

Behavioral Science Program – University of North Texas *-From Mind Brain and Body to Society-*

Who We Are

The Integrative Behavioral Science Program at UNT unites nine faculty and fourteen graduate students conducting cutting-edge research on the mechanisms of human behavior, cognition, and health. Our work spans from fundamental science to applied interventions, with a focus on the real-world impact of behavioral and neurobiological processes.

Research Strengths

- Substance Use & Addiction – behavioral, biological, and clinical insights
- Stress, Trauma, & Coping – understanding resilience, PTSD, and recovery
- Emotion & Regulation – links between mood, anxiety, and adaptive functioning
- Sleep & Health – psychophysiological mechanisms influencing aging and wellness
- Memory & Higher Cognition – episodic memory, executive function, decision making
- Human Aging – biobehavioral and psychological determinants of healthy and atypical aging
- Translational Science – applying research to public health, education, and practice

Methodological Expertise

- Multimodal Cognitive Neuroscience (EEG, fNIRS, Eye-Tracking, Psychophysiology)
- Clinical & Community-Based Research (aging, trauma, substance use, health disparities)
- Advanced Quantitative Methods (Ecological Momentary Assessment, longitudinal modeling)

Societal Impact

- Improving mental health outcomes for trauma survivors
- Enhancing cognitive health in aging populations
- Informing interventions for sleep, stress, and emotion regulation
- Building resilience frameworks for communities and families
- Reducing the burden of addiction and substance use disorders

Funding Alignment

- NIH: NIA, NIMH, NIDA, NHLBI, NIAAA, NIAID
- NSF: Cognitive neuroscience, social and affective sciences
- DoD/VA: Military resilience, trauma recovery, performance optimization

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