

Brizhay Davis

Clinical Research Assistant

Brizhay Davis (she/her) is a clinical research assistant at PolicyLab at Children's Hospital of Philadelphia (CHOP) and the Department of Child and Adolescent Psychiatry & Behavioral Sciences at CHOP. Ms. Davis supports Dr. Ariel Williamson's research, which focuses on sleep in pediatric populations as a modifiable factor to promote healthy development and prevent adverse physical and behavioral health outcomes. She is currently assisting on Dr. Williamson's Sleep in Preschoolers Study (SIPS), which examines the social and environmental determinants of sleep health disparities within early childhood.

Ms. Davis graduated from the University of Virginia in May 2024 with a Bachelor of Arts in Psychology. During her undergraduate career, she worked as a research assistant in the Adolescence Research Group on the Vida Project, which was a longitudinal study examining how family and peer relationships during adolescence influence psychosocial development and long-term health outcomes. In the future, she plans to pursue a PhD in Clinical Psychology.



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