



Amanda L. Richdale
B.App.Sci. (Textile Chemistry; Gordon Institute of Technology)
M.Prelim. (Behavioural Science; La Trobe University)
PhD (LaTrobe University)

Research Interests

- **Sleep (particularly sleep issues in children with developmental disabilities)**
- **Autism spectrum disorders**
- **Specific learning difficulties, developmental disabilities**
- **Child development**

Professional Affiliations

Registered Psychologist, Psychologist's Registration Board Victoria
Registered Supervisor, Psychologist's Registration Board Victoria

Memberships

- *Australian Psychological Society*
- *Australasian Sleep Association*
- *Australian Society for the Study of Intellectual Disability*
- *Australasian Autism Research Alliance*
- *Autism Victoria*
- *SPELD, Victoria*
- *International Society for Autism Research*
- *International Pediatric Sleep Association*

Committees

Member of the *EPIC* (Education Program for Infants and Children) board of management

Chair of the *Autism Victoria* Professional Panel

Member of the *Autism Victoria* Research Reference Group

Member of the *Australasian Sleep Trials Network (ASTN)* Paediatric Working Group.

Scholarly Journals

Member of the editorial board for *Research in Autism Spectrum Disorders*

Member of the review panel for *Australian Journal of Learning Disabilities*

Occasional or regular reviewer for:

- *Developmental Medicine and Child Neurology*
- *Journal of Autism and Developmental Disorders*
- *International Journal of Disability Development and Education*
- *Sleep Medicine*
- *Brain*
- *Pediatrics*
- *Behavioral Interventions*
- *Research in Developmental Disabilities*
- *British Journal of Developmental Disabilities*
- *Children Australia*
- *Child Development*
- *Pediatric Psychology*
- *Autism*
- *Australian Journal of Early Childhood*

Awards

Autism Victoria Individual Achievement Award (2007): Services to the Autism Victoria Professional Panel.

Current Student Research (RMIT University)

Doctor of Philosophy

Helen Chau: *A study of approaches and methods of practice in early in intervention in autism and related disorders.*

Rachel Leonard: *Executive function in high-functioning autism, description and intervention*

Mickaela Schelleman: *The impact of diet on children's behaviour and learning*

Master of Psychology

Dylan Alexander: *Friendships in adolescents with high-functioning autism spectrum disorder.*

Courtney Michaels: *Psychological correlates of sleep problems in high-functioning children with ASD.*

Honours

Rebecca Nadalin: *Friends and loneliness in adolescents with high-functioning autism spectrum disorder.*

Completed Doctoral Students

2009 (submitted): Diane Jacobs: *Language and reading development children with specific reading disability, specific language impairment, and high-functioning autism spectrum disorder.* PhD, RMIT University

2008: Rosemary Badenoch: *Evaluation of a program for children with autism who are climbers or absconders.* PhD, University of Melbourne.

2007: Anthony Robinson, *Children with an intellectual disability and sleep problems: The role of child and parent factors and treatment efficacy using the Signposts program.* D.Psych., RMIT University

2005: Tania Pietrzak, *Parent-driven behavioural interventions for children with an autism spectrum disorder: Supervision effects and family outcomes.* PhD, RMIT University.

2005: Melinda Polimeni, *Efficacy of a combined herbal treatment for sleep problems in young children with and without disabilities.* PhD, RMIT University

2004: Julie Kos, *Primary school teachers' knowledge, attitudes, and behaviours toward children with Attention-Deficit/Hyperactivity Disorder.* PhD, RMIT University.

2001: Sophie Weiskop, *The effectiveness of a parent training program to reduce sleep problems in children with autism or Fragile X syndrome.* D.Psych, RMIT University.

1998: Brynne Dippell, *Dawn simulation in the treatment of sleep disorders in children with autism.* PhD, California Graduate Institute, Los Angeles, CA, USA

Completed Masters Students (RMIT University)

2008: Katelyn Moore: *Actual friendships, desired friendships and emotional problems in children with Autism Spectrum Disorders.*

2008: Jane Heywood-Smith: *Treating sleep problems in children with an intellectual or developmental disability using a written booklet.*

2008: Sarah Lukeis: *The adaptive functioning and psychological characteristics of children with a reading disability.*

2007: Nicole Mahar: *Primary teachers' linguistic knowledge and perceptions of early literacy instruction.*

2006: Laurie Everaert: *The relationship between social mastery motivation, temperament and social competence in preschoolers with and without developmental delay.*

2002: Rachel Meiri: *Children's friendship expectations: Exploring a developmental sequence and a relationship with social competence.*

2002: Rachel Leonard: *High functioning children with autism: Relationship between executive function and mental state understanding.*

2002: Eve Herschberg: *An exploration of characteristics relating to successful adaptation to an early intervention centre and/or kindergarten for a group of young children with autism.*

- 2002: Ben Cook:** *Weak central coherence and theory of mind in children with Asperger's syndrome.*
- 2001: Sue Cotton (Swinburne University of Technology):** *Assessment of sleep patterns and sleep problems in children with intellectual and developmental disabilities.*
- 2000: Pauline Urquhart:** *Pain in children with juvenile rheumatoid arthritis.*
- 2000: Emma Thackeray:** *The behavioural treatment of sleep difficulties in children with an intellectual disability: Do improved sleep patterns result in improved daytime behaviour?*
- 1999: Catherine Scully:** *The evaluation of a school-based intervention program for children with autism.*
- 1997: Simon Mason:** *Assessment of developmental delay: a five year follow-up.*
- 1997: Matilda Mandic:** *Factors associated with teachers' provision of remedial assistance to children with reading disabilities.*
- 1997: Gaylene Layton:** *Teaching adults with an intellectual disability basic cooking skills within an adult education program.*
- 1996: Louisa Patzold:** *An investigation into sleep characteristics of children with autism.*
- 1996: Kylie Burke:** *Pervasive developmental disorders, Down syndrome, behaviour problems, parental stress and coping.*
- 1996: Jacqueline McDonald:** *An investigation of the relationship between diet and behaviour in children with autism.*
- 1995: Rosetta Cannataro:** *The relationship between language, use of self-instructional verbalisation and academic performance in preschool children with Down syndrome.*

Recent Publications and Presentations

Publications

Book Chapters

- Richdale, A., & Schreck, K. (2008). The history of assessment and treatment in autism spectrum disorders. In J. Matson (Ed). *Clinician assessment and intervention for autism*. New York: Elsevier.
- Polimeni, M., Richdale, A., and Francis, A. (2007). Research update: clinical issues in the diagnosis, assessment and treatment of sleep problems in children with autism spectrum disorders, in *New Research on Autism* (pp. 3-60). New York: Nova Science Publishers.
- Richdale, A. (2001). Sleep disorders in autism and Asperger's syndrome. In G. Stores & L. Wiggs (Eds). *Sleep disturbances in disorders of development: its significance and management* (pp 181 – 191). London: MacKeith Press.

Reports

Richdale, A., Gavidia-Payne, S. Itsines, M., & Nixon, J. (2007). *Development of Enhanced Signposts Program. Children with Autism Module*. Department of Human Services (Vic).

Articles (2004+)

- Richdale, A., & Schreck, K. (In press). Sleep problems in autism spectrum disorders: Prevalence, nature & possible biopsychosocial aetiologies. *Sleep Medicine Reviews*.
- Mahar, N., & Richdale, A. (2008) Primary teachers' linguistic knowledge and perceptions of early literacy instruction. *Australian Journal of Learning Disabilities, 13* (1).
- Harrell, D., Schreck, K., & Richdale, A. (2008). Sleep in the world of Autism. *Sleep Review, March 2008*. <http://www.sleepreviewmag.com/issues/2008-03.asp>
- Polimeni, M. A., Richdale, A. L., & Francis, A. J. P. (2007). The impact of children's sleep problems on the family and behavioural processes related to their development and maintenance. *E-Journal of Applied Psychology, 3*, 76-85 <http://ojs.lib.swin.edu.au/index.php/ejap/issue/view/12>
- Cotton, S., & Richdale, A. (2006). Brief Report: Parental Descriptions of Sleep Problems in Children with Autism, Down Syndrome, and Prader-Willi Syndrome. *Research in Developmental Disabilities, 27*, 151 - 161.
- Kos, J. M., Richdale, A. L., & Hay, D. (2006) Children with ADHD and their teachers: A review of the literature. *International Journal of Disability, Development and Education, 53*, 147-160. (Special Issue on ADHD)
- Polimeni, M. A., Richdale, A. L., & Francis, A. J. P. (2005). A survey of sleep problems in autism, Asperger's disorder and typically developing children. *Journal of Intellectual Disability Research, 49*, 260 -268
- Richdale, A., & Wiggs, L. (2005). Behavioural approaches to the treatment of sleep problems in children with developmental disorders. What is the state of the art? *International Journal of Behavioral and Consultation Therapy, 1*, 165-187.
- Richdale, A. (2005). Behavioural treatment of sleep problems in children. Where are we? (abstract). *Australian Journal of Psychology, 57* (suppl), 248.
- Weiskop, S, Richdale, A., & Matthews, J. (2005). Treatment to Reduce Sleep Problems in Children with Autism or Fragile X Syndrome. *Developmental Medicine and Child Neurology, 47*, 94-104
- Jacobs, D., & Richdale, A. (2004). Language, speech and reading skills in children with developmental disabilities (Abstract). *Australian Journal of Psychology, 56* (Suppl.), 193
- Kos, J. M., & Richdale, A. L. (2004).The history of attention deficit / hyperactivity disorder. *Australian Journal of Learning Disabilities, 9*, 22-24.
- Richdale, A.L. (2004). A Comment on Honomichl et al. (2002). Sleep patterns of children with pervasive developmental disorders. *Journal of Autism and Developmental Disorders, 34*, 89-90.

Richdale, A.L. (2004, June). Sleep difficulties in children with an intellectual disability. *Intellectual Disability Australasia*,

Robinson, A.M. & Richdale, A.L. (2004). My child sleeps; mine doesn't (Abstract). *Journal of Sleep Research*, 13 (Suppl. 1), 606.

Robinson, A. M., & Richdale, A. L. (2004). Sleep problems in children with an intellectual disability: Parental views of treatment, satisfaction and effectiveness. *Child: Care, Health and Development*, 30, 139-150.

Presentations (2004+)

International

Jacobs, D., & Richdale, A. (2008, May). *Language and literacy subtypes in high-functioning autism spectrum disorder*. Presented at the International Meeting for Autism Research (IMFAR). London, UK.

Richdale, A., & Chu, J. (2008, May). *Sleep quality in mothers of children with an autism spectrum disorder*. Presented at the International Meeting for Autism Research (IMFAR). London, UK.

Richdale, A., & Jacobs, D. (2006, Sept). *Language and reading in autism spectrum disorders and specific language impairments; similarities and differences*. International Association for Child and Adolescent Psychiatry and Allied Professions, Melbourne, Australia. (Symposium paper)

Jacobs, D., & Richdale, A. (2006, July). *Language and literacy development from Prep to Year 2 of children with high-functioning autism spectrum disorder or specific language impairment*. International Society for the Study of Behaviour Development, Melbourne, Australia

Schelleman, M., & Richdale, A. (2006, July). *Pilot study of a parent training program for children's behaviour problems*. International Society for the Study of Behaviour Development, Melbourne, Australia

Hamilton, D., & Richdale, A. (2005, Oct). *Relationships among stress, sleep problems, and anxiety in people with autism and intellectual disability*. Presented at the 40th Annual Conference of the Australasian Society for the Study of Intellectual Disability, Auckland, October 2005

Hamilton, D., & Richdale, A. (2005, Sept.). *Stress, sleep, and mental health problems in people with autism spectrum disorder*. Presented at the Combined International Roundtable of the Health Issues and Mental Health Special Interest Groups of IASSID, Melbourne, Australia

Jacobs, D & Richdale, A. (2005, May). *Language, reading and spelling skills in children with developmental disabilities*. Presented at the International Meeting for Autism Research, Boston, USA.

Polimeni, M. A., Richdale, AL., & Francis, A .J. P. (2005, May). *Treatments for sleep problems in children with autism spectrum disorders: Prevalence of use & outcome*. Presented at the International Meeting for Autism Research, Boston, USA.

Richdale, A. L., Polimeni, M. A., & Francis, A. J. P. (2005, May). *A Comparison of Sleep Patterns and Sleep Problems in Autism, Asperger's Disorder, ADHD, and Typically Developing Children*. Presented at the International Meeting for Autism Research, Boston, USA.

Robinson, A. M. & Richdale, A. L. (2004, October). *My child sleeps; mine doesn't*. Presented at the European Sleep Research Society Congress, Prague, Czech Republic.

National

Chu, J., & Richdale, A. (2008, October). *Sleep in mothers of children with an intellectual disability*. Paper presented at the Australasian Sleep Association Conference, Adelaide.

Moore, K., Richdale, A., & Dissanayake, C. (2007, March). *Actual friendships, desired friendships and emotional problems in children with Autism Spectrum Disorders*. Presented at the 2007 Biennial Conference on Autism Spectrum Disorders, Gold Coast.

Richdale, A. (2005, Sept.). *Behavioural treatment of sleep problems in children. Where are we?* Presented at the 40th Annual Conference of the Australian Psychological Society, Melbourne.

Jacobs, D., & Richdale, A. (2005, July). *Language and reading skills in children with developmental disabilities*. Presented at the Australasian Human Development Conference, Perth, Western Australia

Toth, K.A., & Richdale, A. (2004, Oct). *An investigation of sleep in the elderly: the impact of cognitive, physical and mental health factors on insomnia*. Presented at 17th Annual Meeting of the Australasian Sleep Society, Sydney.

Jacobs, D., & Richdale, A. (2004, Oct). *Language, speech and reading skills in children with developmental disabilities*. Presented at the 39th Annual Conference of the Australian Psychological Society, Sydney.

Funding (2004+)

2008 FaHCSIA: *National Autism Workshops Program (0-6 years)*. Lead agency Parenting Research Centre

2006 Department of Human Services Victoria Tender. *Signposts Autism Module* with Dr Susana Gavidia-Payne and Western Autistic School.

2006 Feingold Association USA. *An investigation of an elimination diet and parent training program on children's behaviour*. Mrs Mickeala Schelleman (PhD student) and Dr Amanda Richdale (supervisor)

2005 Division of Psychology, RMIT University Research grant with Dr Cheryl Dissanayake (La Trobe University) *Saliency, Complexity and Social Information Processing in Autism Spectrum Disorders*.

2005 Grant Consultant for Pro-Tech Services SIB-R grant (NIH, USA): *Novel method to study sleep in autistic disorders*.