

Sara Mithani, PhD, RN
 The University of Texas Health Science Center at Houston (UT Health)
 Cizik School of Nursing
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 Sara.Mithani@uth.tmc.edu

EDUCATION

Degree	Institution	Date
Post-Doc	National Institute of Health National Institute of Nursing Research Bethesda, Maryland	2022
PhD	University of Illinois Chicago Chicago, Illinois Nursing Science (Emphasis: Genomics & Sleep Disorders)	2020
BSN	Case Western Reserve University Cleveland, Ohio	2016
Other Education		
Certificate in Sleep Medicine	University of Illinois Chicago	2019

LICENSURE

Texas RN (Multi-state compact)	Active	01/2023 - Ongoing
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PROFESSIONAL EXPERIENCE

Institution	Position Title	Inclusive Dates
Case Western Reserve University, School of Nursing Cleveland, Ohio	Research Assistant Heart ABC- Adherence, Behavior, Cognition Study, PI: Mary Dolansky, Ph.D.	2012-2014
Case Western Reserve University, School of Nursing Cleveland, Ohio	Research Assistant Neuroscience Laboratory, PI: Michael Decker, Ph.D.	2014-2016
Maxim Healthcare Chicago, Illinois	Registered Nurse	2016-2020
University of Illinois at Chicago, College of Nursing Chicago, Illinois	Graduate Research Assistant Laboratory of Sleep Neurobiology, PI: Anne M. Fink, Ph.D.	2016-2019
National Institute of Health, Bethesda, MD	Pre-Doctoral Fellow Graduate Partnership Program	2018-2020
UT Health at San Antonio School of Nursing San Antonio, Texas	Assistant Professor, Tenure-Track	01/2022-06/2025

UT Health at San Antonio School of Nursing San Antonio, Texas	Interim Director Biobehavioral Research Laboratory School of Nursing	01/2023-07/2023
Department of Veterans Affairs, Office of Research & Development, Audie L. Murphy VA Medical Center	Research Health Scientist	08/2023-06/2025

HONORS & AWARDS

Award	Awarding Organization	Date
Distinguished Research Poster	Case Western Reserve University	2014
Distinguished Research Poster	Case Western Reserve University	2015
W.E. Van Doren Scholarship	University of Illinois School of Nursing	2016
Jonas Nurse Scholar	Jonas Philanthropies	2018-2020
Best 25 Nurses of South-Central Texas	San Antonio Nursing Consortium	2023
Young Alumni Award for Excellence	Case Western Reserve University Frances Payne Bolton School of Nursing	2024
Staff Team Excellence	Presidential Excellence Award UT Health San Antonio	2025

GRANTS

Research Grants

Current Funding

1. Cognitive Behavioral Therapy for Insomnia vs. Brief Behavioral Therapy for Insomnia in Military Personnel with Post-Concussive Symptoms following Mild TBI, United States Department of Defense, Congressionally Directed Medical Research Programs (CDMRP) – Traumatic Brain Injury and Psychological Health Research Program, Clinical Trial Award, Co-Investigator (PI: K. Pruiksma), TOTAL = \$2,969,000. 2023–2027.
2. Functional Outcomes and Biomarkers in Occupational Blast Exposure (FOB: OBE): The Impact on Service Members, Veterans, and Their Families, Department of Defense, Congressionally Directed Medical Research Programs (CDMRP) – Traumatic Brain Injury and Psychological Health Research Program, Emerging Topics Research Area, Partnering/Early Career Principal Investigator (Senior PI: M.J. Pugh), TOTAL = \$1,500,000. 2025-2029.
3. Biobehavioral TBI Profiles in Veterans: A Machine Learning Approach for Clinical Decision-Making, San Antonio Medical Foundation, Partnering Principal Investigator, TOTAL = \$200,000. 2024–2027.

Past Funding

1. Oral Hygiene Instruction to Improve Periodontitis in Postmenopausal Women, Case Western Reserve University, Support of Undergraduate Research and Creative Endeavors, Principal Investigator, TOTAL = \$4,000. 2015.

2. Whole Blood Transcriptome Sequencing in Individuals with Insomnia, National Institute of Nursing Research (NIH Intramural Award), Principal Investigator, TOTAL = \$50,000. 2019–2020.
3. Discovery of Plasma Proteomic Biomarkers Relating to Insomnia and its Link to Subjective and Objective Measures of Insomnia, American Academy of Sleep Medicine – Focused Projects Award, Principal Investigator, TOTAL = \$50,000. 2021–2023.
4. Role of Neuronally Derived Exosomes and its Links to Cognitive Impairment in Veterans with Traumatic Brain Injury, Heilbrunn Nurse Scholar Award, The Rockefeller University, Principal Investigator, TOTAL = \$24,500. 2021–2024.
5. Molecular Mechanisms Associated with Insomnia and Response to Cognitive Behavioral Therapy for Insomnia, United States Veterans Health Administration, Biomedical Laboratory Research and Development, Career Development Award, Principal Investigator, TOTAL = \$840,000. 2023–2025.
6. Interagency Personal Agreement, The Elizabeth Dole Foundation, The Veterans Health Administration, Principal Investigator (Co-PI: R. Delgado), TOTAL = \$145,964. 2023–2025.

Educational Grants

1. APOYO: Supporting and Advancing Student Nurses in South Texas, United States Department of Education, Developing Hispanic Serving Institutes Program, Co-Investigator (PI: V. Meling), TOTAL = \$3,000,000. 2022–2025.

PUBLICATIONS

Peer Reviewed Publications

1. DeBaz, C., Shamia, H., Hahn, J., **Mithani, S.**, Sadeghi, G., & Palomo, L. (2015). Periodontitis impacts quality of life in postmenopausal women. *Climacteric: The Journal of the International Menopause Society*, 18(4), 637–642.
2. Kanefsky, R., Motamedi, V., **Mithani, S.**, Mysliwiec, V., Gill, J. M., & Pattinson, C. L. (2019). Mild traumatic brain injuries with loss of consciousness are associated with increased inflammation and pain in military personnel. *Psychiatry Research*, 279, 34–39.
3. **Mithani, S.**, & Fink, A. M. (2019). Mathematical Models of Sleep and Circadian Rhythms: A Case for Using the 2-Process Model in Neuroscience Nursing. *The Journal of neuroscience nursing: Journal of the American Association of Neuroscience Nurses*, 51(1), 48–53.
4. Motamedi, V., Kanefsky, R., Matsangas, P., **Mithani, S.**, Jeromin, A., Brock, M. S., Mysliwiec, V., & Gill, J. (2018). Elevated tau and interleukin-6 concentrations in adults with obstructive sleep apnea. *Sleep Medicine*, 43, 71–76.
5. Williams, K. A., **Mithani, S.**, Sadeghi, G., & Palomo, L. (2018). Effectiveness of Oral Hygiene Instructions Given in Computer-Assisted Format versus a Self-Care Instructor. *Dentistry Journal*, 6(1), 2.
6. Guedes, V. A., Devoto, C., Leete, J., Sass, D., Acott, J. D., **Mithani, S.**, & Gill, J. M. (2020). Extracellular Vesicle Proteins and MicroRNAs as Biomarkers for Traumatic Brain Injury. *Frontiers in Neurology*, 11, 663.
7. Mondello S, Guedes VA, Lai C, Czeiter E, Amrein K, Kobeissy F, Mechref Y, Jeromin A, **Mithani S**, Martin C, Wagner CL, Czigler A, Tóth L, Fazekas B, Buki A, Gill J. (2020). Circulating Brain Injury Exosomal Proteins following Moderate-To-Severe Traumatic Brain Injury: Temporal Profile, Outcome Prediction and Therapy Implications. *Cells*, 9(4), 977.
8. Pattinson CL, Guedes VA, Edwards K, **Mithani S**, Yun S, Taylor P, Dunbar K, Kim HS, Lai C, Roy MJ, Gill JM. (2020). Excessive daytime sleepiness is associated with altered gene expression in

- military personnel and veterans with posttraumatic stress disorder: an RNA sequencing study. *Sleep*, 43(9), zsaa036.
9. **Mithani, S.**, Sijung, Y., Fink, A., Pattinson, C., Leete, J., Guedes, V., Kim, HS., Weljie, A., Gill, J., Gehrman, P. (2021). Whole Blood Transcriptome Analysis using RNA Sequencing in Individuals with Insomnia: A Pilot Study. *Sleep Medicine*, 80, 1-8.
 10. Guedes, V., Lai, C., Devoto, C., Edwards, K., **Mithani, S.**, Sass, D., Vorn, R., Qu, B., Rusch, H., Martin, C., Wilde, E., Walker, W., Arrastia, R., Gill, J., Kenney, K. (2021). Extracellular Vesicle Proteins and MicroRNAs Are Linked to Chronic Post-Traumatic Stress Disorder Symptoms in Service Members and Veterans with Mild Traumatic Brain Injury. *Frontiers in Pharmacology*, 12.
 11. Sass, D., Guedes, V., Smith, E., Vorn, R., Devoto, C., Edwards, K., **Mithani, S.**, Hentig, J., Lai, C., Wagner, C., Dunbar, K., Hyde, D., Saligan, L., Roy, M., Gill, J. (2021). Sex differences in behavioral symptoms and the levels of circulating GFAP, tau, and NfL in patients with traumatic brain injury. *Frontiers in Pharmacology*, 3367.
 12. Devoto, C., Guedes, V., Lai, C., Leete, J., **Mithani, S.**, Edwards, K., Vorn, R., Qu, B., Wilde, E., Walker, W., Diaz-Arrastia, R., Werner, J., Kenney, K., Gill, J. (2022). Remote Blast-related Mild Traumatic Brain Injury is Associated with Differential Expression of Exosomal microRNAs Identified in Neurodegenerative and Immunological Processes. *Brain Injury*.
 13. Elliott, J., Keil, A., **Mithani, S.**, Gill, J., O'Neil, M., Cohen, A., Lim, M. (2022). Dietary supplementation with branched chain amino acids to improve sleep in Veterans with traumatic brain injury: A randomized double-blind placebo-controlled pilot and feasibility trial. *Frontiers in Systems Neuroscience*.
 14. Gottshall, J., Agyemang, A., O'Neil, M., Wei, G., Presson, A., Hewins, B., Fisher, D., **Mithani, S.**, Shahim, P., Pugh, M., Devoto, C., Wilde, E., Yaffe, K., Gill, J., Kenney, K., Werner, K. (2022). Sleep quality: A common thread linking depression, post-traumatic stress, and post-concussive symptoms to biomarkers of neurodegeneration in TBI patients. *Brain Injury*.
 15. Guedes, V., Lange, R., Lai, C., **Mithani, S.**, Devoto, C., Edwards, K., Wagner, C., Martin, C., Driscoll, A., Wright, M., Gillow, K., Baschenis, S., Brickell, S., Brickell, T., Lippa, S., French, L., Gill, J. (2022). U.S. military service members and veterans have elevated concentrations of exosomal neurofilament light chain within the first 12 months following traumatic brain injury. *Scientific Reports*.
 16. Meier T., Guedes VA., Smith EG, Sass D, **Mithani S**, Vorn R, Savitz J, T. Kent Teague TK, McCrea MA, Gill JM. (2022). Extracellular vesicle-associated cytokines in sport-related concussion. *Brain, behavior, and immunity*, 100, 83-87.
 17. Mysliwiec, V., Brock, M.S., Pruiksma, K.E., Straud, C.L., Taylor, D.J., Hansen, S., Foster, S.N., **Mithani, S.**, Zwetzig, S., Gerwell, K. and Young-McCaughan, S., Powell, T., Blue Star, J., Cassidy, D., Mintz, J., Peterson, A. (2022). A comprehensive evaluation of insomnia, obstructive sleep apnea and comorbid insomnia and obstructive sleep apnea in US military personnel. *Sleep*.
 18. Vorn, R., **Mithani, S.**, Devoto, C., Meier, T., Guedes, V., Lai, C., Yun. S., Broglio, S., McAllister, T., Giza, C., Kim, H., Huber, D., Harezlak, J., Cameron, K., McGinty, G., Jackson, J., Guskiewicz, K., Mihalik, J., Brooks, A., Duma, S., Rowson, S., Nelson, L., Pasquina, P., McCrea, M., Gill, J., and the CARE Consortium. (2022). Proteomic Profiling of Plasma Biomarkers Associated With Return to Sport Following Concussion: Findings From the NCAA and Department of Defense CARE Consortium. *Frontiers in Neurology*.
 19. Vorn, R., Devoto, C., Meier, T., Lai, C., Yun. S., Broglio, S., **Mithani, S.**, McAllister, T., Giza, C., Kim, H., Huber, D., Harezlak, J., Cameron, K., McGinty, G., Jackson, J., Guskiewicz, K., Mihalik, J., Brooks, A., Duma, S., Rowson, S., Nelson, L., Pasquina, P., McCrea, M., Gill, J., and the CARE Consortium. (2022). EPB41 and Alpha Synuclein are Diagnostic Biomarkers of Sport-Related

Concussion: Findings from the NCAA and Department of Defense CARE Consortium. *Journal of Sport and Health Science*.

20. Guedes, V., **Mithani, S.**, Williams, C., Sass, D., Smith, E., Vorn, R., Wagner, C., Lai, C., Gill, J., Hinson, H. (2022). Extracellular Vesicle Levels of Nervous System Injury Biomarkers in Critically Ill Trauma Patients with and without Traumatic Brain Injury. *Neurotrauma Reports*.
21. Crowley, J. J., Cappi, C., OchoaPanaifo, M. E., Frederick, R. M., Kook, M., Wiese, A. D., ... **Mithani, S.**, ... & Moya, P. R. (2023). Latin American Trans-ancestry INitiative for OCD genomics (LATINO): Study Protocol. *medRxiv*, 2023-02.
22. Devoto, C., Vorn, R., **Mithani, S.**, Meier, T., Lai, C., Broglio, S., McAllister, T., Giza, C., Huber, D., Harezlak, J., Cameron, K., McGinty, G., Jackson, J., Guskiewicz, K., Mihalik, J., Brooks, A., Duma, S., Rowson, S., Nelson, L., Pasquina, P., Turtzo, L.C., Latour, L., Mcrea, M., Gill, J. (2023). Plasma Phosphorylated Tau 181 as a Biomarker of Mild Traumatic Brain Injury: A Finding From THINC and NCAA-DoD CARE Consortium Prospective Cohorts. *Frontiers in Neurology*.
23. Mysliwicz, V., Pruiksma, K.E., Natsangas, P., Powell, T., Straud, C., Taylor, D., Hansen, S., Foster, S., **Mithani, S.**, Zwetzig, S., Martin, J., Gerwell, K., Young-McCaughan, S., BlueStar, J., Cassidy, D., Gomes, K., Moore, B., Peterson, A., Brock, M. (2023). Gender Differences in US Military Personnel with Insomnia, Obstructive Sleep Apnea, or Comorbid Insomnia and Obstructive Sleep Apnea (COMISA). *Journal of Clinical Sleep Medicine*.
24. Mysliwicz, V., Pruiksma, K. E., Matsangas, P., Powell, T., Straud, C. L., Taylor, D. J., Hansen, S., Foster, S. N., **Mithani, S.**, Zwetzig, S., Martin, J., Gerwell, K., Young-McCaughan, S., Blue Star, J. A., Cassidy, D. G., Gomes, K. D., Moore, B. A., Peterson, A. L., & Brock, M. S., on behalf of the STRONG STAR Consortium. (2024). Sex differences in US military personnel with insomnia, obstructive sleep apnea, or comorbid insomnia and obstructive sleep apnea (COMISA). *Journal of Clinical Sleep Medicine*, 20(1), 17-30.
25. Moon, C., Wilson, R., Gonzalo, Encabo P., Kang, D.W., **Mithani, S.**, Dieli-Conwright, C.M., Patel, D.I. (2024). Measurement of cognitive function in exercise oncology: a scoping review. *Frontiers in Cognition*.

Books & Chapters

1. Meling, V., **Mithani, S.**, Watts, A. (2025). El APOYO: A Holistic Support Framework to Enhance Student Success at a Hispanic-Serving Institution and an Academic Health Center.

Peer Reviewed Abstracts

PRESENTATIONS

International

1. **Mithani, S.**, (June 2019), From Bench to Bedside: The Future of Nursing Science, Aga Khan University School of Nursing and Midwifery, Karachi, Pakistan, Speaker (invited)
2. **Mithani, S.** (November 2021). *Deregulated Genes in the Night vs. Day Comparison for Patients with Insomnia: A RNA-Sequencing Study*. International Society Of Nurses In Genetics Virtual World Congress.
3. **Mithani, S.**, (August 2023), Sleep Disorders in Brain Injury: Pathway to a Collaborative Partnership, Dutch Ministry of Defense, Utrecht, Netherlands, Speaker (invited)
4. **Mithani, S.**, (November 2023), Building a Brighter Future: Pioneering an Undergraduate Clinical Immersion Partnership, Innovation Stage, SIGMA 47th Biennial Convention, San Antonio, Texas, Speaker (invited)

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National

1. **Mithani, S.**, (February 2022), Utility of blood biomarkers to understand biological mechanisms and clinical symptoms following brain injury, Society for Brain Mapping and Therapeutics Annual World Congress, Los Angeles, California, Speaker (invited)
2. **Mithani, S.**, (March 2024), Investigating Mechanisms and Clinical Presentation in Service Members and Veterans with Sleep Disorders, Columbia University, Sleep & Circadian Research Seminar Series, Virtual, Speaker (invited)
3. **Mithani, S.**, (April 2024), Exploring Biological Mechanisms and Clinical Symptoms Following Traumatic Brain Injury and Sleep Disorders, University of Alabama, Capstone College of Nursing, Center for Substance Use Research and Related Conditions 2024 Annual Lectureship, Tuscaloosa, Alabama, Speaker (invited)

Regional/State (past to current)

1. **Mithani, S.** (February 2020). *High Throughput Sequencing of the Transcriptome in Individuals with Insomnia*. Graduate Research Symposium, National Institutes of Health, Bethesda, Maryland.
2. **Mithani, S.** (March 2020). *Exosomal miRNA in Blast-Exposed Veterans with Mild Traumatic Brain Injury*. National Capital Area Traumatic Brain Injury Research Symposium, National Institutes of Health, Bethesda, Maryland.
3. **Mithani, S.** (August 2020). *RNA Sequencing Reveals Transcriptomic Changes in Individuals with Insomnia*. 34th Annual Meeting of the Associated Professionals Sleep Societies, Virtual Conference.
4. **Mithani, S.** (June 2021). *Elevated Phosphorylated Tau Following a Sports Concussion: Findings from the NCAA and Department of Defense CARE Consortium*. Young Investigator TBI Virtual Summer Conference.
5. **Mithani, S.** (June 2022). *Sex Differences in Sleep Quality and Biomarker Levels in Service Members and Veterans with Chronic Mild Traumatic Brain Injury*. 36th Annual Meeting of the Associated Professionals Sleep Societies Conference. Charlotte, North Carolina.
6. An, k., **Mithani, S.**, Jiwani, R., Patel, D. (March 2023). Symposium-Optimizing Mentoring for the Future of Nursing and Health Sciences, Southern Nursing Research Society 37th Annual Conference. Orlando, Florida.
7. **Mithani, S.** (October 2023). *Multiplexed Plasma Proteomic Profiling in Men and Women with Diagnosed Insomnia Disorder*, International Society of Nurses in Genomics, Providence, Road Island.
8. **Mithani, S.** (November 2023). *A Comprehensive Evaluation of Sleep Disorders in Male and Female Personnel*. SIGMA 47th Biennial Convention, San Antonio, Texas.
9. Watts, A., **Mithani, S.**, Meling, V. (May 2024). Symposium- Equity Nexus: Fusing Co-Curricular Scholarship and Holistic Wellness for Student Success. 36th Annual National Conference on Race & Ethnicity in Higher Education. O'hau, Hawaii.
10. **Mithani, S.** (June 2024). *Proteomic Profiling of Plasma Biomarkers in Men and Women with Diagnosed Insomnia*. 38th Annual Meeting of the Associated Professionals Sleep Societies Conference. Houston, Texas.

Poster Presentations

1. **Mithani, S.**, Decker, D., Damato, L., Strohl, K. *Impact of Sleep Hygiene Education on Quality of Life in Veterans*, Case Western Reserve University Research Symposium, Cleveland, Ohio, 2016.

2. **Mithani, S.**, Barbados, E., Damato, L., Decker, D. *High-Density Electroencephalography to Quantify Cortical Neural Network Activity*, Midwest Nursing Research Society, Milwaukee, Wisconsin, 2017.
3. **Mithani, S.**, Cho, Y., Rush, H., Gill, J. *Gene Expression in Military Veterans with Sleep Disturbances*, National Institutes of Health, Bethesda, Maryland, 2017.
4. **Mithani, S.**, Maki, K., Fink, A. *Sleep Fragmentation Increases Blood Pressure in Rats: Implications for Developing a Model to Measure Cardiovascular Response to Shift-Work Schedules*. Midwest Nursing Research Society, Cleveland, Ohio. April 2018.
5. **Mithani, S.**, Pattinson, C., Guedes, V., Edwards, K., Devato, C., Turtzo, C., Latour, L., Gill, J. *Acute Postconcussive Symptom Domains and MRI Results Following Mild Traumatic Brain Injury*, National Neurotrauma Society, Pittsburgh, Philadelphia, 2019.
6. **Mithani, S.**, Pattinson, C., Guedes, V., Edwards, K., Devato, C., Gill, J. *Exosomal microRNA is Associated with Sleep Quality In Military Personnel With Traumatic Brain Injury*, Society for Neuroscience, Virtual Poster Presentation, 2021.
7. **Mithani, S.**, Guedes, V., Chen, L., *Sleep Quality Affects the Plasma Exosomal MicroRNA Expression Profile in Military Personnel with Traumatic Brain Injury*, 35th Annual Meeting of the Associated Professionals Sleep Societies, Virtual Conference, 2021.
8. Elliott, JE, Bryant-Ekstrand, M., Ligman, BR, Keil, AT., Wilkerson, A., **Mithani, S.**, Gill, JM., Lim, MM. *Morning Bright Light Therapy to Improve Sleep Quality in Veterans with Traumatic Brain Injury. An Interim Analysis of a Randomized, Placebo-Controlled Clinical Trial*. Military Health System Research Symposium, Kissimmee, Florida, USA; August 2023.
9. Gomes, K. D., Mysliwiec, V., Pruiksma, K. E., Matsangas, P., Powell, T., Straud, C. L., Taylor, D. J., Hansen, S., Foster, S. N., **Mithani, S.**, Zwetzig, S., Martin, J., Gerwell, K., Young-McCaughan, S., Blue Star, J. A., Cassidy, D. G. Moore, B. A., Peterson, A. L., & Brock, M. S., on behalf of the STRONG STAR. *Gender differences in US military personnel with insomnia, obstructive sleep apnea, and comorbid insomnia and obstructive sleep apnea*. 8th Annual San Antonio Combat PTSD Conference, San Antonio, Texas. October 2023.
10. Pruiksma, K. E., Mysliwiec, V.; Peterson, A. L.; Young-McCaughan, S.; **Mithani, S.**; Engel, S; Vasterling, J; Haddock, C. K.; Tyler, H.; Taylor, D. J; & Bramoweth, A. *Cognitive behavioral therapy for insomnia vs brief behavioral therapy for insomnia (BBTI) in military personnel with postconcussive symptoms following mild TBI*. San Antonio Combat PTSD Conference, San Antonio, Texas. October, 2023.
11. Chacko, T., **Mithani, S.**, Bunker, M., Breneman, C., Broderick, G. *Age-Stratified Investigation of Sleep Disorders and PTSD Prevalence among Vietnam Veterans*. Gerontological Society of America, Tampa; November, 2023.
12. Contreras, J., **Mithani, S.**, Vera, A., Martinez, M., Watts, A., Meling, V. *New Horizons: An Institutional Collaboration*. Association of Clinical and Translational Science. Las Vegas, Nevada. April 2024.
13. Schubert, E., **Mithani, S.**, Mysliwiec, V., Gueze, S., Smits, F., Bruinsma, B., and the STRONG STAR Consortium. *Consortium Comorbid Insomnia and Sleep Apnea: Integrating Medication Considerations in PSG Biomarker Research for Enhanced Clinical Management*. The 27th Congress of the European Sleep Research Society, Seville, Spain. September 2024.

PROFESSIONAL SERVICE

Professional Service (Professional organizations, Study Sections, etc. - past to current)

July 2025

Nuerobiology-R (NURR) VA Study Section	Reviewer	2024-2025
Jonas Alumni Council	Memer	2025-2027

Professional Memberships

American Academy of Sleep Medicine	Member	2019 - ongoing
International Society of Nurses in Genetics	Member	2022 - ongoing
Southern Nursing Research Society	Member	2023 - ongoing

Institutional Service

UT Health San Antonio

Committee on Scholarship, School of Nursing	Elected Member	2022-2023
Committee for PhD Cognate, School of Nursing	Elected Member	2022-2025
Council of Principal Investigators	SON Elected Member	2022-2025

Community Service

Face the Fight: Suicide Prevention Effort, USAA

Suicide Prevention Effort	Subject Matter Expert	2023-2025
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Society for Brain Mapping and Therapeutics

Biomarkers in TBI, RSCBE and PTSD	Symposium Coordinator	2023-2024
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Community Engagement and Leadership

2024- Present	Deputy, International Mental Health Task Force, Aga Khan Development Network
2022- 2024	Coordinator, International Mental Health Task Force, Aga Khan Development Network
2019-2023	International Research Mentor, Aga Khan University School of Nursing and Midwifery, Karachi, Pakistan
2020-2022	Strategic Initiatives Member, Ismaili Professionals Network