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EDUCATION

Post-Doctoral Studies, December 2003 - July 2006, Harvard Medical School, Department of Psychiatry, Laboratory of *in vitro* neurophysiology, Advisor: Robert W. McCarley

Ph.D., Psychology: Behavioral Neuroscience Specialization, 2004, University of Florida. Advisor: Darragh P. Devine

M.A., Psychology, 2001, Florida Atlantic University. Advisor: Allan J. Nash

B.S., Psychology, 1997, Nova Southeastern University

EMPLOYMENT HISTORY

Professor of Psychology and Behavioral Neuroscience, Nova Southeastern University.

- Chair of Psychology Major (2009-2011)
- Research Director (2010-present)
- Chair of Behavioral Neuroscience Major (2013-2015)
- Behavioral Neuroscience Program Director (2015-2021)
- Neuroscience Program Director (2021-2023)
- Chair of the Department of Psychology and Neuroscience (2023-present)

Research Technician, Center for Complex Systems and Brain Sciences (Dr. Robert Vertes), Florida Atlantic University (1999-2000)

United States Army and Army Reserves: Advanced Training: Computer Science School, Ft. Gordon, GA. Awarded Top Secret Security Clearance. Officer Commission Awarded 05/2000, Medical Service Corps (1998-2004)

SYNERGISTIC ACTIVITIES

- Co-Founder and CEO of The Society for NeuroSports, a non-profit academic society.
- Scientific Advisor for Enchanted Wave, LLC
- Scientific Consultant for NESTRE Health and Performance, LLC

HOSPITAL OR AFFILIATED INSTITUTION'S APPOINTMENTS

1999-2001, 2007-2010: Invited Researcher, Children's Diagnostic and Treatment Center, Ft. Lauderdale FL.

2006-2012: Consultant, Laboratory of Neuroscience, Harvard Medical School Department of Psychiatry, VA Boston Healthcare System.

RESEARCH INTERESTS

Stress: mechanisms and consequences of chronic and acute stress. Sleep: consequences of sleep loss on health. Emotion: mechanisms by which state changes in emotion can influence cognitive processes. Sports Neuroscience: The relationship between exercise and sports activities and brain health.

ADDITIONAL TRAINING

- December 12-13th and May 8-9 2016: National Society for Experiential Education Workshops
- September 12-13, 2016. NIH Toolbox Training Workshop, University of Maryland, College Park Campus
- Fall, 2008: ERP Boot Camp, Society for Psychophysiological Research
- 2004-2006: Sleep Medicine Program. Harvard Medical School
- Summer, 2000: University of Florida Short Course in Genetic Techniques

FUNDING AWARDS

Grant # BCS 2222174 (Co-PI)
National Science Foundation
\$350,000
08/01/2022-07/31/2025
Identifying the Role of Mind Wandering in Stress Related Changes in Executive Attention and Inflammation

Grant # M02-21-01-T0028 (PI)
Nutrasource Pharmaceuticals
\$110,926
06/30/2022 – 06/29/2023
A Randomized, Double-Blind, Placebo-Controlled Study to Evaluate the Impacts of Revactin® on Male Sexual Health and Quality of Life

Grant # P031c 210035 (NSU PI)
Department of Education
\$46,000
01/01/202-09/01/2023

Grant # P031c160143 (NSU PI)
STEM Pathways for Acceleration, Completion, and Transfers Success (STEM PACTS)
Department of Education
\$158,750
5/9/2022 – 12/31/2022

Grant # 334821 (PI)
STEM Educate, Intern and Employ (EngInE)
Nova Southeastern University
\$14,940

5/30/2017 - 5/30/2022

Interdisciplinary Timeline Assessment of Brain Injury in NFL Players and Fighters

Grant # 335411 (PI)

Nova Southeastern University

\$14,970

7/1/2016 - 6/30/2017

Examining the Stress-Gut Microbiome Interface: A Systems Biology Approach

Grant # NQ-0010-64501 (NSU PI)

Department of Education

\$55,000

5/30/2014 - 9/30/2016

STEM Ladder to Success

Grant # P120A140012 (Co- PI)

Department of Education

\$280,743

4/30/2014 - 9/30/2017

Science Peer and Research Collaborative (SPARC)

Grant # 333189 (PI)

Nova Southeastern University

\$9,995

6/1/2013 - 6/30/2014

A Novel Approach to Test Multisensory Emotion Processing After Sleep Loss

Grant # P120A140012 (Co- I)

Department of Defense

\$498,000

3/30/2013 - 9/30/2016

Reshaping the Future: Integrating Cutting Edge Equipment to Enhance Research, Education, and Outreach at Nova Southeastern University (PI Smith, R)

Grant # 335382 (PI)

Nova Southeastern University

\$14,980

7/1/2013 - 6/30/2014

An Integrative Analysis of Chronic Sleep Restriction's Effect on Cancer Risk

Grant # 335883 (PI)

Nova Southeastern University

\$9,964

7/1/2012 - 6/30/2013

Sleep Gene Polymorphisms and Psychological Health: A Translational Approach

Grant # 333189 (PI)

The Society for Teaching Psychology

\$20,000

11/29/2011 - 11/30/2012

Research Initiative in Psychology for High School Students: A First Year Pilot Program

Grant # 335522 (PI)
Nova Southeastern University
\$9,597
7/1/2010 - 12/31/2011
Electrophysical and Neurophysical Measures of Emotional Regulation in HIV-Infected Women

Grant # 335468 (PI)
Nova Southeastern University
\$9,718
7/1/2009 - 6/30/2010
Emotional Influences on Cognitive Processing in HIV Infected Women

Grant # T32 HL07901
National Heart Blood and Lung Institute
Electrophysiological responses of neurons in the hippocampus after sleep perturbations
01/10/2004-08/30/2006.

PUBLICATIONS

* Indicates undergraduate student co-authors, ** Indicates graduate student co-authors

Original articles:

1. Sims, S. T., Kerksick, C. M., Smith-Ryan, A. E., Janse de Jonge, X. A., Hirsch, K. R., Arent, S. M., ... **Tartar JL** & Antonio, J. (2023). International society of sports nutrition position stand: nutritional concerns of the female athlete. *Journal of the International Society of Sports Nutrition*, 20(1), 2204066.
2. Gonzalez, D. E., McAllister, M. J., Waldman, H. S., Ferrando, A. A., Joyce, J., Barringer, N. D., ... **Tartar J.L.** & Kreider, R. B. (2023). International society of sports nutrition position stand: tactical athlete nutrition. *Journal of the International Society of Sports Nutrition*, 19(1), 267-315.
3. Van Hauwermeiren, O., Kwamanakweenda, J., Pino, J., Peacock, C., **Tartar, J. L.**, & Cuc, A. (2023). The Dark Triad and Professional Fighters: Destigmatizing Male Combat Athletes. *Cureus*, 15(1).
4. Cabrera, D., Thompson, K., Thomas, J. D., Peacock, C., Antonio, J., **Tartar, J. L.**, ... & Tartar, A. (2023). Dysregulation of miR-155 Expression in Professional Mixed Martial Arts (MMA) Fighters. *Cureus*, 15(2).
5. Thompson, K. I.**, Chau, M.**, Lorenzetti, M. S.**, Hill, L**. D., Fins, A. I., & **Tartar, J. L.** (2022). Acute sleep deprivation disrupts emotion, cognition, inflammation, and cortisol in young healthy adults. *Frontiers in Behavioral Neuroscience*, 16, 945661.
6. Giannos, P., Prokopidis, K., Forbes, S. C., Celoch, K., Candow, D. G., & **Tartar, J. L.** (2022). Gene Expression Changes of Murine Cortex Homeostasis in Response to Sleep

Deprivation Hint Dysregulated Aging-like Transcriptional Responses. *Brain Sciences*, 12(7), 825.

7. Robino, A. E., Feldman, D. M., Stein, A. N., Schmaltz, M. A., Fitzpatrick, H. A., **Tartar, J. L.**, ... & Feldman, O. (2022). Sustained Effects of Animal-Assisted Crisis Response on Stress in School Shooting Survivors. *Human-Animal Interaction Bulletin*, (2022).
8. Boucher, L., Feingold, J., Concannon, K., Talavera, S., Tartar, J., & Collins, W. M. (2022). Memory and attention while SCUBA diving at shallow and deep depths: An open water study. *NeuroSports*, 1(2), 5.
9. **Tartar, J. L.**, Hiffernan, F. S.*, Freitas, K. E**, Fins, A. I., & Banks, J. B. (2021). A Functional Adenosine Deaminase Polymorphism Associates with Evening Melatonin Levels and Sleep Quality. *Journal of circadian rhythms*, 19.2021.
10. **Tartar, J. L.**, Banks, J. B., Marang, M.**, Pizzo, F.*, & Antonio, J. (2021). A Combination of Caffeine, TeaCrine®(Theacrine), and Dynamine®(Methylliberine) Increases Cognitive Performance and Reaction Time Without Interfering With Mood in Adult Male Egamers. *Cureus*, 13(12).
11. Kalman DS, Hoh C., Petersen B., Flynn S., Evans C.**, Antonio J., **Tartar J.** A Randomized Double-Blind Evaluation of the Gastrointestinal, Body Composition, Stress Response and Cognitive Function Impacts of Creatine Supplementation in Healthy Adults”. *EC Nutrition* 16.11 (2021): 19-28.
12. Banks, J.B., Antonio, J., Holtzman, A. S**., Marang, M**., Weber, C**., Alvarez-Beaton, A.*, Patel, A*. & **Tartar, J. T.** (2021) Creatine and Cognitive Functioning: What is the role of Exercise Frequency? *Journal of the Society for Neurosports*. *NeuroSports*: Vol. 1 , Article 9.
13. **Tartar, J. L.**, Antonio, J., Kalman, D. S., Hewlings, S. J., Baisley, J., Marang, M**., Peacock, C. A. (2021). An Evaluation of the Effects of a Non-caffeinated Energy Dietary Supplement on Cognitive and Physical Performance: A Randomized Double-Blind Placebo-Controlled Study. *Cureus*, 13(7).
14. Evans, C.**, Mekhail, V.**, Kaminski, J**., Peacock, C., **Tartar, J.**, Santana, J. C., & Antonio, J. (2021). The Effects of an Energy Drink on Measures of Cognition and Physical Performance. *Journal of Exercise Physiology Online*, 24(3), 75-82.
15. Thompson, K.**, Celoch, K., Pizzo, F.*, Fins, A. I., & **Tartar, J.** (2021). Validation of a Single Channel EEG for the Athlete: A Machine Learning Protocol to Accurately Detect Sleep Stages. *NeuroSports*, 1(1), 11.
16. Antonio, J., Cabrera, D.,** Knafo, S.*, Thomas, J., Peacock, C., & **Tartar, J.** (2021). Neurofilament Light (NFL) in Division II Female Soccer Players: A Potential Biomarker for Brain Trauma. *Journal of Exercise Physiology Online*, 24(1).

17. Ali, A. *, Peacock, C., & **Tartar, J.** (2021). Training Frequency, Weight, and Mental Well-being During COVID-19 Lockdown in Professional Mixed Martial Arts Fighters. *Research Directs in Health Sciences*, 1(1).
18. Czartoryski, P., Garcia, J., Manimalath, R., Napolitano, P., Watters, H., Weber, C., **Tartar, J.**, ... & Antonio, J. (2020). Body composition assessment: A comparison of the DXA, Inbody 270, and Omron. *Journal of Exercise and Nutrition*, 3(1).
19. **Tartar JL**, Cabrera D, Thomas J., Knafo S., Peacock CA. The “Warrior” COMT Val/Met Genotype Occurs in Greater Frequencies in Mixed Martial Arts Fighters Relative to Controls.. *Journal of Sports Science and Medicine*. 2020;19, 38-42.
20. Burgess, V. N., Antonio, J., Bland, H. W., Wagner, R., **Tartar, J. L.**, & Melton, B. F. (2020). The effect of timing and type of exercise on the quality of sleep in trained individuals. *International Journal of Exercise Science*, 13(7), 837.
21. Smith RP, Easson C, Lyle SM**, Kapoor R**, Donnelly C**, Parikh E*, Lopez JV, **Tartar JL**. Gut microbiome diversity is associated with sleep physiology in humans. *PLoS One*. 2019; (14)10 e0222394.
22. Antonio J, Knafo S*, Kenyon M*, Ali A*, Carson C*, Ellerbroek A, Weaver C, Roberts J, Peacock CA, **Tartar JL**. Assessment of the FTO gene polymorphisms (rs1421085, rs17817449 and rs9939609) in exercise-trained men and women: the effects of a 4-week hypocaloric diet.. *Journal of the International Society of Sports Nutrition*. 2019; 16(1) 36.
23. **Tartar JL**, Kalman D, Hewlings S. A prospective study evaluating the effects of a nutritional supplement intervention on cognition, mood states, and mental performance in video gamers. *Nutrients*. 2019; 11(10). pii: E2326.
24. Carrera F*, Boucher LB. **Tartar JL**. The Effects of Video Gaming with a Brain-Computer Interface on Mood and Physiological Arousal. *Games for Health Journal*. 2019. 8(5):366-36
25. Antonio J, Burgess V**, Carson C*, Ellerbroek A, Axelrod C*, Peacock CA, Silver T, **Tartar JL**. High-Protein Diet Has No Effect on Sleep Quality and Quantity in Exercise-Trained Men and Women. *Journal of Exercise and Nutrition*. 2019; 2 (1): 3.
26. Serrano J**, Banks JB, Fagan TJ, **Tartar JL**. The influence of Val158Met COMT on physiological stress responsivity. *Stress*. 2019; Dec 26:1-4.
27. Antonio, J., Kenyon, M., Horn, C., Jiannine, L., Carson, C., Ellerbroek, A., ... & **Tartar, J.** (2019). The effects of an energy drink on psychomotor vigilance in trained individuals. *Journal of functional morphology and kinesiology*, 4(3), 47.
28. Hill, LM**, Starratt VG, Fernandez M, **Tartar JL**. Positive affective priming decreases the middle LPP response to negative images. *Brain and Behavior*. 2018; e01198.
29. **Tartar JL**, Salzmann S.*, Pierreulus R*, Antonio J. Acute Aerobic Exercise Decreases a Neurophysiological Response to Emotionally Negative Stimuli. *Journal of Exercise and Nutrition*. 2018; 1(5).

30. Silver T, Ellerbroek A, Peacock CA, Knafo SM, **Tartar, JL**, Antonio J. High and Low Impact Physical Activity Positively Influences Female Bone Density, *Journal of Exercise and Nutrition*. 2018; 1(5).
31. Antonio J, Knafo SM*, Kapoor R**, **Tartar JL**. A fat mass and obesity-associated gene polymorphism influences fat mass in exercise-trained individuals. *Journal of the International Society of Sports Nutrition*. 2018; 15:40.
32. Hill LH**, Lorenzetti MS**, Lyle S**, Fins AI, Tartar A, **Tartar JL**. COMT Val158Met Polymorphism Associates with Emotion Processing and Cortisol Levels in Women. *Brain and Behavior* 2018;8(2):e00883.
33. Antonio J, Leaf A, Carson C*, Ellerbroek A, Silver T, Peacock CA, **Tartar, JL**. Bone Mineral Density in Competitive Athletes. 2018; *Bone*, 1, 2.
34. Antonio J, Knafo S*, Ellerbrook A, Silver T, Vargas L, Peacock C, **Tartar JL**. The relationship between the ACTN3 genotype and measures of stress, exercise performance and body composition. Under Revision. *Journal of Strength and Conditioning Research*. 2017; 20(6).
35. Trivedi MS, Holger D**, Bui AT**, Craddock TJ, **Tartar JL**. Short-term sleep deprivation leads to decreased systemic redox metabolites and altered epigenetic status. *PloS one*. 2017; 12(7), e0181978.
36. Chayo I*, Fernandez M, Sandor S*, **Tartar JL**. Neurophysiological Processing of an Emotional Task is Sensitive to Time-of-Day. *Journal of Circadian Rhythms*. 2017; 23;15(1).
37. Eldakar OT, **Tartar JL**, Garcia D*, Ramirez V*, Dauzonne M*, Armani Y*, Gallup AC. Acute Physical Stress Modulates the Temporal Expression of Self-Reported Contagious Yawning in Humans. *Adaptive Human Behavior and Physiology*. 2017; 3(2):156-70.
38. Olivera IE*, Fins KC*, Rodriguez SA*, Abiff SK*, **Tartar JL**, Tartar A. Glycoside hydrolases family 20 (GH20) represent putative virulence factors that are shared by animal pathogenic oomycetes, but are absent in phytopathogens. *BMC Microbiol*. 2016;16(1):232.
39. Banks JB, Welhaf MS**, Hood AV*, Boals A, **Tartar JL**. Examining the role of emotional valence of mind wandering: All mind wandering is not equal. *Consciousness and cognition*. 2016 Jul 31;43:167-76.
40. Viena TD**, Gobin CM**, Fins AI, Craddock TJ, Tartar A, **Tartar JL**. A PER3 Polymorphism Interacts with Sleep Duration to Influence Transient Mood States in Women. *J Circadian Rhythms*. 2016; 14: 3.
41. Banks JB, **Tartar JL**, Tamayo, B**. Examining Factors involved in stress related working memory impairments: Independent or condition effects? *Emotion, Conscious and Cognition*. 2016;43:167-76.
42. **Tartar JL**, Fins AI, Lopez A**, Sierra LA**, Silverman SA**, Thomas SV*, Craddock TJA. Sleep Restriction and Delayed Sleep Associate with Psychological Health and Biomarkers of Stress and Inflammation in Females. *Sleep Health*. 2015 1;4: 249–256.

43. Gobin CM**, Banks JB, Fins AI, **Tartar JL**. Poor sleep quality is associated with an increased negativity bias and decreased sustained attention. *Journal of Sleep Research*. 2015. 24(5):535-42..
44. Alomari RA**, Fernandez M, Banks JB, Acosta J**, **Tartar JL**. Acute stress decreases the LPP ERP response to emotional pictures and impairs sustained attention: time-sensitive effects. *Brain Sciences* 2015 ;5(2):201-19.
45. McIntosh RM**, **Tartar JL**, Rosselli M, Widmayer, S. HIV-Related Attention Bias and Processing Deficits in the Regulation of Emotion: An ERP Analysis. *Journal of Neurophysiology and Clinical Neuroscience*. 2015; 27(1):e32-9.
46. Alfarra R*, Fins AI, Chayo I*, **Tartar JL**. One night of sleep deprivation dysregulates behavioral and neurophysiological measures of emotion processing. *Biological Psychology*. 2014, 13(104):1-7.
47. Fernandez M, Acosta J*, Douglass K,* Doshi NK*, **Tartar JL**. Speaking Two Languages Enhances an Auditory but Not a Visual Neural Marker of Cognitive Inhibition. *AIMS Neuroscience*. 2014; 1(2): 145-157.
48. **Tartar JL**, McIntosh RM**, Rosselli M, Widmayer S, Nash AJ. HIV-positive females show blunted neurophysiological responses in an emotion-attention dual task paradigm. *Clinical Neurophysiology*, 2014, 125(6):1164-1173
49. Banks JB, **Tartar JL**, Welhaf M.* Where's the Impairment: An Examination of Factors that Impact Sustained Attention Following a Stressor. *Cognition and Emotion*, 2014;28(5):856-866.
50. Fernandez M., **Tartar JL**, Padron D*, Acosta J*. Neurophysiological Marker of Inhibition Distinguishes Language Groups on a Non-Linguistic Executive Function Test. *Brain Research*, 2013, 83(3):330-6.
51. Dabrowski KM*, Castano DJ, **Tartar JL**. Basic Neuron Model Electrical Equivalent Circuit: An Undergraduate Laboratory Exercise. *The Journal of Undergraduate Neuroscience Education* (JUNE), 2013, 12(1):A49-A52.
52. Viena TV**, Banks JB, Barbu IM*, Schulman AH, and **Tartar JL**. Differential effects of mild chronic stress on cortisol and SIGA responses to an acute stressor. *Biological Psychology*, 2012, 91:307– 311.
53. Klopp C*, Garcia, C*, Schulman AH, **Tartar JL**, Acute social stress increases biochemical and self-report markers of stress without altering spatial learning in humans, *Neuroendocrinology Letters*, 2012, 33(4):101–106.
54. *Reprinted by editor invitation to European sister journal: *Activitas Nervosa Superior Rediviva* , 2012, 54(1):15–20.
55. **Tartar JL**, DeAlmeida K*, McIntosh RM**, Rosselli M, Nash AJ. Emotionally negative pictures increase attention to a subsequent auditory oddball stimulus, *International Journal of Psychophysiology*. 2012;83(1):36-44.
56. Domingo S*, Lalwani LN*, **Tartar JL**. Grapheme-color association is linked to creativity. *Imagination, Cognition and Personality*. 2011. 30(3): 289 – 299.

57. Murphy L*, Denis R*, Ward CP, **Tartar JL**. Academic stress differentially influences perceived stress, cortisol and immunoglobulin-A. *Stress*. 2010; 13(4): 365–370.
58. **Tartar JL**, McKenna JT, Ward CP, Strecker RE, McCarley RW, Brown RE. Sleep Fragmentation reduces Hippocampal CA1 Pyramidal Cell Excitability and Response to Adenosine. *Neurosci. Lett*. 2010; 469: 1-5.
59. **Tartar JL**, Ward CP, Cordeira JW*, Legare SL*, Blanchette AJ*, McCarley RW, Strecker RE. Experimental sleep fragmentation and sleep deprivation in rats increases exploration in an open field test of anxiety while increasing plasma corticosterone levels. *Behav Brain Res*. 2009; 11;197(2):450-3
60. McGuire M, **Tartar JL**, Cao Y, McCarley RW, White DP, Strecker RE, Ling L. Sleep fragmentation impairs ventilatory long-term facilitation *via* adenosine A1 receptors. *Journal of Physiology*. 2008;586(Pt 21):5215-29.
61. McKenna JT, Cordeira JW, Christie MA, **Tartar JL**, McCoy JG, Lee E, McCarley RW, Strecker RE. Assessing sleepiness in the rat: a multiple sleep latencies test compared to polysomnographic measures of sleepiness. *Journal of Sleep Research*. 2008;17; 365-375.
62. McKenna JT, **Tartar JL**, Ward CP, Thakkar MM, Cordeira JW, McCarley RW, Strecker RE. Sleep fragmentation elevates behavioral, electrographic and neurochemical measures of sleepiness. *Neuroscience*. 2007;146(4):1462-73.
63. McCoy JG, **Tartar JL**, Bebis AC, Ward CP, McKenna JT, Baxter MG, McCarley RW, McGaughy J, Strecker RE. Experimental sleep fragmentation impairs attentional set-shifting in a rodent model of obstructive sleep apnea. *Sleep*. 2007;30(1):52-60.
64. **Tartar JL**, Ward CP, McKenna JT, Thakkar MM, Arrigoni E, McCarley RW, Brown RE, and Strecker RE. Hippocampal synaptic plasticity and spatial learning are impaired in a rat model of sleep fragmentation. *Eur J Neurosci*. 2006;23(10):2739-48.
65. **Tartar JL**, King MA, Devine, DP. Glutamate-mediated neuroplasticity in a limbic input to the hypothalamus. *Stress*. 2006 Mar;9(1):13-9.
66. **Tartar JL**, Sheehan CM, Nash AJ, Starratt C, Puga A, Widmayer S. ERPs differ from neurometric tests in assessing HIV-associated cognitive deficit.. *NeuroReport*. 2004; 15(10):1675-1678.
67. **Simpkiss JL**, Devine DP. Responses of the HPA axis after chronic variable stress: Effects of novel and familiar stressors. *Neuroend. Lett*. 2003;24(1-2):97-103.

Book Chapters

1. Young, K., Hibel, J., Fernandez, M., & **Tartar, J.** (2017). Single session therapy and neuroscience: Scaffolding and social engagement. In Beaudoin, M. and Duvall, J. (Ed). Collaborative Therapy and Neurobiology. New York: Routledge.
2. **Tartar JL**, Thomas, J**, and Gobin CM**. (2019). The Neurobiology of Addiction. In M.D. Reiter (Ed.), Substance Abuse and the Family, Under Review, Routledge publishing, Inc.

3. **Tartar JL** and Gobin CM**. (2019). The Genetics of Addiction. In M.D. Reiter (Ed.), Substance Abuse and the Family, Under Review, Routledge publishing, Inc.
4. Allison Brager and **Jaime Tartar** (2021). Chapter 1: Introduction to Brain Health [Online Course]. In Fahmy, R. (Ed.), NASM Certified Wellness Coach. National Academy of Sports Medicine.
5. **Jaime Tartar** and Allison Brager (2021). Chapter 5: Sleep [Online Course]. In Fahmy, R. (Ed.), NASM Certified Wellness Coach. National Academy of Sports Medicine.

Conference Presentations:

Simpkiss JL, Devine, D. P. Altered regulation of the HPA axis after exposure to acute and chronic stress: effects of novel and familiar stressors. Society for Neuroscience Abstracts. 2001:35:412.5.

Simpkiss, JL, Nash AJ, Sttarratt C, Widmayer S. Cognitive deficit in HIV-infected adult women: an event-related potentials (P300) study. Psychophysiology Abstracts. 2002:39: S76.

Simpkiss JL, Devine DP. Electrophysiological changes in central stress circuits. Society for Neuroscience Abstracts. 2002:36:865.10.

Simpkiss JL, King MA, Devine DP. Electrophysiologically-induced changes in HPA-axis functioning. Society for Neuroscience Abstracts. 2003;29:192.8.

Simpkiss, JL, Divine J, Bauer MC, Devine DP. Amygdaloid mediation of N/OFQ-induced anxiety. International Narcotics Research Conference Abstracts. 2003;34: P 124

Devine DP, Bauer MC, Kolesov, S, **Tartar JL**. Effects of N/OFQ antagonists on anxiety-related behavior. Society for Neuroscience Abstracts. 2003;29:396.14.

Devine DP, Bauer MC, Kolesov S, Hersh C, **Tartar JL**. N/OFQ- induced angiogenesis: pharmacological and environmental challenges. Society for Neuroscience Abstracts. 2004; 762.6.

Tartar JL, McKenna JT, Arrigoni E, Strecker RE, McCarley RW, Brown RE. Changes in hippocampal Synaptic plasticity on a rodent model of sleep apnea. Society for Neuroscience Abstracts. 2004;663.10.

Tartar JL, McCoy JG, Ward CP, McKenna JT, Andrito N, Thakkar MM, Brown RE, McCarley RW, Strecker RE. Polysomnographic changes in a rat model of sleep fragmentation. Society for Neuroscience Abstracts. 2005, 309.2

Strecker RE, Bebis AC, **Tartar JL**, McCoy JG, Ward CP, Buckley EN, McKenna JT, Christie MA, Thakkar MM, Baxter MG, McGaughy J, McCarley RW. Sleep fragmentation impairs complex learning in an extra - dimensional set - shifting task. Society for Neuroscience Abstracts. 2005, 309.1.

Ward CP, Blanchette AJ, **Tartar JL**, Strecker RE, McCarley RW, Saper CB, Lu J. Effect of lesions of the ventrolateral preoptic nucleus on water maze performance. Society for Neuroscience Abstracts. 2005, 309.13.

McKenna JT, **Tartar JL**, Ward CP, Thakkar MM, Cordeira J, Ling L., McGuire M, McCarley RW, Strecker, RE . A rodent model of obstructive sleep apnea: measures of vigilance states and adenosine. Society for Neuroscience Abstracts, 2005, 31, 700.11.

Ward CP, McCoy, JG, **Tartar JL**, McKenna JT, McCarley RW, Strecker RE. Hippocampal-Dependent Memory in a Rat Model of Obstructive Sleep Apnea. Sleep, 2005 28(supp), A7.

McKenna JT, **Tartar JL**, Cordeira J*, McCoy JG, Lee E, McCarley RW, Strecker RE. Assessing the propensity to sleep in the rat: a multiple sleep latencies test compared to polysomnographic measures. Society for Neuroscience Abstracts, 2007, 31, 700.11.

Domingo S*, Lalwani LN*, **Tartar JL**. Association of synesthesia and creativity amongst a general population. Association for Psychological Sciences Abstracts, 2008. X-127.

Denis R*, Faso K*, **Tartar JL**. Examination stress enhances long term memory performance. Association for Psychological Sciences Abstracts, 2009.

Denis R*, Murphy L*, Starratt VG, **Tartar JL** The stress is worse than you think: examination stress increases cortisol levels but not the perception of stress. Association for Psychological Sciences Abstracts, 2009.

deAlmeida K*, **Tartar, JL**. The effects of emotion on cognitive processing. Society for Neuroscience Abstracts, 2009, 674.5.

Denis R*, **Tartar, JL**. Examination stress and memory performance. Society for Neuroscience Abstracts, 2009, 777.3.

Tartar, J, McIntosh RM, Rosselli M, Nash AJ. Emotional influences on cognitive processing in HIV-infected women. Society for Neuroscience Abstracts, 2009, 674.6.

Singh AR*, Anton CA*, McIntosh R, Rosselli M. **Tartar JL**. Electrophysiological and Neuropsychological Correlates of Emotion Regulation. Southeastern Psychological Association Abstracts, March, 2011. Undergraduate Poster Session.

Alomari R*, Lynch A*, Rosselli M, **Tartar JL**. The Influence of emotional stimuli on attention sharing in a dual modality ERP Paradigm: effects of varying interstimulus intervals. Undergraduate Poster Session. Southeastern Psychological Association Abstracts, March, 2011.

Viena T*, Barbu I*, Schulman AH, **Tartar JL**. The impact of psychological stress in an acute stress challenge: an investigation into biochemical, social and personality correlates. Southeastern Psychological Association Abstracts, March, 2011. Undergraduate Poster Session.

Garcia C*, Klopp C*, Schulman AH, Tartar JL, "The impact of acute psychological stress on spatial learning." Southeastern Psychological Association Abstracts, March, 2011, 18-2.

McIntosh RM**, Tartar JL, Rosselli M, Nash AJ. Emotion and cognition in HIV-infected women. Southeastern Psychological Association Abstracts, March, 2011, 90-2

Yassin S*, Srour A*, **Tartar JL**, Boucher L. Selective attention to negative emotional stimuli. Society for Neuroscience. Society for Neuroscience Abstracts, 2011.

Alfarra, A*, **Tartar JL** The effects of 24 hours of sleep deprivation on a neurophysiological measure of emotion, self-reported anxiety, and cortisol levels. Society for Neuroscience Abstracts, 2011.

Viena, T**, Fins AI, Tartar A, **Tartar JL**. "Sleep gene polymorphisms and psychological health: A translational approach." Program No. 486.27. 2012 Neuroscience Meeting Planner. New Orleans, LA: Society for Neuroscience, 2012. Online.

Akhi MB*, Banks JB, **Tartar JL**. An EMG classroom demonstration of the effect of acute stress on muscle performance: A Brain Awareness Week project. Program No. 21.16. 2012 Neuroscience Meeting Planner. New Orleans, LA: Society for Neuroscience, 2012. Online.

Gobin CM**, Fins AI, Banks JB, **Tartar, JL**. The effect of chronotype on stress response, sustained attention, and emotional memory. Program No. 570.14. 2013 Neuroscience Meeting Planner. San Diego CA, Society for Neuroscience, 2013. Online.

Dabrowski KM*, Castano DJ, **Tartar JL**. Basic Neuron Model Electrical Equivalent Circuit: An Undergraduate Laboratory Exercise. Program No. 21.27. 2013 Neuroscience Meeting Planner. San Diego CA, Society for Neuroscience, 2013. Online.

Starratt VG, **Tartar JL**, Scheyd, G. The neurophysiology of perceived attractiveness. 25th Annual Meeting of the Human Behavior and Evolution Society. 2013. Miami Beach, FL.

Fieldstone SC**, Lewis JE, Black R, Thomas S*, Cruz LE*, **Tartar JL**. How Does Disgust Sensitivity Influence Moral Decisions: Measuring Even Related Brain Potentials. 2014. Conference of the International Congress of Applied Psychology, 2014. Paris, France.

Lorenzetti MS**, Hill LD**, Chayo I*, **Tartar JL**, Fins, AI.. Time-of-day Effects on Responses to Clinical Health Measures. June, 2016. Poster presented at Associated Professional Sleep Societies (APSS) Meeting, Denver, CO.

Lyle S**, Tatin X**, Hill LD**, Lorenzetti M**, Tartar A., **Tartar JL**. The Association Between the COMT Val158Met Polymorphism and Emotion and Cognitive Performance. November 2016. Poster Presented at the Society for Neuroscience Meeting San Diego, CA.

Antonio J, Knafo S*, Ellerbrook A, Sliver T, Vargas L, Peacock C, **Tartar JL**. The relationship between the ACTN3 genotype and measures of stress, exercise performance and body composition. Proceedings of the Fourteenth International Society of Sports Nutrition Conference and Expo, June 22-24, 2017, Phoenix AZ.

Skicki J**, Lorenzetti MS**, **Tartar JL**, Craddock TJ, Fins AI. A Preliminary Comparison of Food Consumption, Appetite, and Exercise in Chronic and Experimental Sleep Restriction Groups. April 2017. Poster presented at Associated Professional Sleep Societies (APSS) Meeting, Denver, CO.

Lorenzetti MS**, Skicki J**, Craddock TJ, Fins AI. **Tartar JL**. The Psychological and Physiological Implications of Sleep Restriction Sleep Restriction: A Comparison of Chronic and Experimental Sleep Restriction. April 2017. Poster presented at Associated Professional Sleep Societies (APSS) Meeting, Denver, CO.

Assefa E*, XF Tatin**, MS Lorenzetti**, Fins AI, Tartar A, **Tartar JL****. Sleep Deprivation Results in Increased Expression of Cancer-Related miRNAs in Humans. April 2017. Poster presented at Associated Professional Sleep Societies (APSS) Meeting, Denver, CO.

Tartar JL, Salzman S*, Pierrelus R*, Antonio J. Acute Aerobic Exercise Improves Neurophysiological Measures of Emotion Processing. Proceedings of the Fourteenth International Society of Sports Nutrition Conference and Expo, June 22-24, 2017, Clearwater Beach AZ.

Knafo SM*, Kapoor R** Antonio J, **Tartar JL**. You Say You're Fit, but Your Genes Say You're Fat: A Polymorphism in the Fat mass and obesity associated (FTO) Gene Predicts Body Fat in Well-Trained Athletes. Proceedings of the Fifteenth International Society of Sports Nutrition Conference and Expo, June 7-9, 2017, Clearwater Beach FL.

Tartar, J. L., Hiffernan, F. S.*, Freitas, K. E**, Fins, A. I., & Banks, J. B. (2021). A Functional Adenosine Deaminase Polymorphism Associates with Evening Melatonin Levels and Sleep Quality. *Journal of circadian rhythms*, 19.2021.

Tartar, J. L., Banks, J. B., Marang, M.**, Pizzo, F.*, & Antonio, J. (2021). A Combination of Caffeine, TeaCrine®(Theacrine), and Dynamine®(Methyllicerine) Increases Cognitive Performance and Reaction Time Without Interfering With Mood in Adult Male Egamers. *Cureus*, 13(12).

Kalman DS, Hoh C., Petersen B., Flynn S., Evans C.**, Antonio J., **Tartar J**. A Randomized Double-Blind Evaluation of the Gastrointestinal, Body Composition, Stress Response and Cognitive Function Impacts of Creatine Supplementation in Healthy Adults". *EC Nutrition* 16.11 (2021): 19-28.

Banks, J.B., Antonio, J., Holtzman, A. S**., Marang, M**., Weber, C**., Alvarez-Beaton, A.*, Patel, A*. & **Tartar, J. T.** (2021) Creatine and Cognitive Functioning: What is the role of Exercise Frequency? *Journal of the Society for Neurosports*. *NeuroSports*: Vol. 1 , Article 9.

Tartar, J. L., Antonio, J., Kalman, D. S., Hewlings, S. J., Baisley, J., Marang, M**., Peacock, C. A. (2021). An Evaluation of the Effects of a Non-caffeinated Energy Dietary Supplement on Cognitive and Physical Performance: A Randomized Double-Blind Placebo-Controlled Study. *Cureus*, 13(7).

Evans, C.**, Mekhail, V.**, Kaminski, J**., Peacock, C., **Tartar, J.**, Santana, J. C., & Antonio, J. (2021). The Effects of an Energy Drink on Measures of Cognition and Physical Performance. *Journal of Exercise Physiology Online*, 24(3), 75-82.

Antonio, J., Cabrera, D.,** Knafo, S.*, Thomas, J., Peacock, C., & **Tartar, J.** (2021). Neurofilament Light (NFL) in Division II Female Soccer Players: A Potential Biomarker for Brain Trauma. *Journal of Exercise Physiology Online*, 24(1).

Ali, A.*, Peacock, C., & **Tartar, J.** (2021). Training Frequency, Weight, and Mental Well-being During COVID-19 Lockdown in Professional Mixed Martial Arts Fighters. *Research Directs in Health Sciences*, 1(1).

INVITED ADDRESSES AND SYMPOSIA

- Introduction for Oliver Sacks, Nova Southeastern University Farquhar College of Arts and Sciences, Distinguished Speakers Series, April 19th, 2007.
- Presentation for Nova Southeastern University Farquhar College of Arts and Sciences Psi Chi and Psychology club, “Sleep”, October 16th, 2007.
- Presentation for Nova Southeastern University Farquhar College of Arts and Sciences Psi Chi and Psychology club, “Ethics and Animal Research”, April 8th, 2008.
- Faculty Convocation Address, Nova Southeastern University Farquhar College of Arts and Sciences, September 8, 2009.
- Faculty Lecture Series, Nova Southeastern University Farquhar College of Arts and Sciences “Stress Kills” Jan. 6th, 2009.
- NSU, Center for Psychological Studies, “Psychotropic drugs and the brain,” March 17, 2010.
- TedX Presentation "Stress and the brain: The Good, the Bad and the Misunderstood" March 2012.
- Educational Development Cooperation Annual Life Science Conference (“BioTech 2012”). Sleep genes and psychological health", May 2012.
- NSU Ambassadors Board, Invited Address, “Stress and Health” March, 6th 2013
- NSU Institute for Neuro-Immune Medicine. “The Physiological and Psychological Consequences of Sleep Loss” January 9th 2015.
- Booher Inn of Court Pupillage Group Presentation. “Stress Hacking”. Fort Lauderdale, FL. January 14, 2016.
- Shepard Broad College of Law. Seminar “The Balancing Act: Managing Your Work and Life in a 24/7/365 World”. January 22, 2016
- NSU Shepard Broad College of Law, Leo Goodwin Sr. Hall. Co-Presenter. “Balance Your Body, Mind & Spirit for Law School Success” March 29, 2016
- Acute Aerobic Exercise Improves Neurophysiological Measures of Emotion Processing. Proceedings of the Fifteenth International Society of Sports Nutrition Conference and Expo, June 7-9, 2017, Clearwater Beach FL.
- When Did Cortisol Become the “Carbs” of the Endocrine System? Proceedings of the Fifteenth International Society of Sports Nutrition Conference and Expo, June 7-9, 2017, Clearwater Beach FL.
- Presentation to Coconut Creek High School. “Stress and the Brain”, May, 2018.
- Faculty Convocation Address, Nova Southeastern University, August 24th, 2018
- Keynote Speaker at the Miami Dade College Undergraduate Research Symposium. “Failing to Succeed” September 22, 2018
- Nova Southeastern University Commencement Speaker May 17th 2021
- Keynote Speaker for The Florida Distance Learning Association (FDLA) Conference, A Brain Wellness Toolbox: How Modern Neuroscience Can Help Us Achieve Post-Pandemic Learning Goals. October 2021.
- Tartar JL and Brager A. Esports for newbs. Panel Presentation at the Supply Side West Conference. October 2021.
- Train Hard, But Sleep Well: Why Sleep Matters NASM Virtual Optima Conference October 2021
- “Why Sleeping Matters for Wellness” NSU's Planned Giving Council, October 28th
- “Sleep and Health” Rotary Club of Fort Lauderdale, December 7th 2021

PROFESSIONAL REFEREE EXPERIENCE

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- October, 2014. NASA BMED Behavioral Health and Performance Peer Review Panelist, Washington D.C.

- March, 2014. NASA BMED Behavioral Health and Performance Peer Review Panelist, Washington D.C.
- March, 2016. NASA BMED Behavioral Health and Performance Peer Review Panelist, Washington D.C.
- March 2017 NASA BMED Behavioral Health and Performance Peer Review Panelist, Washington D.C.
- November 2017: Florida Breast Cancer Foundation Grant Reviewer
- July 2018, Chair: NASA BMED Behavioral Health and Performance Panel, Washington D.C
- July 2021, NASA HERO Behavioral Medicine and Sleep Panelist. Washington D.C
- September 2021, TRISH Biomedical Research Advances for Space Health (BRASH) panelist. Washington D.C

Ad hoc referee for the following journals:

Stress: The International Journal of the Biology of Stress; PLoS ONE, Biological Psychology; Psychoneuroendocrinology; Brain, Behavior, and Immunity; Physiology and Behavior

PROFESSIONAL AWARDS AND HONORS

- Nova Southeastern University President's Distinguished Faculty of Year 2021
- Nova Southeastern University College of Psychology Professor of the Year 2021
- Nova Southeastern University and Honorary Doctorate Recipient, May 17th 2021
- Nova Southeastern University Student Life Professor of the Year Winner, 2018
- Nova Southeastern University Student Life Professor of the Year Nomination, 2009
- Nova Southeastern University Farquhar College of Arts and Sciences Excellence in Teaching Award, 2009
- Nova Southeastern University Division of Social and Behavioral Sciences Teacher of the Year, 2009
- Levitt Dissertation Award for Outstanding Achievement in Psychobiology, 2003
- Schumacher Award for Excellence in Doctoral Dissertation Research, 2003
- International Narcotics Research Conference Student Award, 2003
- Health Emotions Research Institute Student Award, 2003

TEACHING EXPERIENCES AND AFFILIATIONS

2006-present	Nova Southeastern University, Ft. Lauderdale, Florida.
2005	Stonehill College, Easton, MA Neuroendocrinology Course Instructor
2002-2003	University of Florida, Gainesville, FL Psychophysiology Course Instructor
2001	University of Florida, Gainesville, FL Psychophysiology Lab Instructor

STUDENT MENTORING ACTIVITIES

Graduate Committee Chair for M.S. In Experimental Psychology

- Tatiana Viena, (2011-2013), Ph.D. earned in 2018 at Florida Atlantic University (received full stipend)
- Rima Alomari, (2011-2013), currently working in industry
- Christina Gobin (2012-2014), Ph.D. candidate at University of Florida (received full stipend)
- Lauren Hill, (2014-2016), Ph.D. candidate at Florida International University (received full stipend)
- Sarah Lyle (2015-2017), Ph.D. candidate at University of Georgia (received full stipend)
- Ritishka Kapoor (2017-2019), PhD Candidate in Public Health, Florida International University
- Kayla Thompson (2018-2020), PhD Candidate in Psychology, Nova Southeastern University
- Dominick Cabrera (2018-2020), Accepted to DO program, Nova Southeastern University
- Mykola Marang (2020-current)
- Minh Chau (2021-current)

Graduate Committee Member

- Roger McIntosh (2007-2012) (Ph.D. in Psychology , Florida Atlantic University)
- Brittany Tamayo (2011-2013) (M.S. in Experimental Psychology)
- Benita Benny (2011-2013) (M.S. in Experimental Psychology)
- Alex Srouf (2012-2014) (M.S. in Experimental Psychology)
- Juliana Acosta (2012-2014) (M.S. in Experimental Psychology)
- Audrey Hood (2015-2017) (M.S. in Experimental Psychology)
- Margaret Smith (2015-present) (Research Advisor Ph.D in Clinical Psychology)
- John Skicki (2015-present) (Research Advisor Psy.D. in Clinical Psychology)
- Kayla Thompson (2020-present) (Research Advisor Ph.D in Clinical Psychology)

Internship Mentor

- Xavier Tatin (March-September 2016) M.S. program, AgroParisTech, France.

Undergraduate Students Divisional Honors Theses

- Kristen deAlmeida- Divisional Honors Thesis completed spring, 2012
- Randy Denis- Divisional Honors Thesis completed spring , 2010
- Ramey Alfarra- Divisional Honors Thesis completed spring, 2012
- Sarah Yassin (co-advisor)- Divisional Honors Thesis completed spring, 2012

Independent Study

- Advised 59 undergraduate students in independent study.

SERVICE

Curriculum Development

- 2010-2012. Developed the Behavioral Neuroscience Major at Nova Southeastern University.
- 2008-2009. Developed the Minor in Behavioral Neuroscience
- 2007-2010. Developed the Master's in Experimental Psychology Program Development

Courses Developed (and taught)

- Psychophysiology
- Hormones and Behavior
- Introduction to Neuroscience
- Behavioral Genetics
- Research Methods in Behavioral Neuroscience
- Gene Therapy and Neurotechnology (first year seminar)
- Sleep and Dreams (Honors)
- The Misbehaving Brain (Honors)
- Sleep and Dreams (M.S. program)

- Behavioral Neuroscience (M.S. program)

Outreach

- 2012-2017: Initiated and operate the annual Behavioral Neuroscience Summer Training Program for High School Students
- 2013, 2014: Initiated and oversaw the Psychology Bowl for High School Students
- 2011-2013: Initiated and oversaw the Brain Bowl for High School Students

Other Service

- 2007 • Nova Southeastern University Host for Oliver Sacks
- 2007 • Head of Gender Psychology Faculty Search Committee
- 2008 • Organized and facilitated the NSU "*Plastic Brain*" Research Symposium
- 2008 • Faculty Marshall for the 2008 Undergraduate Commencement Ceremony
- 2009 • Nova Southeastern University Faculty Host for Craig Venter
- 2009 • Presentation on "Social Capital" to the FCAS honors students
- 2009 • Internal Review of Physical Therapy Committee Member
- 2009 • Nova Southeastern University Faculty Host for Jack Kevorkian
- 2013 • NSU University School Career Connections,
- 2006 –Present • Undergraduate Student Symposium poster judge and faculty advisor
- 2009-201 • Organized and co-facilitate the Psychology Graduate Research Series (formerly "Hot Topics in Psychology")
- 2013-Present • Behavioral Neuroscience Curriculum Committee
- 2006-2014 • Honors Program Coordinating Committee member
- 2006-2014 • Farquhar College Academic Integrity Committee Member
- 2007-2008 • Head of Experimental Psychology Faculty Search Committee
- 2007-2009 • Faculty Council Executive Committee Member
- 2007-2009 • General Education Review Committee Member
- 2008-2009 • Member of the Rank and Review Committee Task Force
- 2008-2009 • Member of Experimental Psychology Faculty Search Committee
- 2008-2009 • Member of Division of Social and Behavioral Sciences Director Search Committee
- 2008-2012 • Faculty Advisor for Psychology Club
- 2009- 2010 • Member of Experimental Psychology Faculty Search Committee
- 2009-2010 • Member of First Year Seminar (UNIV1010) Task Force
- 2009-2010 • Math Performance Review Committee
- 2009-2013 • Title V program Nova Southeastern University Faculty Mentor
- 2009-2013 • Member of the Nova Southeastern University Task force for Student Mentoring
- 2009-Present • Psychology Curriculum Review Committee Member
- 2010-2012 • Member of University Learning Outcomes Assessments Task Force
- 2010-Present • Faculty Advisor of Neuroscience Club
- 2011-Present • Organize and host the NSU Neuroscience Journal Club
- 2011-Present • M.S. in Experimental Psychology Curriculum Committee Member
- 2011-Present • Institutional Review Board Member, Nova Southeastern University
- 2012-Present • Provost's Scholarship Review Committee

- 2013-2015 • Faculty External Funding Committee
- 2014-Present • Life Science South Florida Conference Organizing Committee
- 2015-Present • Razor's Edge Research Committee Member
- 2015-Present • Undergraduate Student Symposium Steering Committee
- 2016-Present • Provost's Research and Scholarship Awards Council
- 2016 • College of Psychology Webinar "The Biology of Sleep"
- 2017 • Member: Genetic Counseling Taskforce
- 2017 • Experiential Learning Taskforce: Research
- 2017 • Organizer for the College of Psychology Experiential Learning Initiative