

# Matthew D. Schuiling

*Curriculum Vitae*

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## EDUCATION and TRAINING

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Doctoral Candidate in Clinical Psychology Health Psychology Emphasis (2021-present)	Indiana University-Purdue University Indianapolis (IUPUI), Indiana Cardiometabolic Behavioral Medicine Lab Mentor: Jesse C. Stewart, PhD
Post-Baccalaureate Research (2019-2021)	Clinical Research Coordinator Behavioral Sleep Medicine Lab Northwestern University FSM, Illinois
Bachelor of Arts (2019)	Psychology and Biology (Magna Cum Laude) Hope College, Michigan

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## PUBLICATIONS

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- Ong, Jason C. & **Schuiling, Matthew D.** (2021). Cognitive and behavioral treatments for hypersomnia. Adapting Cognitive Behavioral Therapy for Insomnia, chapter 5. 978-0-12-822872-2 B978-0-12-822872-2.00018-9
- Rozema, N., **Schuiling, M.**, Thompson, S. O., Griffin, G. D. (2019). The oral microbiome: Health benefits, disease, and neurodegeneration. *Journal of Oral Biology*, 6 (2).

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## RESEARCH EXPERIENCE

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**Clinical Research Coordinator**, Northwestern University FSM, November 2019—August 2021  
Behavioral Sleep Medicine Lab  
Mentor: Dr. Jason Ong, Ph.D.

- Coordinate all aspects of an NIH-funded clinical trial
- Develop protocols, consent documents, and manual of operations
- Create and manage data collection instruments in REDCap
- Lead recruitment, screening, consent, and neuropsychological testing for all participants
- Communicate with IRB, DSMB, and multi-site research team

**Field/Laboratory Biologist**, Freshwater Solutions LLC, June 2019—August 2019  
Mentor: Ronald Reimink, M.A.

- Investigated the prevalence and infection rate of cercarial dermatitis (swimmer's itch) and enteric bacteria in Northern Michigan Lakes
- Performed DNA isolation and qPCR on parasite-specific DNA
- Presented research at meetings of the Three Lakes Association to educate community on risk and prevention of swimmer's itch

**Research Assistant**, Hope College Psychology/Biology Departments, January 2019—May 2019  
Mentor: Charlotte Vanoyen-Witvliet, Ph.D.

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- Investigated the psychophysiological pathway of human accountability
- Utilized saliva collection, DNA extraction, isolation, purification, and amplification via qPCR to determine trait empathy
- Analyzed heart rate variability on a subset of participants
- Performed SPSS analysis, data cleaning, and reverse scoring of study data

**Student Research Consultant**, Hope College Career Development Center, September 2017—May 2018

Mentor: Dale Austin, M.A.

- Developed and distributed surveys to area businesses on the role critical thinking plays in their hiring process
- Collected responses from over 80% of businesses contacted
- Developed the curriculum for a critical-thinking certification course in cooperation with the Michigan Colleges Alliance
- Co-led focus groups investigating students' experiences with the course

**Field/Laboratory Research Assistant**, Hope College Biology Department, January 2017—December 2017

Mentor: Greg Murray, Ph.D.

- Identified and isolated *Isoamericanin A* as the primary chemical defense tactic utilized in *Phytolacca rivinoides* seeds
- Explored the life cycle of endemic species of the Monteverde Cloud Forest in Costa Rica
- Cataloged the reproductive viability and sexuality of over 500 plants
- Collected and analyzed data using SPSS to determine life expectancies and species trends

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## POSTER and PAPER PRESENTATIONS

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Hayden, A., Clayton, K., **Schuiling, M.** (April, 2020). *Why is accountability a struggle for some and not others? Empathy is key.* Poster accepted at the annual meeting of Midwestern Psychological Association, Chicago, Illinois (cancelled due to COVID-19). Presented virtually at the Celebration of Undergraduate Research and Creative Activity, Hope College, Holland, Michigan.

Hayden, A., Clayton, K., **Schuiling, M.** (April, 2020). *Different mindsets impact the willingness to be accountable to a real-life supervisor.* Poster accepted at the annual meeting of Midwestern Psychological Association, Chicago, Illinois (cancelled due to COVID-19). Presented virtually at the Celebration of Undergraduate Research and Creative Activity, Hope College, Holland, Michigan.

Clayton, K., Hayden, A., **Schuiling, M.**, Witvliet, C. O., Griffin, G. (April, 2019). *The psychophysiology of accountability.* Poster presented at the Celebration of Undergraduate Research & Creative Activity, Hope College, Holland, Michigan.

**Schuiling, M.** & Ramsay, I. (March, 2019). *Tryptophan gene cloning and homological study in *Saccharomyces cerevisiae* and *Schizosaccharomyces pombe*.* Poster presented at the Hope College Molecular Biology Department Showcase, Hope College, Holland, Michigan.

**Schuiling, M.** & Murray, K. G. (November, 2017). *Isolation and identification of fungistatic compounds from *Phytolacca americana* and *Phytolacca rivinoides*.* Poster presented at the Midstates Consortium for Math and Science, Washington University, St. Louis, Missouri.

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## ACADEMIC PRESENTATIONS and TALKS

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Ong, J. & **Schuiling, M.** (April, 2020). *Doing research remotely: Mobile behavioral interventions for sleep/wake disorders*. Presentation given at Neurology Department meeting, Northwestern University Feinberg School of Medicine, Chicago, Illinois.

Reimink, R., Froelich, K., **Schuiling, M.**, Clyde, D. (June, 2019). *Battling Swimmer's Itch: Training, Techniques, Technology*. Presentation given to the Three Lakes Association, Alden, Michigan.

Clayton, K., Hayden, A., **Schuiling, M.**, Witvliet, C. O., Griffin, G. (May, 2019). *How I am study: Accountability in relationships*. Talk given as a Science Department Colloquium, Hope College, Holland, Michigan.

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### CO-REVIEWED ARTICLES

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Lee et al. (Reviewed April, 2020). *Nightly sleep characteristics are associated with next-day mindfulness in oncology nurses*. Journal of Sleep Research, Co-reviewed with Jason Ong, ID JOSR-20-168

Britton et al. (Reviewed March, 2020). *Mindfulness-based programs' effects on sleep depend on type of practice, antidepressant medication status, and mode of measurement*. Psychomatic Medicine: Journal of Biobehavioral Medicine, Co-reviewed with Jason Ong, ID PSY20-98

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### CLINICAL and TEACHING EXPERIENCES

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**Resident Care Assistant**, Brookdale Senior Living Memory Care Unit, Holland, Michigan, 10 hours weekly, October 2018—June 2019

- Cared for individuals with dementia, Alzheimer's disease, and physical limitations
- Measured and recorded residents' vital signs
- Assisted residents with ADLs such as feeding, hygiene, and incontinence care
- Listened to residents' stories and fostered relationships

**Social Psychology Writing Assistant**, Hope College Psychology Department, 4 hours weekly, January 2019—May 2019

Mentor: Chuck Green, Ph.D.

- Taught students how to effectively write APA-style research papers
- Advised students on conducting their own psychology research
- Performed data analysis for students with Dr. Green and investigated the findings for all research projects
- Edited and provided feedback on students' assignments for how to improve their work

**Youth Retreat Adult Leader**, Bayshore Ministries, East Palo Alto, California, Spring Break, March 2018

- Provided a safe space for students in impoverished communities
- Planned and executed youth games and activities
- Led a group of ten high school/middle school boys for the week
- Lived, worked, and ate with the students

**Teaching Aid Intern**, ZCS Middle School, Zeeland, Michigan, 2 hours weekly, February 2016—April 2016

- Assisted teachers with their scheduled lessons
- Helped students one-on-one with their homework

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## HONORS

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Hope College Biology Departmental Award: DeKruif Scientific Writing Award (May, 2019)  
Hope College Chapter SIGMA XI Senior Research Award, Hope College (April, 2019)  
Mortar Board National Honor Society for College Seniors (2018-2019)  
City of Holland Sustainability and Quality of Life Research Award (April, 2017)  
Hope College Dean's List (7/8 semesters)  
Hope College Presidential Scholarship, (8/8 semesters)

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## SERVICE

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### Undergraduate Service at Hope College

2018—2019	Mortar Board National Honor Society Treasurer
2017—2018	Dance Marathon Chair of Hospital Relations

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## LICENSURES and CERTIFICATIONS

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Heartsaver® CPR & AED Certification, American Heart Association  
Biomedical Research Course, CITI Certification  
Responsible Conduct of Research Course, CITI Certification  
Social/Behavioral/Educational Research Course, CITI Certification

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## PROFESSIONAL AFFILIATIONS

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Psi Chi National Honor Society, January 2019—Present  
Mortar Board National Honor Society, April 2018—Present

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## RELEVANT SKILLS and TECHNIQUES

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- Data analysis techniques with SPSS (e.g., ANOVA, ANCOVA, t-test, Pearson correlations, indirect effects modeling, chi square, descriptive statistics)
- REDCap survey construction and distribution
- Qualtrics survey construction and distribution
- Neuropsychological Assessment (Trail-Making Test (TMT), Repeatable Battery for the Assessment of Neuropsychological Status (RBANS), NAB Digits Forward/Backward, Stroop Color and Word Test (SCWT), Controlled Oral Word Association Test (COWAT))
- Basic Python coding
- DNA extraction, isolation, purification lab technique
- Experience running qPCRs in multiple settings