

May, 2019

**CURRICULUM VITAE  
JULIE BOERGERS, Ph.D.**

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**EDUCATION**

Undergraduate                    **University of Rochester**, Rochester, NY  
September 1985 - May 1989  
B.A., Psychology, 1989  
Magna Cum Laude, Phi Beta Kappa, High Honors in Psychology

Graduate                         **University of Denver**, Denver, CO  
September 1989 - August 1996  
Ph.D., Child Clinical Psychology, 1996  
M.A., Child Clinical Psychology, 1993  
Colorado Graduate Fellowship, 1989-1990  
NIMH Clinical Training Fellowship, 1991-1993

Internship                        **Children's National Medical Center/  
George Washington University Medical School**, Washington, DC  
July 1994 - June 1995  
Child Clinical/Pediatric Psychology Intern (APA-accredited Internship)

**POSTGRADUATE TRAINING**

Fellowship                       **Rhode Island Hospital/Brown Medical School**, Providence, RI  
September 1996 - August 1998  
Postdoctoral Fellow in Pediatric Psychology  
NIMH T-32 Research Fellow

**POSTGRADUATE HONORS AND AWARDS**

2005                               **Teaching Recognition Award**  
Brown Medical School

2015                               **Dean's Teaching Excellence Award**  
Alpert Medical School of Brown University

**PROFESSIONAL LICENSES**

1997-present                    **Licensed Psychologist**  
State of Rhode Island License #618

## **ACADEMIC APPOINTMENTS**

1998-2002	<b>Clinical Assistant Professor of Psychiatry and Human Behavior</b> Brown Medical School
2002-2009	<b>Assistant Professor of Psychiatry and Human Behavior (Clinical)</b> Alpert Medical School of Brown University
2009-2016	<b>Associate Professor of Psychiatry and Human Behavior (Clinical)</b> Alpert Medical School of Brown University
2010-2016	<b>Associate Professor of Pediatrics (Clinical)</b> Alpert Medical School of Brown University
2017-present	<b>Associate Professor of Psychiatry and Human Behavior, Clinician Educator</b> <b>Associate Professor of Pediatrics, Clinician Educator</b> Alpert Medical School of Brown University

## **HOSPITAL APPOINTMENTS**

1998-present	<b>Staff Psychologist</b> , Division of Child and Adolescent Psychiatry Rhode Island Hospital/Hasbro Children's Hospital, Providence, RI
1998-present	<b>Co-Director</b> , Pediatric Sleep Disorders Program Rhode Island Hospital/Hasbro Children's Hospital, Providence, RI
1998-present	<b>Director</b> , Pediatric Behavioral Sleep Medicine Rhode Island Hospital/Hasbro Children's Hospital, Providence, RI
1998-2017	<b>Co-Director</b> , Pediatric Oncology Liaison Program Rhode Island Hospital/Hasbro Children's Hospital, Providence, RI
2007-2017	<b>Psychologist</b> , Feeding Team, Division of Pediatric Gastroenterology Rhode Island Hospital/Hasbro Children's Hospital, Providence, RI

## **OTHER APPOINTMENTS**

1997-present	<b>Ad-hoc Manuscript Reviewer:</b> <u>Archives of Pediatrics and Adolescent Medicine</u> <u>Behavioral Sleep Medicine</u> <u>British Journal of Clinical Psychology</u> <u>Health Psychology</u> <u>Journal of Adolescence</u> <u>Journal of Consulting and Clinical Psychology</u> <u>Journal of Family Psychology</u> <u>Journal of Pediatric Psychology</u> <u>Journal of the American Academy of Child &amp; Adolescent Psychiatry</u> <u>Nicotine and Tobacco Research</u> <u>Sleep</u> <u>Suicide and Life Threatening Behavior</u>
1999	<b>Grant Reviewer</b> , Routh Student Research Awards Society of Pediatric Psychology (APA Division 54)

- 1999-2000            **Member**, Task Force on Pediatric Psychology Training  
Society of Pediatric Psychology (APA Division 54)
- 1999-2001            **Newsletter Editor**, Behavioral Emergencies Update  
Society of Clinical Psychology, Division on Clinical Emergencies and  
Crises (APA Division 12, Section 7)
- 2005-2006            **Member**, Planning Committee  
Childhood Cancer Survivorship Conference, June 2006, Warwick, RI  
The Leukemia and Lymphoma Society
- 2010                    **External Grant Reviewer**, Leventis Foundation  
University of Cyprus, Nicosia, Cyprus
- 2010-2013            **Member**, Program Committee  
National Pediatric Sleep Medicine Conference  
October 2011 & November 2013, Amelia Island, FL
- 2012-2013            **Member**, Planning Committee  
Cancer Survivorship Conference, March 2013, Providence, RI  
The Tomorrow Fund/Hasbro Children's Hospital

### **UNIVERSITY COMMITTEES**

- 2013-2014            **Member**, Faculty Search Committee  
Alpert Medical School of Brown University  
Department of Pediatrics, Division of Pediatric Hematology/Oncology
- 2014-present            **Pediatric Psychology Internship Co-Coordinator**  
Brown University Clinical Psychology Training Consortium

### **MEMBERSHIP IN SOCIETIES**

- 1998-present            Society of Pediatric Psychology
- 1998-2002            Society of Behavioral Medicine
- 1998-2004            Society of Clinical Psychology
- 2004-2007            Society for Research on Nicotine and Tobacco
- 2012-2017            American Academy of Sleep Medicine
- 2012-present            Society of Behavioral Sleep Medicine

### **PUBLICATIONS LIST**

#### **ORIGINAL PUBLICATIONS IN PEER REVIEWED JOURNALS**

1. Spirito, A., & **Boergers, J.** (1997). Family therapy techniques with adolescent suicide attempters. Crisis: The Journal of Crisis Intervention and Suicide Prevention, 18, 106-109.
2. Shirk, S.R., **Boergers, J.**, Eason, A., & Van Horn, M. (1998). Dysphoric interpersonal schemata and preadolescents' sensitization to negative events. Journal of Clinical Child Psychology, 27, 54-68.

3. **Boergers, J.**, Spirito, A., & Donaldson, D. (1998). Reasons for adolescent suicide attempts: Associations with psychological functioning. Journal of the American Academy of Child and Adolescent Psychiatry, 37(12), 1287-1293.
4. Prinstein, M.J., **Boergers, J.**, Spirito, A., Little, T.D., & Grapentine, W.L (2000). Peer functioning, family dysfunction, and psychological symptoms in a risk factor model for adolescent inpatients' suicidal ideation severity. Journal of Clinical Child Psychology, 29(3), 392-405.
5. Mehlenbeck, R., Spirito, A., Owens, J., & **Boergers, J.** (2000). The clinical presentation of childhood partial arousal parasomnias. Sleep Medicine, 1, 307-312.
6. Spirito, A., **Boergers, J.**, & Donaldson, D. (2000). Adolescent suicide attempters: Post-attempt course and implications for treatment. Clinical Psychology and Psychotherapy, 7, 161-173.
7. Prinstein, M.J, **Boergers, J.**, & Spirito, A. (2001). Adolescents' and their friends' health-risk behavior: Factors that alter or add to peer influence. Journal of Pediatric Psychology, 26, 287-298.
8. Guertin, T., Lloyd-Richardson, E., Spirito, A., Donaldson, D., & **Boergers, J.** (2001). Self-mutilative behavior in adolescents who attempt suicide by overdose. Journal of the American Academy of Child and Adolescent Psychiatry, 40, 1062-1069.
9. Prinstein, M.J., **Boergers, J.**, & Vernberg, E. (2001). Overt and relational aggression in adolescents: Social-psychological adjustment of aggressors and victims. Journal of Clinical Child Psychology, 30, 479-491.
10. Spirito, A., Stanton, C., Donaldson, D., & **Boergers, J.** (2002). Treatment-as-usual for adolescent suicide attempters: Implications for the choice of comparison groups in psychotherapy research. Journal of Clinical Child and Adolescent Psychology, 31, 41-47.
11. Spirito, A., **Boergers, J.**, Donaldson, D., Bishop, D., & Lewander, W. (2002). An intervention trial to improve adherence to community treatment by adolescents after a suicide attempt. Journal of the American Academy of Child and Adolescent Psychiatry, 41, 435-442.
12. Pearce, M.J., **Boergers, J.**, & Prinstein, M.J. (2002). Adolescent obesity, overt and relational peer victimization, and romantic relationships. Obesity Research, 10, 386-393.
13. Perez-Smith, A., Spirito, A., & **Boergers, J.** (2002). Neighborhood predictors of hopelessness among adolescent suicide attempters: Preliminary investigation. Suicide and Life Threatening Behavior, 32, 139-145.
14. Stanton, C., Spirito, A., Donaldson, D., & **Boergers, J.** (2003). Risk-taking behavior and adolescent suicide attempts. Suicide and Life Threatening Behavior, 33, 74-79.

15. Jelalian, E., **Boergers, J.**, Alday, C.S., & Frank, R. (2003). Survey of physician attitudes and practices related to pediatric obesity. Clinical Pediatrics, 42, 235-245.
16. Spirito, A., Valeri, S., **Boergers, J.**, & Donaldson, D. (2003). Predictors of continued suicidal behavior in adolescents following a suicide attempt. Journal of Clinical Child and Adolescent Psychology, 32, 284-289.
17. Esposito, C., Spirito, A., **Boergers, J.**, & Donaldson, D. (2003). Affective, behavioral, and cognitive functioning in adolescents with multiple suicide attempts. Suicide and Life Threatening Behavior, 33, 389-399.
18. **Boergers, J.**, Hart, C., Owens, J.A., Streisand, R., & Spirito, A. (2007). Child sleep disorders: Associations with parental sleep duration and daytime sleepiness. Journal of Family Psychology, 21, 88-94.
19. Kahler, C.W., Strong, D.R., Papandonatos, G.D., Colby, S.M., Clark, M.A., **Boergers, J.**, Niaura, R., Abrams, D.B., Buka, S.L. (2008). Cigarette smoking and the lifetime alcohol involvement continuum. Drug and Alcohol Dependence, 93, 111-120.
20. Gilman, S.E., Rende, R., **Boergers, J.**, Abrams, D.B., Buka, S.L., Clark, M.A., Colby, S.M., Hitsman, B., Kazura, A.N., Lipsitt, L.P., Lloyd-Richardson, E.E., Rogers, M.L., Stanton, C.A., Stroud, L.R., & Niaura, R.S. (2009). Parental smoking and adolescent smoking initiation: an intergenerational perspective on tobacco control. Pediatrics, 123(2), e274-81.
21. Kahler, C.W., Daughters, S.B., Leventhal, A.M., Rogers, M.L., Clark, M.A., Colby, S.M., **Boergers, J.**, Ramsey, S.E., Abrams, D.B., Niaura, R., & Buka, S.L. (2009). Personality, psychiatric disorders, and smoking in middle-aged adults. Nicotine and Tobacco Research, 11, 833-841.
22. Kahler, C.W., Leventhal, A.M., Daughters, S.B., Clark, M.A., Colby, S.M., Ramsey, S.E., **Boergers, J.**, Abrams, D.B., Niaura, R., & Buka, S.L. (2010). Relationships of personality and psychiatric disorders to multiple domains of smoking motives and dependence in middle-aged adults. Nicotine and Tobacco Research, 12, 381-389.
23. **Boergers, J.**, & Koinis-Mitchell, D. (2010). Sleep and culture in children with medical conditions. Journal of Pediatric Psychology, 35, 915-926.
24. Colby, S.M., Clark, M., Rogers, M.L., Ramsey, S., Graham, A.L., **Boergers, J.**, Kahler, C.W., Papandonatos, G.D., Buka, S., Niaura, R.S., Abrams, D.B. (2012). Development and reliability of the Lifetime Interview on Smoking Trajectories (LIST). Nicotine & Tobacco Research, 14(3), 290-298.
25. Daniel, L.C., **Boergers, J.**, Kopel, S.J., & Koinis-Mitchell, D. (2012). Missed sleep and asthma morbidity in urban children. Annals of Allergy, Asthma & Immunology, 109(1), 41-46.

26. Greene Welch, J., Mannix, M.M., **Boergers, J.**, Jelalian, E., Barbosa, F., Fujii-Rios, H., Forman, E.N. (2012). Parental interest in a bereavement support visit when a child dies from cancer. Omega: Journal of Death and Dying, 65(4), 335-346.
27. Clark, M.A., Rogers, M.L., **Boergers, J.**, Kahler, C., Ramsey, S., Saadeh, F.M., Abrams, D.B., Buka, S.L., Niaura, R., & Colby, S.M. (2012). A transdisciplinary approach to protocol development for tobacco control research: A case study. Translational Behavioral Medicine: Practice, Policy and Research, 2(4), 431-440.
28. LeLeiko, N.S., Lobato, D., Hagin, S., McQuaid, E., Seifer, R., Kopel, S.J., **Boergers, J.**, Nassau, J., Suorsa, K., Shapiro, J., & Bancroft, B. (2013). Rates and predictors of oral medication adherence in pediatric patients with IBD. Inflammatory Bowel Diseases, 19(4), 832-839.
29. LeLeiko, N.S., Lobato, D., Hagin, S., Hayes, C., McQuaid, E.L., Seifer, R., Kopel, S.J., **Boergers, J.**, Nassau, J., Suorsa, K., Shapiro, J., & Bancroft, B. (2013). 6-Thioguanine levels in pediatric IBD patients: Adherence is more important than dose. Inflammatory Bowel Diseases, 19(12), 2652-8.
30. Reed-Knight, B., Lobato, D., Hagin, S., McQuaid, E., Seifer, R., Kopel, S.J., **Boergers, J.**, Nassau, J., Suorsa, K., Shapiro, J., Bancroft, B., & LeLeiko, N.S. (2014). Stability of emotional and behavioral functioning in youth with inflammatory bowel disease. Children's Healthcare, 43(2), 151-168.
31. **Boergers, J.**, Gable, C.J., & Owens, J.A. (2014). Later school start time is associated with improved sleep and daytime functioning in adolescents. Journal of Developmental and Behavioral Pediatrics, 35(1), 11-17.
32. Reed-Knight, B., Lobato, D., Hagin, S., McQuaid, E.L., Seifer, R., Kopel, S.J., **Boergers, J.**, Nassau, J., Suorsa, K., Bancroft, B., & LeLeiko, N.S. (2014). Depressive symptoms in youth with inflammatory bowel disease compared to a community sample. Inflammatory Bowel Diseases, 20(4), 614-21.
33. Koinis-Mitchell, D., Kopel, S.J., **Boergers, J.**, Ramos, K., LeBourgeois, M., McQuaid, E.L., Esteban, C, Seifer, R., Fritz, G.K., Klein, R. (2015). Asthma, allergic rhinitis and sleep problems in urban children. Journal of Clinical Sleep Medicine, 11(2), 101-10.
34. Koinis-Mitchell, D., Kopel, S.J., **Boergers, J.**, McQuaid, E.L., Esteban, C.A., Seifer, R., Fritz, G.K., Beltran, A.J., Klein, R.B., LeBourgeois, M. (2015). Good sleep health in urban children with asthma: A risk and resilience approach. Journal of Pediatric Psychology, 40 (9), 888-903. PMID: 25991645.
35. Martin, S.R., **Boergers, J.**, Kopel, S.J., McQuaid, E.L., Seifer, R., LeBourgeois, M., Klein, R.B., Esteban, C.A., Fritz, G.K., & Koinis-Mitchell, D. (2017). Sleep hygiene and sleep outcomes in a sample of urban children with and without asthma. Journal of Pediatric Psychology, 42 (8), 825-836. PMID: 28369539.

36. Koinis-Mitchell, D., Kopel, S.J., Seifer, R., LeBourgeois, M., McQuaid, E.L., Esteban, C.A., **Boergers, J.**, Nassau, J., Farrow, M., Fritz, G.K., Klein, R.B.. (2017). Asthma-related lung function, sleep quality, and sleep duration in urban children. Sleep Health, 3(3), 148-156. PMID: 28526251.

37. Reynolds, K.C., **Boergers, J.**, Kopel, S.J., & Koinis-Mitchell, D. (2018). Featured article: Multiple comorbid conditions, sleep quality and duration, and academic performance in urban children with asthma. Journal of Pediatric Psychology, 43(9), 943-954. PMID: 29771333.

### **PEER REVIEWED TECHNOLOGY PAPERS**

38. Daskalova, N., Metaxa-Kakavouli, D., Tran, A., Nugent, N.R., **Boergers, J.**, McGeary, J., Huang, J. (2016). SleepCoacher: A Personalized Automated Self-Experimentation System for Sleep Recommendations. ACM User Interface Software and Technology Symposium (UIST 2016).

### **BOOKS AND BOOK CHAPTERS**

1. Coyne, J.C., Downey, G., & **Boergers, J.** (1992). Depression in families: A systems perspective. In D. Cicchetti and S.L. Toth (Eds.), Rochester symposium on developmental psychopathology, Volume 4. Developmental perspectives on depression (pp. 211-249). Rochester, NY: University of Rochester Press.

2. **Boergers, J.**, & Spirito, A. (2003). The outcome of suicide attempts among adolescents. In A. Spirito and J.C. Overholser (Eds.), Evaluating and treating adolescent suicide attempters: From research to practice (pp. 261-276). San Diego: Academic Press.

3. Jelalian, E., **Boergers, J.**, Spirito, A., & Sourkes, B. (2003). Psychologic aspects of leukemia and hematologic disorders. In D.G. Nathan, S.H. Orkin, D. Ginsburg, & A.T. Look (Eds.), Nathan and Oski's hematology of infancy and childhood, 6<sup>th</sup> edition (pp. 1671-1683). Philadelphia: W. B. Saunders.

4. **Boergers, J.**, & Spirito, A. (2003). Follow-up studies of child and adolescent suicide attempters. In R.A. King and A. Apter (Eds.), Suicide in children and adolescents (pp. 271-293). New York: Cambridge University Press.

5. Donaldson, D., Spirito, A. & **Boergers, J.** (2010). Treatment engagement with adolescent suicide attempters. In D. Castro-Blanco & M.S. Karver (Eds.), Elusive alliance: Treatment engagement strategies with high-risk adolescents (pp. 207-225). Washington, D.C.: APA Books.

### **OTHER NON-PEER REVIEWED PUBLICATIONS**

1. **Boergers, J.**, & Spirito, A. (1999, Spring). Outpatient care of adolescent suicide attempters. Clinical Child Psychology Newsletter, 8-10.

2. **Boergers, J.** (2001, Fall). Helping youth to cope with terrorism. Behavioral Emergencies Update, 2.

3. **Boergers, J.** (2007). Children's sleep problems: A family perspective. The Brown University Child and Adolescent Behavior Letter, 23(8).
4. Mannix, M.M., & **Boergers, J.** (2010). Late effects of childhood cancer: Neurocognitive, psychological, educational, and socioemotional. The Brown University Child and Adolescent Behavior Letter, 26(6).
5. Millman, R., & **Boergers, J.** (2013). Obstructive sleep apnea in children and adolescents. Hasbro Children's Hospital Pediatric Notes, Winter 2013, 2.
6. **Boergers, J.** (2015). Benefits of later school start times. The Brown University Child and Adolescent Behavior Letter, 31(1).
7. Millman, R.P., **Boergers, J.**, & Owens, J.A. (2016). Healthy school start times – Can we do a better job in reaching our goals? Sleep, 39(2), 267-8. PMID: 26943474

#### **PUBLICATIONS SUBMITTED OR IN PREPARATION**

1. **Boergers, J.**, Daniel, L., Owens, J.A., Hall-Brown, T., Halsey, M., & Etter, D. (2019). Sleep in hospitalized children. Manuscript in preparation.
2. **Boergers, J.**, Kazura, A., Owens, J.A., VanVleet, M., & Hawke, R. (2019). Insufficient sleep and depressed mood as predictors of smoking relapse among postpartum women. Manuscript in preparation.
3. Seegan, P. L., Martin, S. R., **Boergers, J.**, Kopel, S. J., Bruzzese, J.M., Koinis-Mitchell, D. (under review). Internalizing symptoms and sleep outcomes in urban children with and without asthma. *Journal of Clinical Sleep Medicine*. Manuscript submitted for publication.

#### **ABSTRACTS**

1. Downey, G., & **Boergers, J.** (1990, October). Children at risk: Linking social cognition and adjustment across time. Paper presented at the Society for Life History Research Conference, Keystone, CO.
2. Shirk, S., **Boergers, J.**, & Van Horn, M. (1997, April). Dysphoric interpersonal schema and selective attention in preadolescents. Poster presented at the Society for Research in Child Development, Washington, DC.
3. **Boergers, J.**, Donaldson, D., Nobile, C., and Spirito, A. (1998, August). Self-reported reasons for suicide attempts in adolescents. Poster presented at the Annual Convention of the American Psychological Association, San Francisco.
4. Prinstein, M.J., Spirito, A., **Boergers, J.**, & Grapentine, W.L. (1998, October). Peer and family pathways to suicide ideation among adolescent inpatients. Paper presented at the Kansas Conference in Clinical Child Psychology, Lawrence, KS.



5. **Boergers, J.**, Prinstein, M.J., Grapentine, W.L., Mora, K., Hollenbeck, J.L., Richmond, J., & Spirito, A. (1998, November). Interpersonal schemas of suicidal adolescents. Poster presented at the Annual Convention of the Association for Advancement of Behavior Therapy, Washington, DC.
6. Prinstein, M.J., **Boergers, J.**, Mora, K., Grapentine, W.L., Hollenbeck, J.L., Richmond, J., & Spirito, A. (1998, November). Peer functioning as a predictor of suicidal behavior amongst adolescent psychiatric inpatients. Poster presented at the Annual Convention of the Association for Advancement of Behavior Therapy, Washington, DC.
7. Owens, J., **Boergers, J.**, Streisand, R., Nobile, C., & Spirito, A. (1999, June). Relationship between maternal and child sleep disturbances. Paper presented at the Annual Meeting of the Associated Professional Sleep Societies, Orlando, FL.
8. Prinstein, M.J., Spirito, A., **Boergers, J.**, & Grapentine, W.L. (1999, June). Peer and family pathways to suicide ideation among adolescent inpatients. Paper presented at the 7<sup>th</sup> Biennial Conference of the Society for Community Research and Action, New Haven, CT.
9. Alday, C.S., **Boergers, J.**, & Jelalian, E. (1999, August). Physician survey of attitudes and practices related to pediatric obesity. Poster presented at the Annual Convention of the American Psychological Association, Boston, MA.
10. Perez-Smith, A.M., Spirito, A., & **Boergers, J.** (2000, March). Neighborhood predictors of risk among adolescent suicide attempters. Poster presented at the Society for Research on Adolescence, Chicago, IL.
11. Lescano, C., Kazura, A., **Boergers, J.**, Goldstein, M., & Niaura, R. (2000, April). Pediatricians' attitudes and behaviors regarding smoking prevention and cessation. Poster presented at the Society of Behavioral Medicine Annual Meeting, Nashville, TN.
12. **Boergers, J.**, Spirito, A., & Donaldson, D. (2000, August). Structured disposition planning for suicidal adolescents in a hospital emergency department. In D. Castro-Blanco and K.K. North (Chairs), Multimodal approaches to treatment engagement with high-risk adolescents. Symposium presented at the Annual Convention of the American Psychological Association, Washington, DC.
13. Prinstein, M.J., **Boergers, J.**, & Spirito, A. (2000, August). Overt and relational aggression in adolescents: Implications for internalizing symptoms. In E.M. Vernberg (Chair), Violence against peers: Developmental inevitability or unacceptable risk? Symposium presented at the Annual Convention of the American Psychological Association, Washington, DC.
14. Spirito, A., Stanton, C., Donaldson, D., & **Boergers, J.** (2000, November). Does research on cognitive factors inform clinical care? In M.K. Nock & M.J. Prinstein (Chairs), Cognitive risk factors and treatment approaches for suicidal adolescents. Symposium presented at the Association for Advancement of Behavior Therapy Annual Convention, New Orleans, LA.

15. Prinstein, M.J., **Boergers, J.**, Spirito, A., & Little, T.D. (2000, November). Cognitive models of peer victimization, interpersonal schema, and suicidality in adolescent non-clinical and inpatient samples. In M.K. Nock & M.J. Prinstein (Chairs), Cognitive risk factors and treatment approaches for suicidal adolescents. Symposium presented at the Association for Advancement of Behavior Therapy Annual Convention, New Orleans, LA.
16. **Boergers, J.**, Stanton, C., Kazura, A.N., & Niaura, R. (2001, April). The relationship between parental history of smoking behavior and children's perceived vulnerability to smoking-related health risks. Poster presented at the Florida Conference on Child Health Psychology, Gainesville, Florida.
17. Mehlenbeck, R., **Boergers, J.**, Jelalian, E., Spieth, L. & Micco, J. (2001, April). Social functioning and perceived social support experienced by overweight adolescents. Poster presented at the Florida Conference on Child Health Psychology, Gainesville, Florida.
18. Pearce, M.J., Prinstein, M.J., & **Boergers, J.** (2001, April). Adolescent obesity, peer victimization, and romantic relationships. Poster presented at the Florida Conference on Child Health Psychology, Gainesville, Florida.
19. Spirito, A., **Boergers, J.**, & Donaldson, D. (2001, April). An intervention to improve adolescents' adherence to outpatient treatment following a suicide attempt. Paper presented at The Promised Childhood, Jerusalem 2000 Congress (International Association for Child and Adolescent Psychiatry and Allied Professions), Tel Aviv, Israel.
20. Spirito, A., Stanton, C., Donaldson, D., & **Boergers, J.** (2001, April). Treatment-as-usual for adolescent suicide attempters: Implications for psychotherapy research. Paper presented at The Promised Childhood, Jerusalem 2000 Congress (International Association for Child and Adolescent Psychiatry and Allied Professions), Tel Aviv, Israel.
21. Esposito, C., Spirito, A., **Boergers, J.**, & Donaldson, D. (2001, November). Cognitive and affective functioning in adolescents with multiple suicide attempts. Poster presented at the Annual Convention of the Association for Advancement of Behavior Therapy, Philadelphia, PA.
22. Stanton, C., **Boergers, J.**, Kazura, A., & Niaura, R. (2002, February). The influence of anti-smoking parenting strategies on children's self-efficacy to resist cigarettes. Poster presented at the 8<sup>th</sup> Annual Scientific Sessions of the Society for Research on Nicotine and Tobacco, Savannah, GA.
23. Valeri, S., Spirito, A., Donaldson, D., **Boergers, J.**, Apling, G., & Voss, A. (2002, April). Predictors of continued suicidal behavior in adolescents. Poster presented at the Biennial Meeting of the Society for Research on Adolescence, New Orleans, LA.
24. Kazura, A., Stanton, C., **Boergers, J.**, & Niaura, R. (2002, October). Tobacco use prevention in a pediatric clinic: Missed opportunities. Poster presented at the 49<sup>th</sup> annual meeting of the American Academy of Child and Adolescent Psychiatry, San Francisco, California.

25. Kazura, A., **Boergers, J.**, Santana, A., & Niaura, R. (2003, October). Tobacco use, oppositional defiant behaviors, and refusal self-efficacy in pediatric patients. Poster presented at the 50<sup>th</sup> Annual Meeting of the American Academy of Child and Adolescent Psychiatry, Miami, FL.
26. **Boergers, J.**, Kazura, A., Van Vleet, M., & Owens, J. (2004, February). Sleep and postpartum smoking relapse. Poster presented at the 10<sup>th</sup> Annual Meeting of the Society for Research on Nicotine and Tobacco, Scottsdale, AZ.
27. **Boergers, J.**, Kazura, A., Stanton, C., & Niaura, R. (2004, April). The influence of parental smoking on children's pre-smoking behaviors and perceived vulnerability to smoking-related health risks. Poster presented at the National Conference on Child Health Psychology, Charleston, SC.
28. **Boergers, J.**, Clark, M., Colby, S., Kahler, C., Lewis-Esquerre, J., Ramsey, S., & Buka, S. (2004, July). Effect of audiotaping on self-reported substance abuse and dependence. Poster presented at the 2004 Convention of the American Psychological Association, Honolulu, HI.
29. Kahler, C.W., Abrams, D., **Boergers, J.**, Buka, S., Clark, M., Colby, S., Lewis-Esquerre, J., Niaura, R., & Ramsey, S. (2005, March). Smoking, psychiatric comorbidity, and personality factors. Poster presented at the Society for Research on Nicotine and Tobacco Annual Meeting, Prague, Czech Republic.
30. Clark, M., Colby, S., **Boergers, J.**, Kahler, C., Ramsey, S., Neighbors, C., & Lewis-Esquerre, J. (2005, May). A transdisciplinary approach to protocol development: A case study. Poster presented at the American Association for Public Opinion Research, Miami Beach, FL.
31. Traub, R., Kazura, A., **Boergers, J.**, DePue, J., Borrelli, B., & Hecht, J. (2005, October). Factors associated with tobacco control counseling by pediatric hospital nurses. Paper presented at the Annual National Conference of the Association for Medical Education and Research in Substance Abuse, Bethesda, MD.
32. **Boergers, J.**, Clark, M., Colby, S., Kahler, C., Lewis-Esquerre, J., Ramsey, S., & Rogers, M. (2006, February). Effect of audiotaping on adolescents' self-reports of tobacco and substance use. Poster presented at the Society for Research on Nicotine and Tobacco Annual Meeting, Orlando, FL.
33. Kahler, C.W., Abrams, D., **Boergers, J.**, Buka, S., Clark, M., Colby, S., Niaura, R., Papandonatos, G., Ramsey, S., & Strong, D. (2006, June). Stages of smoking and the lifetime alcohol involvement continuum. Poster presented at the 29th Annual Research Society on Alcoholism Scientific Meeting, Baltimore MD.
34. Kazura, A., Shenassa, E., **Boergers, J.**, Stanton, C., & Richardson, E. (2006, October). Smoking and suicide in adolescents. Symposium presented at the Annual Meeting of the American Academy of Child and Adolescent Psychiatry, San Diego, CA.

35. Stanton, C., Kazura, A., **Boergers, J.**, & Niaura, R. (2007, February). The longitudinal impact of changes in the smoking status of early adolescents' friendship networks on children's smoking uptake. Poster presented at the Society for Research on Nicotine and Tobacco Annual Meeting, Austin, TX.
36. **Boergers, J.**, Kazura, A., VanVleet, M., & Owens, J. (2007, June). Perinatal smoking abstinence advice from health care providers. Poster presented at the Academy Health Annual Research Meeting, Orlando, FL.
37. **Boergers, J.**, Owens, J.A., Halsey, M., & Etter, D. (2007, October). Sleep in hospitalized children. Paper presented at the Society for Developmental and Behavioral Pediatrics 2007 Annual Meeting, Providence, RI.
38. **Boergers, J.**, Owens, J.A., Hall Brown, T.S., Halsey, M., & Etter, D (2008, April). Hospitalization is associated with later bedtimes and decreased nighttime sleep in preschool and school-aged children. Poster presented at the National Conference on Child Health Psychology, Miami, FL.
39. Hall Brown, T.S., **Boergers, J.**, Lewin, D., Sabin, S., Knapstein, S., Gulin, S., Lavela, J., Daughters, S., & Lejuez, C.W. (2008, June). The relationship between natural sleep restriction and distress tolerance in an adolescent population. Poster presented at the 22nd Annual Meeting of the Associated Professional Sleep Societies, Baltimore, MD.
40. Freeman, J., **Boergers, J.**, Berman, N., & Ogata, A. (2008, November). Sleep problems in pediatric anxiety disorders. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Orlando, FL
41. Colby, S.M., Rogers, M.L., Wen, X., Clark, M., Kahler, C.W., Ramsey, S., **Boergers, J.**, Papandonatos, G.P., Graham, A.L., Niaura., R.S., Buka, S., & Abrams, D.B. (2010, February). Test-retest reliability of key variables from the Lifetime Interview on Smoking History (LIST). Paper presented at the 2010 Annual Meeting of the Society for Research on Nicotine and Tobacco, Baltimore, MD.
42. Mannix, M.M., Daniel, L.C., & **Boergers, J.** (2010, October). Sleep patterns in pediatric cancer patients. Paper presented at the 42<sup>nd</sup> Congress of the International Society of Paediatric Oncology, Boston, MA.
43. Lobato, D., McQuaid, E., Nassau, J., **Boergers, J.**, Seifer, R., Kopel, S., Bancroft, B., Suorsa, K., & LeLeiko, N. (2011, April). Psychosocial factors and oral medication adherence in pediatric IBD. Poster presented at National Conference on Child Health Psychology, San Antonio, TX.
44. Lobato, D., McQuaid, E., Nassau, J., **Boergers, J.**, Seifer, R., Kopel, S., Suorsa, K., & LeLeiko, N. (2011, May). Rates and predictors of oral medication adherence in pediatric IBD. Paper presented at Digestive Disease Week, Chicago, IL.

45. Kopel, S.J., Esteban, C.A., Seifer, R., McQuaid, E.L., Jandasek, B.N., **Boergers, J.**, Fritz, G.K., Klein, R.B., & Koinis Mitchell, D. (2011, October). Upper and lower airway symptoms and sleep patterns in obese and normal weight children with asthma. Paper presented at the 18th Annual Meeting of the International Society for the Advancement of Respiratory Psychophysiology (ISARP), Athens, Greece.
46. **Boergers, J.**, Mannix, M.M., & Daniel, L.C. (2011, October). Sleep and quality of life in children with cancer. Poster presented at the 6<sup>th</sup> Annual Conference on Pediatric Sleep Medicine, Amelia Island, FL.
47. Hayes, C., Hagin, S., Lobato, D., McQuaid, E., Kopel, S., Suorsa, K., **Boergers, J.**, Seifer, R., Bancroft, B., Nassau, J., Shapiro, J., Cai, A., LeLeiko, N. (2011, October). Patterns of nonadherence to medication in pediatric patients with IBD. Poster presented at the Annual Meeting of the North American Society of Pediatric Gastroenterology, Hepatology, and Nutrition, Orlando, FL.
48. LeLeiko, N.S., Lobato, D., Hagin, S., Hayes, C. McQuaid, E., Seifer, R., Kopel, S.J., **Boergers, J.**, Nassau, J., Suorsa, K., Shapiro, J., Bancroft, B. (2012, December). 6-TGN Levels in pediatric IBD patients: Adherence is more important than dose. Poster presented at the 2012 Advances in Inflammatory Bowel Diseases Conference, Crohn's and Colitis Foundation, Hollywood, FL.
49. Hagin, S., Lobato, D., Shapiro, J., Nassau, J., McQuaid, E., Seifer, R., Kopel, S., **Boergers, J.**, Suorsa, K., Bancroft, B., LeLeiko, N. (2012, December). Physical activity and health outcomes in Pediatric Inflammatory Bowel Disease. Poster presented the 2012 Advances in Inflammatory Bowel Diseases Conference, Crohn's and Colitis Foundation, Hollywood, FL.
50. Reed-Knight, B., Lobato, D., Hagin, S., McQuaid, E., Nassau, J., **Boergers, J.**, Seifer, R., Suorsa, K., Bancroft, B., & LeLeiko, N. (2013, April). Prospective comparison of psychological and behavioral functioning in newly-diagnosed versus previously-diagnosed youth with inflammatory bowel disease. Poster presented at the National Conference in Pediatric Psychology, New Orleans, LA.
51. Koinis-Mitchell, D., Kopel, McQuaid, E.L., **Boergers, J.**, Esteban, C., Coutinho, M.T., Seifer, R., Fritz, G., & Klein, R.B. (2013, April). Asthma, sleep, and psychological functioning in urban children. Poster presented at the National Conference in Pediatric Psychology, New Orleans, LA.
52. Koinis Mitchell, D., Kopel, S.J., McQuaid, E.L., **Boergers, J.**, Esteban, C., Seifer, R, Fritz, G., & Klein, R.B. (2014, March). The role of sleep quality in the association between asthma and academic performance in urban children. Poster presented at the National Conference in Pediatric Psychology, Philadelphia, PA.
53. Koinis Mitchell, D., Kopel, S.J., LeBourgeois, M., McQuaid, E.L., **Boergers, J.**, Esteban, C., Seifer, R, Fritz, G., & Klein, R.B. (2015, April). Asthma-related co-morbidities (allergic rhinitis, body weight and sleep disordered breathing) and sleep in urban children. Poster presented at the Society of Pediatric Psychology Annual Conference, San Diego, CA.

54. Koinis-Mitchell, D., Kopel, S.J., LeBourgeois, M., **Boergers, J.**, Seifer, R., & Esteban, C.A. (2015, June). Asthma and sleep in urban children with asthma and healthy controls. Poster presented at SLEEP 2015 (Associated Professional Sleep Societies), Seattle, WA.
54. Martin, S. R., **Boergers, J.**, McQuaid, E. L., Kopel, S. J., Seifer, R., Klein, R., Esteban, C. A., & Koinis Mitchell, D. (2016, April). Sleep hygiene and sleep health in a sample of urban children with and without asthma. Poster presented at the Society of Pediatric Psychology Annual Conference, Atlanta, GA.
55. Lobato, D., Kopel, S., McQuaid, E., Seifer, R., Hagin, S., Shapiro, J., **Boergers, J.**, Nassau, J., & LeLeiko, N. (2016, May). Adherence methods: Comparisons of estimates and predictions of outcomes in IBD. Paper presented at the annual meeting of the Pediatric Academic Societies, Baltimore, MD.
56. Koinis-Mitchell, D., Kopel, S.J., Esteban, C.A., McQuaid, E.L., Seifer, R., **Boergers, J.**, Fritz, G.K., & Klein, R.B. (2016, May). Asthma-related co-morbidities in urban children with persistent asthma: Contributors to disparities in asthma, sleep and academic outcomes. Paper presented at the International Meeting of the American Thoracic Society, San Francisco, CA.
57. Koinis-Mitchell, D., Kopel, S.J., LeBourgeois, M., **Boergers, J.**, Seifer, R., & Esteban, C.A. (2017, June). Sleep patterns in urban children with asthma and healthy controls. Poster presented at SLEEP 2017 (Associated Professional Sleep Societies), Boston, MA.

### **INVITED PRESENTATIONS**

1. **Boergers, J.** (1995, March). The role of mental health professionals in the management of pain and suffering in chronic pediatric illness. Department of Psychiatry Grand Rounds, Children's National Medical Center/George Washington University School of Medicine, Washington, D.C.
2. **Boergers, J.** (1997, January). Psychosocial adjustment of children with craniofacial disabilities. Invited presentation to faculty, Warwick Public Schools, Warwick, RI.
3. **Boergers, J.** (1999, January). Management of child and adolescent obesity. Invited presentation, Pediatric Grand Rounds, Health Alliance Leominster Hospital, Leominster, MA (CME course).
4. Kazura, A., **Boergers, J.**, & Alario, A. (1999, February). Immunizing against tobacco use in pediatric health care. Pediatric Grand Rounds, Rhode Island Hospital/Brown University School of Medicine, Providence, RI (CME course).
5. **Boergers, J.** (1999, February). Management of suicidality in adolescents. Adolescent Medicine Update of Issues in Health Care, Division of Adolescent Medicine, Rhode Island Hospital, Providence, RI (CME course).

6. **Boergers, J.** (1999, March). Bedtime battles: Strategies for resolving sleep problems in children. Invited workshop presented at Parenting Matters Conference, Lifespan Health Connection, Warwick, RI.
7. **Boergers, J.** (1999, November). Bedtime battles: Strategies for resolving sleep problems in children. Invited workshop presented at Speaking of Kids Conference, Somerset Parent-Teacher Organization/Lifespan Health Connection, Somerset, MA.
8. Kazura, A., **Boergers, J.**, & Alario, A. (2000, February). Smoking cessation update. Pediatric Grand Rounds, Rhode Island Hospital/Brown University School of Medicine, Providence, RI (CME course).
9. Kazura, A., & **Boergers, J.** (2000, April). Behavioral interventions for child and family health risk behaviors: A research network case study. Invited workshop presented at Maternal and Child Health Bureau, Developmental and Behavioral Pediatric Fellowship Training Annual Meeting, Providence, RI.
10. Kazura, A., & **Boergers, J.** (2000, September). Qualitative design: Focus group methodology in pediatric behavioral research. Invited Research Institute presented at the Annual Scientific Meeting of the Society for Developmental and Behavioral Pediatrics, Providence, RI.
11. Kazura, A., **Boergers, J.**, & Niaura, R. (2003). Feasibility of implementing smoking prevention guidelines in pediatric health care. Paper presentation, National Institute on Drug Abuse, NIDA/AACAP K12 Retreat, Rockville, MD.
12. **Boergers, J.**, & Barbosa, F. (2006, June). Special considerations for adult survivors of childhood cancer. Invited workshop presented at the Childhood Cancer Survivorship Conference, The Tomorrow Fund/The Leukemia and Lymphoma Society, Warwick, RI.
13. **Boergers, J.** (2006, June). Childhood cancer survivorship stories. Discussant, Childhood Cancer Survivorship Conference, The Tomorrow Fund/The Leukemia and Lymphoma Society, Warwick, RI.
14. **Boergers, J.** (2007, June). Parenting your child with cancer. Invited seminar, The Tomorrow Fund Parent Education Seminar Series, Rhode Island Hospital, Providence, RI.
15. **Boergers, J.** (2012, March). Sleep in children with cancer. Invited presentation, Providence Sleep Research Interest Group, Providence, RI.
16. **Boergers, J.**, & Freeman, S. (2013, March). Psychosocial issues for survivors of childhood cancer. Invited presentation, Taking Charge of Your Cancer Survivorship Conference, The Tomorrow Fund/Hasbro Children's Hospital, Providence, RI.
17. **Boergers, J.** (2013, April). Strategies for resolving sleep problems in infants and toddlers. Invited workshop presented at Parenting Matters Conference, Lifespan Health Connection, Barrington, RI.

18. **Boergers, J.** (2013, October). From Zzz's to A's: Taking charge of your sleep. Invited presentation, Lincoln School, Providence, RI.
19. **Boergers, J.** (2013, November). Insomnia in young children. Invited presentation, Best Practices Course, National Conference on Pediatric Sleep Medicine, Amelia Island, FL.
20. **Boergers, J., & Jelalian, E.** (2013, December). Psychosocial care of children with cancer. Child & Adolescent Psychiatry Grand Rounds, Alpert Medical School of Brown University, Bradley Hospital, East Providence, RI.
21. Lobato, D., Hagin, S., & **Boergers, J.** (2017, January). Feeding Disorders in Children. Hasbro Partial Hospital Program Rounds, Alpert Medical School of Brown University, Hasbro Children's Hospital, Providence, RI.

## **GRANTS**

1. Immunizing Against Tobacco Use in Pediatric Health Care (R01 DA12529). NIDA, 9/30/98-8/31/04. Project Director (R. Niaura, PI). Total costs \$1,468,289.
2. Community Treatment of Adolescent Suicide Attempters (R21 MH52411). NIMH, 10/1/98-9/30/00. Co-investigator (A. Spirito, PI). Total costs \$299,832.
3. Helping Nonmainstream Families Manage Childhood Asthma (R43 HL64516). NHLBI, 3/15/00-9/14/00. Consultant (S. Banks, PI). Total costs \$88,442.
4. Nicotine Dependence: Risk and Recovery over Generations (1 P50 CA84719). NCI, 10/1/00-9/30/04. Co-investigator (D. Abrams, PI). Total costs \$7,491,945.
5. Biopsychosocial Model of Sleep Education (5 K07 HL03896-04). NHLBI, 9/1/01-8/31/03. Co-investigator (J. Owens, PI). Total costs \$297,561.
6. Sleep Problems, Mood, and Postpartum Smoking Relapse (051799). Robert Wood Johnson Foundation, 9/1/04-8/31/07. Principal Investigator. Total costs \$199,996.
7. Nicotine Dependence: Phenotype, Endophenotype and Contexts (2 P50 CA84719-06). NCI, 10/1/04-9/30/09. Co-investigator (R. Niaura, PI). Total costs \$7,637,228.
8. Family Based Treatment of Early Childhood OCD (R01 MH079217-01A1). NIMH, 7/1/07-6/30/12. Independent Evaluator (J. Freeman, PI). Total costs \$875,883.
9. Development of the Pediatric IBD Behavioral Health Registry (R21 HD058828). NICHD, 9/1/09-8/31/11. Co-investigator (D. Lobato & N. LeLeiko, co-PI's). Total costs: \$224,775.
10. Asthma and School Functioning in Urban Children (R01 HD057220-01A2). NICHD, 10/1/2009-9/30/2014. Co-investigator (D. Koinis Mitchell, PI). Total costs \$2,850,012.



11. Childhood Asthma Research Innovation Program. Hassenfeld Child Health Innovation Institute, 2/1/2016 -1/31/2022. Co-investigator (E. McQuaid/D. Koinis Mitchell/G. Fritz, PIs). Total costs \$2,200,000.
12. A Pilot Study to Improve Sleep Quality in Urban High School Students with Asthma (R21HD086648). NICHD, 9/1/16 - 8/31/19. Co-Investigator (J. Bruzzese & D. Koinis Mitchell, PIs). Total costs \$450,000.
13. A Sleep Hygiene Intervention to Improve Sleep Quality in Urban, Latino Middle School Children. NHLBI, 9/1/17-6/30/20. Co-Investigator (D. Koinis Mitchell & G. Canino, PIs). Total costs \$750,000.

### **TEACHING ROLES**

- 1998-2000                    **Faculty Lecturer**, Postdoctoral Seminar Series  
Brown University Clinical Psychology Training Consortium  
1-2 lectures per year (Managed Care; Professional Licensure)
- 1998- 2013                    **Faculty Lecturer**, Pediatric Psychology Seminar Series  
Brown University Clinical Psychology Training Consortium  
1-2 lectures per year (Risk Assessment; Pediatric Sleep Disorders; Pain Management; Psychosocial Issues in Pediatric Oncology; Smoking Prevention/Cessation)
- 1998-2017t                    **Clinical Supervisor**, Pedi Hematology/Oncology Psychology Liaison  
Rhode Island Hospital/Hasbro Children's Hospital  
Supervised 2 psychology residents per year along with occasional psychology practicum students, psychology postdoctoral fellows, and child psychiatry or triple board fellows during clinical rotation
- 1998-present                    **Clinical Supervisor**, Pediatric Sleep Clinic  
Rhode Island Hospital/Hasbro Children's Hospital  
Supervise 3-6 psychology residents, 1-2 psychology postdoctoral fellows, 1-4 child psychiatry or triple board fellows, and 15-20 pediatrics residents per year during clinical rotation
- 1999-2002                    **Course Director**, Pediatric Psychology Seminar Series  
Brown University Clinical Psychology Training Consortium
- 1999-2015                    **Faculty Lecturer**, Child Track Seminar Series  
Brown University Clinical Psychology Training Consortium  
1 lecture per year (Pediatric Sleep; Enuresis/Encopresis)
- 1999-2001                    **Discussant**, Child Psychiatry Case Conference/Seminar  
Rhode Island Hospital Division of Child and Adolescent Psychiatry  
2-3 sessions per year
- 1999-2001                    **Faculty Lecturer**, Behavioral Medicine Seminar Series  
Brown University Clinical Psychology Training Consortium  
1 lecture per year (Behavioral Medicine in a Pediatric Setting)

2002-2004                    **Faculty Lecturer**, Internship Core Seminar Series  
Brown University Clinical Psychology Training Consortium  
1 lecture per year (Suicide Assessment)

2007-2008, 2010-2011    **Research Mentor**, Pediatric Psychology Internship  
Brown University Clinical Psychology Training Consortium  
Research Placement (Residents Tyish Hall Brown 2007-2008 & Lauren Daniel 2010-2011)

1998-present                **Clinical Supervisor**, Pediatric Gastroenterology/Feeding Team  
Rhode Island Hospital/Hasbro Children’s Hospital  
Supervise 2-4 psychology residents, 1-2 psychology postdoctoral fellows, and occasional child psychiatry or triple board fellows during clinical rotation

2008-2014                    **Seminar Co-Leader**, Physician Communication Skills Seminar Series  
Department of Pediatrics, Rhode Island Hospital  
3-session seminar on Delivering Bad News and Special Topics in Adolescent Communication delivered to 70+ Brown Pediatrics and Med/Peds Residents

2009-present                **Faculty Lecturer**, Important Topics in Child Psychiatry Seminar  
Brown University Child Psychiatry & Triple Board Fellowship Program  
1-2 lectures per year (Suicide; Pediatric Sleep Disorders)

2009-2010                    **Research Mentor**, Pediatric Psychology Postdoctoral Fellowship  
Brown University Clinical Psychology Training Consortium  
Margaret Mannix, PhD

2014-present                **Primary Supervisor/Mentor, Pediatric Psychology Internship**  
Brown University Clinical Psychology Training Consortium  
Two Pediatric Psychology residents/year, weekly supervision/mentoring