

## CURRICULUM VITAE PART I

### STEPHANIE GRIGGS, Ph.D., R.N.

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### EDUCATION

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<u>Year</u>	<u>Degree</u>	<u>Institution</u>
2017	Doctor of Philosophy (Ph.D.) (Nursing)	University of Massachusetts Medical School, Worcester, MA

**Dissertation:** The relationship between hope, core self-evaluations, emotional well-being, sexual risk taking, substance use, and academic performance in freshman university students

**Advisor:** Carol Bova

2011	Master of Science (M.S.N.) (Nursing Education)	American International College, Springfield, MA
2009	Bachelor of Science (B.S.) (Nursing)	University of Massachusetts, Amherst, MA
2005	Associate of Science (A.S.N.) (Nursing)	Holyoke Community College, Holyoke, MA

### POSTDOCTORAL TRAINING

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2018- present	Postdoctoral Fellow	Yale University, Orange, CT
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**Primary Mentor:** Margaret Grey

### LICENSE

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Registered Nurse: June 22, 2005-present.

Massachusetts License #264400

## AWARDS & SCHOLARSHIPS

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2019	American Academy of Sleep Medicine Young Investigators Research Forum Scholar
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
2008	Marchese Scholarship, Full Tuition to University of Massachusetts Amherst

## ACADEMIC APPOINTMENTS

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2018-present	Postdoctoral Fellow	<b>Yale University</b> , School of Nursing, Orange, CT
2014-present (part-time LOA 2018)	Clinical Assistant Professor	<b>University of Massachusetts</b> , College of Nursing, Amherst, MA
2017-2018	Honors Program Director	
2013-2014	Contract Faculty	
2012-2014 2010	Assistant Professor Contract Clinical Instructor	<b>American International College</b> , Division of Nursing, Springfield, MA
2011	Contract Lab Instructor	<b>Holyoke Community College</b> , Holyoke, MA

## CLINICAL APPOINTMENTS

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2006-2012	Registered Nurse	<b>Baystate Children's Hospital</b> , Springfield, MA
2010-2012	Clinical Nurse Educator/ Lead Hematology/Oncology Clinician	
2005-2006	Registered Nurse	<b>Baystate Wing</b> , Palmer, MA

## PUBLICATIONS

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Peer-reviewed (\* indicates data-based) , Mentees are indicated below

Complete list of published work in my bibliography

<https://www.ncbi.nlm.nih.gov/myncbi/1DOc8FISLlfkK/bibliography/46719344/public/>

**Griggs, S.**, Redeker, N. S., & 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](#). PMCID: pending

\***Griggs, S.**, Baker, H., & Chiodo, L. M. Nursing student perceptions of hope in children: A qualitative descriptive study. *Nursing Forum*. x(x). In press. doi: PubMed PMID: PMCID: pending

**Griggs, S.**, Morris, N. S. (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](#). PMCID: [PMC6372920](#)

\***Griggs, S.**, & Crawford, S. L. (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](#).

**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](#).

**Griggs, S.** & Walker, R. K. (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](#).

### Published Abstracts and Editorials

\***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.

**Griggs, S.** Morris, N. S. (2018). Fatigue among adults with type 1 diabetes. *Nursing Research*. 67 (2), E65. Philadelphia, PA. Lippincott Williams and Wilkins.

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>

**Manuscripts in Review:**

\*Rechenberg, K., **Griggs, S.**, Jeon, S. Redeker, N. S., Klar Yaggi, H., & Grey, M. Sleep and glycemia in adolescents with type 1 diabetes. In revision. *Pediatric Diabetes*. x(x). doi:

\***Griggs, S.** Ratner, H. R., Hannigan, J. H., & Delaney-Black, V., Chiodo, L. M. Violence exposure, coping, and health outcomes in inner-city African American youth. *Nursing Forum*. x(x). doi:

\***Griggs, S.** & Crawford, S. L. Differences in hope, core self-evaluations, emotional well-being, and health risk behaviors in freshman university students. In revision. *Nursing Forum*. x(x). doi:

**PRESENTATIONS****International**

\***Griggs, S.**, [podium presentation] 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

**National**

**Griggs, S.** [podium presentation] Sleep, Self-Management, and Glycemia in Young Adults with Type 1 Diabetes. AASM Foundation Young Investigators Research Forum, Bethesda, MD, USA April 10, 2019

**Regional**

**McDonald, C.** & **Griggs, S.** [podium presentation] 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

**Griggs, S.**, Redeker, N. S. & Grey, M. [poster presentation] An Integrative Review of Sleep Characteristics in Young Adults with Type 1 Diabetes. Eastern Nursing Research Society 31<sup>st</sup> Annual Scientific Sessions, Providence, RI, USA. April 5, 2019

\***Griggs, S.** [podium presentation] 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 presentation] 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 presentation] Violence Exposure, Parent-Child Conflict, Coping, and Health Outcomes in Inner-City African American Youth. Eastern Nursing Research Society 30<sup>th</sup> Annual Scientific Sessions, Newark, NJ, USA. April 11, 2018
- Griggs, S.** & Morris, N. S. [poster presentation] Fatigue Among Adults with Type 1 Diabetes Mellitus: An Integrative Review. Eastern Nursing Research Society 30<sup>th</sup> Annual Scientific Sessions, Newark, NJ, USA. April 12, 2018
- \*Carvalho, L., **Griggs, S.** Hamilton, H., McDonald, C., Radcliffe, E. [poster presentation] Perception of Simulation-based Learning among Nursing Students on End of Life Care Revisited. St. Anselm's 26<sup>th</sup> Annual Nurse Educator Conference, North Falmouth, MA, USA. May 31, 2018
- Chandler, G. E. & **Griggs, S.** [podium presentation] 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 presentation] Hope in Pediatrics: A Qualitative Descriptive Study. New England Doctoral Student Conference, Nashua, NH, USA. March 18, 2017
- Griggs, S.** & Walker, R. K. [poster presentation] The Role of Hope for Adolescents with a Chronic Illness: An Integrative Review. Eastern Nursing Research Society 28<sup>th</sup> Annual Scientific Sessions, Pittsburg, PA, USA. April 14, 2016
- Gaudet, C. & **Griggs, S.** [poster presentation] Spirituality in Academia. Eastern Nursing Research Society 28<sup>th</sup> Annual Scientific Sessions, Pittsburg, PA, USA. April 15, 2016
- \*Griggs, S.** & Pereira, K. [poster presentation] 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 presentation] 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.** 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 presentation] 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 presentation] 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 presentation] 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

## RESEARCH AND TRAINING

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### Current Research Funding

2018-2020	<p><i>Institutional NRSA for Self and Family Management of Chronic Conditions</i>            PI: Margaret Grey            Role: Postdoctoral Fellow            Funder: National Institute for Nursing Research (NINR), T32 NR 0008346</p>
2019-2020	<p><i>Sleep, Self-Management, and Glycemia in Young Adults with Type 1 Diabetes Mellitus</i>            PI: Stephanie Griggs            Funder: Sigma Theta Tau International            Total Direct Costs: \$5,000</p>
2018-2019	<p><i>Research Support Fund</i>            PI: <b>Stephanie Griggs</b>            Funder: Massachusetts Society of Professors            Total Direct Costs: \$1,000</p>

### Submitted Grants

2019	<p><i>Pathway to Independence Award K99/R00: Sleep, Self-Management, and Glycemia in Young Adults with Type 1 Diabetes</i>            PI: <b>Stephanie Griggs</b>            Role: Principal Investigator            Funder: National Institute for Nursing Research (NINR)</p>
2017	<p><i>Pilot Sleep Factors Feedback to Improve Self-Management of Fatigue and Sleep Among Young Adults with Type 1 Diabetes Mellitus</i>            PI: <b>Stephanie Griggs</b>            Funder: Sigma Theta Tau International</p>

2018 *Testing a Model of Fatigue in Healthy Young Adult University Students*  
PI: **Stephanie Griggs**  
Funder: Faculty Research Grant/Health Endowment Grant

#### **Past Research Funding**

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/](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

2015-17 *Research Support Fund*  
PI: **Stephanie Griggs**  
Funder: Massachusetts Society of Professors  
Total Direct Costs: \$1,000

#### **Un-sponsored Research**

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

#### **Education Funding**

2018 *Flex Enhancement Grant, Center for Teaching and Faculty Development*  
Total Direct Costs: \$500

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

2016 *Flex Enhancement Grant, Center for Teaching and Faculty Development*  
Total Direct Costs: \$500

2015-2016 *Flex Enhancement Grant, Center for Teaching and Faculty Development*  
Total Direct Costs: \$500

2014-2015 *Flex Enhancement Grant, Center for Teaching and Faculty Development*  
Total Direct Costs: \$500

## CURRICULUM VITAE PART II

### TEACHING EXPERIENCE

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#### UNIVERSITY OF MASSACHUSETTS AMHERST

##### Courses Taught

<i>Semester</i>	<i>Course #</i>	<i>Course Name (Degree Program)</i>	<i>Class Size</i>
Su2017-19	N651	Nursing Ethics, Health Policy, and Politics (DNP)	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/Sp2013-18, 19	N398F	Nursing Care of Children: Practicum (BS)	8
Su2016, 17	N326	Nursing Care of Children (BS)	40
Sp2015-17	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

<i>Semester</i>	<i>Course #</i>	<i>Course Name (Degree Program)</i>	<i>Topic</i>
Sp2017	N893b	Dissertation Seminar (PhD)	Tips on 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

<i>Semester</i>	<i>Course #</i>	<i>Course Name (Degree Program) &amp; Institution</i>	<i>Topic</i>
Sp2017	N803	Nursing Theory (PhD), University of	Hope Theory

## Massachusetts Medical School

**AMERICAN INTERNATIONAL COLLEGE****Courses Taught**

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

**Honors Thesis (UMass)**

<i>Year</i>	<i>Student</i>	<i>Thesis Title</i>	<i>Role</i>
2020	Danielle Soule	Transition Readiness from Pediatric to Adult Care in Young Adults with Type 1 Diabetes	<b>Chair</b>
2020	Carl McDonald	The Art of End of Life Nursing Knowledge	<b>Chair</b>
2020	Katherine Dos Santos	Barriers and Facilitators of Sleep in New Mothers	Member
2020	Heidi Davis	Analyzing the Breakdown of NINR Funding for Nursing and Non-Nursing Institutions for the 2017 Fiscal Year	Member
2019	Jena Nesta	Perceptions of Preparedness of Student Nurses in End of Life Care	<b>Chair</b>
2019	Amanda Poussard	Mental Motivation for Participating in a Walking Program	Member
2019	Katherine Sullivan	Walk to Hawaii: How an on-campus walking program affects physical health	Member
2019	Sarah Friedman	People who Inject Drugs' Experiences of Dignity During Hospital Stays: Secondary Analysis Using the Palliative Patients Dignity Scale	Member
2019	Jordan Murray	A Secondary Analysis of People Who Inject Drugs' Experiences of Dignity During Hospital Stays	Member
2018	Lauren Tateosian	Cultural Considerations in End of Life Care	<b>Chair</b>
2018	Amanda Clement	Hope and Goal Setting in Freshman University Students	<b>Chair</b>
2018	Hannah Pelkey	Exploring the Effects of Meditation on Anxiety	Member
2018	Jillian Rossman	Screening for ACEs in Adult Women of Reproductive Age	Member
2018	Allison Mullen	Domestic Violence and Mental Illness	Member
2018	Joanne Kim	Health Education in Survivors of Intimate Partner Violence	Member
2017	Dana Alhaffar	Childhood Adversity and Adult Acute Stress Response	Member
2017	Lisa Barbosa-Angles	A Qualitative Analysis of Factors of Human Connection Present During Telehealth Visits: Exploring and developing the concept of <i>Telepresence</i>	Member
2017	Abigail Kahler	Solutions to the Stress of Nursing Students	Member
2015	Hallie Baker	Hope in Pediatrics: A qualitative descriptive study	<b>Chair</b>

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**ACADEMIC SERVICE**


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

<b>Years</b>	<b>Committee</b>	<b>Role</b>
2017-2018	Honors Council	Member
2016-2018	Personnel	Member
2018	Strategic Planning – ad hoc	Member
2016-2017	Search for Academic Advisor – ad hoc	Member
2014-2017	Undergraduate Curriculum	Member

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**SERVICE TO THE PROFESSION OF NURSING**


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<b>Years</b>	<b>Organization</b>	<b>Role</b>
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
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

**Professional Memberships****International**

- 2010-current Sigma Theta Tau International Honors Society of Nursing (#0626678)
- 2010-current Sigma Theta Tau International Honors Society of Nursing- Beta Zeta at Large Chapter

**National**

- 2019-current American Academy of Sleep Medicine (AASM) (#C462428)
- 2018-current Sleep Research Society (SRS) (#C462428)
- 2019-current Council for the Advancement of Nursing Science (CANS) (#10348)
- 2017-2018 American College Health Association

**Regional**

- 2015-current Eastern Nursing Research Society (#98795)

**PROFESSIONAL DEVELOPMENT**

<b>Activity</b>	<b>Dates</b>	<b>Institution/s</b>
American Academy of Sleep Medicine Young Investigators Research Forum, Bethesda, MD	April 10-12 2019	AASM, SRS, National Institutes of Health
N 913 Foundations of Scientific Inquiry II: Biopsychosocial Theories of Health, Symptom Management, and Self-Management  Dr. Dena Schulman-Green and Dr. Samantha Conley	Spring 2019	Yale University
Huffman Splane Emerging Scholars Forum	October 2018	University of Toronto
N 904a Research Methods II: Mixed Methods  Dr. Tish Knobf	Fall 2018	Yale University
Developing Nurse Scientist Course	October 2018	National Institute of Nursing Research
Sigma Region 15 Collaborative Research Symposium	Fall 2018	Sigma
Scholar's Day	October 2018	Yale University
Responsible Conduct of Research Course for Postdocs	April 25 – June 20, 2018	Yale University
Sleep and Symptom Symposium	April 2018 and 2019	Yale University
Student Centered Teaching and Learning Fellowship	Spring 2016 to Fall 2017	UMA
Eastern Nursing Research Society (ENRS) Conference	April 2015, 16, 17, 18, 19	ENRS
Collaborative Institutional Training Initiative (CITI)	2014-current	Yale, Baystate, UMA, UMMS
Complimentary Integrative Modality Symposium	May 2015	UMA
Beta Zeta Scholarship Day	April 2014, 15, 16, 17	BZ Chapter of Sigma
N 810 Mentored Research Practicum: 90 hours  Dr. Rachel Walker	Summer 2015	UMMS
N 895 Advanced Quantitative Methods Elective  Dr. Lisa Chiodo	Spring 2016	UMMS
Nurse Educator Conference	May 2014, 15	St. Anselm's
Pediatric Advanced Life Support (PALS)	2011-15	Baystate
Blackboard Online Teaching Certification	Summer 2014	American International College

Association of Pediatric Hematology/Oncology Nursing Chemotherapy Provider Class	2008	Baystate
Oncology Nursing Society Chemotherapy Provider Class	2006	Baystate

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**ONLINE PROFILE STATISTICS AND INFORMATION**

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Google Scholar – Citations: 21; h-index:2; i10index:1

Research Gate – Citations: 11; RG score: 16.4; recommendations: 5; reads: 602

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Updated May 8, 2019 SG