

Steven Carlson, MS

University of Utah – Department of Psychology
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 Salt Lake City, UT 84112
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EDUCATION

PhD – in progress
 2020-present
University of Utah, Salt Lake City, UT
 Clinical Psychology, Health Specialization
 Faculty Research Advisor: Paula Williams, Ph.D.

Thesis: Carlson, S.C. (defended April 2022). The thief of (bed)time: The role of chronotype and daily executive function in bedtime procrastination.

Honors Bachelor of Science
 2014-2017
 Summa Cum Laude
University of Utah, Salt Lake City, UT
 Major: Psychology
 Faculty Research Advisor: Timothy Smith, Ph.D.

AWARDS AND HONORS

Research Commendation, University of Utah Department of Psychology	2022
Graduate Student Travel Assistance Award, University of Utah Graduate School	2022
Abstract Citation Award, American Psychosomatic Society	2020, 2022
National Science Foundation Graduate Research Fellowship: Honorable Mention	2020, 2021
Undergraduate Research Scholar Designation	2017
Honors Praxis Lab Award	2016

PUBLICATIONS

Grove, J.L., **Carlson, S.E.**, Parkhurst, K.A., O'Neil, J.C., Smith, T.W. (2022). Non-suicidal self-injury, sleep quality, and shame response to a laboratory stress task. *Journal of Clinical Psychology*, 1-5. doi: 10.1002/jclp.23450

Williams, P.G., & **Carlson, S.E.** (In press). Personality and emotional adjustment in health risk and resilience. T.W. Smith and N.B. Anderson (Eds.), *APA Handbook of Health Psychology* (Vol. 1). Washington, D.C.: American Psychological Association.

Carlson, S.E., Smith, T.W., Williams, P.G., Parkhurst, K.A., Tinajero, R., Goans, C., Hirai, M., & Ruiz, J. M. (2022). Partialing alters interpersonal correlates of negative affective symptoms and traits: A circumplex illustration. *Journal of Personality*. doi: [10.1111/jopy.12767](https://doi.org/10.1111/jopy.12767)

- Smith, T.W., **Carlson, S.E.**, Uchino, B., Baucom, B. (2022). To put asunder: Are there perils of partialling in actor-partner interdependence models? *Journal of Family Psychology*. doi: [10.1037/fam0001011](https://doi.org/10.1037/fam0001011)
- Suchy, Y., Brothers, S.L., **Carlson, S.E.**, & Williams, P.G. (2022). Sleep, fatigue, and pain in older adulthood. In S. Bush & B. Yochim (Eds.). *A Handbook of Geriatric Neuropsychology: Practice Essentials, 2nd Edition*. New York City, New York: Routledge.
- Carlson, S. E.**, Smith, T. W., Parkhurst, K. A., Tinajero, R., Grove, J. L., Goans, C., Hirai, M., & Ruiz, J. M. (2021). Moving Toward, Moving Against, and Moving Away: An Interpersonal Approach to Construct Validation of the Horney–Coolidge Type Inventory. *Journal of Personality Assessment*, 1-10. doi: [10.1080/00223891.2021.1991358](https://doi.org/10.1080/00223891.2021.1991358)
- Grove, J.L., **Carlson, S.E.**, Smith, T.W., & Parkhurst, K. (2021). The Role of Pre-Sleep Arousal in the Connection between Insomnia and Suicide Risk. *Death Studies*. doi: [10.1080/07481187.2021.1964109](https://doi.org/10.1080/07481187.2021.1964109)
- Grove, J.L., Smith, T.W., **Carlson, S.E.**, Bryan, C.J., Crowell, S.E., Czajkowski, L, Williams, P.G., & Parkhurst, K. (2020). Prospective association between suicide cognitions and emotional responses to a laboratory stressor: The mediating role of nightly subjective sleep quality. *Journal of Affective Disorders*, 265, 77-84. doi: [10.1016/j.jad.2020.01.060](https://doi.org/10.1016/j.jad.2020.01.060)
- Carlson, S.E.**, Smith, T.W. (2018). The Role of Emotion Regulation in Sleep and Suicide: A Preliminary Analysis. *University of Utah Undergraduate Research Journal*, 18.

Under Review, In Preparation**

- Smith, T.W., **Carlson, S.E.**, Uchino, B., Baucom, B. (Accepted pending minor revisions). Good, bad, and beyond: Perils of partialling positive and negative couple variables. *Journal of Family Psychology*.
- Carlson, S.E.**, Williams, P.G., Johnson, K. (In preparation). A daily examination of executive functioning and chronotype in bedtime procrastination
- Carlson, S.E.**, Williams, P.G., Johnson, K. (In preparation). The thief of (bed)time: The impact of daily bedtime procrastination and chronotype on sleep.
- Williams, P.G., Brian, C., Morrow, C., Curtis, B., **Carlson, S.E.**, Baucom, B. (In preparation). *Validation of a mobile smart phone app to assess sleep quality* (Publication No. AFRL-SA-WP-TR-201x-xxxx).
- Tinajero, R., Williams, P.G., **Carlson, S.E.**, Curtis, B., Euler, M., Suchy, Y., & Smith, T.W. (In preparation). Associations among nonrestorative sleep, daytime dysfunction, and pre-sleep arousal: A multilevel modeling analysis.

****Manuscripts available upon request.**

PRESENTATIONS

Conference Presentation

Carlson, S.E., Curtis, B.J., Bryan, C.J, Morrow, C., Baucom, B.R.W., Williams, P.G. (2022, March). *The impact of actor and partner overnight movement on sleep quality metrics in military couples*. Paper presented at the annual meeting of the American Psychosomatic Society, Long Beach, CA, United States.

Poster Presentations

Carlson, S.E., Johnson, K.T., Curtis, B.J., Williams, P.G. (2022, March). *Bedtime procrastination: An examination of sleep, chronotype, and executive functioning* [Citation Poster]. Poster presented at the annual meeting of the American Psychosomatic Society, Long Beach, CA, United States.

Williams, P.G., **Carlson, S.E.**, Curtis, B.J., Baron, K., Depner, C.M., Baucom, B.R.W., Morrow, C., & Bryan, C.J. (2022, March). *Examination of the Sleep Cycle mobile smartphone app in military couples: Associations with actigraphy and sleep diaries* [Citation Poster]. Poster presented at the annual meeting of the American Psychosomatic Society, Long Beach, CA.

Carlson, S.E., Johnson, K., Curtis, B., Williams, P.G. (2020, December). *Desynchronized: Changes in sleep timing and social jetlag during the Covid-19 pandemic* [Citation Poster]. American Psychosomatic Society virtual conference.

Carlson, S.E., & Smith, T. (2020, June). *Perils of partialling negative affective characteristics within the IPC: A Structural Summary Method illustration*. Poster presented at the annual meeting of the Society for Interpersonal Theory and Research (SITAR), Seattle, WA, United States. (Conference Cancelled)

Carlson, S.E., Smith, T., Parkhurst, K., & Tinajero, R. (2020, June). *Moving Toward, Moving Against, and Moving Away: An Interpersonal Approach to Construct Validation of the Horney-Coolidge Type Inventory*. Poster presented at the annual meeting of the SITAR, Seattle, WA, United States. (Conference Cancelled)

Carlson, S.E., Smith, T., & Grove, J. (2018, May). *The Role of Emotion Regulation in Sleep and Suicide: A Preliminary Analysis*. Poster presented at the University of Utah Undergraduate Research Symposium, Salt Lake City, UT.

CLINICAL EXPERIENCE

University of Utah Health: Sleep-Wake Center June 2022 - Present
Salt Lake City, Utah Supervisor: Kelly Glazer-Baron, Ph.D., MPH
Graduate Trainee

Behavioral Health Innovation and Dissemination Center June 2022 - Present
Salt Lake City, Utah Supervisor: Dr. Feea Leifker, Ph.D.
Graduate Trainee

University of Utah Counselling Center
Salt Lake City, Utah
Psychological Assessment Practicum Trainee

August 2021 – May 2022
Supervisor: Dr. Feea Leifker, Ph.D.

University of Utah Counselling Center
Salt Lake City, Utah
Cognitive Behavioral Therapy Practicum Trainee

August 2021 – May 2022
Supervisor: Dr. Sommer Thorgusen, Ph.D.

University of Utah Neuropsychiatric Institute – Receiving Center March 2018 – July 2019
Salt Lake City, Utah
Psychiatric Technician

Supervisor: Scott Hill, LCSW

TEACHING EXPERIENCE

PSY 6510 - Quantitative Methods II Teaching Assistant: Spring 2022
Department of Psychology, University of Utah

PSY 6500 - Quantitative Methods I Teaching Assistant: Fall 2021
Department of Psychology, University of Utah

PSY 3330 - Stress Management, Online Teaching Assistant: Fall 2020 - Summer 2021
Department of Psychology, University of Utah

Emotional Intelligence (Ages 6-12) Program Developer, Instructor: 2016-2019
Latino Behavioral Health Services

MENTORING EXPERIENCE

Sleep, Emotions, and Behavior Lab 2017-2018
Supervised training of undergraduate research assistants

SPECIALIZED TRAINING AND WORKSHOPS

Intensive Longitudinal Data Fall 2022
American Psychological Association

SLEEP Trainee Symposium May 2021
Sleep Research Society

Sleep and Circadian Workshop on Indispensable Methods August 2020
Center for Sleep and Circadian Science, University of Pittsburgh

PROFESSIONAL SERVICE

Diversity Graduate School Application Advisor 2022

Ad Hoc Reviewer – *Sleep Medicine* 2022

Ad Hoc Reviewer – *Sleep Health* 2021

Diversity Committee, Recruitment & Retention Member November 2021 - Present

Clinical Training Committee, Student Representative August 2021 - May 2022

Latino Behavioral Health Services, Community Resident Partner

2016 – 2019

AFFILIATION WITH PROFESSIONAL ORGANIZATIONS

- American Psychological Association (APA)
- Sleep Research Society (SRS)
- American Psychosomatic Society (APS)