

Rebecca M. Brossoit, Ph.D.
Curriculum Vitae

EDUCATION

Colorado State University

Doctor of Philosophy

May 2021

Industrial-Organizational Psychology

Dissertation: Engaging with Nature and Work: Associations
Among the Outdoor Environment and Employee Outcomes

Dissertation Advisor: Dr. Tori L. Crain

Master of Science

November 2017

Industrial-Organizational Psychology

Thesis: Linking Work and Home Life: Mediating Effects of Sleep

Thesis Advisor: Dr. Tori L. Crain

University of Massachusetts Amherst

Bachelor of Science

May 2015

Major in Psychology, Minor in Sociology

Honors Thesis: The Effects of Saliency on Short-Term Memory Recall and
Sleep-Dependent Memory Consolidation

Honors Thesis Advisors: Dr. Rebecca M. C. Spencer & Dr. Susan K. Whitbourne

PROFESSIONAL EXPERIENCE

Assistant Professor

August 2021 – Present

Louisiana State University

Psychology Department

Industrial-Organizational Psychology Program

Postdoctoral Research Associate

August 2020 – July 2021

Oregon Health & Science University

Oregon Institute for Occupational Health Sciences

Supervisor: Dr. Leslie B. Hammer

PUBLICATIONS

Refereed Journal Articles

10. Perpich, R. A., **Brossoit, R. M.**, Fisher, G. G., Kath, L. M., & Kunz, J. (2022). Going Upstream: Recommendations for Training the Next Generation of I-O Influencers. *Industrial and Organizational Psychology: Perspectives on Science and Practice*.

9. Wong, J. R., Crain, T. L., **Brossoit, R. M.**, Hammer, L. B., Bodner, T. E., & Brady, J. M. (2022). Beyond Just Resilience: The Important Role of Work-Family Resources for Military Service Members. *Occupational Health Science*.
8. Hammer, L. B., Brady, J. M., **Brossoit, R. M.**, Mohr, C. D., Bodner, T. E., Crain, T. L., & Brockwood, K. J. (2021). Effects of a *Total Worker Health*[®] Leadership Intervention on Employee Well-Being and Functional Impairment. *Journal of Occupational Health Psychology*.
7. Robles-Saenz, F., **Brossoit, R. M.**, Crain, T. L., Hammer, L. B., & Wong, J. R. (2021). Understanding the Role of Family-Specific Resources for Immigrant Workers. *Occupational Health Science*. <https://doi.org/10.1007/s41542-021-00099-0>
6. Lucas-Thompson, R. G., Crain, T. L., & **Brossoit, R. M.** (2020). Measuring Sleep in Adolescence: Comparing Subjective and Objective Daily Measures. *Sleep Health*.
5. Crain, T. L., **Brossoit, R. M.**, Robles-Saenz, F., & Tran, M. (2020). Fighting Fatigue: A Conceptual Model of Driver Sleep in the Gig Economy. *Sleep Health*.
4. **Brossoit, R. M.**, Crain, T. L., Hammer, L. B., Lee, S., Bodner, T. E., & Buxton, O. M. (2020). Associations Among Patient Care Workers' Schedule Control, Sleep, Job Satisfaction, and Turnover Intentions. *Stress & Health*. 1–15. doi: 10.1002/smi.2941
3. **Brossoit, R. M.**, Crain, T. L., Leslie, J. J., Hammer, L. B., Truxillo, D. M., & Bodner, T. E. (2019). The effects of sleep on workplace cognitive failure and safety. *Journal of Occupational Health Psychology*, 24(4), 411–422. doi:10.1037/ocp0000139
***On the Short List (Top 10) for the Journal of Occupational Health Psychology Best Paper Award 2019-2020**
2. Crain, T. L., **Brossoit, R. M.**, & Fisher, G. G. (2018). Work, nonwork, and sleep (WNS): A review and conceptual framework. *Journal of Business and Psychology*, 33(6), 675–697. doi:10.1007/s10869-017-9521-x
1. Ganster, D. C., Crain, T. L., & **Brossoit, R. M.** (2018). Physiological measurement in the organizational sciences: A review and recommendations for future use. *Annual Review of Organizational Psychology and Organizational Behavior*, 5(1), 267–293. doi:10.1146/annurev-orgpsych-032117-104613

Non-Refereed Journal Articles

1. **Brossoit, R. M.**, Wong, J. R., & Fisher, G. G. (2021). Same Degrees, Different Requirements: The Variety of Comprehensive (“Comps”) in I-O Psychology Master’s and Doctoral Programs. *The Industrial-Organizational Psychologist*.

2. **Brossoit, R. M.**, Wong, J. R., Robles-Saenz, F., Barber, L. K., Allen, T. D., & Britt, T. W. (2021). Is that Ethical? The Current State of Industrial-Organizational Psychology Graduate Training in Ethics. *The Industrial-Organizational Psychologist*.

MANUSCRIPTS UNDER REVIEW

1. **Brossoit, R. M.**, Crain, T. L., Stevens, S. C., Wong, J. R., & Guasta, L. (Under Review). [Title Omitted].
2. **Brossoit, R. M.**, Crain, T. L., Leslie, J. J., Fisher, G. G., & Eakman, A. M. (Under Review). [Title Omitted].
3. **Brossoit, R. M.**, Hammer, L. B., Crain, T. L., Leslie, J. J., Bodner, T. E., & Brockwood, K. J. (Under Review). [Title Omitted].
4. Crain, T. L., Hammer, L. B., **Brossoit, R. M.**, Brockwood, K. J., Mohr, C. D., Bodner, T. E., Allen, S., Dretsch, M. N., & Shea, S. A. (Under Review). [Title Omitted].

MANUSCRIPTS IN PREPARATION¹

5. **Brossoit, R. M.**, Hammer, L. B., Bodner, T. E., Mohr, C. D., Crain, T. L., Brady, J. M., Brockwood, K. J., & Adler, A. B. (In Progress). [Title Omitted].
6. **Brossoit, R. M.**, Perkins Stark, H., Crain, T. L., Bodner, T. E., Hammer, L. B., & Mohr, C. D. & (In Progress). [Title Omitted].
7. Brady, J. M., Hammer, L. B., Allen, S. J., Crain, T. L., **Brossoit, R. M.**, & Bodner, T. E. (In Progress). [Title Omitted].

CONFERENCE PRESENTATIONS

Hammer, L. B., **Brossoit, R. M.**, Bodner, T. E., Mohr, C. D., Crain, T. L., Brady, J. M., Brockwood, K. J., Allen, S., & Adler, A. B. (2022, August). *The Effects of Pre-COVID FSSB and Sleep Leadership Training on COVID Leadership Effectiveness: Results from the Military Employee Sleep and Health Study*. Poster accepted to the annual Military Health System Research Symposium.

Hammer, L. B., **Brossoit, R. M.**, Allen, S., Bodner, T. E., Mohr, C. D., Crain, T. L., Brady, J. M., Brockwood, K. J., & Adler, A. B. (2022, June). *The Effects of Pre-COVID FSSB and Sleep Leadership Training on COVID Leadership Effectiveness*. Paper presented at the bi-annual meeting of the Work and Family Researchers Network, New York City, NY.

Brossoit, R. M., Crain, T. L., Fisher, G. G., Eakman, A. M., & Leslie, J. J. (2022, April). *Engaging with Nature and Work: The Outdoor Environment and Employee Outcomes*. Poster presented at the annual meeting of the Society for Industrial and Organizational Psychology, Seattle, Washington.

Brady J. M., Hammer, L. B., Allen, S. A., Crain, T. L., **Brossoit, R. M.**, & Bodner, T. E. (2022, April). Promoting Leader Sleep Health. In C. Burnett and K. A. Fletcher [Chairs]. *Leadership*

¹ Includes papers with completed analyses and in-progress written drafts; anticipated submission in 2022.

and Health Outcomes: Explorations of the Far-Reaching Impact of Leadership. Symposium presented at the annual Society for Industrial and Organizational Psychology Conference, Seattle, Washington.

Brossoit, R. M., Hammer, L. B., Bodner, T. E., Crain, T. L., & Brockwood, K. J. (2021, November). *The Effects of a Total Worker Health[®] Intervention on Workplace Safety: Mediating Effects of Sleep and Supervisor Support for Sleep*. Poster presented virtually at the bi-annual Work, Stress and Health Conference.

Hammer, L. B., **Brossoit, R. M.**, Bodner, T. E., Mohr, C. D., Crain, T. L., Brady, J. M., Brockwood, K. J., & Adler, A. B. (2021, August). *The Effects of Pre-COVID Sleep Leadership Training on COVID Leadership: Results from the Military Employee Sleep and Health Study*. Poster available online in place of the annual meeting of the Military Health System Research.

Crain, T. L., **Brossoit, R. M.**, & Stevens, S. C. (2021, April). Understanding When Objective Measures of Sleep Are Not So Objective. In Trainer, H. M. (Chair) *Toolkits for Physiological Measurement, Behavioral Coding, and Computational Modeling*. Alternative session presented virtually at the annual meeting of the Society for Industrial Organizational Psychology.

Crain, T. L., Hammer, L. B., **Brossoit R. M.**, Brockwood, K. J., Mohr, C. D., Bodner, T. E., Allen, S., Dretsch, M., & Shea, S. A. (2021, April). Optimizing Sleep Through Total Worker Health: Results from The Military Employee Sleep and Health (MESH) Randomized Controlled Trial. In Burnett, C. & Fletcher, K. A (Co-Chairs) *Sleep and the Workplace*. Symposium presented virtually at the annual meeting of the Society for Industrial Organizational Psychology.

Robles-Saenz, F., **Brossoit, R. M.**, Crain, T.L., Hammer, L.B., & Wong, J.R. (2020, April). *Understanding the Role of Family-Specific Resources for Immigrant Workers*. Poster presented at the annual meeting of the Society for Industrial Organizational Psychology.

Brossoit, R. M., Crain, T. L., & Fisher, G. G. (2020, March). *Branching Out: Spending Time Outside as a Buffer Between Work Stressors and Health Outcomes*. Poster presented at the annual MAP ERC Research Day.

Brossoit, R. M. & Wong, J. R. (Co-Chairs) (2019, November). *Reading Between the (APA Guide)lines: A Discussion of Ethical Dilemmas*. Interactive panel presented at the bi-annual Work, Stress and Health Conference, Philadelphia, PA.

Brossoit, R. M., Crain, T. L., Stevens, S. C., Wong, J. R., Guasta, L., Lauriski, D. R. (2019, November). Alertness Testing's Effects on Workplace Health and Safety: A Pilot Study. In **R. M. Brossoit** (Chair), *Applied Health and Safety Research Projects, Challenges, and Recommendations*. Paper presented at the bi-annual Work, Stress and Health Conference, Philadelphia, PA.

Robles-Saenz, F., **Brossoit, R. M.**, & Crain, T. L. (2019, April). *Understanding the role of workplace support for immigrant employees*. Poster presented at the annual Celebrate Undergraduate Research and Creativity (CURC) showcase, Fort Collins, CO.

Wong, J. R., Crain, T. L., **Brossoit, R. M.**, Hammer, L. B., Bodner, T. E., & Brady, J. (2019, April). *Beyond Just Resilience: The Important Role of Work-Family Resources for Soldiers*. Poster presented at the annual meeting of the Society for Industrial Organizational Psychology, National Harbor, MD.

Crain, T. L., Ellis, A. M., **Brossoit, R. M.**, Stevens, S. C., & Wong, J. R. (2019, April). *Show and Tell: Integrating Impression Management with the Work-Nonwork Interface*. Poster presented at the annual meeting of the Society for Industrial Organizational Psychology, National Harbor, MD.

Daigle, K. L., **Brossoit, R. M.**, Brents, C., Stevens, S., Cave, K., & Rosecrance, J. (2018, August). *Examining safety climate in a beer distribution company*. Poster presented at the meeting of the International Ergonomic Association, Florence, Italy.

Brossoit, R. M., Hammer, L. B., Brockwood, K., & Crain, T. L. (2018, June). The Oregon Military Employee Sleep and Health (MESH) study: A Total Worker Health intervention. In T. L., Crain (Chair), *Conducting work-family interventions: An examination of challenges and recommendations*. Symposium presented at the bi-annual meeting of the Work and Family Researchers Network, Washington, DC.

Brossoit, R. M., Crain, T. L., Hammer, L. B., Lee, S., Perry, M., Bodner, T. E., & Buxton, O. M. (2018, April). *Job resources and job satisfaction: Mediating effects of sleep*. Poster presented at the annual meeting of the Society for Industrial and Organizational Psychology, Chicago, IL.

Leslie, J. J., Stevens, S. C., **Brossoit, R. M.**, Hammer, L. B., Crain, T. L., Bodner, T. E., & Truxillo, D. R. (2018, April). *The effects of sleep on workplace cognitive failure and safety compliance*. Poster presented at the annual meeting of the Society for Industrial and Organizational Psychology, Chicago, IL.

Stevens, S. C., **Brossoit, R. M.**, Hammer, L. B., Crain, T. L., Bodner, T. E., & Truxillo, D. M. (2018, April). *Family-supportive supervisors and team cohesion: The moderating role of justice*. Poster presented at the annual meeting of the Society for Industrial and Organizational Psychology, Chicago, IL.

Brossoit, R. M., Leslie, J. J., Crain, T. L., Hammer, L. B., Truxillo, D. M., & Bodner, T. E. (2018, April). *Sleep, cognitive failure, and safety compliance in the construction industry*. Poster presented at the annual MAP ERC Research Day, Broomfield, CO.

Stevens, S. C., **Brossoit, R. M.**, Hammer, L. B., Crain, T. L., Bodner, T. E., & Truxillo, D. M. (2018, April). *Family-supportive supervisors and team cohesion: The moderating role of justice*. Poster presented at the annual MAP ERC Research Day, Broomfield, CO.

Daigle, K. L., **Brossoit, R. M.**, Brents, C., Stevens, S., Cave, K., & Rosecrance, J. (2018, April). *Examining safety climate in a beer distribution company*. Poster presented at the annual MAP ERC Research Day, Broomfield, CO.

Crain, T. L., **Brossoit, R. M.**, Lauriski, D., & Guasta, L. (2018, April). *Alertness testing's effect on workplace safety*. Poster presented at the annual MAP ERC Research Day, Broomfield, CO.

Brossoit, R. M., Crain, T. L., Hammer, L. B., Lee, S., Perry, M. L., Bodner, T. E., & Buxton, O. M. (2018, February). *Linking work and home life: How work demands and resources relate to employees' sleep and romantic relationships*. Poster presented at the annual SERC Research Day, Tampa, FL.

Sultan, M., **Brossoit, R. M.**, Johnson, R. C., & Crain, T. L. (2017, June). *Does order matter? An examination of order effects in work-family survey research*. Paper presented at the bi-annual meeting of the Work, Stress and Health Conference, Minneapolis, MN.

Crain, T. L. & **Brossoit, R. M.** (2017, April). *Actigraphy: Measuring sleep in field settings*. Panel presentation conducted at the annual meeting of the Society for Industrial-Organizational Psychology, Orlando, FL.

Davies, R. L., Mondragon, A. R., Stevens, S. C., **Brossoit, R.M.**, & Crain, T. L. (2017, April). *The association between parent-child discussion and academic achievement and motivation*. Poster presented at the annual Celebrate Undergraduate Research and Creativity (CURC) showcase, Fort Collins, CO.

Mondragon, A. R., Davies, R. L., **Brossoit, R. M.**, Stevens, S. C., & Crain, T. L. (2017, April). *The role of sleep and stress on commitment*. Poster presented at the annual Celebrate Undergraduate Research and Creativity (CURC) showcase, Fort Collins, CO.

Brossoit, R. M., Crain, T. L., Hammer, L. B., Lee, S., Perry, M. L., Bodner, T. E., & Buxton, O. M. (2017, March). *Linking work and home: Mediating effects of sleep*. Poster presented at the annual MAP ERC Research Day, Denver, CO.

Brossoit, R.M., Sultan, M., Crain, T. L., & Johnson, R. C. (2017, February). *Order effects and affectivity in survey research: A pilot study*. Poster presented at the annual SERC Research Day, Tampa, FL.

Whitbourne, S. K., **Brossoit, R. M.**, Meca, A. (2016, August). *The role of identity in predicting career paths from college to early adulthood*. Poster presented at the annual meeting of the American Psychological Association, Denver, CO.

Brossoit, R. M., Crain, T. L., & Fisher, G. G. (2016, March). *Work/nonwork and sleep outcomes for shiftworkers*. Poster presented at the annual MAP ERC Research Day, Denver, CO.

Brossoit, R. M., Alla, R., Mantua, J., & Spencer, R. M. C. (2015, April). *The effects of saliency on short-term memory recall and long-term memory consolidation*. Poster presented at the

annual meeting of the Massachusetts Statewide Undergraduate Research Conference, Amherst, MA.

Brossoit, R. M., Alla, R., Mantua, J., & Spencer, R. M. C. (2015, April). *The effects of saliency on short-term memory recall and long-term memory consolidation*. Poster presented at the UMass Amherst Psychological and Brain Sciences Department Research Symposium, Amherst, MA.

Brossoit, R. M., Alla, R., Mantua, J., & Spencer, R. M. C. (2015, March). *The effects of sleep on the consolidation of future relevant event memory*. Poster presented at the annual meeting of the Eastern Psychological Association, Philadelphia, PA.

Sonni, A., **Brossoit, R. M.**, Collins, K., Estowani, A., Fulone, N., Gusev, A., Mezzetti, E., Torres, E., Spencer, R. M. C. (2013, April). *The Role of Sleep in Gist Extraction*. Poster presented at the annual meeting of the Massachusetts Statewide Undergraduate Research Conference, Amherst, MA.

Sonni, A., Bahlavouni, A., **Brossoit, R. M.**, DiMartino, S., Fulone, N., Gusev, A., Hannan, A., Mezzetti, M., Walsh, C., & Spencer, R. M. C. (2012, April). *Age-related changes in the consolidation of visuo-spatial learning*. Poster presented at the annual meeting of the Massachusetts Statewide Undergraduate Research, Amherst, MA.

INVITED PRESENTATIONS

Brossoit, R. M. & Howard, G. J. (2021, December). *Stress Less: How to Manage Work-Nonwork Stress*. Workshop for the Louisiana State University Foundation, Baton Rouge, LA.

Brossoit, R. M. (2021, March). *Studying Sleep in Applied Occupational Health Psychology Research*. Presentation for the Oregon Institute of Occupational Health Sciences Seminar Series, Portland, OR (virtual).

Brossoit, R. M. (2020, October). *The Science of Sleep: Unlocking the Power of Rest to Support Employee Wellbeing*. Workshop for the City of Thornton's Sleep Hygiene Month, Thornton, CO (virtual).

Brossoit, R. M. (2019, October). *Fighting Fatigue*. Plenary session presentation for the annual Rocky Mountain Safety Conference, Denver, CO.

Brossoit, R. M. & Kaldahl, K. N. (2019, October). *Managing work and life in grad school: Understanding strategies to prevent stress and improve health*. Workshop for the Colorado State University Graduate Professional Development Series, Fort Collins, CO.

Crain, T. L., Stevens, S. C., & **Brossoit, R. M.** (2018, October). *Managing work and life in grad school: Understanding strategies to prevent stress and improve health*. Workshop for the Colorado State University Graduate Professional Development Series, Fort Collins, CO.

Fisher, G. G., Mattingly, V., Menger, L. M., Chaffee, D. S., **Brossoit, R. M.**, Elatova, A., Thompson, A., Walters, K. M. (October, 2015). *Stress Management Workshop*. Presentation at the Anschutz Medical Campus, Denver, CO.

TEACHING

COURSE INSTRUCTOR

Undergraduate-Level

Introduction to Psychology, PSY2000 (class sizes = 663, 515)	2021, 2022
Organizational Psychology, PSY340 (class size = 52)	2019
Industrial Psychology Lab, PSY441 (class size = 20)	2019
Organizational Psychology Lab, PSY341(class sizes = 17, 18)	2017, 2018

Masters-Level, All Online

Applied Industrial Psychology, PSY647 (class size = 23)	2020
Applied Cross-Cultural Industrial-Organizational Psychology, PSY660 (class size = 14)	2020
Succession Planning and Leadership Development, PSY666 (class sizes = 12, 14)	2019, 2020

Doctorate-Level

Occupational Health Psychology, PSY7958	2023
---	------

COURSE DEVELOPMENT

Applied Industrial Psychology, PSY647	2020
Society for Industrial and Organizational Psychology (SIOP) Module for the Masters of Applied Industrial-Organizational Psychology (MAIOP) Program Orientation	2019

TEACHING ASSISTANT

Industrial Psychology, PSY440	2019
Occupational Health Psychology, PSY492	2018
Theories and Practices of Counseling and Psychotherapy, PSY383	2015
Psychology of Aging, PSY365	2015

GUEST LECTURES

<i>Developmental Psychology: Adolescence & Aging</i> Lecture for undergraduate Introduction to Psychology, Louisiana State University	2021
--	------

<i>Sleep Research in Occupational Health Psychology</i> Lectures for graduate Spectrums of Professions Protecting & Promoting Worker Health, Colorado State University	2017, 2020
--	------------

<i>Training Design and Delivery</i> Lecture for undergraduate Industrial Psychology, Colorado State University	2019
---	------

<i>Job Performance</i> Lecture for undergraduate Industrial Psychology, Colorado State University	2019
--	------

<i>The Criterion Problem</i>	2019
Lecture for undergraduate Industrial Psychology, Colorado State University	
<i>Sleep</i>	2018
Lecture for undergraduate Occupational Health Psychology, Colorado State University	
<i>Occupational Health Psychology and the Work-Nonwork Interface</i>	2016
Lecture for graduate Total Worker Health, University of Colorado Denver, Anschutz Medical Campus	
<i>Study Designs and Methodologies from the Cognition and Action Laboratory</i>	2015
Lecture for undergraduate Research Methods, Colorado State University	

HONORS AND AWARDS

Nominee for the K. Patricia Cross 2021 Future Leaders Award	2020
George Thornton Graduate Student of the Year Award	2019
Society for Occupational Health Psychology Student Travel Award	2019
Peer-Nominated Award for Excellence in Service (the “OCB award”)	2019
Charles and Martha Neidt Graduate Award for Achievement in Applied Research	2018
Occupational Health Psychology Poster Award – MAP ERC Research Day	2016
Class of 1941 Humanitarian Award	2015
Psychology Department Academic Excellence Award	2015
Eastern Psychological Association Conference Research Award	2015
Kay Wilson Award for Psi Chi Executive Board Leadership	2014
Recipient of the College of Natural Sciences Bateman Family Scholarship	2013

GRANT ACTIVITY

GRANTS RECEIVED

Louisiana State University Manship Summer Publication Grant, \$5,000	2022
Colorado State University I-O Program Seed Grant, \$300	2018 – 2019
UMass Amherst Commonwealth Honors College Research Grant, \$1,000	2014 – 2015
Psi Chi Collaborative Grant with Psi Beta Chapter, \$200	2014

GRANT-FUNDED GRADUATE ASSISTANTSHIPS

Oregon Military Employee Sleep and Health Study July 2016 – August 2021
Department of Defense
 Principle Investigator: Dr. Leslie B. Hammer
 Principle Investigator of Sub-Award: Dr. Tori L. Crain

Alertness Testing’s Effects on Workplace Incidents September 2017 – August 2018

and Related Insurance Claims

National Institute for Occupational Safety and Health

Principle Investigator: Dr. Tori L. Crain

Co-Principle Investigator: Dr. Lori Guasta

Mountain and Plains Education and Research Center

September 2016 – May 2018

Occupational Health Psychology Trainee

National Institute for Occupational Safety and Health

Program Coordinator: Dr. Gwenith G. Fisher

SERVICE

UNIVERSITY SERVICE

LSU Discover Day – Undergraduate Research and Creativity Symposium 2022
Judge

LSU Psychology Department Graduate Strategic Research Grant 2022
Reviewer

LSU Psychology Department Graduate Student Committees
Mary Snellings Inabnett, Master’s Thesis 2022
Tyler Cowley, Master’s Thesis 2021 – 2022
Sydney Green, Comprehensive Exam 2021
Gino Howard, Comprehensive Exam 2021

LSU Psychology Department Undergraduate Student Committees
Tiffany Huynh, Honor’s Thesis 2022

Committee on Diversity and Outreach in Psychology 2021
I-O Area Representative

LSU Industrial-Organizational Psychology Program Media & Culture Committee 2021
Committee Chair

Industrial-Organizational Psychology Association of Colorado
Co-President 2017 – 18
Co-Social Coordinator 2016 – 17

CSU Mentoring Undergraduates for Graduate School Success
Mentor 2015 – 20

UMass Amherst Psi Chi
UMass Amherst Chapter President 2014 – 15
UMass Amherst Chapter Vice President 2013 – 14

UMass Amherst Psychological and Brain Sciences Department

Student Representative for the Executive Board Committee 2014 – 15

PROFESSIONAL SERVICE

SOHP Scientific Affairs Committee Member 2022 – Present

SIOP Graduate Student Scholarship Subcommittee Member 2021 – Present

SOHP Graduate Student Issues Committee Member 2020 – 2021

Ad Hoc Manuscript Reviewer 2017 – Present

Journal of Occupational Health Psychology
Stress & Health
Occupational Health Science
Current Psychology

Ad Hoc Conference Submission Reviewer 2021 – Present

Work, Stress, & Health Conference
Society for Industrial and Organizational Psychology Conference

PROFESSIONAL AFFILIATIONS

Society for Industrial-Organizational Psychology 2016 – Present

Society for Occupational Health Psychology 2018 – Present

Work and Family Researchers Network 2018 – Present

American Psychological Association 2016 – 17

Psi Chi, International Honor Society for Psychology Students 2013 – 15

Eastern Psychological Association 2013 – 15

PROFESSIONAL DEVELOPMENT

SIOP Conference Early Career Academic Consortium April 2022

SIOP Lee Hakeel Doctoral Consortium April 2020

Occupational Health Psychology Summer Institute 2016, 2020, 2021, 2022

Los Alamos National Laboratory Practicum May 2016

CONSULTING AND APPLIED EXPERIENCE

COMPENSATED WORK

Strata Leadership

Freelance writer for the *Character Core* magazine Nov 2019 – July 2020

SUPERVISED CONSULTING

Engineering and Construction Company in Florida

Oct 2018 – Feb 2019

Advisor: Dr. Tori Crain, I-O Psychology

- Developed and administered surveys to workers and management
- Evaluated an alertness testing software application
- Analyzed survey data and objective indicators of safety and performance
- Created final reports and presentations for senior leadership team

Beer Distribution Company in Colorado

Aug 2017 – May 2018

Advisor: Dr. John Rosecrance, Ergonomics

- Developed and administered an ergonomics and safety climate intervention
- Conducted observations and interviews of workers, management, and senior leadership
- Administered an organization-wide safety climate survey
- Conducted a participative work design workshop. Completed OSHA Form 33 to begin the process of gaining status in the OSHA-sponsored Safety and Health Achievement Recognition Program
- Created final reports and presented results to management and senior leadership

Stone Manufacturing Company in Colorado

Jan 2017 – May 2017

Advisor: Dr. William Brazile, Industrial Hygiene

- Developed and conducted focus groups related to workplace health and safety with all employees
- Created a written report that summarized themes from the focus group and provided recommendations for an ergonomics training program

Power Plant in Colorado

Jan 2016 – May 2016

Advisor: Dr. Alexander Brandl, Health Physics

- Met with senior leadership to determine areas of concern regarding the health and well-being of employees
- Created signage and posters to be displayed at the worksite on topics of sleep health, work-life boundary management, and stress reduction

SCIENCE DISSEMINATION

BLOGS

Brossoit, R. M., Cave, K. A., & Daigle, K. L. (2019, May 20). Stressed About Work? Occupational Health Psychology Can Help. *American Psychological Association Psych Learning Curve*. <http://psychlearningcurve.org/occupational-health-psychology/>

PODCASTS

Michrowski, E. (Host). (2020, June 26). *Episode 11: Are you feeling sleepy? Why sleep is critical to stay safe* [Audio podcast episode]. In *The Safety Guru Podcast*. Propulo Consulting. <https://thesafetyculture.guru/episodes/>

MAGAZINE ARTICLES

Brossoit, R. M. (2020, December). Compassion at Work During the time of COVID-19. *Character Core Magazine by Strata Leadership, Compassion Issue.*

Brossoit, R. M. (2020, October). Dependability: It Depends on the Challenges Employees Face. *Character Core Magazine by Strata Leadership, Dependability Issue.*

Brossoit, R. M. (2020, August). Arriving Late: A Deviant but Preventable Behavior. *Character Core Magazine by Strata Leadership, Punctuality Issue.*

Brossoit, R. M. (2020, June). Responding to Change with Adaptability and Low Stress. *Character Core Magazine by Strata Leadership, Flexibility Issue.*

Brossoit, R. M. (2020, April). Humble Leadership: Recognize and Appreciate the Factors that Shaped your Success. *Character Core Magazine by Strata Leadership, Humility Issue.*

Brossoit, R. M. (2020, February). Accepting and Appreciating Others at Work. *Character Core Magazine by Strata Leadership, Tolerance Issue.*

PRESS RELEASES

Manning, M. (2019, June 05). *Study: Improved worker safety linked to a good night's sleep*. College of Natural Sciences, Source. <https://natsci.source.colostate.edu/study-improved-worker-safety-linked-to-a-good-nights-sleep/>

MEDIA COVERAGE

Carlson, S. (2019, November 06). *Study Links Lack of Sleep to Greater Risk of Injury in Construction*. CCIG. <https://thinkccig.com/sleep-construction/>

HSEBlogger (2019, November 03). *Waking Up to the Risks of Workplace Fatigue*. Key-Worx Risk Management Solutions. <https://key-worx.co.za/2019/11/03/waking-up-to-the-risks-of-workplace-fatigue/>

Kohl Law Offices (2019, September 26). *New Study: Construction Workers Aren't Getting Enough Sleep*. The Law Offices of Deborah G. Kohl. <https://www.dgklawblog.com/construction-workers-fatigue/>

Updated 7/18/22

Fluxman, C. (2019, September 06). *Study Finds Poor Sleep Linked to Safety*. Safety Unlimited News Service. <https://sunnewsreport.com/study-finds-poor-sleep-linked-to-safety/>

Paint Square. (2019, August 20). *Study: Poor Sleep Links to Construction Injuries*. Coatings Industry News. <https://www.paintsquare.com/news/?fuseaction=view&id=21483>

National Roofing Contractors Association. (2019, August 19). *Study links poor sleep to injury risk for construction workers*. <http://www.nrca.net/RoofingNews/study-links-poor-sleep-to-injury-risk-for-construction-workers.8-20-2019.7928/Details/Story>

National Safety Council. (2019, August 08) ‘*There’s a business case*’: *Study of construction workers links poor sleep to injury risk*. <https://www.safetyandhealthmagazine.com/articles/18739-theres-a-business-case-study-of-construction-workers-links-poor-sleep-to-injury-risk>

Industrial Safety & Hygiene News. (2019, July 29). *Study: sleep, safety are linked*. <https://www.ishn.com/articles/111186-study-sleep-safety-are-linked>

Clawson, M. (2019, July 02). *Members in the Media*. The Industrial-Organizational Psychologist (TIP). <https://www.siop.org/Research-Publications/TIP/TIP-Back-Issues/2018/October/ArtMID/20676/ArticleID/3028/Members-in-the-Media>

Butt, J. (2019, June 06). *16 Minutes of Sleep Loss Enough to Suffer at Work*. My OHS. <https://myosh.com/blog/2019/06/06/16-minutes-of-sleep-loss-enough-to-suffer-at-work/>

The National Institute for Occupational Health and Health. (2018, December). *Outside NIOSH: Poor Sleep Can Impair Workplace Safety Practices*. NIOSH Research Rounds. <https://www.cdc.gov/niosh/research-rounds/resroundsv4n6.html#c>

National Framers Council. (n.d.) *How Does Sleep Link to Injuries?* <https://www.framerscouncil.org/news/2019/sep/how-does-sleep-link-injuries>

Temby, W. (n.d.) *Lack of Sleep Linked to Higher Risk of Injury in Construction*. Apprentice Personnel. <https://www.apprenticepersonnel.com/blogs/construction-injuries/>