine.
1. **Messman, BA**, & Earle, S (2015, August). Landau Kleffner Syndrome: An acquired auditory aphasia with a disruptive sleep pathology during slow wave sleep.

PROFESSIONAL AFFILIATIONS

2015-	Sleep Research Society
2021-	Society of Health Psychology
2024-	Gerontological Society of America
2024-	Psychoneuroimmunology Research Society

AD HOC REVIEWING

Anxiety, Stress, & Coping
Clinical Psychology Review
Emotion
International Journal of Behavioral Medicine
Nature and Science of Sleep
Psychological Trauma: Theory, Research, and Practice
Sleep Health
Stress & Health

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