



## EDUCATION

- Ph.D., Psychology, University of Western Australia: Conferral Mar 2017  
<sup>1</sup>Thesis: Neurocognitive Disturbance in Obstructive Sleep Apnoea: Mechanisms of Harm  
Supervisors: Prof. Romola S. Bucks and Prof. Peter Eastwood
- M.Psych (Clinical), University of Western Australia: Conferral Mar 2017  
Supervisors: Associate Prof. Carmela Pestell, Dr. Helen White, Bruce Campbell, Associate Prof. Sue Byrne, and Dr. Sharon Byrne
- Hons. Psychology, University of Western Australia: 2009  
Supervisor: Prof. Vance Locke
- B.A., Dbl Major Psychology, Psychology, University of Western Australia: 2008

## PROFESSIONAL APPOINTMENTS/EMPLOYMENT

- Postdoctoral Research Fellow, School of Psychological Science, University of Western Australia, 2017-2020
- Sessional Lecturer, Cognitive Behavioural Therapy for Insomnia, Sleep Certificate, University of Western Australia, 2016-ongoing
- Psychologist, Dynamic Doctors and Olive Branch Wellness Centre, 2017-ongoing
- Research Assistant, Prof. Murray Mayberry (School of Psychology, University of Western Australia) & Prof. Rob Eikelboom (School of Audiology, University of Western Australia), 2015-2017
- Student representative, Research Committee, School of Psychology, University of Western Australia, 2015-2017
- Psychologist (provisional), Centre for Clinical Intervention, Jul 2015-Dec 2015
- Psychologist (provisional), CAMHS, Shenton Park, Jan 2015-Jun2015
- Psychologist (provisional), Robin Winkler Clinic, University of Western Australia, 2014-2015
- Co-ordinating Tutor/Lecturer, Psychology 1102 Mind and Brain, University of Western Australia, 2012-2013
- Lecturer, Qualitative Research Methods, Curtin University, 2013
- Tutor, Psychology, University of Western Australia, 2010-2012
- Polysomnographer, Mount Hospital, 2008-2010

## PUBLICATIONS and PRESENTATIONS

### *Book chapters*

- Bucks, R.S. & Olaithe, M. (2016). Neuropsychological consequences of chronic disease in older adults. *Encyclopaedia of Geropsychology*. Editor Pachana, N.
- Rosenzweig, I., Morrell, M., Olaithe, M., Bucks, RS. (2018). Sleep and Cognition (Ch. 24). *Oxford Handbook for Sleep Medicine*.

### *Invited Papers*

- Olaithe, M., Eastwood, P., Hillman, D. & Bucks, R.S.B (2018). Cognitive deficits in obstructive sleep apnea: insights from a meta-review and comparison with deficits observed in COPD, insomnia, and sleep deprivation. *Sleep Medicine Reviews*; 38: 39-49.
- Bucks, R., Olaithe, M., Rosenzweig, I., Morrell, M. (2017). Reviewing the relationship between Obstructive Sleep Apnoea and cognition: where do we go from here? *Respirology*; 22(7):1253-61.

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<sup>1</sup> Each chapter of this thesis has been published, including a reformatted version of the general discussion and sections of the general introduction.

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Olaithe, M., Nanthakumar, S., Eastwood, P. & Bucks, R.S.B. (2015). Cognition and mood in OSA; Implications for psychological research and practice, *Translational issues in psychological science*; 1(1); 67-78.

<sup>2</sup>Bucks, R., Olaithe, M. & Eastwood, P. (2013). Neurocognitive Function in Obstructive Sleep Apnea a Meta-Review. *Respirology: Translational advances in respiratory diseases*, 18(1); 61-70.

### Invited commentary

Olaithe, M., Deacon, N.L., Kumar, V.H.S., Zuo, L., Schotland, H., Eastwood, P.R., Bucks, R.S., Malhotra, A., Chuang, C.C. (2016). Commentaries on Viewpoint: Hypercapnia is more important than hypoxia in the neuro-outcomes of sleep-disordered breathing. *Journal of Applied Physiology*; 120 (12): 1487-88.

### Papers

Pushpanathan, M., Loftus, A., Gasson, N., Thomas, M., Timms, C., Olaithe, M., Bucks, R. (2017) Beyond factor analysis: Multidimensionality and the Parkinson's Disease Sleep Scale- Revised, PLoS ONE; <https://doi.org/10.1371/journal.pone.0192394>.

Olaithe, M., Weinborn, M, Lowndes, T., Hodgson, E., Ng., A., Parker, D., Fine, L., Pushpanathan, M. (2018). Repeatable Battery for the Assessment of Neuropsychological Status (RBANS): Updated Australian normative data; corrected for age, education, and gender. *Archives of Clinical Neuropsychology*. .

Bennett, R.J., Meyer, C., Olaithe, M., Schmulian, D., Eikelboom, R.H. (2017) Are hearing aid owners able to identify and self-report handling difficulties? A pilot study. *International Journal of Audiology*; 56(11):887-893.

Bennett, R., Taljaard, D.S., Olaithe, M., Eikelboom, R. (2017). Evaluating random error in clinician-administered surveys: Theoretical considerations and clinical applications of interobserver reliability and agreement. *American Journal of Audiology*; 26(3):191-201.

Olaithe, M., Cribb, S., Di' Lorezo, R., Mayberry, M. (2016). Performance on the embedded figures test in the broader autism phenotype: A meta-analysis. *Journal of Autism and Developmental Disorders*; 46(9): 2924–2939.

Olaithe, M., Taljaard, D.S., Brennan-Jones, C.G., Eikelboom, R. & Bucks, R.S. (2016). The relationship between hearing impairment and cognitive function: A meta-analysis in adults. *Otolaryngology*; 41(6):718-729.

Olaithe M., Skinner, T.S., Hillman, D., Eastwood, P. & Bucks, RSB (2014). Cognition and nocturnal disturbance in OSA; The importance of controlling for age and premorbid intelligence, *Sleep and Breathing*, 19(1); 221-30.

Olaithe, M. & Bucks, R. (2012) Executive Function in OSA: A Meta-analysis, *SLEEP*, 36(9).

Olaithe, M., Skinner, T.C., Clarke, J., Eastwood, P. & Bucks, R.S. (2013). Can we get more from the Epworth Sleepiness Scale (ESS) than just a single score? *Sleep and Breathing*, 17(2); 763-9.

Skinner, T.C., McNeil, Olaithe, M., L., Eastwood, P., Hillman, D., Phang, J., de Regt, T. & Bucks, R.S. (2013). Predicting uptake of Continuous Positive Airway Pressure (CPAP) therapy in Obstructive Sleep Apnoea (OSA): a belief-based theoretical approach, *Sleep and Breathing*, 17(4);1229-40.

Mellor, A., Olaithe, M., Waters, F. & Bucks, R. (2013) Sleep and ageing: examining the effect of psychological symptoms and risk of sleep-disordered breathing. *Behavioural Sleep Medicine*, 12(3); 222-34.

### Conference Proceedings

Tan, S.H., Olaithe, M., Bertolino, L., Watson, E., & Bucks, R. (2014). The Relationship between Repetitive Negative Thought, Insomnia and OSA-risk in older adults. Sleep Down Under, Perth, Western Australia, 9 – 11, October, 2014. Chosen for Poster Blitz: 3-minute presentation.

<sup>3</sup>Bertolino, L.B., Olaithe, M., Tan, S., Watkins, E.R., & Bucks, R.S. (2014). Greater general repetitive negative thinking directly predicts more severe insomnia in males: in females it is all about depression. 22nd

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<sup>2</sup> As of November/December 2014, this highly cited paper received enough citations to place it in the top 1% of its academic field based on a highly cited threshold for the field and publication year.

<sup>3</sup> Peer reviewed, published abstract.

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Congress of the European Sleep Research Society, *Journal of Sleep Research*: 23; p. 132: Tallinn, Estonia, 16-20 September, 2014.

Olaithe, M. & Bucks, RSB (2013) Cognitive Dysfunction in OSA; contributions of sleep fragmentation and hypoxia, International Neuropsychological Association, Amsterdam, Netherlands, July 2013

Olaithe, M. & Bucks, RSB (2012) Executive Dysfunction in Obstructive Sleep Apnoea; A meta-analysis, School of Psychology Biannual conference, Perth, October 2012

Olaithe, M. & Bucks, RSB (2012) Executive Dysfunction in Obstructive Sleep Apnoea; A meta-analysis, Australasian Sleep Association, Darwin, Australia, October 2012

<sup>4</sup>Olaithe, M., Holt, A., Wallace, A., Kashyap, S., Hatton, J., Eastwood, P., Skinner, T.C., Wesnes, K., & Bucks, R.S., Investigating the Relationship Between Memory Accuracy and Speed of Memory Retrieval in Obstructive Sleep Apnoea, *Journal of Sleep Research*: 20; p. 64: Australasian Sleep Association, Sydney, Australia, October 2011

Olaithe, M., Skinner, T.C., Clarke, J., Eastwood, P. & Bucks, R.S., What does the Epworth measure? A confirmatory factor analysis of the Epworth Sleepiness Scale, *Journal of Sleep Research*: 49; p. 64, Australasian Sleep Association, Sydney, Australia, October 2011

<sup>5</sup>Mellor, A., Olaithe, M., Waters, F. & Bucks, R. Age-related changes in and their relationship to depression, *Journal of Sleep Research*: 20; p. 51, Australasian Sleep Association Conference "Sleep Down Under", Sydney, Australia, October 2011.

<sup>6</sup>Bucks, R., Olaithe, M., Marshall, M. Self-reported memory function in a community sample: more sleep difficulties lead to lower memory ability (self-appraisal of one's memory capabilities). *Journal of Sleep Research*: 20; p. 50, Australasian Sleep Association Conference "Sleep Down Under", Sydney, Australia, October 2011.

McNeil, L.D., Skinner, T.C., De Regt, T.L., Phang, J., Mellor, A., Olaithe, M., Eastwood, P., Whitworth, S., Holt, A., Nienaber, A., Hillman, D. & Bucks, R.S., Illness representations in Obstructive Sleep Apnoea: patients' symptom identities, Australasian Sleep Association, Christchurch, New Zealand, October 2010

De Regt, T.L., Skinner, T.C., Mellor, A., Holt, A., Olaithe, M., McNeil, L., Phang, J., Whitworth, S., Nienaber, A., Eastwood, P., Hillman, D., Wesnes, K. & Bucks, R.S. Cognitive deficits in Obstructive Sleep Apnoea and their relationship to disease severity, Australasian Sleep Association, Christchurch, New Zealand, October 2010

Skinner, T.C., Phang, J., McNeil, L., de Regt, T., Mellor, A., Olaithe, M., Eastwood, P., Whitworth, S., Holt, A., Nienaber, A., Hillman, D., & Bucks, R.S. Patients' beliefs about their sleep problems, Australasian Sleep Association, Christchurch, New Zealand, October 2010

<sup>7</sup>Bucks, R.S. McNeil, L., de Regt, T. Mellor, A., Phang, J., Olaithe, M., Eastwood, P., Whitworth, S., Holt, A., Nienaber, A., Hillman, D., & Skinner, T.C. (2010). Memory complaints in obstructive sleep apnoea. Australasian Sleep Association. Sleep DownUnder 2010 - Biodiversity of Sleep. Christchurch, New Zealand, 21-23 October 2010, *Sleep and Biological Rhythms*, 8(Suppl. 1), A31

<sup>8</sup>de Regt, T., Skinner, T.C., Mellor, A., Holt, A., Olaithe, M., McNeil, L., Phang, J., Whitworth, S., Nienaber, A., Eastwood, P., Hillman, D., Bucks, R.S. (2010). Cognitive deficits in obstructive sleep apnoea. Australasian Sleep Association. Sleep DownUnder 2010 - Biodiversity of Sleep. Christchurch, New Zealand, 21-23 October 2010, *Sleep and Biological Rhythms*, 8(Suppl. 1), A29.

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<sup>4</sup> Peer reviewed, published abstract.

<sup>5</sup> Peer reviewed, published abstract.

<sup>6</sup> Peer reviewed, published abstract.

<sup>7</sup> Peer reviewed, published abstract.

<sup>8</sup> Peer reviewed, published abstract.

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<sup>9</sup>McNeil, L., Skinner, T.C., de Regt, T., Phang, J., Mellor, A., Olaithe, M., Eastwood, P., Whitworth, S., Holt, A., Nienaber, A., Hillman, D. & Bucks, R.S. (2010). Illness perceptions in obstructive sleep apnoea population: patients do not believe that their symptoms are due to their sleep problems. Australasian Sleep Association. Sleep DownUnder 2010 - Biodiversity of Sleep. Christchurch, New Zealand, 21-23 October 2010, *Sleep and Biological Rhythms*, 8(Suppl. 1), A54.

### REVIEWING

- Reviewer for: Archives of Clinical Neuropsychology (2018-current); Scientific Reports: Nature (2018-current); Obesity (2017-current); Journal of Sleep Research (2017-current); Current Medicinal Chemistry (2017- current); Sleep and Breathing (2016 – current); Behavioural Sleep Medicine (2015 – current); Journal of Sleep Disorders and Management (2015 – current)
- Specialist examiner, Honours thesis, School of Anatomy, Physiology and Human Biology, University of Western Australia (November 2015); Examiner, Masters by Research thesis, Scovelle, A. "Associations between Sleep and Attentional Control on the Anti-Saccade Task in 'Cognitively Vulnerable' Adults", Monash University (December 2018).

### AWARDS and HONOURS

- Fresh Science winner, (Fees to attend media engagement course), Science in Public, 2016 & 2017
- Award for Higher Degree by Research Achievement, Special Commendation (\$250), for publication 'Executive Dysfunction in OSA before and after treatment: A meta-analysis', Sept 2014
- Awarded short course fees (\$450), Insomnia workshop, Perth, Australasian Sleep Association, Oct 2014
- Allan Richardson Memorial Award for the best presentation, School of Psychology Biannual conference, Oct 2012
- Travel award (\$425) for best poster from the Australasian Sleep Association conference, Oct 2012
- Life and Physical Sciences Award for Excellence in 'Teaching and Learning: programs that enhance student learning, Psychology 1101 team, 2010
- Runner-up (\$50) University of Western Australia wide 3-minute Thesis, 2010

### GRANTS and SCHOLARSHIPS

- Helen Bearpark Memorial Scholarship, \$7,500 for travel related research costs, 2018
- Nursing and Allied Health Scholarship Support Scheme scholarship \$12,000 per annum for 2 years, 2013
- Australian Postgraduate Award scholarship \$24,000 per annum for 3 years, 2010
- University of Western Australia top-up scholarship \$5,000 per annum for 3 years, 2010

### MEDIA COVERAGE and INVITED TALKS

- Expert opinion, The Conversation, "Should we nap?" (translated into French, read over 299,000 times, and represented 42% of public engagement with UWA authored articles for The Conversation) April, 2019
- Radio interviews (ABC, Hunter FM, Curtin FM), April and May, 2019
- Parliamentary inquiry into sleep health (this submission was also featured in The West Australian), 2018
- Presentation thinking and sleep disorders, Sleep Disorders Association, 2017
- Presented for the World Sleep Symposium, Santa Maria College, 2014
- Conduct webinar on Sleep and Ageing, The Psychology Webinar Group, 2013
- Interviewed and article in The Sunday Times, 2012
- Co-ordinate and present at Student Sleep Symposium, University of Western Australia, 2011
- Construct and present on Sleep Science and Sleep staging, University of Western Australia, 2011
- Presented to schools and adult education centres, 2010-2013

### TEACHING EXPERIENCE

#### *Undergraduate*

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<sup>9</sup> Peer reviewed, published abstract.

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- Psychology 3310 Lecturer, Qualitative Research Methods, Curtin University, 2013
- Psychology Tutor, various undergraduate units, University of Western Australia, 2010 – 2015

### *Postgraduate*

- Guest lecturer 5568, Meta-analysis, University of Western Australia, 2014-ongoing
- Guest lecturer, Insomnia; Graduate diploma of sleep science, University of Western Australia, 2015-ongoing
- Student supervision (Honours and Masters students)

### **RELATED PROFESSIONAL SKILLS**

- Registered Psychologist
- Project and database management
- Diagnosis and delivery of intervention for psychological disorders
- Neuropsychological test administration, scoring, and report writing
- Polysomnography
- Structural Equation Modelling (Software: Analysis of MOment Structures, M-Plus)
- Meta-analysis (Software: Comprehensive Meta-Analysis)
- Statistical analyses (Software: IBM Statistical Program for the Social Sciences)
- Article and thesis review
- Exam administration and marking

### **MEMBERSHIPS AND AFFILIATIONS**

#### *Memberships and Affiliations*

- Australasian Sleep Association (2010 - current)
- Sleep Health Foundation (2018-current)
- Australian Psychological Society (2013 – current)
- Australian Health Practitioner Regulation Agency: Psychology Board of Australia (2013 – current)

#### *Other*

- Online supervision workshops 2017
- Working with children check 2013 – 2016
- Police clearance last applied 2015
- Registered as a Provisional Psychologist 2013 – 2016; General Psychologist 2017 – 2018; Clinical Psychology Registrar 2018 – ongoing.

### **REFEREES**

#### *Clinical Supervision*

- General Practitioner Phillip De Ronchi ([admin@dynamicdoctors.com.au](mailto:admin@dynamicdoctors.com.au))
- Senior Psychologist Bruce Campbell ([bruce.campbell@health.wa.gov.au](mailto:bruce.campbell@health.wa.gov.au))

#### *Research Supervision*

- Professor Romola Bucks ([romola.bucks@uwa.edu.au](mailto:romola.bucks@uwa.edu.au))
- Professor Peter Eastwood ([peter.eastwood@uwa.edu.au](mailto:peter.eastwood@uwa.edu.au))