**CURRICULUM VITAE PART I**

Stephanie A. Griggs, PhD, RN, FAAN

[stephanie.griggs@case.edu](mailto:stephanie.griggs@case.edu)

2025

**WORK ADDRESS**

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Nell Hodgson Woodruff School of Nursing Emory University | 1520 Clifton Road Atlanta Georgia 30322 | +1 (216) 385-1244 (mobile)

**EDUCATION**

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| Month/Year | Degree | Institution |
| 06/2017 | Doctor of Philosophy (Ph.D.) (Nursing) | University of Massachusetts Chan Medical School, Worcester, MA |
| 05/2011 | Master of Science (M.S.N.) (Nursing Education) | American International College, Springfield, MA |
| 05/2009 | Bachelor of Science (B.S.) (Nursing) | University of Massachusetts, Amherst, MA |
| 06/2005 | Associate of Science (A.S.N.) (Nursing) | Holyoke Community College, Holyoke, MA |

**Postdoctoral training**

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| |  |  |  | | --- | --- | --- | | 05/2020-07/2021 | K99 Trainee | Case Western Reserve University, Cleveland, OH |  |  |  |  | | --- | --- | --- | | 05/2018-04/2020 | T32 Postdoctoral Fellow | Yale University, Orange, CT | |  |

**LicensURE**

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Registered Nurse: June 22, 2005-present.

Ohio License RN 475210 April 2020-current

Massachusetts License #RN264400 June 2005-current

Multistate License May 16, 2025-current

New York State License pending (submitted 5/24/2025)

**ACADEMIC APPOINTMENTS**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| 07/2025-current | Associate Professor  (tenure track) | **Emory University**, Nell Hodgson Woodruff School of Nursing, Atlanta, GA |
| 07/2024-06/30/2025 | Associate Professor  (tenure track) | **Case Western Reserve University**, Frances Payne Bolton School of Nursing, Cleveland, OH |
| 08/2021-06/30/2024 | Assistant Professor (tenure track) | **Case Western Reserve University**, Frances Payne Bolton School of Nursing, Cleveland, OH |
| 10/2022-06/30/2025 | Agnes Stahlin Baun Endowed Scholar | **Case Western Reserve University**, Frances Payne Bolton School of Nursing, Cleveland, OH |
| 05/2020-07/2021 | Instructor (research) | **Case Western Reserve University**, Frances Payne Bolton School of Nursing, Cleveland, OH |
| 05/2018-04/2020 | Postdoctoral Fellow (research) | **Yale University**, School of Nursing, Orange, CT, Mentor: Margaret Grey |
| 09/2014-05/2020  09/2014-09/2017  09/2017-05/2020  09/2017-08/2018  05/2013-06/2014 | Clinical Instructor  Clinical Assistant Professor  (leave of absence 2018-20 for postdoctoral fellowship)  Honors Program Director  Contract Faculty | **University of Massachusetts,** Elaine Marieb College of Nursing, Amherst, MA |
| 12/2012-08/2014  09/2010-12/2010 | Assistant Professor (tenure-track)  Contract Clinical Instructor | **American International College**, Division of Nursing, Springfield, MA |
| 01/2011-06/2011 | Contract Lab Instructor | **Holyoke Community College**, Holyoke, MA |

**CLINICAL APPOINTMENTS**

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| 03/2006-12/2012  12/2010-12/2012 | Registered Nurse on Infant, Children, Adolescent and Young Adult Medical/Surgical  Unit  Clinical Nurse Educator/ Lead Hematology/Oncology Clinician on Infant, Children, Adolescent and Young Adult Medical/Surgical  Unit | **Baystate Children’s Hospital**, Springfield, MA |
| 06/2005-03/2006 | Registered Nurse on Adult Medical Surgical Unit | **Baystate Wing**, Palmer, MA |

**AWARDS, Honors, and scholarships**

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| 2023 | Outstanding Early Investigator Award, Sleep Research Society |
| 2023 | Harriet H. Werley New Investigator Award, Midwest Nursing Research Society |
| 2022 | Fellow of the American Academy of Nursing, Induction October 2022 |
| 2022 | Early Career Reviewer Program, Center for Scientific Review, National Institutes of Health |
| 2022 | PhD Student Nurses Association Thumbie Award, Frances Payne Bolton School of Nursing |
| 2022 | Sage Best Faculty Paper Award, Midwest Nursing Research Society/Western Journal of Nursing Research |
| 2022 | Health Promoting Behaviors Across Lifespans New Investigator Award, Midwest Nursing Research Society |
| 2021 | Sage Best Faculty Paper Award, Midwest Nursing Research Society/Western Journal of Nursing Research |
| 2021 | Self-Care New Investigator Award, Midwest Nursing Research Society |
| 2019 | Young Investigators Research Forum Scholar, American Academy of Sleep Medicine |
| 2018 | Huffman Splane Emerging Scholar, University of Toronto |
| 2017 | Dean’s Award for Outstanding Scholarship, University of Massachusetts Medical School |
| 2017 | College Outstanding Teacher Award, University of Massachusetts Amherst |
| 2014 | Early Career Award, Massachusetts Association of Colleges of Nursing (MACN) |
| 2014-17 | Nurse Faculty Loan Program Award, University of Massachusetts Medical School |
| 2008 | Marchese Scholarship, Full Tuition to University of Massachusetts Amherst |

**PROFESSIONAL ACTIVITIES**

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**International**

2010-current Sigma Theta Tau International Honors Society of Nursing (#626678), Member

2010-current Sigma Theta Tau Beta Zeta at-Large Chapter (#626678), Member

2020-current Sigma Theta Tau Alpha Mu Chapter (#626678), Member

**National**

2022-current American Nurses Association (ANA) (#05009281), Member

2019-current American Academy of Sleep Medicine (AASM) (#C462428), Member

2018-current Sleep Research Society (SRS) (#C462428), Member

2019-2020 Council for the Advancement of Nursing Science (CANS) (#10348), Member

2017-2018 American College Health Association, Member

**Regional**

2015-2020 Eastern Nursing Research Society (#98795), Member

2020-current Midwest Nursing Research Society, Member

**NATIONAL SERVICE**

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| **Years** | **Organization** | **Role** |
| 2025 | National Institutes of Health Lifestyle Change and Behavioral Health (LCBH) Scientific Review Group (SRG) | Reviewer | |
| 2024 | National Institutes of Health Biobehavioral Medicine, Lifestyle Change, and Health Outcomes Special Emphasis Panel | Reviewer | |
| 2024 | National Institutes of Health Lifestyle Change and Behavioral Health (LCBH) Scientific Review Group (SRG) | Reviewer | |
| 2023 | National Institutes of Health Diabetes-Sleep and Cardiovascular Risk Special Emphasis Panel | Reviewer | |
| 2023 | National Institutes of Health Biobehavioral Medicine and Health Outcomes (BMHO) Scientific Review Group (SRG) | Reviewer | |
| 2022- | Clinical and Translational Science Collaborative, Cleveland | Reviewer | |
| 2023- | American Academy of Sleep Medicine Diversity Supplement Grant | Reviewer | |
| 2023- | National Institutes of Health Biobehavioral Medicine and Health Outcomes (BMHO) Scientific Review Group (SRG) | Reviewer | |
| 2022- | Clinical and Translational Science Collaborative, Cleveland | Reviewer | |

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**CASE WESTERN RESERVE UNIVERSITY**

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**University-level**

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| **Years** | **Committee** | **Role** |
| 2023-2025 | Faculty Senate | Senator |

**Frances Payne Bolton School of Nursing**

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| **Years** | **Committee** | **Role** |
| 2022-2025 | PhD Council | Member |
| 2022- | PSNA | Mentor |
| 2022-2023 | PhD Exam Process Task Force (Ad hoc) | Chair |

*\*PSNA: PhD Student Nurses Association*

**EDITORIAL REVIEWER/EDITOR**

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| **Years** | **Organization** | **Role** |
| 2023-2024 | Applied Nursing Research | Associate Editor | |
| 2022- | The Science of Diabetes Self-Management and Care | Editorial Advisory Board | |
| 2021- | Cardiovascular Epidemiology | Editorial Board (Review editor) | |
| 2022 | Scientific Reports | Peer-reviewer | |
| 2022 | Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy | Peer-reviewer | |
| 2022 | Clinical Nursing Research | Peer-reviewer | |
| 2021 | Applied Nursing Research | Peer-reviewer | |
| 2020 | Pediatric Diabetes | Peer-reviewer | |
| 2020 | Western Journal of Nursing Research | Peer-reviewer | |
| 2019-2020 | Diabetes Research and Clinical Practice | Peer-reviewer | |
| 2019 | Nursing Research | Peer-reviewer | |
| 2019 | Nursing Forum | Peer-reviewer | |
| 2019 | AASM Foundation Young Investigators Research Forum | Peer-reviewer | |
| 2018 | Psychiatry Research | Peer-reviewer | |
| 2017 | New England Doctoral Conference | Peer-reviewer | |

**PUBLICATIONS**

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(\*data-based article; + peer reviewed; ^ international; δ first or senior author; **🡪**highlighted in promotion packet; mentees are underlined below)

Complete list of published work in my bibliography <https://www.ncbi.nlm.nih.gov/myncbi/1DOc8FlSLlfkK/bibliography/46719344/public/>

**Journal Articles (Peer Reviewed)**

**Published:**

1. **Griggs S,** Howard Q, Pignatiello GA, Armentrout BL, Strohl KP, Grey M, Li CSR, Leuchtag M, & Hickman RL. A randomized pilot sleep health trial for young adults with type 1 diabetes (NCT04975230). *Behavioral Sleep Medicine*. \*+δ
2. Armentrout BL, Ahmed BH, Waraphok S,Huynh J,& **Griggs S**. (2024). Emotional distress and cardiovascular health among young adults with type 1 diabetes*. Journal of Cardiovascular Development and Disease.* \*+δ
3. Hernandez E & **Griggs S.** (2024).Substance use disorder, sleep duration, and health among adults in Ohio. *Preventing Chronic Disease.* 20(E117): 1-11. \*+δ
4. Howard Q, Adeyinka S, Martin S & **Griggs S**. (2024). Cardiovascular health disparities in adults color aged 18 to 50: A systematic review. *Journal of Cardiovascular Nursing: Special Issue of Cardiovascular Health with a Focus on Minoritized Populations*. +δ
5. Adeyinka S & **Griggs S**. (2024). Psychosocial health in adults with sickle cell disease. *Journal of Psychosocial Nursing and Mental Health Services.* +δ
6. **Griggs S,** Armentrout BL, Horvat Davey C, & Hickman RL. (2024) A sleep health composite and diabetes symptom burden in young adults with type 1 diabetes. *Western Journal of Nursing Research.* \*+δ
7. Ahmed BH, Voss JG, **Griggs S**, Naif A, Aggarwal S, Ruksakulpiwat S, Schiltz NK. (2024) A Concept Analysis of the Recurrence-related to Diabetic Foot Ulcers. *Chronic Illness.* +
8. Pignatiello G, **Griggs, S**, Hoffer, SA, & Hickman Jr, RL. (2024). A multidimensional examination of sleep health in surrogate decision makers of the critically ill. *American Journal of Critical Care.* \*+
9. Horvat Davey, C., **Griggs, S**, Duwadi, D., Martin, S., and Hickman, R.L. (2024). Mental health, substance use, and a composite of sleep health in adults, 2018 ohio behavioral risk factor surveillance system. *Sleep Medicine*.\* +
10. Ahmed BH, Voss JG, Schiltz N, Naif AA, Ruksakulpiwat S, **Griggs S**. (2024) An integrative review of social determinants of glycemic targets achievement in adults with type 2 diabetes in the united states. *Clinical Nursing Research*. 33(5):405-415. doi:10.1177/10547738231223577 +δ
11. Pignatiello, G., Tuschman, P., Griggs, S., Schiltz, N., Hoffer, S. A., Hickman Jr., R. L. (In press).

Rethinking regret: Reappraisal tendencies buffer regret for ICU surrogates following patient death. *Western Journal of Nursing Research*.

1. Hernandez E & **Griggs S.** (2023). Sleep health among adults in substance use disorder treatment: A systematic review. *Journal of Psychosocial Nursing and Mental Health Services.* 62(1): 19-26. +δ
2. **Griggs S**, Pignatiello G, Motairek I, Rieke J, Howard Q, Crawford SL, Rajagopalan S, Al-Kindi S, Hickman RL. (2023). Environmental exposures and blood pressure in adolescents and adults in the T1D Exchange Clinic Registry. *Journal of Diabetes and its Complications*. 37 (10): 85-94. \*+ ^δ
3. **Griggs S**, Huynh J, Rieke J, Howard, Q. (2023). The role of perceived sleep quality and cardiovascular health factors and behaviors in young adults with type 1 diabetes. *The Science of Diabetes Self-Management and Care.* 49(5):384-391. \*+ δ
4. Ahmed BH, Voss JG, Schiltz NK, Naif AA, Ruksakulpiwat S, **Griggs S**. (2023) An integrative review of social determinants of glycemic target achievement in adults with type 2 diabetes in the United States. *Clinical Nursing Research.* In press. + δ
5. **Griggs S**, Ash GI, Pignatiello GA, Papik A, Huynh J, Leuchtag M, & Hickman RL. (2023). Internet-based recruitment and retention of young adults with type 1 diabetes: Cross sectional study. *JMIR Formative Research*. 7:e46415. PMCID: [10481220](https://www.ncbi.nlm.nih.gov/pmc/articles/10481220). \*+ ^δ
6. **🡪Griggs S**, Al-Kindi S, Hardin H, Irani E, Rajagopalan S, Crawford SL, and Hickman RL. (2023). Socioeconomic deprivation and cardiometabolic risk factors in individuals with type 1 diabetes: T1D Exchange Data. *Diabetes Research and Clinical Practice.*195: 1-6. \* + ^δ
7. **Griggs S**,Pignatiello GA & Hickman RL.(2023) A composite measure of sleep health is associated with glycemic target achievement in young adults with type 1 diabetes. *Journal of Sleep Research.* 32(3), e13784. doi: 10.1111/jsr.13784. \* + ^δ
8. **Griggs S**,Hernandez E, Bolton PJ, Strohl KP, Grey M, Kashyap SR, Li CS, Hickman RL. (2023). Cognitive behavioral sleep self-management intervention for young adults with type 1 diabetes (NCT04975230). *Clinical Nursing Research.* 2023;32(3):560-570 \*+ δ
9. Dong W, Motairek I, Nassir K, Chen Z, Kim U, Khalifa Y, Freedman D, **Griggs S**, Rajagopalan S, Al-Kindi SG. (2023). Risk factors and geographic disparities in premature cardiovascular mortality in US counties: A machine learning approach. *Scientific Reports.* 13(1):2978. \* + ^
10. Irani, E., Wang, F., **Griggs, S**., & Hickman, R. L. (2023). Resilience as a moderator of role overload and sleep disturbance among caregivers of persons with dementia. *Geriatric Nursing*. 51:49-53. \* +
11. Magny-Normilus C, **Griggs S**, Sanders J, Hwang Y, Lundhurst C. (2023). Sleep characteristics in adults of African descent at risk for and with cardiometabolic conditions: A systematic review. *Advances in Diabetes Care*. \* + ^
12. Dion K, **Griggs S**, Murray J, & Friedman S. (2023) Hospital experiences of dignity in people who inject drugs. *Journal of Addictions Nursing.* \* +
13. Pignatiello, G, **Griggs, S**, Irani, E, Hoffer, S, & Hickman Jr R.L. (2022). Longitudinal associations among symptoms of family intensive care unit syndrome.  *American Journal of Critical Care.*32(4):309-313. \* +
14. **Griggs S,** Irani E, Strohl KP, Al-Kindi S, Rajagopalan S, Margevicius S, Hickman RL. (2022) Sleep health dimensions are associated with next day symptoms in young adults with type 1 diabetes. *Sleep Health.* 9(3): 339-345.\* + δ
15. **Griggs S**, Horvat-Davey C, Howard Q, Pignatiello GA, Duwadi D. (2022) Socioeconomic deprivation, sleep health, and mental health during the first year of the COVID-19 pandemic. *International Journal of Environmental Research and Public Health. 19*(21), 14367\* + ^ δ
16. **Griggs S**, Blanchette JE, Hickman RL Jr, Magny-Normilus C, Gorodeski Baskin R, Margevicius S, Hatipoglu B. (2022). Racial and ethnic cardiometabolic risk disparities in the T1D exchange clinic registry Cohort. *Endocrine Practice*. 28(12), 1237-1243. doi: 10.1016/j.eprac.2022.10.003. PMID: 36280025.\* + ^ δ
17. **🡪Griggs S**, Barbato E, Hernandez E, Gupta D, Margevicius S, Grey M, and Hickman RL. (2022) Glucose and unstructured physical activity coupling during sleep and wake in young adults with type 1 diabetes. *Scientific Reports.*12:5790. doi: 10.1038/s41598-022-09728-2. PubMed Central PMCID: PMC8986774 \* + ^ δ
18. **Griggs S**, Grey M, Ash GI, Li CS, Crawford SL, & Hickman RL. (2022) Objective sleep-wake characteristics are associated with diabetes symptoms in young adults with type 1 diabetes. *The Science of Diabetes Self-Management and Care.* 48(3): 149-156. PubMed Central PMCID: PMC9157415\* + ^ δ
19. **Griggs S**, Harper A, Pignatiello G, Hickman RL. (2022) “Feeling anxious about catching COVID”: Facilitators and barriers of sleep among young adults with type 1 diabetes. *Behavioral Sleep Medicine.* https://doi.org/10.1080/15402002.2022.2032711. PMC9167230\* + ^ δ
20. **Griggs S**, Harper, A & Hickman RL. (2022) A systematic review of sleep deprivation and neurobehavioral function in young adults. *Applied Nursing Research.* 63. doi: 10.1016/j.apnr.2021.151552. PubMed Central PMCID: PMC8766996 \* + δ
21. **🡪Griggs S,** Grey, M,Strohl KP, Crawford SL, Margevicius S, Kashyap S, Li CS, Rajagopalan, S, & Hickman RL. (2022). Variations in sleep characteristics and glucose regulation in young adults with type 1 diabetes. *Journal of Clinical Endocrinology and Metabolism*, 107(3): e1085-e1095. doi: 10.1210/clinem/dgab771. PubMed PMC8852208 \* + ^ δ
22. Dong T, Harris K, Freedman D, **Griggs S**, Nasir K, Neeland IJ, Rajagopalan S, & Al-Kindi S. (2022) Food insecurity and atherosclerotic cardiovascular disease risk in adults with diabetes. *Nutrition.* 111865. https://doi.org/10.1016/j.nut.2022.111865.\* + ^
23. Bevan G, Pandey A, **Griggs S**, Dalton JE, Zidar D, Patel S, Khan SU, Nasir K, Rajagopalan S, & Al-Kindi SG. (2022) Neighborhood-level social vulnerability and prevalence of cardiovascular risk factors and coronary heart disease. *Current Problems in Cardiology.* \* + ^
24. Pignatiello GA, **Griggs S**, Hickman RL. (2022). Sociocultural moderators of emotion regulation in family members of the critically ill. *Western Journal of Nursing Research*. 44(12), 1183-1192. \* +
25. Dion K, Choi J, **Griggs S**. (2022) Nursing students’ use of harm reduction in the clinical setting. *Nurse Educator*. 48(2), 82-87. \* +
26. **Griggs S**, Strohl KP, Grey M, Barbato E, Margevicius S, & Hickman RL. (2021) Circadian characteristics of the rest activity rhythm, executive function, and glucose fluctuations in young adults with type 1 diabetes. *Chronobiology International.* 38(10): 1477-1487.doi: 10.1080/07420528.2021.1932987. PubMed Central PMCID: PMC8403141. \* + ^ δ
27. **Griggs S**, Grey M, Toly VB, & Hickman, RL. (2021) Exploring sleep health in young adults with type 1 diabetes. *Western Journal of Nursing Research: Sage Faculty Best Paper Award*. 43(12):1169-1176. doi: 10.1177/01939459211037046. PubMed Central PMCID: PMC8557120. \* + δ
28. **Griggs S**,Hickman RL, Strohl KP, Redeker NS, Crawford SL, & Grey M. (2021) Sleep-wake characteristics, daytime sleepiness, and glycemia in young adults with type 1 diabetes. *Journal of Clinical Sleep Medicine, 17*(9):doi: 10.5664/jcsm.9402. PubMed Central PMCID: PMC8636341 \* + δ
29. Ash GI, **Griggs S**, Nally LM, Stults-Kolehmainen M, Jeon S, Brandt C, Gulanski BI, Spanakis EK, Baker JS, Whittemore R, Weinzimer SA, Fucito LM. (2021) Evaluation of web-based and in-person methods to recruit adults with type 1 diabetes for a mobile exercise intervention: Prospective observational study. *JMIR Diabetes, 6*(3):e28309. doi: 10.2196/28309 PubMed Central PMCID: 8299346. \* + ^
30. Nam S, **Griggs S**, Ash G, Dunton GF, Huang S, Batten J, Parekh N & Whittemore R. (2021) Ecological momentary assessment for health behaviors and contextual factors in persons with diabetes: A systematic review. *Diabetes Research and Clinical Practice, 174*(108745):doi: 10.1016/j.diabres.2021.108745. PubMed PMID: 33713720. \* + ^
31. Ash GI, Stults-Kolehmainen M, Busa MA, Gaffey AE, Angeloudis K, Muniz-Pardos B, Gregory R, Huggins RA, Redeker NS, Weinzeimer SA, Megally E, Grieco Lyden K, Megally E, Vogiatzis I, Scher L, Zhu X, Baker JS, Brandt C, Businelle MS, Fucito LM, **Griggs S,** Jarrin R, Mortazavi BJ, Prioleau T, Roberts W, Spanakis E, Debruyne A, Bachl N, Pigozzi F, Halabchi F, Ramagole DA, Janse van Rensburg DC, Wolfarth B, Fossati C, Rozenstoka S, Tanisawa K, Borjesson M, Casajus JA, Gonzalez-Aguero A, Zelenkova I, Swart J, Gursoy G, Meyerson W, Liu J, Geenbaum D, Pitsiladis YP, Gerstein MB. (2021) Establishing a global standard for wearable devices in sport and exercise medicine: Perspectives from academic and industry stakeholders. *Sports Medicine, 51*(11):2237-2250. doi.org/10.1007/s40279-021-01543-5. + ^
32. Dion K, Choi J, & **Griggs S**. (2021) Building therapeutic commitment in university nursing students. *Nurse Educator.* 10.1097/nne.0000000000001060. PubMed PMID: 34310421. \* +
33. **Griggs S**,Redeker NS, Jeon S, & Grey M. (2020). Daily variations in sleep and glucose in adolescents with type 1 diabetes. *Pediatric Diabetes*. 21:1493-1501. doi: 10.1111/pedi.13117.PubMed PMID: 32902901. PubMed Central PMCID: PMC7642150. \* + ^ δ
34. **Griggs S**, Whittemore R, Redeker NS, & Grey M. (2020). Facilitators and barriers of sleep in young adults with type 1 diabetes. *The Diabetes Educator.* 46(3), 242-251. doi: 10.1177/0145721720916179. PubMed PMID: 32383625; PubMed Central PMCID: PMC 7329586.\* + δ
35. **Griggs S**, Conley S, Batten J, & Grey M. (2020). A systematic review and meta-analysis of behavioral sleep interventions for adolescents and emerging adults. *Sleep Medicine Reviews.* 54, 101356. doi: 10.1016/j.smrv.2020.101356. PubMed PMID: 32731152. PubMed Central PMCID: PMC7669566. \* + ^ δ
36. **Griggs S**,Redeker NS, Crawford SL, & Grey M. (2020). Sleep, self-management, neurocognitive function, and glycemia in emerging adults with type 1 diabetes: A research protocol. *Research in Nursing and Health.* 43, 317-328. doi: 10.1002/nur.22051. PubMed PMID: 32639059. PubMed Central PMCID: PMC7382362 \* + δ
37. Rechenberg K, **Griggs S**, Jeon S, Redeker NS, Klar Yaggi H, & Grey M. (2020). Sleep and glycemia in youth with type 1 diabetes. *Journal of Pediatric Health Care.* 34, 315-324. doi: 10.1016/j.pedhc.2019.12.002. PubMed PMID: 32171612. PubMed Central PMCID: PMC7311270 \* +
38. Dion KA & **Griggs S**. (2020). Teaching those who care how to care for a person with substance use disorder. *Nurse Educator.* doi: 10.1097/NNE.0000000000000808. PMID: 32091475. PubMed Central PMCID: PMC7438244. \* +
39. Carvalho LG, Hamilton HM, Burke ME, McDonald C, **Griggs S.** (2020). End of life nursing knowledge among nursing students. *Journal of Nursing Education.* 59(3), 154-157. doi: 10.3928/01484834-2020. PubMed PMID: 32130417. PubMed Central PMCID: PMC7156273. \* + δ
40. **Griggs S**, Redeker NS, & Grey M. (2019). Sleep characteristics in young adults with type 1 diabetes. *Diabetes Research and Clinical Practice. 150*, 17-26. doi: 10.1016/j.diabres.2019.02.012. PubMed PMID: 30790611. PubMed Central PMCID: PMC6525057. \* + ^ δ
41. **Griggs S** & Crawford SL. (2019). Differences in hope, core self-evaluations, emotional well-being, and health risk behaviors in freshman university students. *Nursing Forum. 54*, 505-512*.* doi: 10.1111/nuf.12364. PubMed PMID: 31309592. PubMed Central PMCID: PMC6856360. \* + δ
42. **Griggs S**, Ratner HH, Hannigan JH, Delaney-Black V, & Chiodo LM. (2019). Violence exposure, coping, and health outcomes in inner-city African American adolescents. *Nursing Forum. 54*, 513-525*.* doi: 10.1111/nuf.12365. PubMed PMID: 31309581. PubMed Central PMCID: PMC6856364. \* + δ
43. **Griggs S**,Baker H, & Chiodo LM. (2019). Nursing student perceptions of hope in children: A qualitative descriptive study. *Nursing Forum*. *54,* 441-447. doi: 10.1111/nuf.12352. PubMed PMID: 31141187. PubMed Central PMCID: PMC6693973. \* + δ
44. **Griggs S**,&Morris NS. (2018). Fatigue among adults with type 1 diabetes mellitus and implications for self-management: An integrative review. *The Diabetes Educator. 44*(4), 325-339. doi: 10.1177/0145721718782148. PubMed PMID: 29944065. PubMed Central PMCID: PMC6372920. \* + δ
45. **Griggs S**,& Crawford SL. (2017). Hope, core self-evaluations, emotional well-being, health risk behaviors, and academic performance in university freshmen. *Journal of Psychosocial Nursing and Mental Health Services. 55*(9), 33-42. doi: 10.3928/02793695-20170818-11. PubMed PMID: 28850649. \* + δ
46. **Griggs S.** (2017). Hope and mental health in young adult college students: An integrative review. *Journal of Psychosocial Nursing and Mental Health Services. 55(2), 28*-35. doi: 10.3928/02793695-20170210-04. PubMed PMID: 28218927. + δ
47. **Griggs S** & Walker RK. (2016). The role of hope for adolescents with a chronic illness: An integrative review. *Journal of Pediatric Nursing. 31*(4), 404-421*.* doi: 10.1016/j.pedn.2016.02.011. PubMed PMID: 27021596. + δ

**In review:**

1. Armentrout BL, Wenzell M, Strohl KP, Crawford SL, Li CSR, Hickman RL, & **Griggs S**. Improving sleep behavior and glycemia in young adults with type 1 diabetes (NCT04975230). *Diabetes and Metabolic Syndrome: Clinical Research and Reviews*. \*+δ
2. Howard Q & **Griggs S**. Social vulnerability and sleep health among young adults with type 1 diabetes. *Western Journal of Nursing Research.* \*+δ
3. Waraphok S, Gary F, **Griggs S**. The Impact of Continuous Glucose Monitoring on Glycated Hemoglobin in Pregnant Women with Type 1 Diabetes Mellitus: An Integrative Review. *Western Journal of Nursing Research.* \*+δ
4. Ahmed BH, Schiltz NK, Aggarwal S, & **Griggs S**. An integrative review of risk factors for diabetes-related foot ulcers. *Chronic Diseases and Translational Medicine.* δ
5. Wenzell, ML, Pulver, SL, Scahill, L., Davidson, T., Rajagopal, S., Gillespie, S., Huang, T., **Griggs, S.**, Roark, C., Patil, M., Patel, M., & Sharp, W. G. Clinical Correlates of Insomnia Symptoms in Children with Autism Spectrum Disorder. Submitted to the *Journal of Pediatrics* on 2/19/2025.
6. Martin S, Howard Q, Adeyinka S, **Griggs S**. A concept analysis of dehumanization of african american women in healthcare using Rogers Evolutionary Method. *International Journal of Mental Health Nursing.* +δ

**In preparation:**

1. Hernandez E, Alkhadrah A, Martin S, **Griggs S**. The lived experience of psychological stress among adults living in the United States. *Qualitative Health Research.* \*+δ
2. Armentrout BL & **Griggs S**. The human circadian metabolome: A systematic review. *Sleep Medicine.* +δ
3. Armentrout BL & **Griggs S**. Circadian rhythms and glucose variability in young adults with type 1 diabetes.
4. Waraphok S, Hickman RL, & **Griggs S**. Factors associated with gestational diabetes mellitus among pregnant women in southeast asia: an integrative review.

**Published abstracts:**

1. **Griggs S**, Howard Q, Pignatiello G, Strohl KP, Li CSR, Grey M, Crawford SL, Hickman RL. Pilot Cognitive Behavioral Sleep Health Randomized Controlled Trial for Young Adults with Type 1 Diabetes. SLEEP, 2024 the 38th Annual Meeting of the Associated Professional Sleep Societies, LLC, pending
2. Howard Q, Hickman RL, **Griggs S**. Social Vulnerability and Sleep Health in Young Adults with Type 1 Diabetes. SLEEP 2024, the 38th Annual Meeting of the Associated Professional Sleep Societies, LLC, pending
3. Horvat Davey, C., Webel, A.R., Ruksakulpiwat, S., Foradori, M., **Griggs, S**., Ward, T., Anthony, D., Gripshover, B., and Erlandson, K.M. (June 2024). A Social Ecological Perspective on Sleep Hygiene Habits in Older Adults with HIV. SLEEP 2024, pending
4. **Griggs S**, Howard Q, Bolton P, Motairek I, Al-Kindi S, Still CH, Hickman R. (2023) 0866 Geographic Insufficient Sleep Duration and Cardiometabolic Risk Among Adolescents and Adults in the T1D Exchange Clinic Registry. SLEEP, 2023 May;46(Supplement\_1):A381-2.
5. Strohl KP, Carter IV, Rosenberg DM, Torer J, **Griggs S**, & Decker MJ. (2023). Is Fatigue in a Community-based Long Haul COVID Cohort Myalgic Encephalitis?. In *C37. ONGOING IMPACT OF THE COVID-19 PANDEMIC* (pp. A4907-A4907). American Thoracic Society.
6. Carter I, Strohl K, Rosenberg D, Patil S, Torer J, **Griggs S**, Decker M, May A. (2023) 0967 Do Pre-existing Sleep Disorders Worsen Long COVID Fatigue and Brain Fog?. SLEEP. 2023 May;46(Supplement\_1):A426-7.
7. Hernandez E, **Griggs S**, (2022) 0235 A systematic review of sleep health and outpatient opioid use disorder treatment in adults, *SLEEP*, Volume 45, Issue Supplement\_1, A106. doi: 10.1093/sleep/zsac079.233.
8. **Griggs S**, Strohl K, Margevicius S, Grey M, & Hickman R. (2021) Rest activity rhythms, symptom burden, and glucose variability in young adults with type 1 diabetes. *SLEEP. 44:* A252. doi: 10.1093/sleep/zsab072.641
9. **Griggs S,** Redeker NS, & Grey M. (2020). Characterizing sleep and glycemia in emerging adults with type 1 diabetes. *SLEEP*. *43*: A382-A382. doi: 10.1093/sleep/zsaa056.1001
10. **Griggs S,** Redeker NS, Jeon S, & Grey M.(2020).Variations in sleep and glucose in adolescents with type 1 diabetes. *SLEEP*. *43*: A352-A353. doi: 10.1093/sleep/zsaa056.923
11. **Griggs S,** Redeker NS, Grey M. (2019). An integrative review of sleep characteristics in young adults with type 1 diabetes. *Nursing Research. 68* (2), E129-E130.Philadelphia, PA. Lippincott Williams and Wilkins.
12. **Griggs S,** Chiodo L, Ratner H, Hannigan J & Delaney-Black V. (2018). Violence exposure, parent-child conflict, coping, and health outcomes in inner-city African American youth. *Nursing Research.* *67* (2), E6. Philadelphia, PA. Lippincott Williams and Wilkins.
13. **Griggs S** & Morris NS.(2018). Fatigue among adults with type 1 diabetes. *Nursing Research.* *67* (2), E65. Philadelphia, PA. Lippincott Williams and Wilkins.

**Editorials:**

1. Dunn M & **Griggs S.** (July/August 2015). Let’s talk about pediatric vaccines. *Worcester Medicine.* *79*(4), 14. [*http://www.wdms.org/PDF/0715WOMED.pdf*](http://www.wdms.org/PDF/0715WOMED.pdf)

**Media Interactions:**

# The significance of slumber: Nursing school collaborative strengthens research on sleep and circadian science. *Think: Case Western Reserve University.* <https://case.edu/think/fall2024/the-significance-of-slumber.html>

# Can the circadian rhythm be changed? (Sharon Brandwein, June 16, 2023) *Sleepopolis.* [*https://sleepopolis.com/education/reset-circadian-rhythm/*](https://sleepopolis.com/education/reset-circadian-rhythm/)

# You are getting very sleepy-or not. @cwru @fpbnursing sleep scientist gives tips for better health for #worldsleepday @worldsleepday [*https://www.newswise.com/articles/you-are-getting-very-sleepy-or-not-cwru-fpbnursing-sleep-scientist-gives-tips-for-better-health-for-worldsleepday-worldsleepday*](https://www.newswise.com/articles/you-are-getting-very-sleepy-or-not-cwru-fpbnursing-sleep-scientist-gives-tips-for-better-health-for-worldsleepday-worldsleepday)

1. Full newsstory, *Case Western Reserve researcher studying how simple tools and practices to improve sleep may help young adults with Type 1 diabetes control their blood sugar* (Scott, M, 2021) *The Daily* [*https://thedaily.case.edu/healthier-sleep-for-self-managing-type-1-diabetes/*](https://thedaily.case.edu/healthier-sleep-for-self-managing-type-1-diabetes/)
2. Full newstory, *Case Western Reserve University studying role of sleep and Type 1 diabetes* (News 5 ABC, 2021). [*https://www.news5cleveland.com/lifestyle/health-and-fitness/case-western-reserve-university-studying-role-of-sleep-and-type-1-diabetes*](https://www.news5cleveland.com/lifestyle/health-and-fitness/case-western-reserve-university-studying-role-of-sleep-and-type-1-diabetes)
3. Quoted in, *Startup propaganda has demonized sleep as "for the weak*." *That couldn't be less true* (Williams, ME, 2021). *Salon.com*: [*https://www.salon.com/2021/10/15/ozy-startup-culture-sleep-deprivation/*](https://www.salon.com/2021/10/15/ozy-startup-culture-sleep-deprivation/)
4. Quoted in, *How much rest should you get after the COVID-19 Vaccine?* (Sweet, J, 2021). *Sleep.com* [*https://www.sleep.com/sleep-health/rest-side-effects-covid-19-vaccine*](https://www.sleep.com/sleep-health/rest-side-effects-covid-19-vaccine)
5. Quoted in, *Poor sleep can affect physical, mental, and cognitive health* (2021)*. Healthline.com* [*https://www.healthline.com/health-news/poor-sleep-may-cause-you-to-feel-older-than-you-are-heres-why#Poor-sleep-can-affect-physical,-mental,-and-cognitive-health*](https://www.healthline.com/health-news/poor-sleep-may-cause-you-to-feel-older-than-you-are-heres-why#Poor-sleep-can-affect-physical,-mental,-and-cognitive-health)
6. *Featured and quoted in ‘Health Fitness Tracker Story’ University Hospitals,* [*https://www.uhhospitals.org/Healthy-at-UH/articles/2022/09/smart-watches-hold-promise-to-detect-disease-and-improve-health*](https://www.uhhospitals.org/Healthy-at-UH/articles/2022/09/smart-watches-hold-promise-to-detect-disease-and-improve-health)
7. *AASM Foundation Sleep Nurse Researchers Spotlight,* [*https://foundation.aasm.org/an-interview-with-dr-stephanie-griggs/*](https://foundation.aasm.org/an-interview-with-dr-stephanie-griggs/)
8. *Sleep Grand Rounds, October 26, 2021* [*https://youtu.be/owc1XaSrMpU?si=d32vAuZGL0KrO3iw*](https://youtu.be/owc1XaSrMpU?si=d32vAuZGL0KrO3iw)

**RESEARCH AND TRAINING**

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| **Current Research Funding**  2021-2025 | *Pathway to Independence Award R00: Sleep, Glycemia, and Self-Management in Young Adults with Type 1 Diabetes Mellitus*  PI: **Stephanie Griggs**  Role: Principal Investigator  Funder: National Institute of Nursing Research (NINR), R00NR018886  Total Costs: $728,912  Effort: 25% per year |
| 2023-2028 | *A Cognitive Behavioral Sleep Self-Management Intervention for Young Adults with Type 1 Diabetes*  PI: **Stephanie Griggs**  Role: Principal Investigator  Funder: National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), R01DK136604  Total Costs: $3,475,150  Effort: 30% |
| 2021-2024 | ACHIEVE-GREATER (**A**ddressing **C**ardiometabolic **H**ealth **I**nequities by **E**arly Pre**V**Ention Great Lakes Region)  PI: Phillip Levy  Role: **Co-Investigator**  Funder: National Institute on Minority Health and Health Disparities (NIMHD) P50MD017351  Total Costs: $18,346,090.00  Effort: 10% Y1; 5% per year Y2-5 |
| 2024-2027 | *Young Adult with Type 1 Diabetes’ Discrimination Stress and Cardiovascular Health*  PI: Quiana Howard  Role: **Primary Sponsor**  Funder: National Institute of Nursing Research F31NR021236  Scored: 14 (February 2024)  Total Costs: 126,174  Effort: In kind 10% |
| 2023-2028 | Clinical and Translational Science Collaborative of Northern Ohio, CTSA Postdoctoral T32 at Case Western Reserve University  PI: James Spilsbury  Role: Faculty Mentor  Funder: National Center for Advancing Translational Sciences  Total Costs 2023: $343,948  Effort: In kind |
| 2022-2026 | *Informatics-Based Digital Application to Promote Safe Exercise in Middle-Aged Adults with Type 1 Diabetes*  PI: Garrett Ash  Role: **Co-Investigator**  Funder: National Institute of Diabetes and Digestive Kidney Diseases (NIDDK), K01DK129441  Total Costs: $773,274  Effort: 5% |
| 2023-2026 | *Supplement for Informatics-Based Digital Application to Promote Safe Exercise in Middle-Aged Adults with Type 1 Diabetes*  PI: Garrett Ash  Role: **Co-Investigator**  Funder: National Institute of Diabetes and Digestive Kidney Diseases (NIDDK), K01DK129441  Total Costs: $773,274  Effort: 5% |
| 2023-2026 | *Racial Disparities in Sleep, Circadian Rhythm, and Glucoregulation Among Individuals Post-Coronary Artery Bypass Surgery*  PI: Pamela Bolton  Role: **Co-Primary Sponsor**  Funder: National Institute of Nursing Research, F31NR021001  Total Costs: 122,207  Effort: In Kind |
| 2023-2028 | *IMPACT: Promoting Diversity and the Success of Underrepresented Minority Students in the Clinical and Research Workforce for Communication and Sciences and Disorders*  PI: Lauren Calandruccio  Role: **Co-Investigator**  Funder: NIH National Institute on Deafness and Other Communication Disorders R25DC020919  Direct Costs: $1,249,965  Effort: TBD |
| 2024-2027 | *Characterizing Sleep, Circadian Rhythm, and Glucoregulation in Critically Ill Cardiac Surgery Patients and the Role of Socioeconomic Deprivation*  PI: Pamela Bolton  Role: **Co-Primary Sponsor**  Funder: Sigma Theta Tau International  Total Costs: $5,000  Effort: In Kind |

**Past Research Funding**

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| 2020-2021 | *Pathway to Independence Award K99: Sleep, Glycemia, and Self-Management in Young Adults with Type 1 Diabetes Mellitus*  PI: **Stephanie Griggs**  Role: Principal Investigator  Funder: National Institute of Nursing Research [(NINR),](https://projectreporter.nih.gov/project_info_description.cfm?aid=10053785&icde=52221128) K99NR018886  Total Direct Costs: $92,832  Effort: 75% |
| 2022-2024 | *Informatics-Based Digital Application to Promote Safe Exercise in Adults with Type 1 Diabetes*  PI: Garrett Ash  Role: **Co-Investigator**  Funder: American Heart Association (AHA)  Total Costs: $233,000  Effort: 10% Y2 |
| 2022 | *Post-COVID Phenotypes*  PI: Kingman Strohl  Role: **Co-Investigator**  Funder: University Hospitals and Case Western Reserve University  Total Costs: $10,000  Effort: In Kind |
| 2022-2023 | *Social Determinants of Sleep Health and Cardiovascular Risk Among African American Family Caregivers*  PI: Elliane Irani  Role: **Co-Investigator**  Funder: U54 Center for Reducing Health Disparities, NIH  Direct Costs: $50,000  Effort: In Kind |
| 2020-2022 | *Bridge to Success Award for Early Career Investigators: Sleep, Self-Management, and Glycemia in Emerging Adults with Type 1 Diabetes*  PI: **Stephanie Griggs**  Role: Principal Investigator  Funder: American Academy of Sleep Medicine ([AASM](https://foundation.aasm.org/aasm-foundation-announces-recipients-2019-career-development-awards-cycle-2/)), 220-BS-19  Total Direct Costs: $99,814  Effort: 25% year 1 and 10% year 2 |
| 2021-2022 | *COVID Supplement to Bridge to Success Award for Early Career Investigators: Sleep, Self-Management, and Glycemia in Emerging Adults with Type 1 Diabetes*  PI: **Stephanie Griggs**  Role: **Principal Investigator**  Funder: American Academy of Sleep Medicine ([AASM](https://foundation.aasm.org/aasm-foundation-announces-recipients-2019-career-development-awards-cycle-2/)), 220-BS-19  Total Direct Costs: $9,981  Effort: N/A |
| 2021-2022 | *Sleep and Glycemia in T1D: A Diversity Supplement*  PI: **Stephanie Griggs**  Role: **Principal Investigator/Mentor**  Funder: American Academy of Sleep Medicine ([AASM](https://foundation.aasm.org/aasm-foundation-announces-recipients-2019-career-development-awards-cycle-2/)), 220-BS-19  Mentee: Estefania Hernandez  Total Direct Costs: $19,962  Effort: In Kind |
| 2018-2020 | *Institutional NRSA for Self and Family Management of Chronic Conditions*  PI: Margaret Grey  Role: **Postdoctoral Fellow**  Funder: National Institute of Nursing Research (NINR), T32NR 0008346 |
| 2019-2020 | *Sleep, Self-Management, and Glycemia in Young Adults with Type 1 Diabetes Mellitus*  PI: **Stephanie Griggs**  Funder: Sigma Theta Tau International  Total Direct Costs: $5,000  Effort: Not calculated |
| 2016-2017 | *The Relationship Between Hope, Core Self-Evaluations, Emotional Well-Being, Sexual Risk Taking, Substance Use, and Academic Performance in Freshman University Students*  <https://escholarship.umassmed.edu/gsn_diss/49/>  PI: **Stephanie Griggs**  Funder: Beta Zeta Chapter of Sigma Theta Tau & Massachusetts Society of Professors  Total Direct Costs: $2,500  Effort: Not calculated |
| 2015, 16, 17, 18, 19, 20 | *Research Support Fund*  PI: **Stephanie Griggs**  Funder: Massachusetts Society of Professors  Total Direct Costs: $1,000 per year  Effort: Not calculated |

**Education Funding**

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| 2023 | *UCITE Course Innovation Grant, Academic Year 2023-24*  Role: **Course development**  Funder: University Center for Innovation in Teaching and Education (UCITE)  Total Direct Costs: $2,500  Effort: Not calculated |
| 2017 | *Student Centered Teaching and Learning Fellowship for Undergraduate Course: Human Development Across the Lifespan*  Role: **Teaching Fellow**  Funder: Center for Teaching  Total Direct Costs: $1,000  Effort: Not calculated |
| 2014, 15, 16, 17, 18, 19 | *Flex Enhancement Grant, Center for Teaching and Faculty*  *Development*  Funder: Center for Teaching  Total Direct Costs: $500 per year  Effort: Not calculated |
| **Submitted (not funded)** |  |
| 2024 May | *Interdisciplinary Postdoctoral Nurse Scientist Training in Sleep Health to Advance Health Equity (SLEEP-HEQ)*  MPI: Ronald Hickman, Kingman Strohl, and Stephanie Griggs  Role: **MPI**  Funder: National Institute of Nursing Research 1T32NR021685-01  Total Direct Costs: $1,361,728  Effort: In Kind 10% |
| 2024 June and November | *Insight into Behavioral Circadian Rhythms and Diurnal Patterns of the Circadian Metabolome and Biochemistry in Young Adults with Type 1 Diabetes*  PI: Stephanie Griggs  Candidate: Bethany Armentrout  Role: **Predoctoral Mentor**  Funder: National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), 3R01DK136604-01  Total Costs: 143,315  Effort: In Kind 10% |
| 2024 October | *Patient-Oriented Research and Mentoring in Sleep, Circadian, and Cardiometabolic Health in Type 1 Diabetes*  PI: Stephanie Griggs  Funder: National Heart, Lung, and Blood Institute 1K24HL180991-01  Total Direct Costs: $841,657.00  Effort: 50% |
| 2023 | *Socio-Environmental Burden, Circadian Rhythm Characteristics, and Cardiovascular Health in Type 1 Diabetes (CIRCADIAN T1D)*  PI: **Stephanie Griggs**  Role: Principal Investigator  Funder: National Heart, Lung, and Blood Institute R01HL171075  Total Costs: 4,042,969  Score: ND July 2023 |
| 2023 | *Young Adult with Type 1 Diabetes’ Discrimination Stress and Cardiovascular Health*  PI: Quiana Howard  Role: **Primary Sponsor**  Funder: National Institute of Nursing Research 1F31NR021236-01  Scored: 36 (October 2023)  Total Costs: 126,174  Effort: In Kind |
| 2021 | *Clarifying Atherosclerotic Cardiovascular Disease Risk in Type 1 Diabetes – CLARIFY T1D*  PI: **Stephanie Griggs**  Role: Principal Investigator  Funder: National Heart, Lung, and Blood Institute R01HL164877  Total Costs: 3,952,759  Scored: 48 March 2022 |
| 2022 | *Prevalence of Sleep Apnea in Young Adults with Type 1 Diabetes*  PI: **Stephanie Griggs**  Role: Principal Investigator  Funder: ResMed Foundation  Total Costs: 250,000 |
| 2023 | *Combined EMA Tools to Assess Stress and Glycemia in Young Adults with Type 1 Diabetes*  PI: Jorden Rieke  Role: **Primary Sponsor**  Funder: National Institute of Diabetes and Digestive Kidney  Diseases (NIDDK), 1F31DK139585-01  Total Costs: 126,174  Effort: In Kind  Status: Not Discussed |
| 2021 | *RCT to Evaluate the Effects of a Novel Intervention for Depressive Symptoms in Early Adolescents*  PI: Heather Hardin  Role: **Co-Investigator**  Funder: The Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD)  Total Costs: 3,248,319  Status: Not Discussed |
| 2021 | *Informatics-Based Digital Application to Promote Safe Exercise in Adults with Type 1 Diabetes*  PI: Garrett Ash  Role: **Co-Investigator**  Funder: National Institute of Diabetes and Digestive Kidney Diseases (NIDDK) K01DK129441-01  Total Costs: 559,494  Scored: 34 February 2020 |
| 2019 | *Pathway to Independence Award K99/R00: Sleep, Glycemia, and*  *Self-Management in Young Adults with Type 1 Diabetes Mellitus*  PI: **Stephanie Griggs**  Role: Principal Investigator  Funder: National Institute of Nursing Research (NINR), 1K99NR018886-01  Scored: 38 February 2019 |
| 2017 | *Pilot Sleep Factors Feedback to Improve Self-Management of*  *Fatigue and Sleep Among Young Adults with Type 1 Diabetes Mellitus*  PI: **Stephanie Griggs**  Funder: Sigma Theta Tau International |
| 2018 | *Testing a Model of Fatigue in Healthy Young Adult University Students*  PI: **Stephanie Griggs**  Funder: Faculty Research Grant/Health Endowment Grant |

**Unsponsored Research**

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| 2016-2017 | *Violence, Coping, and Health Outcomes in Inner-City African American Youth: Secondary Data Analysis*  PI: Lisa Chiodo  Role: **Co-Investigator** |
| 2015-2016 | *Hope in Children: A qualitative descriptive study*  PI: **Stephanie Griggs**  Co-I: Lisa Chiodo |

**INVITED PRESENTATIONS**

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| **\*Griggs, S.** An Overview of Sleep and Diabetes[lecture]. Sleep Grand RoundsAmerican Academy of Sleep Medicine Foundation, USA | November 8, 2023 |
| **\*Griggs, S.** The Role of Sleep in Cardiometabolic Health [lecture]. CINEMA Cardiometabolic Speaker Series, University Hospitals, Cleveland, USA | March 3, 2023 |
| **\*Griggs, S.** Sleep Self-Management in Young Adults with Type 1 Diabetes [seminar]. Goldbag Research Seminar, Frances Payne Bolton School of Nursing, Case Western Reserve University, Cleveland, USA | September 26, 2022 |
| **Griggs, S.** Sleep self-management in young adults with type 1 diabetes [lecture]. Goldbag Seminar. Cleveland, OH, USA | November 10, 2020 |
| **Griggs, S.** Sleep variability and type 1 diabetes management [lecture]. Sleep Grand Rounds. Cleveland, OH, USA | November 9, 2021 |
| **Griggs, S.** Healthy sleep during the COVID-19 pandemic [keynote speaker]. Beta Zeta-at-Large Chapter of Sigma Theta Tau. Amherst, MA, USA Virtual | October 13, 2020 |
| **PEER REVIEWED PRESENTATIONS**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | |
| **International**  **\*Griggs, S.,** Grey M., and Hickman R.L.[podium] Actigraphy derived sleep-wake characteristics and symptoms in young adults with type 1 diabetes. Sigma’s 32nd International Nursing Research Virtual Congress. USA | June 21, 2021 |
| **\*Griggs, S.** [podium] The relationship between hope, core self-evaluations, emotional well-being, sexual risk taking, substance use, and academic performance in freshman university students. Huffman Splane Emerging Scholars Forum, University of Toronto, Toronto, Canada. | October 9, 2018 |
| \*Dion, K. & **Griggs, S.** [podium] Training those who care to care about people with substance use disorder. IntNSA 43rd Annual Educational Conference Substance Use Across the Lifespan, Baltimore, MD, USA | October 10, 2019 |
| \*Dion, K., Friedman, S., Murray, J., & **Griggs, S.** [podium] Experiences of dignity during a hospitalization for people who inject drugs. IntNSA 43rd Annual Educational Conference Substance Use Across the Lifespan, Baltimore, MD, USA | October 10, 2019 |

**National**

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| **\*Griggs S**, Howard Q, Hickman RL. [podium] Sleep Disturbance and Diabetes Symptom Burden in Young Adults with Type 1 Diabetes. American Diabetes Association 2024, the 84th Scientific Sessions, Orlando, Florida. | June 23, 2024 |
| **\*Griggs S**, Howard Q, Pignatiello G, Strohl KP, Li CSR, Grey M, Crawford SL, Hickman RL. [poster] Pilot Cognitive Behavioral Sleep Health Randomized Controlled Trial for Young Adults with Type 1 Diabetes. SLEEP 2024, the 38th Annual Meeting of the Associated Professional Sleep Societies, LLC, Houston, TX. | June 5, 2024 |
| \*Howard Q, Hickman RL, **Griggs S**. [poster] Social Vulnerability and Sleep Health in Young Adults with Type 1 Diabetes. SLEEP 2024, the 38th Annual Meeting of the Associated Professional Sleep Societies, LLC, Houston, TX. | June 5, 2024 |
| \*Horvat Davey, C., Webel, A.R., Ruksakulpiwat, S., Foradori, M., **Griggs, S**., Ward, T., Anthony, D., Gripshover, B., and Erlandson, K.M. [poster]. A Social Ecological Perspective on Sleep Hygiene Habits in Older Adults with HIV. SLEEP 2024, the 38th Annual Meeting of the Associated Professional Sleep Societies, LLC, Houston, TX. | June 5, 2024 |
| **\*Griggs S**, Howard Q, Rieke J, Grey M, Strohl KP, Leuchtag M, Hickman RL. Feasibility of a Pilot Cognitive Behavioral Sleep Self-Management Intervention for Young Adults with Type 1 Diabetes. Midwest Nursing Research Society. 48th Annual Research Conference, Minneapolis, Minnesota. | March 2, 2024 |
| **\*Griggs, S.,** Irani, E., Hardin, H. & Hickman, R.L.[Symposium] The role of social determinants of health in cardiometabolic risk among adolescents and adults with type 1 diabetes from the T1D Exchange Clinic registry. In Moore, S.E. (Chair), Social and Structural Determinants of Health Implications of Health and Well-Being Across the Lifespan. Council for the Advancement of Nursing Science State of the Science Conference, Washington, D.C., USA. | September 16, 2022 |
| **\*Griggs, S.,** Strohl, K.P., Margevicius, S., Grey, M., & Hickman, R.L.[poster] Rest activity rhythms, symptom burden, and glucose variability in young adults with type 1 diabetes. SLEEP 2021, the 35th Annual Meeting of the Associated Professional Sleep Societies, LLC (APSS). Virtual. | June 10, 2021 |

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| **Griggs, S.** [oral] Sleep, self-management, and glycemia in young adults with type 1 diabetes. AASM Foundation Young Investigators Research Forum, Bethesda, MD, USA | April 10, 2019 |
| **\*Griggs, S.**, Doyle, E. A., Rechenberg, K., & Grey, M. [poster] Sleep and glucose patterns in youth with type 1 diabetes. Council for the Advancement of Nursing Science Advanced Methods Conference: Sensor Technology in Research, Washington, DC, USA. | October 23, 2019 |
| \*Dion, K. & **Griggs, S.** [podium] Building therapeutic commitment in university student nurses. Sigma Nursing Education Research Conference, Washington, DC, USA | March 26, 2020 |

**Regional**

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| --- | --- |
| **\*Griggs, S.** Grey, M., and Hickman, R.L. [poster discussion] Sleep health goals in young adults with type 1 diabetes. Midwest Nursing Research Society 45th Annual Research Conference. Team Science: Advancing Culturally Responsive Research to Improve Health Outcomes. Virtual. | March 25, 2021 |
| **Griggs, S.,** Howard, Q., Rieke, J., Grey, M., Strohl, KP., Leuchtag, M., Hickman, RL. Feasibility of a Pilot Cognitive Behavioral Sleep Self-Management Intervention for Young Adults with Type 1 Diabetes. Midwest Nursing Research Society 47th Annual Research Conference. | March 2, 2024 |
| \*McDonald, C. & **Griggs, S.** [podium] The importance of art in end of life nursing care. sigma region 15 collaborative research symposium: A Call for Research that Begs to be Translated into Practice, University of New England, Portland, ME, USA. | October 11, 2019 |

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| --- | --- |
| **Griggs, S.**, Redeker, N. S. & Grey, M.[poster] An integrative review of sleep characteristics in young adults with type 1 diabetes. Eastern Nursing Research Society 31st Annual Scientific Sessions, Providence, RI, USA. | April 5, 2019 |
| **\*Griggs, S.** [podium] Exploring differences in hope, core self-evaluations, and health risk behaviors in university freshmen. Sigma Region 15 Collaborative Research Symposium: A Call for Collaboration in Scholarship, Research, and Leadership at Sacred Heart University, College of Nursing, Fairfield, CT, USA. | October 5, 2018 |
| **Griggs, S.**, Redeker, N. S. & Grey, M.[poster] Sleep characteristics in young adults with type 1 diabetes: an integrative review. Sigma Region 15 Collaborative Research Symposium: A Call for Collaboration in Scholarship, Research, and Leadership at Sacred Heart University, College of Nursing, Fairfield, CT, USA. | October 5, 2018 |
| **\*Griggs, S.,** Chiodo, L. M., Ratner, H, H., Hannigan, J. H., & Delaney-Black, V. [podium] Violence exposure, parent-child conflict, coping, and health outcomes in inner-city african american youth. Eastern Nursing Research Society 30th Annual Scientific Sessions, Newark, NJ, USA. | April 11, 2018 |
| **Griggs, S.** & Morris, N. S. [poster] Fatigue among adults with type 1 diabetes mellitus: an integrative review. Eastern Nursing Research Society 30th Annual Scientific Sessions, Newark, NJ, USA. | April 12, 2018 |
| \*Carvalho, L., **Griggs, S.** Hamilton, H., McDonald, C., Radcliffe, E. [poster] Perception of simulation-based learning among nursing students on end of life care revisited. St. Anselm’s 26th Annual Nurse Educator Conference, North Falmouth, MA, USA. | May 31, 2018 |
| Chandler, G. E**.** & **Griggs, S.** [podium] Inside-Out Teaching: Strength-based, student-centered. New England Faculty Development Consortium, Fitchburg State University, Fitchburg, MA, USA. | June 2, 2017 |
| **\*Griggs, S.,** Baker, H., & Chiodo, L. M. [podium] Hope in Pediatrics: A qualitative descriptive study. New England Doctoral Student Conference, Nashua, NH, USA. | March 18, 2017 |
| **Griggs, S.** & Walker, R. K.[poster] The role of hope for adolescents with a chronic illness: an integrative review. Eastern Nursing Research Society 28th Annual Scientific Sessions, Pittsburg, PA, USA. | April 14, 2016 |
| Gaudet, C. & **Griggs, S.** [poster] Spirituality in academia. Eastern Nursing Research Society 28th Annual Scientific Sessions, Pittsburg, PA, USA. | April 15, 2016 |
| **\*Griggs, S.** & Pereira, K. [poster] Reflecting on reflection: A systematic review of pediatric journals. St. Anselm’s Nurse Educator Conference, North Falmouth, MA, USA. | May 28, 2015 |

**Local**

|  |  |
| --- | --- |
| **Griggs, S.**, Redeker, N. S. & Grey, M.[podium] Sleep, self-management, and glycemia in young adults with type 1 diabetes. Fifth Annual Sleep and Symptom Research Symposium. Orange, CT, USA. | April 26, 2019 |
| \*Dion, K., Friedman, S., Murray, J., & **Griggs, S.** [podium] Experiences of dignity during a hospitalization for people who inject drugs. Beta Zeta Scholarship Day, Holyoke, MA, USA. | April 10, 2019 |
| **Griggs, S.** & Walker, R. K.[podium] The role of hope for adolescents with a chronic illness: an integrative review. Beta Zeta Scholarship Day, Holyoke, MA, USA. | April 6, 2016 |
| **\*Griggs, S.** & Pereira, K. [poster] Reflecting on reflection: A systematic review of pediatric journals. Beta Zeta Scholarship Day 2015, Holyoke, MA, USA. | April 8, 2015 |
| Carvalho, L., Lyne, L., **Griggs, S.,** Walker, R. [poster] Team Hope: creation of a community-based research partnership to foster hope and wellness for local breast cancer survivors. Beta Zeta Scholarship Day 2015, Holyoke, MA, USA. | April 8, 2015 |

**CURRICULUM VITAE PART II**

**TEACHING EXPERIENCE**

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**EMORY UNIVERSITY**

**Courses Taught**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| *Semester* | *Course #* | *Course Name (Degree Program)* | *Class Size* | *Instructor Rating* |
| Fa 2025 | NRSG 731 | Applications of Measurement Theory in Clinical Research Studies | TBD |  |

***Note:*** *Instructor rating is out of 5*

**CASE WESTERN RESERVE UNIVERSITY**

**Courses Taught**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| *Semester* | *Course #* | *Course Name (Degree Program)* | *Class Size* | *Instructor Rating* |
| Sp 2025 | NURS 518 | Qualitative Research in Healthcare (PhD) | 5 | 5.0 |
| Sp 2024 | NURS 518 | Qualitative Research in Healthcare (PhD) | 5 | 4.60 |
| Fa 2023 | NUND 541 | Practice Focused Inquiry II (DNP) | 18 | 4.78 |
| Sp 2023 | NURS 518 | Qualitative Research in Healthcare (PhD) | 12 | 4.73 |
| Fa 2022 | NUND 541 | Practice Focused Inquiry II (DNP) | 14 | 4.62 |
| Fa 2021 | NUND 541 | Practice Focused Inquiry II (DNP) | 22 | N/A |

***Note:*** *Instructor rating is out of 5 / Fa 2021 co-taught and was not instructor of record*

**Guest Lectures**

|  |  |  |  |
| --- | --- | --- | --- |
| *Semester* | *Course #* | *Course Name (Degree Program)* | *Topic* |
| Sp 2021 | PHOL 614 | Sleep Physiology: Neurobiology of Sleep/Wake (Medicine) | Diabetes and Sleep |
| Sp 2021 & 22 | NURS 425 | Intensive Program of Research Process (Nursing MSN) | A Program of Research in Sleep Self-Management |

**UNIVERSITY OF MASSACHUSETTS AMHERST**

**Courses Taught**

|  |  |  |  |
| --- | --- | --- | --- |
| *Semester* | *Course #* | *Course Name (Degree Program)* | *Class Size* |
| Sp2020 | N798U | Capstone II: DNP Project Proposal Development (DNP) | 15 |
| Su2017-19 | N651 | Nursing Ethics, Health Policy, and Politics (DNP/PhD) | 27-37 |
| Sp2017-19 | N420 | Introduction to Nursing Research (BS) | 20-30 |
| Sp2018-19 | NH420 | Introduction to Nursing Research Honors Colloquium (CHC) | 13-17 |
| Fa2017 | N210 | Human Development Throughout the Life Cycle (BS) | 89 |
| Fa2015, 16, 18 | N317 | Writing in Nursing Ethics (BS) | 38-70 |
| Fa2015-18 | NH317 | Writing in Nursing Ethics Honors Colloquium (CHC) | 3-15 |
| Fa/Sp2013-20 | N398F | Nursing Care of Children: Practicum (BS) | 8 |
| Su2016, 17 | N326 | Nursing Care of Children (BS) | 40 |
| Sp2015, 16 | N436 | Comprehensive Nursing I (BS) | 71-80 |
| Sp2015-17 | N437 | Clinical Practice III: Practicum (BS) | 8 |
| Fa2014-16 | N398E | Principles of Nursing Care (BS) | 8 |

\*CHC (Commonwealth Honors College)

**Guest Lectures**

|  |  |  |  |
| --- | --- | --- | --- |
| *Semester* | *Course #* | *Course Name (Degree Program)* | *Topic* |
| Sp2017 | N893b | Dissertation Seminar (PhD) | Writing an Integrative Review |
| Su2015 | Intro | Heroes into Healthcare Program (BS) | Introduction to Nursing Care Plans |
| Fa/Sp2015-19 | N326 | Nursing Care of Children (BS) | The Child with Hematologic or Immunologic Dysfunction |

**Guest Lectures at Other Institutions**

|  |  |  |  |
| --- | --- | --- | --- |
| *Semester* | *Course #* | *Course Name (Degree Program) & Institution* | *Topic* |
| Fa2022 | N809 | Dissertation Seminar (PhD), University of Massachusetts Amherst | Pathway to Independence |
| Sp2017 | N803 | Nursing Theory (PhD), University of Massachusetts Chan Medical School | Hope Theory |

**AMERICAN INTERNATIONAL COLLEGE**

**Courses Taught**

|  |  |  |  |
| --- | --- | --- | --- |
| *Semester* | *Course #* | *Course Name (Degree Program)* | *Class Size* |
| Sp2012-14 | NUR214 | Family Centered Nursing (BSN) | 74-77 |
| Fa2012-13 | NUR206 | Adult Medical Surgical Nursing (BSN) | 80-104 |

**TRAINEES/MENTEES**

**Early Career**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| *Dates* | *Name* | *Program/Funding* | *Role* | *Former Position* | *Current Position* |
| 2022- | Garrett Ash | K01 | **Mentor** | Associate Research Scientist, Yale | Assistant Professor Yale School of Medicine |
| 2023- | Christine Horvat Davey | Early Career | **Mentor** | Instructor, FPB, CWRU | Assistant Professor FPB CWRU |
| 2023- | Megan Wenzell | Early Career | **Mentor** | Postdoctoral Fellow, Emory | Assistant Professor FPB CWRU |

**Postdoctoral Trainees**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| *Dates* | *Name* | *Program/Funding* | *Role* | *Position* |
| 2021-24 | Garrett Ash | AHA/NIH/NIDDK K01 | **Mentor** | Associate Research  Scientist |
| 2024- | Cassandra M. Godzik | Early Career | **Mentor** | Research Fellow, Dartmouth Medicine |

**Predoctoral Trainees at CWRU**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| *Dates* | *Name* | *Program/School* | *Role* | *Current Position* | *Funding* |
| 2024-25 | Beth Armentrout | PhD Nursing | **Dissertation Chair**  **Primary NIH Sponsor** | Postdoctoral Fellow, Oregon Health Science University | NINR/NIDDK  Legacy Fellowship |
| **Time to graduation:** 4 years | | | | | |
| 2021- | Pamela Bolton | PhD Nursing | **Dissertation Committee / Co-Primary F31 Sponsor** | Predoctoral Hirsh Fellow / PhD Candidate | F31 NINR  Hirsh Fellowship |
| 2025- | Estefania Hernandez | PhD CTS | **PhD Advisor** | Research Assistant | NIDDK |
| 2022- | Quiana Howard | PhD Nursing | **Dissertation Chair**  **Primary F31 Sponsor** | Predoctoral Legacy Fellow / PhD Student | F31 NINR |
| 2022- | Shemaine Martin | PhD Nursing | **Dissertation Chair** | Predoctoral Legacy Fellow / PhD Candidate | Legacy Fellowship |
| 2023- | Asma Alkhadrah | PhD Nursing | **PhD Advisor** | PhD Student | Saudi Arabia |
| 2024- | Sineenat Waraphok | PhD Nursing | **PhD Advisor** | PhD Student | Thailand |
| 2022-24 | Jorden Rieke | PhD Nursing | **Legacy Advisor** | Predoctoral Legacy Fellow / PhD Student | Legacy Fellowship |
| 2023-25 | Abolade Oladimeji | PhD Sociology | **PhD Committee** | PhD Candidate | Sociology Department |
| 2024- | Bootan Ahmed | PhD Nursing | **PhD Committee** | PhD Candidate | Nursing |

Note: Clinical and Translational Science (CTS)

**Graduate Students Completed / Former Trainees**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| *Dates* | *Name* | *Program or School* | *Role* | *Current Position* |
| 2022-23 | Takiyah Smith | DNP Nursing | **DNP Project Committee** | Sexual Assault Nurse Examiner University Hospitals |
| 2021-24 | Estefania Hernandez | PhD Anthropology and dual Master Public Health  AASM Pre-doctoral Fellowship 2021-22 | **Mentor and MPH Thesis Chair** | Graduate Research Assistant, FPB CWRU |

\*FPB, Frances Payne Bolton School of Nursing; CWRU, Case Western Reserve University; National Research Service Award; NRSA

**Former Undergraduate Research Students**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| *Dates* | *Name* | *Program or School* | *Role/Funding if applicable* | *Current Position* |
| 2021-2023 | Johnathan Huynh | BSN Nursing | Research Mentor (PSURG) | CVICU Cleveland Clinic RN |
| 2021-2024 | Sharon (Ronnie) Adeyinka | BSN Nursing | Research Mentor | Undergraduate Research Assistant, FPB, CWRU |
| 2024-2024 | Nicholas Valenta | BSN Nursing | Research Mentor | Undergraduate Research Assistant, FPB, CWRU |

\*Provost Summer Undergraduate Research Grant (PSURG)

**Previous Undergraduates** Resulted in Peer-reviewed Publication\*\*

|  |  |  |  |
| --- | --- | --- | --- |
| **Role** | **Trainee Name** | **Program/School, University** | **Dates** |
| **Thesis Chair** | Carl McDonald\*\* | Commonwealth Honors College, UMass Amherst | 2019-2020 |
| **Thesis Chair** | Heidi Davis | Commonwealth Honors College, UMass Amherst | 2019-2020 |
| **Thesis Chair** | Jena Nesta | Commonwealth Honors College, UMass Amherst | 2018-2019 |
| **Thesis Chair** | Lauren Tateosian | Commonwealth Honors College, UMass Amherst | 2018 |
| **Thesis Chair** | Amanda Clement | Commonwealth Honors College, UMass Amherst | 2017-2018 |
| Thesis Committee Member | Amanda Poussard | Commonwealth Honors College, UMass Amherst | 2018-2019 |
| Thesis Committee Member | Katherine Sullivan | Commonwealth Honors College, UMass Amherst | 2018-2019 |
| Thesis Committee Member | Sarah Friedman\*\* | Commonwealth Honors College, UMass Amherst | 2018-2019 |
| Thesis Committee Member | Jordan Murray\*\* | Commonwealth Honors College, UMass Amherst | 2018-2019 |
| Thesis Committee Member | Hannah Pelkey | Commonwealth Honors College, UMass Amherst | 2018 |
| Thesis Committee Member | Jillian Rossman | Commonwealth Honors College, UMass Amherst | 2018 |
| Thesis Committee Member | Allison Mullen | Commonwealth Honors College, UMass Amherst | 2017-2018 |
| Thesis Committee Member | Joanne Kim | Commonwealth Honors College, UMass Amherst | 2017-2018 |
| Thesis Committee Member | Dana Alhaffar | Commonwealth Honors College, UMass Amherst | 2016-2017 |
| Thesis Committee Member | Lisa Barbosa-Angles | Commonwealth Honors College, UMass Amherst | 2017 |
| Thesis Committee Member | Abigail Kahler | Commonwealth Honors College, UMass Amherst | 2016-2017 |
| **Thesis Chair** | Hallie Baker\*\* | Commonwealth Honors College, UMass Amherst | 2014-2015 |

**SERVICE TO THE PROFESSION OF NURSING**

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| --- | --- | --- |
| **Years** | **Organization** | **Role** |
| 2017-2018 | College Diabetes Network  Campus Toolkit Pilot Program | Project director |
| 2017 | ENRS Conference | Moderator |
| 2017-2018 | Beta Zeta Chapter of Sigma Theta Tau | Webmaster |
| 2014-2017 | University of Massachusetts Clinical Educator Workshop | Planner/Educator |
| 2010-2012 | Baystate Children’s Hospital Pediatric Oncology Series | CEU Planner/Educator |

**ACADEMIC SERVICE AT OTHER INSTITUTIONS**

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**College of Nursing and University (UMass)**

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| --- | --- | --- |
| **Years** | **Committee** | **Role** |
| 2017-2018 | Honors Council | Member |
| 2016-2018 | Personnela | Member |
| 2018 | Strategic Planning – ad hoc | Member |
| 2016-2017 | Search for Academic Advisor – ad hoc | Member |
| 2014-2017 | Undergraduate Curriculum | Member |

a Made Reappointment, Promotion and Tenure Decisions

**ONLINE PROFILE STATISTICS AND INFORMATION**

Case Western Reserve University Frances Payne Bolton School of Nursing faculty profile: <https://case.edu/nursing/about/fpb-directories/faculty-directory/stephanie-griggs>

Google Scholar − <https://scholar.google.com/citations?hl=en&user=jv0gTzoAAAAJ>

ORCID ID# 0000-0001-9901-3853

Linkedin profile: <https://www.linkedin.com/in/stephaniegriggsphd/>