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Active Grant Projects and Summary Table September 2023

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Jerry M. Lewis, M.D. Mental Health Research Foundation is a nonprofit organization devoted to research and education. *The primary area of emphasis is on the role of interpersonal relationships in psychological development along the continuum from mental health to mental illness.*

Couple, parent-child, and family system relationships are of special interest. Other relationships such as doctor-patient, teacher-student, or child care provider-child are of interest to the degree that they illuminate basic relationship characteristics and psychological development.

A complementary research interest involves scientific evaluation of relationship-centered service and educational interventions and programs. The Foundation's educational activities are directed at health care professionals, educators, service program professionals, and the public.

Lewis Foundation announced the availability of small grants for certain types of mental health research, education, and service projects in January 1998. The following is a list of active grant projects. Each listing includes the grant title, principal investigator, institution, funding amount, brief summary, date the grant was approved, and anticipated date of completion of the project.

Detailed descriptions of completed research projects funded by the Foundation may be mailed to you by calling 214/388-0451 or e-mailing: JMLewisfoundation@att.net

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GA2017-004 *Family Feeding Relationships: How Daily Stressors Impact Mealtime Interactions and Child Health, Shayla Holub, Ph.D.*

University of Texas at Dallas, \$34,176

This research project has three aims: 1) To investigate how parents' daily stressful experiences stemming from work, marriage, home, and finances relate to daily observed parental feeding practices, and in turn, to children's eating behaviors and weight, 2) To examine the extent to which associations between daily stress and parental feeding practices and children's eating behaviors can be explained by the emotional quality of family interactions during mealtime, and 3) To examine whether effective co-parenting buffers the negative effects of daily stressful experiences on family mealtime interactions, children's healthy eating habits, and weight.

These researchers plan to measure the mother-child and father-child feeding relationship, the marital relationship, the co-parenting relationship and the emotional context during mealtime. Over a seven-day period they will integrate daily parental diary reports and behavioral observation of feeding practices. In addition to daily surveys, research assistants will conduct four consecutive mealtime home visits to set up a video of the meal interactions to later code for feeding practices. In addition to coding feeding practices and self-reports of parenting and temperament, the children will be weighed to assess their body mass index.

Subjects will be 125 two-parent families with a 3-5-year-old. The daily self-report surveys will include assessing partner interactions, stress, and ratings of quality of family interaction. Observational measures will rate parents' feeding practices, children's compliance, and the quality of the family interaction at mealtime.

June 2017 – December 2023

GA2017-007 *Brief, Acceptance-Based Therapy for Pregnant Women with Premature Rupture of Membranes: A Pilot Study, Alicia Meuret, Ph.D.*

Southern Methodist University, \$10,208

This project proposes to examine how self-guided acceptance therapy (ACT) improves coping and psychological outcomes for pregnant women with premature ruptured membrane problems. Women with such high risk pregnancies are three times more likely to experience anxiety and depression during pregnancy than women who have uncomplicated pregnancies. This study will be the first to assess the benefits of ACT on psychological well-being during high risk pregnancy and post-partum. They will examine whether ACT increases coping behaviors and adaptive thoughts during and following the training and whether the training reduces stress during pregnancy and the occurrence of maternal pathology post-partum compared to women who do not receive acceptance training.

Participants will include 30 women admitted to hospitalized bed rest at Baylor University Medical Center. The women will complete questionnaires assessing distress, affective states, and mindfulness. The women will then be randomized into treatment or control groups. Women who receive ACT will participate in a week-long semi self-guided acceptance therapy program. In the session a study therapist will explain the treatment and introduce the skill training. During the next six consecutive days the women will complete selected modules from an acceptance based self-help book. Following the training week both groups will be re-administered the series of baseline self-report psychological assessments. The assessments will be repeated one-month post-partum as well. Measurements will include a diagnostic screening, depression and anxiety scales, and coping scales.

September 2017 – December 2023

GA2019-011 *Parental Perception of Child Vulnerability in the Neonatal Intensive Care Unit and Development Outcomes: A Randomized Control Trial Preventative Intervention with Cognitive Behavioral Therapy*, Margaret “Katie” Hoge, M.D.

The University of Texas Southwestern Medical Center, \$19,200

Parents who have infants in Neonatal Intensive Care often have a distorted perception of their child’s vulnerability. Such skewed views can lead to parenting behaviors that are overprotective and harmful to the development of their children.

This study assesses whether a series of Cognitive Behavioral Therapy (CBT) sessions for parents can help them better understand the child’s health and empower them to be better parents. This study will also assess the impact of the intervention on the long-term care and well-being of the children following discharge from the NICU.

At least 54 patients, mothers and fathers will be assigned to a treatment versus control group condition. There will be a randomized control trial of a series of five CBT sessions versus standard of care. Three CBT sessions will take place in the NICU before the infant is discharged and the last two will take place after the infant has been discharged. Measurements include an assessment of the parental perception of the child’s vulnerability, parental anxiety, depression and stress. Data on medical severity will also be collected. It is thought that this research can lead to interventions that foster and encourage a more positive parent-child relationship and more normal parent bonding with children who have been in the NICU.

January 2020 – January 2024

GA2020-011 *Back from the Brink: The Process of Relationship Healing From Infidelity*, Stephen Fife, Ph.D.

Texas Tech University, \$25,862

Infidelity can be a devastating experience for couples in committed relationships. Infidelity is one of the most difficult problems to work with in therapy and there is little empirical research or theory to guide therapists in their work with couples around this issue. This project proposes to develop a detailed theory of the process of healing experienced by couples who decide to stay together and to improve their relationship following infidelity.

These researchers will use a qualitative research method called “grounded theory” in which data are gathered first and then theory is created for (“grounded” in) the data. They will hold semi-structured interviews with couples and individuals who have experienced infidelity in their committed relationship and have chosen to remain in the relationship. Data collection will involve 45 to 60-minute interviews with couples and individuals in-person, by phone, or secure video conferencing. Individual participants will be interviewed alone while couple participants will be interviewed together. These interviews will be recorded and then the research team will analyze the transcript interviews for information about the process of healing. This project holds the promise of providing a comprehensive model for the process of healing from infidelity.

January 2021 – May 2024

GA2020-016 *Improving Adolescent Suicidal Ideation Through a Standardized Brief Group Sleep Intervention*, W. David Brown, Ph.D., Afsoon Gazor, M.Ed.

UT Southwestern Medical Center, \$14,980

A lack of sleep leads to diminished emotional regulation and emotional regulation difficulties lead to sleep difficulties. The aim of this project is to create a sleep therapy manual for suicidal adolescents in an outpatient program and to evaluate its effectiveness.

Two groups of adolescents and their caregivers will participate. One group of adolescents will receive this newly developed manualized treatment and the other will receive the standard suicidal outpatient program. Each adolescent group will have approximately 30 adolescents and 30 caregivers for a total of 120 participants. The adolescents will be evaluated weekly during treatment, and at one and six-months post-discharge. Caregivers will be evaluated at admission, discharge, and at the six-month follow-up. Measures of sleep will be subjective and objective and measures of emotional health and parent-child relationship will also be obtained.

Since their last submission these researchers secured funding for one half of their original budget request. This funding would support the cost of conducting the two follow-up interviews in person or via telehealth. They feel that a careful evaluation six-months post-discharge will provide important data which other pilot studies are rarely able to do.

January 2021 – May 2024

GA2021-001 *Validation of the Lewis Couple & Family Evaluation Scales in a Community Sample of Families*, Shelly A. Riggs, Ph.D.

Sam Houston State University, \$26,004

This researcher completed a Foundation sponsored project, *Family System Predictors of Psychological Well-Being in Middle Childhood* in December 2011. In this project 86 two-parent families with a child aged 8-11 participated in family discussions which were video recorded and rated with a family interaction measure, the System for Coding Interactive and Family Functioning (SCIFF). The adults also completed measures of psychological distress, coping, and relationship satisfaction.

The purposes of the current study are to evaluate this set of families with the Lewis Scales to determine the degree to which several trained raters agree (inter-rater reliability), and the degree to which those scale ratings agree with other established measures of the same concepts (construct validity).

The Principal Investigator (PI) plans to become certified as a self-trained Lewis Scales rater. Next, she and the Lewis Scales consultant will rate 10 randomly selected cases with the Lewis Scales to assure that her ratings agree acceptably with his. The PI then will Lewis Scales-train three graduate research assistants using that set of 10 cases before moving on to code the remaining families in the data set.

Dr. Riggs hopes to provide both reliability and validity data on the Lewis Scales while also determining whether professionals can adequately self-train to be accurate Lewis Scales raters. The study results would be the first published data on Lewis Scales reliability and validity, self-training with the Lewis Scales, and both couple and family Lewis Scales findings.

May 2021 – December 2023

GA2021-015 *A Randomized Control Trial of a Cellphone-based Intervention to Promote Lethal Means Safety in Suicidal Adolescents*, Ellen Andrews & Rebecca Wildman

UT Southwestern Medical Center, \$22,976

Lethal means counseling is the practice of educating suicidal individuals and their social network about limiting access to items that can be used to attempt suicide. This project aims to 1) investigate the efficacy of a novel push notification-based intervention targeting caregivers that is aimed to promote lethal means safety, and 2) investigate caregiver perspective on family communication in the context of an adolescent's recovery following a suicidal event. In this proposal the parents of patients enrolled in a suicide treatment program will receive the push notification reminders for a mobile application about adherence to means safety practices. The primary objective of this proposal is testing this intervention in a randomized controlled trial and to assess the acceptability of nudge-based interventions for adolescent suicidality that targets caregivers.

Subjects will be adolescents who are enrolled in the Children's Health suicide intensive outpatient program (SPARC) and their parents or legal guardians. There will be 40 in the intervention group and 40 receiving the treatment-as-usual. Parents of the adolescents in the intervention group will receive push notification-based reminders and surveys of adherence to lethal means safety. The data will be collected over the course of six months and additional data will be collected at SPARC intake, discharge, 1 month and 6-month follow-up of discharge. The primary outcome will be suicide attempts and suicide events. The secondary outcome will be parents' reported compliance with the lethal means restriction over time and their satisfaction with the intervention.

These researchers feel that if the intervention is found to be effective it could serve as an evidence-based, low cost and easily accessible tool for the promotion of patient safety and parental support.
January 2022 – July 2024

GA2022-002 *Understanding the Role of Social Support in Sexual and Gender Minority Youth with Eating Disorders, Kendall Sharp, Carrie Adams, M.D., Ph.D.*

University of Texas Southwestern Medical Center, \$21,676

This project aims to 1) investigate how youth with eating disorders seek and receive social support, 2) to better understand how social support may differ between sexual and gender minority (SGM) youth and cisgender and heterosexual (CH) youth and, 3) to determine if there are differences in treatment outcomes between SGM and CH youth.

The study will recruit 30 SGM youth and 30 CH youth who are currently in an inpatient eating disorder treatment program. Participating youth will be evaluated with qualitative measures during treatment, upon release of treatment and three months' post-treatment. In addition, the SGM youth will participate in six optional semi-structured individual interviews exploring how social support impacted their treatment and recovery.

The primary outcome measure will be the differences between the groups in eating disorder symptoms, perceived changes in social support, and reported depression and anxiety.
May 2022 – September 2024

GA2022-004 *Relationship Functioning and Couples' Well-being, Chrystyna Kouros, Ph.D., Naomi Ekas, Ph.D.*

Southern Methodist University, \$44,992.00

Decades of research support that the quality of romantic relationships is associated with individuals' mental health. Yet large scale marital interventions show little effectiveness because such programs do not specify which aspects of couple relationship functioning are targeted. That is, it is unclear which specific dimensions of relationship functioning are most predictive of an individual's mental health and therefore the best targets for interventions.

The purpose of this study is to test a wide range of relationship variables using self-report and observational assessments as predictors of depression in a diverse community sample. Participants will be 150 couples – 75 raising a neurotypical child and 75 raising an autistic child. The research will be conducted using zoom with established practices for remote data collection. Each partner will complete a battery of self-report questionnaires that assess relationship conflicts, satisfaction, security, power dynamics, and depression. In addition, they will collect three samples of couples' interactions. Two of these interactions will involve a conflict resolution discussion and one will be a positive discussion. These couple interactions will be coded using the Lewis Scales coding system in order to test for validity and reliability of the Scales.

These researchers think that this project will lead to greater understanding of romantic couple interactions and other variables possibly associated with depressive symptoms, especially among couples raising an autistic child. They also think that it will provide valuable information on the Lewis Scales.
September 2022 – January 2025

GA2022-005 Couples Daily Lives Laboratory- Paving the Way to Improved Marital Well-Being, Karen Prager, Ph.D. and Siri Wilder, MS

University of Texas at Dallas, \$45,000.00

How a couple recovers from conflict may be as important to the ongoing functioning of their relationship as their behavior during conflict. The purpose of this research is to 1) replicate previous research showing significant associations between couples post conflict behavior and their post conflict outcomes 2) to identify the effects of repetitive arguments on a couples post-conflict behavior and whether post conflict behavior enhances partners' optimism about their potential to resolve their conflicts; and 3) to investigate specific skills that a couple has in efforts to recover and reconcile after conflict including mindfulness skills and perfectionism.

Two hundred thirty couples who are at least 20 years old will be evaluated at the UT Dallas Couples Daily Lives Lab. Instrumentation will include self-report measures of relationship functioning and individual partner competencies including interpersonal mindfulness, perfectionism and self-construal. In addition, there will be a fourteen-day diary checklist that will provide daily reports of couples' disagreements and indicators of post-conflict recovery. Objective measures will be obtained by having participants engage in three video recording discussions where trained coders will rate the couple using the Lewis Scales. The first two discussions will involve relationship disagreement and the third discussion involves their discussing their most fun adventure together.

These researchers think that this project will yield important insights into strategies which could lead to new interventions to teach couples important skills that they can practice in their relationships. It will also provide important reliability and validity data for the Lewis Scales.
September 2022 – September 2025

GA2022-010 A Social-ecological Approach to Understanding Sleep Health and Family Functioning in Hispanic/Latino Families with Young Children, Heidi Kane, Ph.D. and Danica Slavish, Ph.D.

The University of Texas at Dallas \$30,000

This reapplication examines the associations between sleep and family environment. Sleep consistently predicts responses to stress and is related to parenting. After a night of disturbed sleep, individuals have more difficulty concentrating, maintaining attention, and regulating emotions- all of which are essential for effective parenting and family functioning. Up to now, no studies have examined how parental sleep is associated with next day parent/child interactions. This study will use a multimethod interdisciplinary approach to understand how factors across the social context are influenced by Hispanic/Latino parental sleep.

These researchers will assess demographic information and personal, family, neighborhood characteristics during a home visit. During a subsequent ten-day observational period they will assess self-reported sleep, family climate, and stress with daily surveys. Objective sleep will be measured with wrist actigraphy. Parents activity spaces (where they go and what they are exposed to) will be measured with GPS tracking.

The primary aims of this study are:

- (1) to determine the association of built family factors (e.g. bedroom features) and the bidirectional associations of social family factors (e.g. support, conflict, routines) with the Hispanic/ Latino parents' sleep.
- (2) To determine how family social climate (i.e. support and conflict) interacts with individual (e.g. daily discrimination) and community level factors (e.g., noise, light, housing density, crime) to predict

Hispanic/Latino parents' sleep. (3) To determine how family social climate (i.e. support and conflict) interacts with Hispanic/Latino parents' sleep to predict parents' next-day parent-child interactions, parenting stress, and responses to stress.

They plan recruit 150 primary care givers who identify as Hispanic/Latino with at least one child 1-5 years old. These researchers think that this project will produce results which will help develop culturally appropriate and targeted interventions specific to the Hispanic/Latino parents.

January 2023 – December 2025

GA2023-006 *Playful Learning and Parenting Supports: Impacts of the Play With Me Program for Young Hispanic Children at Risk and Their Parents*, Mayra Padilla Cardoso, M.S.,
University of Texas at Dallas, \$26,472

The Play With Me program, initiated in 2011 by the University of Texas at Dallas Center for Children and Families, was developed to provide research-based support for children at risk and their parents in the children's earliest years in order to increase child success. An earlier evaluation of the program Play With Me in 2017, supported by the Lewis Foundation, provided evidence for program effectiveness in terms of significant improvements in positive parenting practices, self-efficacy, child independence, and reductions in parenting stress. The study design included pre and post comparisons for program participants and a small single-site comparison group that experienced a 10-week play group that did not include the program's parenting conversations focus.

This proposed evaluation of the new 12-week program will provide important additional information by, 1) measuring changes in the qualities of mother-child interactions found among program participants and among parents in a waitlist control group from video recordings collected in the parents' home, 2) including reliable measures of child outcomes, and 3) studying program implementation processes related to parent and child demographic information and program participation. They will collect data from parents who enroll in the Play With Me program and with those who are put on a waiting list. Measurements will involve parental self-report and observational measures of parenting.

September 2023 – September 2025

GA2023-009 *Longitudinal Trajectories of Parent Support and Their Impact on the Mental Health of Transgender Youth*, Bree Horrocks, M.Ed.,
UT Southwestern Medical Center, \$23,372

Transgender youth have different mental health challenges compared to cisgender peers and parental support is a critical protective factor for these youth. This study aims to, 1) identify subgroups of transgender youth with distinct patterns of change in parental support over the course of 3 years, 2) to identify factors contributing to change in parental support, and 3) to explore how changes in parental support impacts the mental and gender dysphoria of transgender youth.

The sample will involve previously collected data from 164 transgender youth age 12-18 who presented to a multidisciplinary gender affirming care program. Participants completed self-report surveys yearly while receiving care. The qualitative sample will be comprised of approximately 20 youth drawn from this group who will be followed for three years. All measures in this study are self-report covering the youth's perceived parental support and assessments of perceived social support from family, friends, and significant others. These researchers feel that this qualitative data will help identify the mechanisms underlying changes in parental support and will inform further studies examining the impact of changes in parental support on the mental health of transgender youth.

September 2023 – November 2025

*Summary Description of Funded Projects
May 1998 – September 2023*

Grant Applications Received:	333
Grant Applications Approved:	119
Grant Funding Provided:	2,350,825

Project Topics

Language development in children
 Adolescent romantic relationships and psychological health
 Assessment techniques for interpersonal relationships (2)
 Attachment and self-mutilation
 Brief, acceptance-based therapy for pregnant women with premature rupture of membranes
 Brief intervention programs for school-aged children exposed to intimate partner violence
 Children's responses to peer victimization (2)
 Coherence of relationship narrative and couple competence
 Critical thinking and individual differences
 Developing an intervention to promote lethal means safety in suicidal adolescents
 Development of a web-based intervention for at-risk adolescents for anxiety and depression within schools
 Development of autonomy among youths with diabetes
 Dyadic responding to stress and relationship functioning
 Effects of peer victimization on biological functioning
 Empathy in childhood relationships
 Empathy in destabilizing relationships
 Examining the efficacy of a phone application for safety planning in youth with suicidality
 Examining the feasibility of a resiliency mental health application for adolescents
 Failure of empathy in spousal abuse (2)
 Family feeding relationships
 Family system predictors of psychological well-being in middle childhood
 How children evaluate information
 How children with autism spectrum disorder understand and interpret marital conflict
 Illness perceptions of patients with advanced stage cancer and their partners
 Impact of a motivational interviewing intervention on mothers' visitation patterns in nicu
 Infant emotion regulation within the developing mother-child and father-child relationship
 Infant perceptions of maternal technological distractions
 Infant understanding of affective messages
 Influence of early victimization upon adult relationships
 Influence of parental yelling
 Influence of the family system on self-injurious behavior
 Interpersonal relationships and depression
 Interpersonal relationships in ptsd and depressive symptomatology in veterans
 Interpersonal theory of suicide treatment approach to improve outcomes in suicidal youth
 Investigations into the nature and consequences of parental yelling
 Long-term consequences of being bullied: biological functioning effects on physical health
 Longitudinal trajectories of parent support and their impact on the mental health of transgender youth
 Marriage, sleep and health
 Mindfulness meditation to counteract self-control
 Oxytocin as a biomarker of social sensitivity and interpersonal functioning
 Parental perception of child vulnerability in the nicu and developmental outcomes
 Paving the way to improved marital well-being
 Peer relationships, gut microbiota, and health
 Prediction of language disorders in children
 Psychological and family factors in social aggression
 Randomized control trial of a cellphone-based intervention to promote lethal means safety in suicidal adolescents
 Relations between parent-child conflict styles and children's well-being
 Relationship healing from infidelity
 Relationships, school performance, and health in adolescence

Project Topics cont'd

Resilience among children and families at risk forum
 Results of childhood versus spousal abuse
 Role of parents' restrictive feeding practices
 Role of parents in diabetes care
 Social-ecological approach to understanding sleep health and family functioning in hispanic/latino families with young children
 Tracking the early bilingual growth of spanish-speaking children
 Transplant as a medical trauma
 Understanding the role of social support in sexual and gender minority youth with eating disorders
 Validation of the lewis couple & family evaluation scales in a community sample of families
 Value violations and satisfaction in relationships: the value-consistent action measure
 Why caregivers of severely abused children may refuse psychotherapy for the abused child

Treatment program evaluations:

Anger management training for probationers
 Attention training for adhd preschoolers and their parents
 Connections: a program to enhance peer support in refugee youth
 Cooperative small group approach for students with learning differences
 Counseling of voluntary and mandated agency clients
 Couple functioning and treatment of chronic pain
 Equine-assisted therapy in autism
 Evaluation of a dating assertiveness training program for adolescent girls
 Evaluation of an autism intervention (2)
 Evaluation of *juega conmigo* (play with me) playful learning project
 Evaluation of mindful self-care for caregivers
 Evaluation of the playwisely intervention in autism
 Family disaffiliation and treatment outcome
 Family function and adolescent depression treatment
 Family function and adolescent eating disorder treatment
 Feasibility & pilot study of the ut southwestern virtue inventory for clinician excellence
 Filial therapy training for abusive parents
 Home instruction program for parents and at-risk preschoolers
 Impact of home instruction program participation on maternal self-efficacy
 Improving adolescent suicidal ideation through a standardized brief group sleep intervention
 In-home parental training for abusive parents
 Long term outcome of therapeutic community treatment (2)
 Multimodal program impact on homeless/disturbed
 Playful learning and parenting supports: impacts of the *play with me* program for young hispanic children at risk and their parents
 Psychoeducational group therapy for bipolar patients
 Psychoeducational group therapy for alzheimers caregivers
 Psychoeducational program for caretakers of abused children
 Psychoeducational program for diabetic adolescents and their parents
 Psychoeducational program for parents adopting abused/neglected children
 Randomized evaluation of a six-week grief curriculum for bereaved parents
 Relationship-centered child care (2)
 Second opportunity for success
 Support program for high risk hispanic families
 Therapeutic assessment and treatment outcome
 Therapy of children with autism

Project Settings

Austin Street Centre (3)
 Autism Treatment Centers (2)
 AVANCE-Dallas
 Child Abuse Prevention Center
 Child and Family Guidance Center
 Child Care Group
 Dallas Children's Advocacy Center (2)
 Dallas County Community Supervision and Corrections Department
 Duke University Medical Center, Department of Psychiatry and Behavioral Sciences
 The Family Place (2)
 First 3 Years – Julie Anne Mason Memorial Lecture (12)
 Galaxy Counseling Center (2)
 Lena Pope Home, Inc.
 Life Net Community Behavioral Health Care
 Sam Houston State University
 Southern Methodist University, Psychology Department (8)
 Texas Christian University, Developmental Research Lab
 Texas Christian University, Psychology Department
 Texas Tech University, Couple, Marriage, and Family Therapy (CMFT) Program
 University of North Texas, Department of Rehabilitation & Health Services
 University of North Texas, Psychology Department (6)
 University of Notre Dame
 University of Texas at Arlington, Psychology Department (11)
 University of Texas at Dallas, The Center for Children and Families at UTD (9)
 University of Texas at Dallas, School of Human Development (7)
 University of Texas at Dallas, School of Behavioral and Brain Sciences (11)
 UT Southwestern Medical Center, Center for Autism & Developmental Disorders
 UT Southwestern Medical Center, Center for Depression, Research and Clinical Care
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 UT Southwestern Medical Center, Department of Psychology (8)
 UT Southwestern Medical Center, Parkland Pain Clinic
 Winston School