Undergraduate Research

At SACK, undergraduate students are essential to our mission and we highly encourage them to participate in research. Recently, two of our undergraduate research assistants presented their research at the 2014 Houston Symposium for Research in Education and Psychology held at the University of Houston.

Sahar Eshtehardi presented a research poster on the relationship between preterm birth and clinical levels of anxiety in children. She found higher rates of preterm birth in children with clinical levels of anxiety (22.7%) compared to the general population (11.7%). Preterm children with clinically significant levels of anxiety experienced greater sleep-related and anxiety problems than full term children.

Amy Williams also presented a research poster. Amy examined the effects of parent anxiety and parenting behaviors on sleep problems in children with and without anxiety. She found that children who had an anxiety disorder were more likely to have parents with high levels of anxiety. Negative parenting behaviors, such as over-control, were related to more sleep problems in anxious children. Amy’s research won best poster at the conference! Congratulations, Amy!
Participate in Our Studies

Family Separation Study

Who: Children (7-17 years) of recently separated or divorced parents
Where: UH SACK
Compensation: $100
More information: Email: uh.militarystudy@gmail.com
Phone: 713-743-9075

Online Sleep Intervention

Who: Children 7-11 years experiencing sleep problems
Where: UH SACK, Online
More information: Email: jmcowie@uh.edu
Phone: 713-743-4134

Spotlight On:
David Talavera, B.A.
Ph.D. Student

David Talavera is a first year graduate student in the clinical psychology doctoral program. His interests include examining sleep quality
among individuals with internalizing disorders, particularly generalized anxiety disorder. He is also interested in developing culturally specific interventions for those suffering from sleep disturbance and co-morbid psychopathology. David graduated with honors from the University of California, Berkeley with a B.A. in Psychology.