

**The Faculty of Medicine of Harvard University
Curriculum Vitae**

Name: Rachel F. L. Walsh
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Education:

08/2011- 05/2015	B.S.	Psychology	Carnegie Mellon University
08/2019- 06/2025	Ph.D.	Clinical Psychology (PI: Lauren Alloy, PhD)	Temple University
07/2024- 06/2025	Pre-doctoral Internship	Cognitive-Behavioral Therapy (CBT) Track	Massachusetts General Hospital/Harvard Medical School

Postdoctoral Training:

07/2025- Present	Postdoctoral Fellow	T32 in Sleep, Circadian and Respiratory Neurobiology	Massachusetts General Hospital/Harvard Medical School
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Major Administrative Leadership Positions:

Local

2022-2023	Psychology Graduate Students for Inclusivity	Temple University Undergraduate Outreach Arm Leader
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Committee Service:

Local

2019-2020	Department of Clinical Psychology	Temple University Class Representative
2021-2022	Psychology Department Awards Committee	Temple University Student Chair

Professional Societies:

2015 –	Association for Behavioral and Cognitive Therapies	Member
2019 –	Society of Clinical Child and Adolescent Psychology	Member
2020 –	2020-2024 Association for Psychological Science	Mentor, Student Mentorship Program Member

2020 –	Society for a Science of Clinical Psychology	Member Executive Board, Student representative
2024 –	Sleep Research Society	Member

Editorial Activities:

- **Ad hoc Reviewer**

Anxiety, Stress, and Coping
Behaviour Research and Therapy
BMC Medicine
BMC Psychiatry
BMC Public Health
Clinical Psychological Science
Depression and Anxiety
eClinicalMedicine
European Psychiatry
JAMA Pediatrics
Journal of Adolescent Health
Journal of Adolescence
Journal of Affective Disorders
Journal of Clinical Psychiatry
Lancet Public Health
Nature Mental Health
NPP-Digital Psychiatry and Neuroscience
Pediatrics
Psychiatry Research
Psychological Medicine
Scientific Reports
SLEEP
Sleep Advances
Social Psychiatry and Psychiatric Epidemiology

- **Other Editorial Roles**

2025	Editorial Assistant	<i>Behavior Therapy</i>
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Honors and Prizes:

2013	Grand Challenge Winner, Organic Chemistry Molecular Design Competition	Carnegie Mellon University
2013	Psi Chi	International Honor Society in Psychology
2013	Rho Lambda	National Sorority Leadership Recognition Society
2014	1 st Place Poster	Carnegie Mellon University Psychology Department

2015	College and University Honors	Carnegie Mellon University	
2019-2024	University Fellowship	Temple University	
2019-2025	Travel Awards	Department of Psychology, Temple University	
2021-2023	Commendation of Excellence	Department of Psychology, Temple University	In recognition of achievement in research, coursework, and professionalism.
2021	Training Award	Bolton Fund, Temple University	Awarded scholarship to statistical workshop.
2021	Professional Development Award	APA Division 53 Society of Clinical Child and Adolescent Psychology (SCCAP)	
2023	Sleep and Circadian Workshop in Indispensable Methods (SWIM) Scholarship	University of Pittsburgh Center for Sleep & Circadian Science	
2023	Beck Institute Student Scholarship Competition	The Beck Institute	Selected from over 600 applicants to attend the Student and Early Career Professional Workshop: CBT for Depression and Suicide.
2023-2024	P.E.O. International Scholar Award (PSA)	P.E.O. International	Received \$20,000 merit-based award in recognition of excellent doctoral dissertation.
2023	Esther Garrett Edgerton Endowed Scholar	P.E.O. International	Distinction awarded to top 13 of 110 P.E.O. scholars for outstanding accomplishments
2024	Shipley Research Prize	Temple University	Awarded to one psychology graduate student in recognition of an outstanding independent research project.
2025	Travel Fellowship Award	Society of Biological Psychiatry (SOBP)	
2026	Alies Muskin Career Development Leadership Program Award (Research Track)	Anxiety & Depression Association of America (ADAA)	
2026	Grant Writing Workshop Award	Sleep Research Society	
2026	Interdisciplinary Mind Grant	Harvard University Mind Brain Behavior Interfaculty Initiative	

Report of Funded and Unfunded Projects

Past

- 2014 Instruction-Driven Changes in Semantic Organization
Carnegie Mellon University; Small Undergraduate Research Grant
Principal Investigator (\$500)
The purpose of this grant was to investigate whether direct analog instruction can accelerate the developmental organization of semantic knowledge in preschool-aged children, fostering a shift from perceptual or thematic groupings to taxonomic categorization of living things.
- 2019-2024 Leveraging Mobile Health (mHealth) Technologies to Predict Adolescent Risky Behaviors
National Science Foundation Graduate Research Fellowship
Principal Investigator (\$146,000)
The purpose of this grant was to leverage ecological momentary assessment and actigraphy to elucidate the temporal dynamics among sleep, state-sensitive impulsivity, and engagement in risky behaviors among adolescents to identify proximal, modifiable risk factors for suicidal thoughts and behaviors.
- 2024-2025 Sleep disturbance and emotion dysregulation among adolescents during inpatient psychiatric hospitalization
Sleep Research Society Foundation Small Research Grant
Principal Investigator (\$5,000)
The purpose of this grant was to investigate whether sleep disturbances during inpatient psychiatric hospitalization contribute to emotion regulation difficulties and suicidal ideation among adolescents, including assessment of changes in emotion regulation using a pre- and post-mood induction behavioral task.
- 2025-2026 Research Training Program in Sleep, Circadian and Respiratory Neurobiology
NHLBI T32HL007901
Postdoctoral Fellow
This program trains PhD and MD postdoctoral fellows to develop into independent investigators in sleep, circadian, and respiratory neurobiology. Trainees gain comprehensive instruction in the design, conduct, and analysis of basic, translational, and clinical research, complemented by structured training in grant writing and individualized mentorship.

Current

- 2025-2026 Actigraphy-Based Assessment of Sleep and Suicide Risk During Psychiatric Hospitalization in Youth
Labfront Sleep Research Grant for Trainees
Principal Investigator (\$3,950)
The purpose of this grant is to examine how sleep patterns change during psychiatric hospitalization among adolescents admitted for self-injurious thoughts and behaviors, and to determine whether improvements in objectively measured sleep are associated with reductions in suicidal thoughts and behaviors and enhanced clinical recovery.
- 2026- Sleep and Circadian Timing Irregularities as Short-term Risk Factors for Adolescent Suicide: An Intensive Longitudinal Study
NIMH 1K23MH144215
Impact Score: 24
Principal Investigator (\$987,617)
The goal of this study is to identify whether objective sleep and circadian rhythm

disturbances, measured via actigraphy and urinary melatonin metabolite aMT6s, serve as proximal, modifiable predictors of suicidal thoughts and behaviors in high-risk adolescents during and following psychiatric hospitalization.

Report of Local Teaching and Training

Teaching of Students in Courses:

2013-2015	Research Methods in Developmental Psychology	Carnegie Mellon University 6 hours / week
2015	Social Psychology	Carnegie Mellon University 8 hours / week
2020	An Introduction to Self-Injurious Thoughts and Behaviors: Prevalence, Trends, and Understanding Risk	University of Miami Guest Lecturer

Research Supervisory and Training Responsibilities:

2024-Present	Supervision of research assistants (3 research assistants per year)	Massachusetts General Hospital 1:1 supervision, 2 hours/week
2025-Present	Supervision of predoctoral clinical psychology intern (1 intern per year)	Massachusetts General Hospital 1:1 supervision, quarterly
2025-Present	Supervision of Harvard undergraduate student research assistants (3 per year)	Harvard College group supervision, 1 hour/week

Other Mentored Trainees and Faculty:

2020-2022	Lauren Harnedy, MA / Graduate student, Rutgers University Career stage: research assistant. Mentoring role: mentor Accomplishments: National Science Foundation Graduate Research Fellowship awardee
2022-2025	Allyson Bisgay, BA / Research assistant, Drexel University Career stage: research assistant. Mentoring role: mentor Accomplishments: co-authored paper in <i>Chronobiology International</i>
2022-2024	Arianna Cifone, BA / Graduate student, American University Career stage: research assistant. Mentoring role: mentor Accomplishments: first-authored a poster presentation
2024 -	Devika Goel, BA / Research assistant, Massachusetts General Hospital Career stage: research assistant. Mentoring role: mentor
2024 -	Ethan Weires, BS / Research assistant, Massachusetts General Hospital Career stage: research assistant. Mentoring role: mentor Accomplishments: first-authored paper in <i>Psychological Medicine</i>
2025 -	Amelia Lint, BA / Research assistant, Massachusetts General Hospital Career stage: research assistant. Mentoring role: mentor

- 2025 - Amelia Dev, MA / Predoctoral intern, Massachusetts General Hospital
Career stage: predoctoral intern. Mentoring role: Non-evaluative supervisor
- 2025 - Ronan Goel, A.B. / Postbaccalaureate volunteer research assistant, Brigham and Women's Hospital
Career stage: medical school applicant. Mentoring role: mentor
- 2026 - Saumya Sawant / Co-op student, Brigham and Women's Hospital
Career stage: undergraduate. Mentoring role: mentor

Local Invited Presentations:

- ☒ *No presentations below were sponsored by 3rd parties/outside entities*
- ☐ *Those presentations below sponsored by outside entities are so noted and the sponsor(s) is (are) identified.*

- 2021 An insider's guide to clinical psychology
Workshop for Temple University's Psychology Graduate Students for Inclusivity
Philadelphia, PA
- 2022 Professional development in psychology
Workshop for Temple University's Psychology Graduate Students for Inclusivity
Philadelphia, PA
- 2022 Caffeine and mood symptoms: Using EMA data to examine cross-sectional and prospective associations
Temple University
Philadelphia, PA
- 2023 Sleep, circadian rhythms, and suicide: Concurrent and prospective associations
Children's Hospital of Philadelphia (CHOP) Sleep Center "Sleep Shorts" series
Philadelphia, PA
- 2025 Finding a postdoctoral fellowship
Massachusetts General Hospital Predoctoral Internship Proseminar
Boston, MA
- 2026 Pathways in clinical psychology: Navigating undergraduate studies and beyond
MGH Mood and Behavior Lab's Youth Advisory Board
Virtual
- 2026 Exploring sleep tracking and orthosomnia risk in a geographically representative sample of adults in the US
Sleep Matters Initiative, Division of Sleep and Circadian Disorders, Brigham and Women's Hospital
- 2026 A systematic review and meta-analysis on the effects of sleep and circadian rhythm interventions on suicidal ideation.
"Research in Progress" series, Division of Sleep and Circadian Disorders, Brigham and Women's Hospital
Boston, MA

Report of Regional, National and International Invited Teaching and Presentations

- ☒ *No presentations below were sponsored by 3rd parties/outside entities*

☐ *Those presentations below sponsored by outside entities are so noted and the sponsor(s) is (are) identified.*

Regional

- 2024 Improving the prediction and prevention of adolescent suicide: understanding the role of sleep and circadian rhythms (invited presentation)
Philanthropic Educational Organization (P.E.O.) Pennsylvania State Chapter's Annual Convention.
Virtual presentation

National

- 2020 Suicidal thoughts and behaviors in preadolescent children: Findings and replication in two population-based samples
(selected oral abstract)
Youth Suicide Research Consortium annual meeting
Virtual
- 2024 Bidirectional associations among individuals diagnosed and at-risk for bipolar spectrum disorders
(selected oral abstract)
Association for Behavioral and Cognitive Therapies annual meeting
Philadelphia, PA
- 2026 Sleep phenotypes and daily suicidal ideation in adolescents: A latent profile analysis
(selected oral abstract)
Association for Behavioral and Cognitive Therapies annual meeting
Baltimore, MD

International

- 2025 Sleep regularity in adolescents: Associations with sleep parameters and prospectively occurring substance use and depression
(selected oral abstract)
European Sleep Research Society eSleep Europe biannual meeting
Virtual
- 2026 A systematic review and meta-analysis on the effects of sleep and circadian rhythm interventions on suicidal ideation (selected oral abstract)
European Symposium on Suicide and Suicidal Behaviour
Vilnius, Lithuania
- 2026 Sleep and suicide: From real-time assessment to population-level intervention (co-chair of selected oral symposium)
European Symposium on Suicide and Suicidal Behaviour
Vilnius, Lithuania

Report of Scholarship

ORCID iD: <https://orcid.org/0000-0002-0879-0612>

Peer-Reviewed Scholarship in print or other media:

Research Investigations

*indicates co-first or co-senior authorship **indicates student/trainee

1. **Walsh R**, Schweinfurth L, Dickerson F. Smoking and smoking cessation treatment among hospitalized psychiatric patients. *Psychiatric Services*, 2015;66(4): 442–443. doi.org/10.1176/appi.ps.201400446
2. Sheehan AE, **Walsh, RFL**, Liu RT. Racial and ethnic differences in mental health service utilization in suicidal adults: A nationally representative study. *Journal of Psychiatric Research*, 2018;107: 114–119. doi.org/10.1016/j.jpsychires.2018.10.019
3. **Walsh RFL**, Sheehan AE, Liu RT. Prospective prediction of first lifetime onset of suicidal ideation in a national study of substance users. *Journal of Psychiatric Research*, 2018;107: 28–33. doi.org/10.1016/j.jpsychires.2018.09.019
4. Liu RT, Sheehan AE, **Walsh RFL**, Sanzari CM, Cheek SM, Hernandez EM. Prevalence and correlates of non-suicidal self-injury among lesbian, gay, bisexual, and transgender individuals: A systematic review and meta-analysis. *Clinical Psychology Review*, 2019;74: 101783. doi.org/10.1016/j.cpr.2019.101783
5. Liu RT, **Walsh RFL**, Sheehan AE. Prebiotics and probiotics for depression and anxiety: A systematic review and meta-analysis of controlled clinical trials. *Neuroscience and Biobehavioral Reviews*, 2019;102: 13–23. doi.org/10.1016/j.neubiorev.2019.03.023
6. Liu RT, Rowan-Nash AD, Sheehan AE, **Walsh RFL**, Sanzari CM, Korry BJ, Belenky P. Reductions in anti-inflammatory gut bacteria are associated with depression in a sample of young adults. *Brain, Behavior, and Immunity*, 2020;88: 308–324. doi.org/10.1016/j.bbi.2020.03.026
7. Liu RT, **Walsh RFL**, Sheehan AE, Cheek SM, Carter SM. Suicidal ideation and behavior among sexual minority and heterosexual youth: 1995–2017. *Pediatrics*, 2020;145(3): e20192221. doi.org/10.1542/peds.2019-2221
8. **Walsh RFL**, Sheppard B, Cui L, Brown C, Van Meter A, Merikangas KR. Comorbidity and patterns of familial aggregation in attention-deficit/hyperactivity disorder and bipolar disorder in a family study of affective and anxiety spectrum disorders. *Journal of Psychiatric Research*, 2020;130: 355–361. doi.org/10.1016/j.jpsychires.2020.08.017
9. Lawrence HR, Burke TA, Sheehan AE, Pastro B, Levin RY, **Walsh RFL**, Bettis AH, Liu RT. Prevalence and correlates of suicidal ideation and suicide attempts in preadolescent children: A US population-based study. *Translational Psychiatry*, 2021;11(1): 489. doi.org/10.1038/s41398-021-01593-3
10. **Walsh RFL**, Sheehan AE, Liu RT. Suicidal thoughts and behaviors in preadolescents: Findings and replication in two population-based samples. *Depression and Anxiety*, 2021;38(1): 48–56. doi.org/10.1002/da.23087
11. Liu RT, **Walsh RFL**, Sheehan AE, Cheek SM, Sanzari CM. Prevalence and correlates of suicide and nonsuicidal self-injury in children: A systematic review and meta-analysis. *JAMA Psychiatry*, 2022;79(7): 718–726. doi.org/10.1001/jamapsychiatry.2022.1256
12. **Walsh RFL**, Smith LT, Titone MK, Ng TH, Goel N, Alloy LB. The relationship between physical activity states and depressive symptoms: Using ambulatory assessment to characterize day-to-day associations among individuals with and without bipolar spectrum disorder. *Depression and Anxiety*, 2022;39(12): 835–844. doi.org/10.1002/da.23290
13. Burke TA, Bettis AH, **Walsh RFL**, Levin RY, Lawrence HR, Sheehan AE, Turnamian MR, Liu RT. Nonsuicidal self-injury in preadolescents. *Pediatrics*, 2023;152(6): e2023063918. doi.org/10.1542/peds.2023-063918
14. Moriarty DP, Grehl MM, **Walsh RFL**, Roos LG, Slavich GM, Alloy LB. A systematic review of associations between emotion regulation characteristics and inflammation. *Neuroscience and Biobehavioral Reviews*, 2023;150: 105162. doi.org/10.1016/j.neubiorev.2023.105162
15. Smith LT, **Walsh RFL**, Goel N, Alloy LB. Social jetlag and trajectories of mood symptoms and reward responsiveness in individuals at low-risk, high-risk, and with bipolar spectrum disorders: An

- ecological momentary assessment study. *Psychiatry Research*, 2023;329: 115499. doi.org/10.1016/j.psychres.2023.115499
16. **Walsh RFL**, Smith LT, Klugman J, Titone MK, Ng TH, Goel N, Alloy LB. An examination of bidirectional associations between physical activity and mood symptoms among individuals diagnosed and at risk for bipolar spectrum disorders. *Behaviour Research and Therapy*, 2023;161: 104255. doi.org/10.1016/j.brat.2023.104255
 17. Liu RT, Hamilton JL, Boyd SI, Dreier MJ, **Walsh RFL**, Sheehan AE, Turnamian MR, Workman ARC, Jorgensen SL. A systematic review and Bayesian meta-analysis of 30 years of stress generation research: Clinical, psychological, and sociodemographic risk and protective factors for prospective negative life events. *Psychological Bulletin*, 2024;150(9): 1021–1069. doi.org/10.1037/bul0000431
 18. Pollak OH, Sheehan AE, **Walsh RFL**, Stephenson AR, Zell H, Mayes J, Lawrence HR, Bettis AH, Liu RT. Assessment of suicidal thoughts and behaviors in adults: A systematic review of measure psychometric properties and implications for clinical and research utility. *Clinical Psychology Review*, 2024;112: 102464. doi.org/10.1016/j.cpr.2024.102464
 19. Sheehan A, **Walsh R**, Liu R. Racial and ethnic trends in mental health service utilisation and perceived unmet need in the USA. *Journal of Epidemiology and Community Health*, 2024;78(4): 228–234. doi.org/10.1136/jech-2023-220683
 20. **Walsh RFL**, Klugman J, Moriarity DP, Titone MK, Ng TH, Goel N, Alloy LB. Reward sensitivity and social rhythms during goal-striving: An ecological momentary assessment investigation of bipolar spectrum disorders. *Journal of Affective Disorders*, 2024;344: 510–518. doi.org/10.1016/j.jad.2023.10.114
 21. **Walsh RFL**, Maddox MA, Smith LT, Liu RT., Alloy LB. Social and circadian rhythm dysregulation and suicide: A systematic review and meta-analysis. *Neuroscience and Biobehavioral Reviews*, 2024;158: 105560. doi.org/10.1016/j.neubiorev.2024.105560
 22. Liu RT, Bettis AH, Lawrence HR, **Walsh RFL**, Sheehan AE, Pollak OH, Stephenson AR, Kautz MM, Marlowe RM. Measures of suicidal thoughts and behaviors in children and adolescents: A systematic review and recommendations for use in clinical and research settings. *Assessment*, 2025;32(3): 303–320. doi.org/10.1177/10731911241249438
 23. Maddox MA, **Walsh RFL**, Smith LT, Olino T, Zee PC, Nusslock R, Alloy LB. Reward sensitivity, pubertal development, and circadian rhythms: A window into adolescent risk for depressive symptoms. *Journal of Youth and Adolescence*, 2025;54(10): 2467–2480. doi.org/10.1007/s10964-025-02224-6
 24. **Walsh RFL**, Maddox MA, Smith LT, Olino T, Zee P, Nusslock R, Alloy LB. Sleep regularity in adolescents: Associations with sleep, rest-activity indices, and prospective substance use and depression. *Journal of Sleep Research*, 2025;34(6):e14468. doi.org/10.1111/jsr.14468
 25. **Walsh RFL**, Smith LT, Bisgay A,** Stephenson AR, Goel N, Alloy LB. Sleep duration as a mediator of the association between caffeine intake and mood symptoms: An intensive longitudinal study of young adults with and without bipolar spectrum disorders. *Chronobiology International*, 2025;42(10): 1406–1416. doi.org/10.1080/07420528.2025.2548345
 26. Weires EM, Edershile EA, Goel D, **Walsh RFL**, Burke TA, Liu RT. Real-time prediction of passive and active suicidal ideation in an adolescent clinical sample: Ecological momentary assessment of interpersonal risk factors and mediating mechanisms. *Psychological Medicine*, 2025;55: e366. doi.org/10.1017/S0033291725102547
 27. Cheek SM, **Walsh RFL**, Barnes SE, Hall TAR, Sheehan AE, Carosa CL, Lindley AL, Velotta SK, Liu RT. Executive function and self-injurious thoughts and behaviors: A systematic review and meta-analysis. *Biological Psychiatry*, 2026. doi.org/10.1016/j.biopsych.2026.05.010
 28. Lint AH, **Walsh RFL**, Sheehan AE, Cheek SM, Liu RT. A multi-method evaluation of trait and state-sensitive impulsivity in relation to impulsiveness of suicide attempts and non-suicidal self-injury in an adolescent clinical sample. *Journal of Mood and Anxiety Disorders*, in press.

29. Smith LT, Maddox MA, **Walsh RFL**, Klugman J, Goel N, Alloy LB. Test of the reward/circadian rhythm dysregulation model of risk for bipolar spectrum disorders at a micro time scale using multilevel moderated mediation. *Journal of Psychopathology and Clinical Science*, 2026. [doi:10.1037/abn0001127](https://doi.org/10.1037/abn0001127)
30. Smith LT, **Walsh RFL**, Bishop OC, Maddox MA, Nusslock R, Murray G, Alloy LB. Reward sensitivity's associations with morningness-eveningness and other circadian-coupled behavioral phenomena: A systematic review and meta-analysis of cross-sectional and prospective relationships. *Clinical Psychology: Science and Practice*, 2026. doi.org/10.1037/cps0000349
31. **Walsh RFL**, Maddox MA, Klugman J, Goel N, Alloy LB. Melatonin circadian phase timing and stability: Associations with mood symptoms among a clinically-enriched sample of young adults with mood disorders. *Journal of Pineal Research*, 2026;78(1): e70104. doi.org/10.1111/jpi.70104
32. **Walsh RFL**, Sheehan AE, Burke TA, Liu RT. Psychiatric predictors of first-onset suicidal thoughts and behaviors during preadolescence: Longitudinal associations in a US population-based study. *Translational Psychiatry*. 2026. doi.org/10.1038/s41398-026-03980-0

Other peer-reviewed scholarship

1. Alloy LB, **Walsh RFL**, Smith LT, Maddox MA, Olinio TM, Zee, PC, Nusslock R. Circadian, Reward, and Emotion Systems in Teens prospective longitudinal study: protocol overview of an integrative reward-circadian rhythm model of first onset of bipolar spectrum disorder in adolescence. *BMC Psychiatry*, 2023;23(1): 602. <https://doi.org/10.1186/s12888-023-05094-z>

Non-peer reviewed scholarship in print or other media:

Reviews, chapters, and editorials

1. Alloy LB, Chat IKY, Grehl M, Kautz MK, Dunning EE, Adogli ZV, Smith LT, **Walsh RFL**, Stephenson AR. Affective Disorders. In: Asmundson GJG (Ed.), *Comprehensive Clinical Psychology* (2nd ed.). New York, NY: Elsevier. 2022: 263-300.
2. Liu RT, Kautz MM, **Walsh RFL**, Pollak OH, Clayton MG, Stephenson AR. Suicide and depression: Epidemiology, theory, assessment, and treatment. In: Pettit JW, Olinio TM, Boyd RC, Chu BC, Hayden EP, Pizzagalli DA (Eds.), *APA Handbook of Depression: Classification, Co-occurring Conditions, and Etiological Processes*. Washington, DC: American Psychological Association. 2026:195-211. [doi:10.1037/0000437-011](https://doi.org/10.1037/0000437-011)
3. Alloy LB, Stephenson AR, Smith LT, **Walsh RFL**, Maddox MA, Adogli ZV, Grehl MM, Chat IK-Y. Depressive Disorders and Bipolar and Related Disorders. In: Maddux JE, Winstead BA (Eds.), *Psychopathology: Foundations for a Contemporary Understanding* (6th ed.). New York, NY: Routledge. 2024:427-482. doi.org/10.4324/9781003375982
4. Sawant S, **Walsh R**, Burgess J, Robbins R. Healthy lifestyle interventions to improve sleep in patients with psychiatric disorders. In: Noordsy DL, Burgess JD, Chawla V, Baron DA (Eds.), *APA Textbook of Lifestyle Psychiatry*. Washington, DC: American Psychiatric Association. In press.

Other non-peer reviewed scholarship

1. Spandorfer J, **Walsh RFL**. National Science Foundation Graduate Research Fellowship Program Advice. *PCSAS Newsletter*. 2021.

Thesis:

Walsh RFL. Sleep and circadian rhythm disruption as predictors of suicidal ideation: a multi-method investigation. 2024.

Abstracts, Poster Presentations, and Exhibits Presented at Professional Meetings:

1. **Walsh, RFL**, Goel, R, Quan, SF, Weaver, MD, de Zambotti, M, Czeisler, CA, & Robbins, R. Orthosomnia risk among individuals using consumer sleep-tracking technologies: Behavioral, perceptual, and sleep-related correlates. Poster presented at the 28th Congress of the European Sleep Research Society (ESRS); October 2026; Maastricht, the Netherlands.
2. Maddox, MA, **Walsh, RFL**, Smith, LT, Zee, PT, Nusslock, R, Alloy, LB An impulsive night owl? Longitudinal associations between chronotype, impulsivity, and mood symptoms in an adolescent sample. Poster presented at the SLEEP Annual Meeting; June 2026; Baltimore, MD.
3. Maddox, MA., **Walsh RFL.**, Alloy, LB, Social rhythm regularity and mood: Two forms of impulsivity with differential moderating effects. Poster presented at the SLEEP Annual Meeting; June 2024; Houston, TX.
4. Kougan, NC, **Walsh RFL**, Seitz, KR, Anderson, Z, Alloy, LA, & Nusslock, R. Sex differences in the relationship between reward responsiveness and suicidal ideation in adolescents. Poster presented at the Society for Research in Psychopathology Annual Meeting; September 2024; St. Louis, MO.