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Educational History

- 2012 – 2015 Advanced Fellow in Geriatrics
Geriatric Research, Education, and Clinical Center (GRECC)
Greater Los Angeles Veterans Affairs Healthcare System
- 2006 – 2012 Ph.D. University of Florida, Clinical and Health Psychology
Public Health and Health Professions
NIA Predoctoral Fellow (T32 & F31)
- Concentration: Clinical Geropsychology
 Graduate Certificate: Gerontology
 Graduate Certificate: Methodology and Statistics
- 2007 M. S. University of Florida
Psychology
- 2005 – 2006 Doctoral Student in Counseling Psychology.
University of Florida, Department of Psychology.
UF Predoctoral Aging Trainee
- 2005 B. A. University of Nevada, Las Vegas
Magna cum Laude
Major: Psychology

Clinical Certifications

Licensed Clinical Psychologist Virginia License #0810005189

Resources for Enhancing All Caregivers Health (REACH)

- Veterans Affairs Certified Group Interventionist.
- Veterans Affairs Certified Individual Interventionist

Positions Held

- 2016 – Current Assistant Professor
Department of Psychology
Virginia Commonwealth University
- 2016 – Current Quality Improvement Coach
Geriatric Scholars Program
Department of Veterans Affairs
- 2015 – Current Research Scientist
Geriatric Research, Education, and Clinical Center (GRECC)
Greater Los Angeles Veterans Affairs Healthcare System

2013 – 2016 Assistant Professor
David Geffen School of Medicine
University of California, Los Angeles

2012 – 2015 Advanced Fellow in Geriatrics
Geriatric Research, Education, and Clinical Center (GRECC)
Greater Los Angeles Veterans Affairs Healthcare System

2012 – 2013 Assistant Researcher
David Geffen School of Medicine
University of California, Los Angeles

Publications

Dzierzewski, J. M., Dautovich, N., & *Ravyts, S. (2018). Sleep and Cognition in the Older Adult. *Sleep Medicine Clinics*, 13(1), 93-106. doi: <http://dx.doi.org/10.1016/j.jsmc.2017.09.009>

Gross, A.L., Payne, B.R., Casanova, R., Davoudzadeh, P., **Dzierzewski, J.M.**, Farias, S., Giovannetti, T., Ip, E.H., Marsiske, M., Rebok, G.W., Schaie, K.W., Thomas, K., Willis, S., & Jones, R.N. (2018). The ACTIVE Conceptual Model as a Structural Equation Model. *Experimental Aging Research*, 44(1), 1-17. doi:10.1080/0361073X.2017.1398802

Fung, C. H., Martin, J. L., Fiorentino, L., **Dzierzewski, J. M.**, Jouldjian, S., Song, Y., Rodriguez Tapie, J. C., Mitchell, M. N., & Alessi, C. A. (2018). Cognitive Expectancies for Hypnotic Use among Older Adult Veterans with Chronic Insomnia. *The Clinical Gerontologist*, 41(2), 130-135. doi: 10.1080/07317115.2017.1356895.

*Ravyts, S. G., **Dzierzewski, J. M.**, *Grah, S. C., Buman, M. P., Aiken-Morgan, A. T., Giacobbi, P. R., Roberts, B. L., Marsiske, M., & McCrae, C. S. (2018). Sleep and Pain in Mid- to Late-Life: An Exploration of Day-to-Day Pain Inconsistency. *The Clinical Gerontologist*, 41(2), 123-129. doi: 10.1080/07317115.2017.1345818.

Hughes, J. M., Song, Y., Fung, C. H., **Dzierzewski, J. M.**, Mitchell, M. N., Jouldjian, S., Josephson, K. R., Alessi, C. A., & Martin, J. L. (2018). Measuring Sleep in Vulnerable Older Adults: A Comparison of Subjective and Objective Sleep Measures. *The Clinical Gerontologist*, 41(2), 145-157. doi: 10.1080/07317115.2017.1408734

Dzierzewski, J. M. & Dautovich, N. D. (2018). Who Care about Sleep in Older Adults? *The Clinical Gerontologist*, 41(2), 109-112. doi: 10.1080/07317115.2017.1421870

Tomaszewski, F. S., Giovannetti, T., Payne, B. R., Marsiske, M., Rebok, G. W., Schaie, K. W., Thomas, K. R., Willis, S. L., **Dzierzewski, J. M.**, Unverzagt, F., & Gross, A. L. (2018). Self-Perceived Difficulties in Everyday Function Precede Cognitive Decline among Older Adults in the ACTIVE Study. *Journal of the International Neuropsychological Society*, 24(1), 104-112. doi: 10.1017/S1355617717000546.

Chan, W. S., Williams, J., Dautovich, N. D., McNamara, J. P. H., Stripling, A., **Dzierzewski, J. M.**, Berry, R., McCoy, K. J. M., & McCrae, C. (2017). Night-to-Night Sleep Variability in Older Adults with Chronic Insomnia: Mediators and Moderators in a Randomized Controlled Trial of Brief Behavioral Therapy (BBT-I). *Journal of Clinical Sleep Medicine*, 13(11), 1243-1254. doi: 10.5664/jcsm.6790.

Martin, J.L., Song, Y., Jouldjian, S., **Dzierzewski, J.M.**, Fung, C.H., Rodriguez, J.C., Mitchell, M.N., & Alessi, C.A. (2017). A Four-Session Sleep Intervention Program Improves Sleep for Older Adult Day Health Care Participants: Results of a Randomized Controlled Trial. *SLEEP*, 40(8), doi: 10.1093/sleep/zsx079.

Fung, C. H., Martin, J. L., Hays, R. D., Patterson, E. S., Aysola, R., Col, N., Mitchell, M. N., Troung, C., **Dzierzewski, J. M.**, Jouldjian, S., Song, Y., Rodriguez, J. C., Josephson, K., & Alessi, C. (2017). Patient-reported Usability of Positive Airway Pressure Equipment is Associated with Adherence in Older Adults. *SLEEP*, 40(3), doi: 10.1093/sleep/zsx007. PMID: 28364429

Martin, J. L., Schweizer, A., Hughes, J.M., Fung, C. H., **Dzierzewski, J. M.**, Washington, D., Kramer, B.J., Jouldjian, S., Mitchell, M.N., Josephson, K.R., & Alessi, C.A. (2017). Estimating Prevalence of Insomnia among Women Veterans: Results of a Postal Survey. *Women's Health Issues*, 27(3), 366-373. doi: 10.1016/j.whi.2016.12.003. PMID: 28110799

Culver, N. C., Song, Y., McGowan, S. K., Fung, C. H., Mitchell, M. N., Rodriguez, J. C., **Dzierzewski, J. M.**, Josephson, K. R., Jouldjian, S., Washington, D. L., Yano, E. M., Schweizer, A., Alessi, C. A., & Martin, J. L. (2016). Acceptability of Medication and Non-medication for Insomnia among Women Veterans: Effects of Age, Insomnia Severity, and Psychiatric Symptoms. *Clinical Therapeutics*, 38(11), 2373-2385.

Alessi, C.A., Martin, J.L., Fiorentino, L., Fung, C.H., **Dzierzewski, J.M.**, Rodriguez, J.C., Song, Y., Josephson, K., Jouldjian, S., & Mitchell, M.N. (2016). Cognitive Behavioral Therapy for Insomnia in Older Veterans Using Nonclinician Sleep Coaches: A Randomized Controlled Trial. *Journal of the American Geriatrics Society*, 64(9), 1830-1838.

Song, Y., Washington, D.L., Yano, E.M., McCurry, S.M., Fung, C.H., **Dzierzewski, J.M.**, Rodriguez, J.C., Jouldjian, S., Mitchell, M.N., Alessi, C.A., & Martin, J.L. (2016). Caregiving-Related Sleep Problems and Their Relationship to Mental Health and Daytime Function in Female Veterans. *Behavioral Sleep Medicine*, 3, 1-12.

Fung, C.H., Martin, J.M., Josephson, K., Fiorentino, L., **Dzierzewski, J.M.**, Jouldjian, S., Rodriguez, J.C., Mitchell, M.N., & Alessi, C.A. (2016). Efficacy of Cognitive Behavioral Therapy for Insomnia in Older Adults with Occult Sleep Disordered Breathing. *Psychosomatic Medicine*, 78(5), 629-639.

McCrae, C.S., **Dzierzewski, J. M.**, McNamara, J.P.H., Vathauer, K.E., & Rowe, M.A. (2016). Changes in Sleep Predict Changes in Affect in Older Caregivers of Individuals with Alzheimer's Dementia: A Multilevel Model Approach. *Journal of Gerontology: Psychological Sciences*, 71(3), 458-462.

Dzierzewski, J. M., Wohlgenuth, W. K., & Wallace, D. M. (2015). Adherence to Continuous Positive Airway Pressure in Existing Users: Self-Efficacy Enhances the Association between CPAP Pressure and Adherence. *Journal of Clinical Sleep Medicine*, 12(2), 169-176.

Rodriguez, J.C., **Dzierzewski, J. M.**, Fung, C.H., Jouldjian, S., Josephson, K.R., Mitchell, M.N., Song, Y., Martin, J.L., & Alessi, C.A. (2015). Association between Pain and Functional Independence in Older Adults During and After Post-acute Rehabilitation. *Journal of the American Geriatrics Society*, 63(11), 2275-2281.

- Rodriguez, J.C., **Dzierzewski, J.M.**, & Martin, J.L. (2015). Chronic Insomnia and its Non-Pharmacological Management: Applications in Long Term Care. *Annals of Long Term Care*, 23(12), 25-29.
- Zeidler, M.R., Santiago, V., **Dzierzewski, J. M.**, Mitchell, M.N., Santiago, S., & Martin, J.L. (2015). Predictors of Obstructive Sleep apnea on Polysomnography after a Technically Inadequate or Normal Home Sleep Test. *Journal of Clinical Sleep Medicine*, 11(11), 1313-1318.
- Dzierzewski, J. M.**, Potter, G. G., Jones, R. N., Rostant, O., Ayotte, B., Yang, F. M., Sachs, B., Feldman, B.J., & Steffens, D.C. (2015). Cognitive Functioning Throughout the Treatment History of Clinical Late-Life Depression. *Internal Journal of Geriatric Psychiatry*, 30(10), 1076-1084.
- Song, Y., **Dzierzewski, J.M.**, Fung, C.H., Rodriguez, J.C., Jouldjian, S., Mitchell, M.N., Josephson, K., Alessi, C.A., & Martin, J.M. (2015). Association between Sleep and Physical Function in Older Veterans in an Adult Day Health Care Program. *Journal of the American Geriatrics Society*, 63, 1622-1627.
- Dzierzewski, J.M.**, Song, Y., Fung, C.H, Rodriguez, J.C., Jouldjian, S., Alessi, C.A., Breen, E.C., Irwin, M.R., & Martin, J.L. (2015). Self-Reported Sleep Duration Mitigates the Association between Inflammation and Cognitive Functioning in Hospitalized Older Men. *Frontiers in Psychology*, 6(article 1004). Doi: 10.3389/fpsyg.2015.01004
- Fung, C.H., Martin, J.M., Hays, R., Rodriguez, J.C., Igodan, U., Jouldjian, S., **Dzierzewski, J.M.**, Kramer, B.J., Josephson, K., & Alessi, C.A. (2015). Development and Usability of the Sleep Apnea Equipment (USE-SA) Survey Instrument for measuring patient-reported ratings of positive airway pressure equipment usability. *Sleep Medicine*, 16(5), 645-651.
- Kay, D. B. & **Dzierzewski, J. M.** (2015). Sleep in the Context of Healthy Aging and Psychiatric Syndromes. *Sleep Medicine Clinics*, 10(1), 11-15.
- Rodriguez, J.C., **Dzierzewski, J.M.**, & Alessi, C.A. (2015). Sleep Problems in the Elderly. *Medical Clinics of North America*, 99(2), 431-439.
- Floegel, T., Giacobbi, Jr., P. R., **Dzierzewski, J. M.**, Aiken Morgan, A. T., Roberts, B. L., Marsiske, M., McCrae, C. S., & Buman, M. P. (2015). Intervention Markers of Physical Activity Maintenance in Older Adults. *American Journal of Health Behavior*, 39(4), 487-499.
- Dzierzewski, J. M.**, Mitchell, M., Rodriguez, J.C., Fung, C. H., Jouldjian, S., Alessi, C. A., & Martin, J. L. (2015). Patterns and Predictors Of Sleep Quality Before, During and After Hospitalization in Older Adults. *Journal of Clinical Sleep Medicine*, 11(1), 45-51.
- Zlatar, Z.Z., McGregor, K.M., Towler, S., Nocera, J., **Dzierzewski, J.M.**, & Crosson, B. (2015). Self-reported Physical Activity and Objective Aerobic Fitness: Differential Association with Grey Matter Volume in Healthy Aging. *Frontiers in Aging Neuroscience*, 7(article 5). doi: 10.3389/fnagi. 2015.00005
- Fung, C.H., Igodan, U., Alessi, C., Martin, J.L., **Dzierzewski, J.M.**, Josephson, K., & Kramer, J. (2015). Human Factors/Usability Barriers to Home Medical Devices among Individuals with Disability Conditions: In-depth Interviews with Positive Airway Pressure Device Users. *Disability Health Journal*, 8(1), 86-92.

Dautovich, N.D., **Dzierzewski, J.M.**, & Gum, A.M. Older Adults Display Concurrent but not Delayed Associations between Life Stressors and Depressive Symptoms: Evidence from a Microlongitudinal Study. (2014). *American Journal of Geriatric Psychiatry*, 22(11), 1131-1139.

Giacobbi, P. R., Jr., Buman, M. P., **Dzierzewski, J. M.**, Aiken-Morgan, A., Roberts, B. L., Marsiske, M., Knutson, N., & McCrae, C. S. (2014). Content and Perceived Utility of Mental Imagery by Older Adults in a Peer-Delivered Physical Activity Intervention. *Journal of Applied Sport Psychology*, 26(2), 129-143.

Dzierzewski, J.M., Fung, C.H, Jouldjian, S., Alessi, C.A., Irwin, M.R., & Martin, J.L. (2014). Decrease in Daytime Sleeping is Associated with Improvement in Cognition After Hospital Discharge in Older Adults. *Journal of the American Geriatrics Society*, 62, 47-53.

Dautovich, N.D., Shoji, K.D., Stripling, A.M., & **Dzierzewski, J.M.** (2014). Clinical Geropsychology: Treatment and Research Approaches with Rural Older Adults. *The Clinical Gerontologist*, 37(1), 64-75.

Dzierzewski, J. M. (2014). Diversity in Late-life: Clinical and Empirical Implications. *The Clinical Gerontologist*, 37(1), 1-3.

Dzierzewski, J. M., Buman, M. P., Giacobbi, P. R., Roberts, B. L., Aiken Morgan, A., Marsiske, M., & McCrae, C. S. (2014). Exercise and Sleep in Community-Dwelling Older Adults: Evidence for a Reciprocal Relationship. *Journal of Sleep Research*, 23(1), 61-68.

Marsiske, M., **Dzierzewski, J. M.**, Johnson, K., Unverzagt, F., Morris, J., Kasten, L., Willis, S., Ball, K., & Rebok, G. (2013). Race-related Disparities in Five-year Cognitive Change in Untrained ACTIVE Participants. *Journal of Aging and Health*, 25(8 Suppl), 103S-127S.

Fung, C. H., Martin, J. L., **Dzierzewski, J. M.**, Jouldjian, S., Josephson, K., Park, M., & Alessi, C. A. (2013). Prevalence and Symptoms of Occult Sleep-Disordered Breathing Among Older Veterans with Insomnia. *Journal of Clinical Sleep Medicine*, 15(9), 1173-1178.

Martin, J. L., **Dzierzewski, J. M.**, Mitchell, M., Fung, C. H., Jouldjian, S., & Alessi, C. A. (2013). Patterns of Sleep Quality During and After Post-Acute Rehabilitation in Older Adults: A Latent Class Analysis Approach. *Journal of Sleep Research*, 22(6), 640-647.

Dzierzewski, J. M., Marsiske, M., Aiken Morgan, A. T., Buman, M. P., Giacobbi, P. R., Roberts, B. L., & McCrae, C. S. (2013). Cognitive Inconsistency and Practice-Related Learning in Community-Dwelling Older Adults. *GeroPsych: The Journal of Gerontopsychology and Geriatric Psychiatry*, 26(3), 173-184.

Hekler, E. B., Buman, M. P., Pothakandiyil, N., Rivera, D. E., **Dzierzewski, J. M.**, Aiken-Morgan, A., McCrae, C. S., Roberts, B. L., Marsiske, M., Giacobbi Jr., P. R. (2013). Exploring Behavioral Markers of Long-term Physical Activity Maintenance: A Case Study of System Identification Modeling within a Behavioral Intervention. *Health Education & Behavior*, 40, 51S-62S.

Zlatar, Z.Z., Towler, S., McGregor, K.M., **Dzierzewski, J. M.**, Bauer, A., Phan, S., Cohen, M., Marsiske, M., Manini, T., & Crosson, B. (2013). Functional Language Networks in Sedentary and Physically Active Older Adults. *Journal of the International Neuropsychological Society*, 19(6), 625-634.

Dautovich, N. D., Kay, D., Perlis, M. L., **Dzierzewski, J. M.**, Rowe, M., & McCrae, C. S. (2012). Day-to-day Variability in Nap Duration Predicts Medical Morbidity in Older Adults. *Health Psychology, 31*, 671-676.

McCrae, C. S., Vathaurer, K. E., **Dzierzewski, J. M.**, & Marsiske, M. (2012). Habitual Sleep, Reasoning, and Processing Speed in Older Adults with Sleep Complaints. *Cognitive Therapy and Research, 36*(2), 156-164.

Kay, D. B., **Dzierzewski, J. M.**, Rowe, M. A., & McCrae, C. S. (2012). Greater Intraindividual Variability in Sleep Misperception among Older Adults with a Sleep Complaint Compared to Noncomplaining Older Adults. *Behavioral Sleep Medicine, 10*, 1-15.

Buman, M. P., Giacobbi, P. R., **Dzierzewski, J. M.**, Marsiske, M., McCrae, C. S., Aiken Morgan, A. T., & Roberts, B. L. (2011). Older Adult Peer Volunteers Promoting Physical Activity in the Community: A Randomized Controlled Trial. *Journal of Physical Activity and Health, 8*(suppl 2), S257-S266.

Dzierzewski, J. M., Williams, J., Roditi, D., Marsiske, M., McCoy, K.J.M., McNamara, J. P. H., Dautovich, N., Robinson, M., & McCrae C. S. (2010). Daily Variations in Objective Nighttime Sleep and Subjective Morning Pain in Older Adults with Insomnia: Evidence of Covariation over Time. *Journal of American Geriatrics Society, 58*, 925-930.

Morgan, A. T. A., Marsiske, M., **Dzierzewski, J. M.**, Jones, R. N., Whitfield, K. E., Johnson, K. E., & Cresci, M. K. (2010). Ethnicity-Related Cognitive Test Bias in the ACTIVE Study: A MIMIC Model Approach. *Experimental Aging Research, 36*, 426-452.

Dzierzewski, J. M., O'Brien, E., Kay, D.B., & McCrae, C.S. (2010). Tackling Sleeplessness: Psychological Treatment Options for Insomnia in Older Adults. *Nature and Science of Sleep, 2*, 47-61.

McCrae, C.S., **Dzierzewski, J. M.**, & Kay, D.B. (2009). Treatment of Late-life Insomnia. *Sleep Medicine Clinics, 4*, 593-604.

McCrae, C. S., McNamara, J. P. H., Rowe, M. A., **Dzierzewski, J. M.**, Dirk, J., Marsiske, M., & Craggs, J. G. (2008). Sleep and affect in older adults: Using multilevel modeling to examine daily associations. *Journal of Sleep Research, 17*, 42-53.

Publications in Press

Anton, S.D., Ebner, N.C., **Dzierzewski, J. M.**, Zlatar, Z.Z., Gurka, M., Dotson, V., Kirton, J., Mankowski, R., Marsiske, M., & Manini, T.M. (*in press*). Effects of 90 Days of Resveratrol Supplementation on Cognitive Function in Elders: A Pilot Study. *Journal of Alternative and Complementary Medicine*.

Publications under Review

Chester, D. S., & **Dzierzewski, J. M.** Sour Sleep, Sweet Revenge: Poor Sleep Quality's Effect on Affective and Aggressive Responses to Rejection. *Emotion*.

Yeung, T., Martin, J. L., Fung, C. F., Fiorentino, L., **Dzierzewski, J. M.**, Rodriguez, J. C., Song, Y., Josephson, K., Jouldjian, S., Mitchell, M. N., & Alessi, C. Baseline Physical Activity and the

Efficacy of Cognitive Behavioral Therapy for Insomnia in Older Adults: Is Low Physical Activity Associated with Worse Sleep Outcomes? *Journal of Aging and Physical Activity*

*Ravyts, S. G., **Dzierzewski, J. M.**, *Grah, S. C., Buman, M. P., Aiken-Morgan, A. T., Giacobbi, P. R., Roberts, B. L., Marsiske, M., & McCrae, C. S. Pain Inconsistency and Sleep in Mid to Late-Life: The Role of Mood. *Journal of Aging and Mental Health*.

Ryden, A. M., Martin, J. L., Matsuoka, S., Fung, C. H., **Dzierzewski, J. M.**, Song, Y., Mitchell, M. N., Fiorentino, L., Josephson, K., Jouldjian, S., & Alessi, C. A. Insomnia Disorder in Older Veterans: Association with Age and Self-Rated Health. *Journal of Clinical Sleep Medicine*.

Publications under Revision

Dzierzewski, J. M., Martin, J. L., Fung, C. F., Song, Y., Fiorentino, L., Jouldjian, S., Rodriguez, J. C., Mitchell, M., Josephson, K., & Alessi, C. A. CBT for Late-Life Insomnia Improves the Accuracy of Sleep and Wake Perceptions.

Publications in Progress

*Grah, S. C., *Ravyts, S. G., & **Dzierzewski, J. M.** Behavioral Activation for Depression in Older Adults: A Systematic Literature Review.

Dzierzewski, J. M., Sannes, T., & Bradbrook, K. E. Sleep Disturbance Inconsistency, Circadian Rhythm Variability, and Markers of Inflammation in Older Adults.

Dzierzewski, J. M., Carroll, J. E., *Perez, E., *Raldiris, T. L., Redline, S., Djonlagic, I., Purcell, S., & Seeman, T. Cross-sectional and Longitudinal Associations among Sleep, Inflammation, and Cognitive Functioning in the Multi-Ethnic Study of Atherosclerosis (MESA).

Dzierzewski, J. M., *Perez, E., *Ravyts, S. G., & *Raldiris, T. L. Training Veterans Affairs Psychologists to Work with Older Adults: Evaluation of the Geriatric Scholars Program.

*Williams, A. B., **Dzierzewski, J. M.**, *Griffin, S. C., Lind, M., & Rybarczyk, B. D. Insomnia Disorder and Behaviorally Induced Insufficient Sleep Syndrome: Prevalence and Relationship to Depression in College Students.

Dzierzewski, J. M., Martin, J. L., Hays, R. D., Patterson, E. S., Aysola, R., Col, A., Mitchell, M. N., Truong, C., Jouldjian, S., Song, Y., Rodrigues, J. C., Josephson, K., Alessi, C. A., & Fung, C. H. Self-Reported Cognition in Older Adult Positive Airway Pressure (PAP) Users.

Chapters

McCrae, C. S., Dautovich, N., & **Dzierzewski, J. M.** (2009). Short-term and Group Treatment Approaches. In M. Sateia & D. Buysse (Eds.), *Insomnia: Diagnosis and Treatment*. New York: Informa Healthcare.

Dzierzewski, J.M., Rodriguez, J.C., & Alessi, C.A. (2016). Sleep Disorders in the Elderly. In C. Durso, M. Fiatarone-Singh, L. Mosqueda & D. Swagerty (Eds.), *Reichel's Care of the Elderly, 7th Edition*. Cambridge University Press.

Dzierzewski, J.M., Rodriguez, J.C., & Alessi, C.A. (2017). Synopsis of Geriatric Sleep Disorders. In A.Y. Avidan (Ed.), *Review of Sleep Medicine, 4th Edition*. Philadelphia, PA: Elsevier Publishing.

Other Publications (Non-reviewed)

Dzierzewski, J. M. (2012). Student Voice – To Postdoc or Not, That is the Question. *Clinical Geropsychology News*, 19:1, 5-7.

Foster, S. & **Dzierzewski, J. M.** (2011). Student Voice – Graduate-level Geropsychology Specialization. *Clinical Geropsychology News*, 18:1/2, 8-9.

Dzierzewski, J. M. (2010). Student Voice – An Insider’s Perspective on Geropsychology Internships. *Clinical Geropsychology News*, 17:3, 12-13.

Dzierzewski, J. M. (2010). Student Voice. *Clinical Geropsychology News*, 17:1, 5.

Dzierzewski, J. M. & McCrae, C. S. (2008). Don’t Forget about Sleep. *Clinical Geropsychology News*, 15, 17-20.

Conference Submissions

Dzierzewski, J. M., Martin, J. L., Hayes, R. D., Patterson, E. S., Col, N., Mitchell, M. N., Alessi, C. A., & Fung, C. H. (November 2018). Predictors of Self-Reported Cognition among Older Adults with Obstructive Sleep Apnea. Annual Meeting of the Gerontological Society of America (GSA). Boston, MA.

Raldiris, T. L., **Dzierzewski, J. M.**, Perez, E., Ravyts, S. G., & Grah, S. C. (November 2018). I Think I Can! The Role of Cognitive Beliefs for Cognitive Functioning in Older Adults. Annual Meeting of the Gerontological Society of America (GSA). Boston, MA.

Ravyts, S. G., **Dzierzewski, J. M.**, & Raldiris, T. L. (November 2018). Prospective Association between Sleep and Successful Aging: Evidence from the Midlife in the United States Study. Annual Meeting of the Gerontological Society of America (GSA). Boston, MA.

Conference Presentations: Posters

*Perez, E., **Dzierzewski, J. M.**, Aiken-Morgan, A. T., McCrae, C. S., Buman, M. P., Giacobbi, P. R., Roberts, B. L., & Marsiske, M. (June 2018). Does Good Sleep Efficiency Protect Against the Cognitive Consequences of Anxiety Symptoms in Older Adults? Annual Meeting of the Associated Professional Sleep Societies (APSS). Baltimore, MD.

*Ravyts, S. G., **Dzierzewski J. M.**, *Perez E., *Grah S. C., & *Raldiris T. L. (June 2018). Sleep Disturbance and Pain Interference in Older Adults: The Role of Negative and Positive Affect. Annual Meeting of the Associated Professional Sleep Societies (APSS). Baltimore, MD.

*Ravyts, S. G., **Dzierzewski J. M.**, *Schreiber D. R., *Grah S. C., *Perez E., & *Raldiris T. L. (June 2018). Avoidant Coping as a Mediator of the Sleep-Pain Relationship in Mid- to Late-Life. Annual Meeting of the Associated Professional Sleep Societies (APSS). Baltimore, MD.

Alessi, C., Martin, J. L., Fung, C. H., **Dzierzewski, J. M.**, Fiorentino, L., Stepnowsky, C., Song, Y., Rodriguez, J., Zeidler, M., Mitchell, M., Jouldjian, S., & Josephson, K. (June 2018). Randomized-Controlled Trial of an Integrated Behavioral Treatment in Veterans with Obstructive Sleep Apnea and Coexisting Insomnia. Annual Meeting of the Associated Professional Sleep Societies (APSS). Baltimore, MD.

Dzierzewski, J. M., Dautovich, N. D., Rybarczyk, B., Alattar, M., & Taylor, S. A. (June 2018). Is a Single Night Sleep Study Sufficient for the Accurate Diagnosis of Sleep Apnea? An

Exploration of Multi-Night Sleep Studies. Annual Meeting of the Associated Professional Sleep Societies (APSS). Baltimore, MD.

Alessi, C., Martin, J. L., Fung, C. H., **Dzierzewski, J. M.**, Fiorentino, L., Stepnowsky, C., Song, Y., Rodriguez, J., Zeidler, M., Mitchell, M., Jouldjian, S., & Josephson, K. (May 2018). Randomized-Controlled Trial of Behavioral Treatment for Coexisting Insomnia and Obstructive Sleep Apnea: Results in Middle-aged and Older Veterans. Annual Meeting of the American Geriatrics Society (AGS). Orlando, FL.

Alessi, C. A., Martin, J. L., Fung, C., **Dzierzewski, J. M.**, Rodriguez, J. C., Song, Y., Fiorentino, L., Stepnowsky, C., Zeidler, M., Mitchell, M., Josephson, K. (June 2017). Insomnia Prevalence among Veterans Referred for Diagnostic Testing for Sleep Disordered Breathing. Annual Meeting of the Associated Professional Sleep Societies (APSS). Boston, MA.

Petro, A., **Dzierzewski, J. M.**, Martin, J. L., Alessi, C. A., Jouldjian, S., Josephson, K., Suarez, A., & Fung, C. (June 2017). A Survey to Assess Patients' Interest in the Digeridoo as an Alternative Therapy for Obstructive Sleep Apnea. Annual Meeting of the Associated Professional Sleep Societies (APSS). Boston, MA.

Chan, W. S., Williams, J., Dautovich, N. D., McNamara, J. P. H., Stripling, A., **Dzierzewski, J. M.**, Berry, R. B., McCoy, K., Marsiske, M., & McCrae, C. S. (June 2017). Sleep Variability in Older Adults with Chronic Insomnia: A Randomized Controlled Trial of Brief Behavioral Therapy (BBT-I). Annual Meeting of the Associated Professional Sleep Societies (APSS). Boston, MA.

*Grah, S. C., **Dzierzewski, J. M.**, *Ravyts, S. G., Buman, M. P., Aiken-Morgan, A. T., Giacobbi, P. R., Roberts, B. L., Marsiske, M., & McCrae, C. S. (June 2017). General and Domain-Specific Self-Efficacy and Sleep in Older Adults. Annual Meeting of the Associated Professional Sleep Societies (APSS). Boston, MA.

*Ravyts, S. G., **Dzierzewski, J. M.**, *Grah, S. C., Buman, M. P., Aiken-Morgan, A. T., Giacobbi, P. R., Roberts, B. L., Marsiske, M., & McCrae, C. S. (June 2017). Is Pain Inconsistency or Average Pain More Associated with Sleep in Older Adults? Annual Meeting of the Associated Professional Sleep Societies (APSS). Boston, MA.

McCrae, C. S. Williams, J., Dautovich, N. D., McNamara, J. P. H., Stripling, A., **Dzierzewski, J. M.**, Berry, R. B., McCoy, K., & Marsiske, M. (June 2017). Impact of a Brief Behavioral Treatment for Insomnia (BBT-I) on Sleep and Cognition in Older Adults: The REST Randomized Controlled Trial. Annual Meeting of the Associated Professional Sleep Societies (APSS). Boston, MA.

Song, Y., **Dzierzewski, J. M.**, Fung, C., Rodriguez, J. C., Jouldjian, S., Josephson, K., Alessi, C. A., & Martin, J. L. (July 2017). Sleep and Caregiving among Adult Day Health Care Program Caregivers: A Pilot Study. Annual Meeting of the International Association of Gerontology and Geriatrics (IAGG). San Francisco, CA.

Alessi, C. A., Martin, J. L., Fiorentino, L., Fung, C., **Dzierzewski, J. M.**, Rodriguez, J. C., Song, Y., & Mitchell, M. (July 2017). Complex Comorbidity among Older US Veterans with Insomnia. Annual Meeting of the International Association of Gerontology and Geriatrics (IAGG). San Francisco, CA.

Alessi, C. A., Martin, J. L., Fiorentino, L., Fung, C., **Dzierzewski, J. M.**, Rodriguez, J. C., Song, Y., & Mitchell, M. (July 2017). Nonclinician Sleep Coaches for Insomnia: Secondary Outcomes from a Randomized Controlled Trial. Annual Meeting of the International Association of Gerontology and Geriatrics (IAGG). San Francisco, CA.

Adachi, M., Fung, C. H., Song, Y., **Dzierzewski, J.M.**, Rodriguez, J. C., Mitchell, M. N., Jouldjian, S., Washington, D. L., Yano, E. M., Badr, S., Alessi, C. A., & Martin, J. L. (June 2016). OSA and Psychiatric Symptoms in a National Sample of Women Veterans. Annual Meeting of the Associated Professional Sleep Societies (APSS). Denver, CO.

Song, Y., **Dzierzewski, J. M.**, Fung, C. H., Rodriguez, J. C., Mitchell, M. N., Josephson, K., Jouldjian, S., Alessi, C. A., & Martin, J. L. (June 2016). Living Arrangement as a Predictor of Poor Sleep-Related Daytime Consequences in Female Caregivers. Annual Meeting of the Associated Professional Sleep Societies (APSS). Denver, CO.

Ryden, A. M., Matsuwaka, S., Fung, C. H., Song, Y., Mitchell, M. N., **Dzierzewski, J. M.**, Martin, J. L., & Alessi, C. A. (June 2016). Predictors of Talking to a Doctor about Sleep Problems in Older Veterans with Insomnia. Annual Meeting of the Associated Professional Sleep Societies (APSS). Denver, CO.

Fung, C. H., Martin, J. L., Josephson, K., Fiorentino, L., **Dzierzewski, J. M.**, Jouldjian, S., Song, Y., Rodriguez, J. C., Mitchell, M. N., & Alessi, C. A. (June 2016). Predictors of Sleeping Medication Use and Impact of Cognitive Behavioral Therapy for Insomnia on Sleeping Medication use among Older Adults with Chronic Insomnia. Annual Meeting of the Associated Professional Sleep Societies (APSS). Denver, CO.

McGowan, S. K., Culver, N., Kay, M., Fiorentino, L., Fung, C. H., Song, Y., **Dzierzewski, J. M.**, Rodriguez, J. C., Mitchell, M. N., Jouldjian, S., Josephson, K., Alessi, C. A., & Martin, J. L. (June 2016). Depression, Anxiety, and trauma Predict Sleep Difficulties beyond Demographics and Physical Characteristics. Annual Meeting of the Associated Professional Sleep Societies (APSS). Denver, CO.

Culver, N., McGowan, S. K., Fiorentino, L., Fung, C. H., Song, Y., **Dzierzewski, J. M.**, Rodriguez, J. C., Mitchell, M. N., Jouldjian, S., Josephson, K., Washington, D. L., Yano, E. M., Alessi, C. A., & Martin, J. L. (June 2016). Treatment Preferences among Women Veterans with Insomnia. Annual Meeting of the Associated Professional Sleep Societies (APSS). Denver, CO.

Rodriguez, J. C., **Dzierzewski, J.M.**, Fung, C. H., Jouldjian, S., Martin, J. L., Josephson, K., Mitchell, M. N., Song, Y., & Alessi, C. A. (March 2016). Association between Pain and Functional Independence in Older Adults During and After Inpatient Rehabilitation. Annual Meeting of the Society of Hospital Medicine (SHM). San Diego, CA.

Rodriguez, J. C., Alessi, C. A., Martin, J. L., Hays, R. D., **Dzierzewski, J.M.**, Col, N., Patterson, E. S., Jouldjian, S., Josephson, K., Song, Y., & Fung, C. H. (May 2016). Association between Pain and Difficulty Setting Up Positive Airway Pressure Device among Older Adults with Sleep-Disordered Breathing. Annual Meeting of the American Geriatrics Society (AGS). Long Beach, CA.

Williams, M.W., Jones, J.D., **Dzierzewski, J.M.**, Pa., J., Jones, R.N. (February 2016). Computerized Speed Training Reduces Falls in Older Adults. Annual Meeting of the International Neuropsychological Society (INS). Denver, CO.

Song, Y., **Dzierzewski, J. M.**, Fung, C. H., Rodriguez, J. C., Jouldjian, S., Mitchell, M. N., Josephson, K., Alessi, C. A., & Martin, J. L. (June 2015). Older Veterans with Low Physical Function Benefit from Behavioral Sleep Interventions. Annual Meeting of the Associated Professional Sleep Societies (APSS). Seattle, WA.

Fung, C. H., Rodriguez, J. C., Song, Y., **Dzierzewski, J. M.**, Truong, C., Jouldjian, S., Josephson, K., Alessi, C. A., & Martin, J. L. (June 2015). Worse Ratings of PAP Design are Associated with Lower Self-Efficacy for PAP Therapy. Annual Meeting of the Associated Professional Sleep Societies (APSS). Seattle, WA.

Song, Y., **Dzierzewski, J. M.**, Fung, C. H., Rodriguez, J.C., Jouldjian, S., Alessi, C. A., & Martin, J. L. (November 2014). Sleep Disruption due to Caregiving in Women Veterans is Associated with Worse Mental Health Condition and Impaired Daily Life. Annual Meeting of the Gerontological Society of America. Washington, D.C.

Hughes, J., **Dzierzewski, J. M.**, Fung, C. H., Jouldjian, S., Mitchell, M., Vandenberg, T.Z., Alessi, C. A., & Martin, J. L. (November 2014). Predictors of Discrepancies Between Patient-reported and Objectively-Measured Sleep in VA Adult Day Health Care Participants. Annual Meeting of the Gerontological Society of America. Washington, D.C.

Dzierzewski, J. M., Martin, J. L., Fiorentino, L., Fung, C. H., Jouldjian, S., Rodriguez, J. C., Mitchell, M., Josephson, K., & Alessi, C. A. (June 2014). Cognitive-Behavioral Therapy for Insomnia in Older Adults: Improving Sleep Quality Reduces Sleep Discrepancy. Annual Meeting of the Associated Professional Sleep Societies (APSS). Minneapolis, MN.

Dzierzewski, J. M., Martin, J. L., Fung, C. H., Rodriguez, J. C., Mitchell, M., Jouldjian, S., Josephson, K., & Alessi, C. A. (June 2014). Patterns and Predictors of Sleep Quality Before, During and After Hospitalization in Older Adults: A Latent Class Analysis and Logistic Regression Approach. Annual Meeting of the Associated Professional Sleep Societies (APSS). Minneapolis, MN.

Fiorentino, L., Vandenberg, T., Jouldjian, S., Martinez, S., **Dzierzewski, J. M.**, Fung, C. H., Alessi, C. A., & Martin, J. L. (June 2014). Acceptance and the Behavioral Changes to Treat Insomnia (ABC-I): Pilot Testing of a New Behavioral Treatment for Insomnia in Women Veterans. Annual Meeting of the Associated Professional Sleep Societies (APSS). Minneapolis, MN.

Hughes, J., Jouldjian, S., Mitchell, M., **Dzierzewski, J. M.**, Fung, C. H., Alessi, C. A., & Martin, J. L. (June 2014). Sleep Disturbance Predicts Lower Quality-of-Life and Greater Depression in Older Veterans Attending Adult Day Health Care. Annual Meeting of the Associated Professional Sleep Societies (APSS). Minneapolis, MN.

Fung, C. H., Martin, J. L., Josephson, K., Fiorentino, L., **Dzierzewski, J. M.**, Jouldjian, S., Rodriguez, J. C., Mitchell, M., & Alessi, C. A. (May 2014). Untreated Mild Sleep Disordered Breathing does not Reduce the Efficacy of Cognitive Behavioral Therapy for Insomnia in Older Adults. Annual Meeting of the Associated Professional Sleep Societies (APSS). Minneapolis, MN.

Fung, C. H., Martin, J. L., Hays, R. D., Rodriguez, J. C., Igodan, U., Jouldjian, S., **Dzierzewski, J. M.**, Josephson, K., Kramer, J., & Alessi, C. (June 2014). Development of the USE-SA

Questionnaire for Measuring Patient-Reported Ratings of Positive Airway Pressure Equipment Usability. Annual Meeting of the Associated Professional Sleep Societies (APSS). Minneapolis, MN.

Josephson, K., Martin, J. L., Fiorentino, L., Kramer, J., Fung, C. H., **Dzierzewski, J. M.**, Jouldjian, S., Rodriguez, J. C., & Alessi, C. (June 2014). Patient Perception and Experience of a Novel Model for Cognitive Behavioral Therapy for Insomnia. Annual Meeting of the Associated Professional Sleep Societies (APSS). Minneapolis, MN.

Crew, E. C., Sears, S. F., Roth, A. J., **Dzierzewski, J. M.**, Conti, J. B., Berry, R. R., & McCrae, C. S. (June 2014). Variability in Duration of Nocturnal Awakenings Predicts Task-dependent Cognitive Performance in Cardiac Patients with Implantable Cardioverter Defibrillators (ICDs). Associated Professional Sleep Societies (APSS). Minneapolis, MN.

Crew, E. C., Sears, S. F., Roth, A. J., **Dzierzewski, J. M.**, Conti, J. B., Berry, R. R., & McCrae, C. S. (June 2014). Shock Anxiety Predicts Sleep Onset Latency and Sleep Quality in Patients with Implantable Cardioverter-Defibrillators (ICDs). Annual Meeting of the Associated Professional Sleep Societies (APSS). Minneapolis, MN.

Floegel, T., Giacobbi, Jr., P. R., **Dzierzewski, J. M.**, Aiken Morgan, A. T., Roberts, B. L., Marsiske, M., McCrae, C. S., & Buman, M. P. (June 2014). A Mixed-Method Approach to Identifying Intervention-Related Markers of Long-Term Physical Activity Maintenance in Older Adults. Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity. San Diego, CA.

Fung, C. H., Igodan, U., Alessi, C., Martin, J. L., **Dzierzewski, J. M.**, Josephson, K., & Kramer, J. (May 2014). A Qualitative Study of Human Factors Barriers to Positive Airway Pressure Therapy in Older Adults. American Geriatrics Society Annual Meeting. Orlando, FL.

Fung, C. H., Martin, J. L., Jouldjian, S., **Dzierzewski, J. M.**, Rodriguez, J. C., Mitchell, M., Josephson, K., & Alessi, C., (May 2014). Medical, Mental Health, and Demographic Factors Associated with a Strong Belief in Using Sleeping Pills to Improve Sleep and Daytime Function. American Geriatrics Society Annual Meeting. Orlando, FL.

*De Cruz, S. J., **Dzierzewski, J. M.**, Martin, J. L., & Zeidler, M. R. (May 2014). Improved Continuous Positive Airway Pressure Adherence Following Cognitive Behavioral Therapy. American Thoracic Society Annual Meeting. San Diego, CA.

Crew, E. C., Sears, S. F., Roth, A. J., **Dzierzewski, J. M.**, Conti, J. B., Berry, R. R., & McCrae, C. S. (April 2014). Wake Time during the Night Predicts Task-dependent Cognitive Performance in Cardiac Patients with Implantable Cardioverter Defibrillators. Cognitive Aging Conference. Atlanta, GA.

Dzierzewski, J. M., Alessi, C. A., Irwin, M. R., & Martin, J. L., (April 2014). Sleep, Inflammation, and Cognitive Functioning in At-Risk Older Adults. Presentation at the Annual Meeting of the Claude D Pepper Older Adult Independence Centers (OAIC). Bethesda, MD.

Dzierzewski, J. M., Fung, C. H., Jouldjian, S., Alessi, C. A., Irwin, M. R., & Martin, J. L. (November 2013). Daytime Sleep is Associated with 6-month Change in Cognitive Functioning in At-Risk Older Adults. The Gerontological Society of America. New Orleans, LA.

Hughes, J. M., Jouldjian, S. **Dzierzewski, J. M.**, Vandenberg, T. Z., Fung, C. H., Alessi, C. A., Martin, J. L. (June 2013). Sleep Disturbance is Related to Poor Quality of Life, Depression and Pain in VA Adult Day Health Care. SLEEP. Baltimore, MD.

Fung, C. H., Martin, J. L., **Dzierzewski, J. M.**, Park, M., Jouldjian, S., Josephson, K., & Alessi, C. A. (June 2013). Prevalence and Symptoms of Unrecognized Sleep-Disordered Breathing among Older Veterans. SLEEP. Baltimore, MD.

Giacobbi, P. R., Jr., Floegel, T., **Dzierzewski, J. M.**, Aiken-Morgan, A., Roberts, B., McCrae, C., Marsiske, M., & Buman, M. (June, 2013). Evaluation of need satisfaction as an intervention strategy in a peer-assisted physical activity trial. 5thInternational Conference on Self-Determination Theory, Rochester, NY.

Fung, C. H., Martin, J. L., Jouldjian, S., **Dzierzewski, J. M.**, Josephson, K., & Alessi, C. A. (May 2013). Mental Health and Sleep Characteristics among Older Veterans with Untreated Obstructive Sleep Apnea and Comorbid Insomnia. Annual meeting of the American Geriatrics Society. Grapevine, TX.

Gonzalez, B., **Dzierzewski, J. M.**, Wallace, D. M., & Wohlgemuth, W. K. (March 2013). Higher CPAP Pressure, Better Adherence: Interaction with Self-Efficacy. Annual meeting of the Society of Behavioral Medicine. San Francisco, CA.

Dzierzewski, J. M., Marsiske, M., Buman, M. P., Aiken Morgan, A. T., Giacobbi, P. R., Roberts, B. L., & McCrae, C. S. (November 2012). Intensive Cognitive Practice in Older Adults: Gains, Structure, Predictors, and Transfer. The Gerontological Society of America. San Diego, CA.

Vatthauer, K. E., Craggs, J. G., **Dzierzewski, J. M.**, & McCrae, C. S. (2012). Increased Nightly Wake Time Predicts Increased Inconsistency in Executive Functioning Performance in Older Adults. Southeastern Student Mentoring Conference in Gerontology and Geriatrics. Atlanta, GA.

Roth, A. J., Sears, S. F., Conti, J. B., Berry, R. B., **Dzierzewski, J. M.**, & McCrae, C. S. (June 2012). The Effects of Sleep on Cognition in Patients with Implantable Cardioverter Defibrillators (ICDs). SLEEP. Boston, MA.

Kay, D., **Dzierzewski, J.M.**, Rowe, M., & McCrae, C. (April 2011). Sleep discrepancy and its correlates among older adults. 2nd Annual Spotlight on Research in Aging, University of Florida Pepper Center.

Dautovich, N.D., **Dzierzewski, J.M.**, & Gum, A.M. (March 2011). Association Between Fluctuations in the Number of Stressors and Depressive Symptoms: A Microlongitudinal Study of Community-Dwelling Adults. Annual Meeting for the American Association for Geriatric Psychiatry. San Antonio, TX.

Dautovich, N.D., **Dzierzewski, J.M.**, & Gum, A.M. Fluctuations in Stressful Life Events Predict changes in Depressed Mood: A Micro-longitudinal Study in Older Adults. (November 2010). The Gerontological Society of America. New Orleans, LA.

Dzierzewski, J. M., McCrae, C. S., Marsiske, M., Aiken Morgan, A. T., Buman, M. P., Giacobbi, P. R., & Roberts, B. L. (August 2009). A Growth Model Approach to the Examination

of Cognitive Intraindividual Variability in Older Adults: Does Cognitive Inconsistency Reflect Cognitive Vulnerability or Adaptability? American Psychological Association. Toronto, Canada.

Dzierzewski, J. M., McCrae, C.S., Marsiske, M., McCoy, K.J.M., McNamara, J. P. H., Dautovich, N., Ross, A., & Stripling, A. (November 2009). Nocturnal Sleep and Daytime Cognitive Functioning in Older Adults with Insomnia. The Gerontological Society of America. Atlanta, GA.

Kay, D.B., **Dzierzewski, J.M.**, McCrae, C.S., & Rowe, M.A. (June 2009). Predictors of Sleep Misperception in Older Adults. SLEEP. Seattle, WA.

Dautovich, N.D., Kay, D., McCrae, C., Rowe, M., & **Dzierzewski, J.M.** (June 2009). Variability in Nap Length Predicts Health Status in a Sample of Community-Dwelling Older Adults. SLEEP. Seattle, WA.

Dzierzewski, J. M., McCrae, C. S., Marsiske, M., Aiken Morgan, A. T., Buman, M. P., Giacobbi, P. R., & Roberts, B. L. (November 2008). A Growth Model Approach to the Examination of Cognitive Intraindividual Variability in Older Adults. The Gerontological Society of America. National Harbor, MD.

Dzierzewski, J. M., McCrae, C. S., Marsiske, M., Aiken Morgan, A. T., Buman, M. P., Giacobbi, P. R., & Roberts, B. L. (April 2008). Does Cognitive Inconsistency Reflect Cognitive Vulnerability in Older Adults? PPHP Research Day. Gainesville, FL.

Dubyak, P., McCrae, C. S., Rowe, M., & **Dzierzewski, J. M.** (June 2008). Within-person Variation in Sleep and Affect in Spousal Caregivers of Individuals with Alzheimer's Disease. SLEEP. Baltimore, MD.

Dzierzewski, J.M., McCrae, C.S., Rowe, M., Marsiske, M., McCoy, K.J.M., McNamara, J.P.H., and Dautovich, N. (June 2008). Nightly Sleep Patterns in Older Adults: Night-to-Night Fluctuations in the Sleep of Older Good-Noncomplaining, Good-Complaining, Poor-Noncomplaining, Poor-Complaining/Insomnia, and Caregivers. SLEEP. Baltimore, MD.

Giacobbi, P. R., Buman, M. P., Tuccitto, D. & **Dzierzewski, J. M.** (March 2008). Predicting Exercise Behavior from Stress Appraisals and Coping Responses. The Society of Behavioral Medicine. San Diego, CA.

Buman, M. P., Giacobbi, P. R., **Dzierzewski, J. M.**, Marsiske, M., Aiken Morgan, A. T., Roberts, B. L. & McCrae, C. S. (March 2008). Predicting Daily Reports of Leisure-Time Exercise from Pain and Fatigue in Community-Dwelling Older Adults. The Society of Behavioral Medicine. San Diego, CA.

Aiken-Morgan, A.T., Buman, M. P., **Dzierzewski, J. M.**, Marsiske, M., Roberts, B. L., McCrae, C. S., & Giacobbi, P. R. (November 2007). Relationship between Aerobic Fitness and Executive Cognitive Function in Sedentary, Community-dwelling Older Adults. The Gerontological Society of America. San Francisco, CA.

Dzierzewski, J. M., McCrae, C.S., Marsiske, M., McCoy, K.J.M., McNamara, J. P. H., Dautovich, N., Ross, A., & Stripling, A. (November 2007). Intraindividual Variability in Affect and Cognition in Older Adults with Insomnia. The Gerontological Society of America. San Francisco, CA.

Dzierzewski, J. M., McCrae, C.S., Marsiske, M., McCoy, K.J.M., McNamara, J. P. H., Dautovich, N., Ross, A., & Stripling, A. (June 2007). Variability in Objective and Subjective Sleep and Cognition in Older Adults with Insomnia. SLEEP. Minneapolis, MI.

Dzierzewski, J. M., McCrae, C.S., Marsiske, M., McCoy, K.J.M., McNamara, J. P. H., Dautovich, N., Ross, A., & Stripling, A. (April 2007). Intraindividual Variability in Sleep and Cognition in Older Adults with Insomnia. PPHP Research Day. Gainesville, FL.

Dzierzewski, J.M., McCrae, C.S., Lichstein, K.L., Nau, S.D., Wilson, N.M., Aguillard, R.N., Lester, K.W. & Bush, A.J.. (June 2006). Associations Between Sleep And Memory In Hypnotic Dependent Older Adults. SLEEP. Salt Lake City, Utah.

Dzierzewski, J.M. & Kemtes, K.A.. (April 2006). Presentation Modality Influences Younger and Older Adults' Recall and Recall Confidence for Health Information. Cognitive Aging Conference. Atlanta, GA.

Reinheimer, M.L., **Dzierzewski, J. M.,** & Kemtes, K.A.. (May 2005). Young and Older Adults' Auditory, Visual, and Auditory + Visual Processing. American Psychological Society, Los Angeles, CA.

Jetha, S. S., **Dzierzewski, J. M.,** Randall, C., & Kemtes, K. A.. (May 2005). Self-Reported Cognitive Interference During Text Processing in Younger and Older Adults. American Psychological Society, Los Angeles, CA.

Zlatar, Z. Z., **Dzierzewski, J. M.,** & Kemtes, K. A.. (August, 2005). Recall of Health Information in Bilingual Younger and Older Adults. American Psychological Association, Washington D.C.

Zlatar, Z. Z., **Dzierzewski, J. M.,** & Kemtes, K.A..(March, 2005). Age Differences in Bilingual Working Memory Tasks. Western Psychological Association, Portland, OR.

Dzierzewski, J. M. & Kemtes, K. A.. (August, 2005). Young and Older Adults' Memory Self-Efficacy, Confidence, and Health Information Recall. American Psychological Association, Washington D.C.

Dzierzewski, J. M., Zlatar, Z. Z., & Kemtes, K. A.. (March, 2005). Memory Self-Efficacy, Modality and Working Memory in Young and Older Adults. Western Psychological Association, Portland, OR.

Dzierzewski, J. M. & Kemtes, K. A.. (August, 2004). Health Information Recall, Recall Self-Efficacy, and Recall Confidence in Young and Older Adults. Summer Research Opportunity Symposium, Las Vegas, NV.

Dzierzewski, J. M., & Kemtes, K. A.. (March, 2004). Self-report cognitive workload and objective memory performance in younger and older adults. Western Psychological Association, Scottsdale, AZ.

Conference Presentations: Talks

*Perez, E., **Dzierzewski, J. M.,** Aiken-Morgan, A. T., McCrae, C. S., Buman, M. P., Giacobbi, P. R., Roberts, B. L., & Marsiske, M. (June 2018). Does Good Sleep Efficiency Protect Against

the Cognitive Consequences of Anxiety Symptoms in Older Adults? Annual Meeting of the Associated Professional Sleep Societies (APSS). Baltimore, MD.

Song, Y., Martin, J. L., Fung, C. H., **Dzierzewski, J. M.**, Rodriguez, J., Jouldjian, S., Josephson, K., Mitchell, M., & Alessi, C. (April 2018). Insomnia Severity is Associated With Depression Among Male Veteran Caregivers. Western Institute of Nursing's 51st Annual Communicating Nursing Research Conference (WIN). Spokane, WA.

McCrae, C. S. Williams, J., Dautovich, N. D., McNamara, J. P. H., Stripling, A., **Dzierzewski, J. M.**, Berry, R. B., McCoy, K., & Marsiske, M. (June 2017). Impact of a Brief Behavioral Treatment for Insomnia (BBT-I) on Sleep and Cognition in Older Adults: The REST Randomized Controlled Trial. Annual Meeting of the Associated Professional Sleep Societies (APSS). Boston, MA.

Gross, A., **Dzierzewski, J. M.**, Farias, S., Giovannetti, T., Ip, E., Marsiske, M., Payne, B., Rebok, G., Casanova, R., Davoudzadeh, P., Schaie, K. W., Thomas, K., Willis, S., & Jones, R. N. (November 2015). The ACTIVE Conceptual Framework Operationalized as a Structural Equation Model. Annual Meeting of the Gerontological Society of America (GSA). Orlando, FL.

Ryden, A. M., Matsuwaka, S., Mitchell, M. N., Fung, C. H., **Dzierzewski, J. M.**, Song, Y., Martin, J. L., & Alessi, C. A. (June 2015). Prevalence of Sleep Disorders Decreases with Age Among Older veterans. Annual Meeting of the Associated Professional Sleep Societies (APSS). Seattle, WA.

Dzierzewski, J. M., Fung, C. H., Truong, C., Rodrigues, J. C., Song, Y., Jouldjian, S., Josephson, K., Kulick, A. D., Irwin, M. R., Small, G., Alessi, C. A., & Martin, J. L. (June 2015). Cognitive Functioning in Older Adults with Comorbid Insomnia and Sleep Apnea. Annual Meeting of the Associated Professional Sleep Societies (APSS). Seattle, WA.

Rodriguez, J. C., Alessi, C. A., Martin, J. L., Hays, R. D., **Dzierzewski, J. M.**, Col, N., Patterson, E. S., Jouldjian, S., Josephson, K., Song, Y., & Fung, C. H. (June 2015). Association between Pain and Difficulty Setting Up Positive Airway Pressure Device Among Community-Dwelling Older Adults with Sleep Disordered Breathing. Annual Meeting of the Associated Professional Sleep Societies (APSS). Seattle, WA.

Martin, J. L., Hughes, J., Jouldjian, S., Vandenberg, T., **Dzierzewski, J. M.**, Fung, C. H., Rodrigues, J. C., & Alessi, C. A. (June 2014). A Behavioral Intervention Improves Sleep Quality Among Adult Day Health Care Participants: Results of a Randomized Controlled Trial. Annual Meeting of the Associated Professional Sleep Societies (APSS). Minneapolis, MN.

Alessi, C. A., Martin, J. L., Fiorentino, L., Fung, C. H., **Dzierzewski, J. M.**, Rodrigues, J. C., Josephson, K., Jouldjian, S., & Mitchell, M. (June 2014). Cognitive-Behavioral Therapy for Insomnia in Older Veterans: Final Results of a Randomized Trial. Annual Meeting of the Associated Professional Sleep Societies (APSS). Minneapolis, MN.

Alessi, C. A., Martin, J. L., Fiorentino, L., Fung, C. H., **Dzierzewski, J. M.**, Rodriguez, J. C., Josephson, K., Jouldjian, S., & Mitchell, M. (May 2014). A Randomized Controlled Trial of Behavioral Treatment for Chronic Insomnia in Older Veterans. American Geriatrics Society Annual Meeting. Orlando, FL.

Rodriguez, J. C., **Dzierzewski, J. M.**, Jouldjian, S., Martin, J. L., Fiorentino, L., Fung, C. H., Josephson, K., Mitchell, M., & Alessi, C. A. (May 2014). The Impact of Pain on the Efficacy of Cognitive Behavioral Therapy for Insomnia in Older Adults. American Geriatrics Society Annual Meeting. Orlando, FL.

Dzierzewski, J. M., Jouldjian, S., Fung, C. H., Alessi, C. A., Irwin, M. R., & Martin, J. L. (June 2013). Daytime Sleep and Nighttime Wakefulness Predict Worse Cognitive Functioning in At-Risk Older Adults. SLEEP. Baltimore, MD.

Martin, J. L., Fiorentino, L., Fung, C. H., **Dzierzewski, J. M.**, Jouldjian, S., Josephson, K. R., Alessi, C. A. (June 2013). Cognitive-Behavioral Therapy for Insomnia Improved Sleep Quality in an Older Veteran Population: Preliminary Results of the Healthy Sleep Study. SLEEP. Baltimore, MD.

Alessi, C. A., Martin, J. L., Jouldjian, S., Fung, C. H., **Dzierzewski, J. M.**, Fiorentino, L., & Josephson, K. (June 2013). A Postal Survey of Insomnia Prevalence in Older Adults. SLEEP. Baltimore, MD.

Dzierzewski, J. M., Marsiske, M., Aiken Morgan, A. T., Buman, M. P., Giacobbi, P. R., Roberts, B. L., & McCrae, C. S. (June 2013). Sleep and Practice-Related Learning in Community-Dwelling Older Adults. SLEEP. Baltimore, MD.

Dzierzewski, J.M. & Gregg, J. J. (November 2012). Clinical, Research, and Service with Diverse Elders: What Students Should Know. Symposium at The Gerontological Society of America. San Diego, CA.

Gregg, J. J. & **Dzierzewski, J.M.** (November 2012). Planning for the Future in Clinical Geropsychology: Avenues for Success. Symposium at The Gerontological Society of America. San Diego, CA.

Buman, M. P., Giacobbi, P. R., **Dzierzewski, J. M.**, Marsiske, M., McCrae, C. S., Aiken Morgan, A. T., & Roberts, B. L. (April 2011). Older Adult Peer Volunteers Improve Long-term Maintenance of Physical Activity in the Community: A Randomized Controlled Trial. 32nd Annual Meeting for the Society of Behavioral Medicine. Washington D.C.

Dzierzewski, J.M. & Foster, S. M. (November 2010). Tips for Successful Careers in Clinical Geropsychology: Research, Practice, and Public Policy. Symposium at The Gerontological Society of America. New Orleans, LA.

Kay, D., **Dzierzewski, J.M.**, Rowe, M., and McCrae, C.s. (June 2010). Sleep Discrepancy and Its Correlates Among Older Adults. SLEEP. San Antonio, TX.

Dzierzewski, J. M., Buman, M. P., Giacobbi, P. R., Roberts, B. L., Aiken Morgan, A. T., Marsiske, M., & McCrae, C. S. (June 2010). Exercise Behavior Predicts Daily Self-Reported Sleep in Community-Dwelling Elders. SLEEP. San Antonio, TX.

Buman, M. P., Giacobbi, P. R., **Dzierzewski, J. M.**, Marsiske, M., Aiken Morgan, A. T., McCrae, C. S., & Roberts, B. L. (April 2009). A Peer-Assisted Social Cognitive Based Physical Activity Intervention for Older Adults. The Society of Behavioral Medicine. Montreal, Quebec.

Dautovich, N., McCrae, C. S., Rowe, M., & **Dzierzewski, J. M.** (June 2008). How Variable is Napping Behavior in Older Adults? Within-person Variability in Napping in Older Adults in Relation to Sleep. SLEEP. Baltimore, MD.

McNamara, J.P.H., McCrae, C.S., Rowe, M.A., & **Dzierzewski, J.M.** (November 2006). Intraindividual Variability in Objective Sleep and Affect in Older Caregivers. Symposium at The Gerontological Society of America. Dallas, TX.

McCrae, C.S., McNamara, J.P.H., Rowe, M.A., Dirk, J., & **Dzierzewski, J.M.** (November 2006). Intraindividual Variability in Daily Objective and Subjective Sleep Patterns and Affect in Community Dwelling Older Adults. Symposium at The Gerontological Society of America. Dallas, TX.

Dzierzewski, J.M., McCrae, C.S., Rowe, M.A., & McNamara, J.P.H.. (November 2006). Intraindividual Variability in Subjective Sleep and Affect in Older Caregivers. Symposium at The Gerontological Society of America. Dallas, TX.

Grantsmanship/Research Support

Pending Support

Department of Veteran's Affairs - I01 HX002166-01A2

06/01/2018-05/31/2022

The Efficacy of Masked Tapering on Discontinuation of Hypnotics in Older Veterans

PI: Constance Fung, M.D.

Role: Co-I

Department of Homeland Security (DHS), Federal Emergency Management Agency (FEMA)

Fire Prevention & Safety Grant

8/01/2018-7/31/2021

HEROES: Helping Emergency Responders Obtain Effective Sleep

PI: Natalie Dautovich, Ph.D

Role: Co-PI

Pending (Re)Submissions

National Institute on Aging – R01 AG057669-01

Synergistic Effects of Cognitive Training and Mindfulness Interventions on Alzheimer's Risk in Sleep-Disturbed Older Adults

PI: George Rebok, Ph.D.

Role: Co-I

Current Support

K23AG049955

National Institute on Aging: Mentored Patient-Oriented Research Career Development Award

7/01/2016-03/31/2021 – Direct Costs: \$759,125

Cognitive and Inflammatory Consequences of Sleep Disorders in Older Adults.

Co-Investigators: Jennifer L Martin, Ph.D.; Cathy A Alessi, M.D.; Michael R Irwin, M.D.; Gary Small, M.D.; Bruce Rybarczyk, Ph.D.; Adam Spira, Ph.D.

Role: PI

Varela Research Grant

Mind & Life Institute

6/01/2018 – 12/31/2019 – Direct Costs: \$15,000

Eudaimonia and sleep: Effects of a mindfulness intervention in caregivers of people with dementia.

PI: Tarah Raldiris, M.S. (advisee)

Role: Faculty mentor

Completed Support

5P30AG028748 (UCLA Claude D Pepper OAIC funded by NIA)

UL1TR000124 (UCLA CTSI funded by NIH/NCATS)

Junior Investigator Research Award (PI: Joseph M Dzierzewski, Ph.D.)

07/01/2013-06/30/2016 – Direct Costs: \$225,000

Cognitive Response to Improved Sleep in Late-Life: The Role of Inflammation.

Co-Investigators: Jennifer L Martin, Ph.D.; Michael R Irwin, M.D.; Cathy A Alessi, M.D.;

Alexis Kulick, Ph.D.

Role: PI

001JP13

Sleep Research Society Foundation/Jazz Pharmaceutical Early Career Research Award (PI: Joseph M Dzierzewski, Ph.D.)

05/06/2014-02/06/2016 – Direct Costs: \$49,939

Long-term Clinical Outcomes of Hypersomnia in At-Risk Older Adults.

Co-Investigators: Jennifer L Martin, Ph.D.; Michael R Irwin, M.D.; Cathy A Alessi, M.D.

Role: PI

VA Advanced Geriatrics Fellowship (salary support only)

09/2012-08/2015

F31 AG 032802-01A1, National Institute on Aging (PI: Joseph Dzierzewski)

05/01/09-04/30/11 – Direct Costs: \$64,229

Predicting Cognitive Inconsistency from Physical Activity and Sleep in Late-Life.

This study examined the role of physical activity and nocturnal sleep in predicting cognitive inconsistency (i.e., intraindividual variability) in community-dwelling elders.

Role: PI

1 R21 HL 087831-01 Supplement

National Institutes of Health/National Heart, Lung, and Blood Institute (PI: Christina McCrae, Ph.D.)

07/01/09-06/01/11 -- Direct costs: \$95,373

Sleep in Patients with Implantable Cardioverter Defibrillators (ICDs)

This ARRA Supplement examined cognitive functioning in a sample of ICD patients and examined the effects of sleep treatment on cognitive functioning.

Co-Investigators: Samuel Sears, Ph.D.; Richard Berry, M.D.; Jamie Conti, M.D., Wei Hu, Ph.D.

Role: Co-Investigator

T32 AG 020499, National Institute on Aging (PI: Michael Marsiske)

05/01/06-04/30/09

Physical, Cognitive and Mental Health in a Social Context.

Role: Predoctoral Fellow

UF Aging Network Research Enhancement Fund (PI: Christina McCrae)

7/1/07-06/30/08

Trial of a multi-component exercise promotion intervention for older adults.

This study assessed the effects of a novel exercise promotion intervention on exercise behavior/fitness and changes in cognition, sleep, self-efficacy, and well-being in late-life.
Co-Investigators: Michael Marsiske; Peter Giacobbi; Beverly Roberts, Mathew Buman; Adrienne Aiken Morgan
Role: Co-Investigator

National Institutes of Health Biomedical Research Fellowship (PI: Joseph Dzierzewski)
05/01/03-04/30/04
Presentation modality of health information as a predictor of recall and recall confidence in young and older adults.
This study examined the role of presentation modality (i.e., visual, auditory, etc.) on the recall of health information in older adults.
Role: PI

National Science Foundation – EPSCoR Fellowship (PI: Joseph Dzierzewski)
Health information recall, recall self-efficacy, and recall confidence in young and older adults.
05/01/04-08/01/04
This study examined the role of memory self-efficacy on the recall of health information in older adults.
Role: PI

Unfunded Submissions

Center for Clinical and Translational Research (VCU)
09/01/2017-2/28/2019 – Direct Costs: \$129,969
Sleep and emotion in professional firefighters: An in-depth examination and pilot intervention
Co-Investigators: Natalie Dautovich, Ph.D, Beth Heller, Ph.D., Donna Gibson, Ph.D.
Role: Co-PI

National Institute on Aging – R01 AG057929-01 (Fung)
09/01/2017-08/31/2022
A Novel Mechanism for Helping Older Adults with Insomnia Discontinue Use of Sleeping Pills
Impact Score: 32; Percentile: 22
PI: Constance Fung, M.D.
Role: Co-I

National Institute on Aging – Administrative Supplement (Bridge to AD Research)
09/01/2017-08/31/2018 – Direct Costs: \$95,363
Cognitive and inflammatory consequences of sleep in older adults with Alzheimer’s disease and their caregivers
Role: PI

Editorial Experience

Fall 2017 – Current

Editorial Board – *Clinical Gerontologist*

Spring 2017

Guest Editor – *Clinical Gerontologist*
Special Issue on Late-Life Sleep

Fall 2013

Guest Editor – *Clinical Gerontologist*
Special Issue on Late-Life Diversity

Ad hoc Reviewer *Sleep Science, Translational Issues in Psychological Science, Journal of Aging and Physical Activity, Health & Social Care in the Community, Journal of Sleep Research, International Journal of Geriatric Psychiatry, Journal of American Geriatrics Society, Research Quarterly for Exercise and Sport, Behavioral Sleep Medicine, Journal of Aging and Health, Journal of Clinical Sleep Medicine, Journal of Clinical Psychology, BMC Psychiatry*

Leadership and Professional Experience

Fall 2017 – Current **Faculty Member** - Scientific Advisory Committee
CCTR Endowment Fund, Virginia Commonwealth University

Fall 2017 – Current **Faculty Member** – Clinical Area Diversity Committee

Fall 2017 – Current **Founding Member** – Richmond Geropsych Network

Summer 2017 **Grant Reviewer** – UK Alzheimer’s Association

January 2014-December 2016 **Newsletter Editor** – APA Division 12, Section II
Society of Clinical Geropsychology

October 2013 – May 2016 **Continuing Education (CE) Committee**
VA Greater Los Angeles Healthcare System

Fall 2013 **Grant Reviewer** – Alzheimer’s Association

Spring 2010 – Fall 2012 **Student Representative** – APA Division 12, Section II
Society of Clinical Geropsychology

Fall 2009 **Graduate Student Representative** – Aging Training Program
University of Florida

Fall 2008 - Fall 2010 **Student Representative/Member** – Curriculum Committee
Department of Clinical and Health Psychology, UF

Summer 2007 **Member** – Research Advisory Group
Department of Clinical and Health Psychology, UF

Honors and Awards

October 2015 Funded Participant (Competitive Application Process)
8th Annual Bedside to Bench Conference:
Sleep, Circadian Rhythms, and Aging: New Avenues for
Improving Brain Health, Physical Health and Functioning
National Institute on Aging & American Geriatrics Society
Bethesda, MD

July 2015 Best Faculty Poster (Health Sciences Section)
Research Conference on Aging
Department of Medicine, UCLA

June 2014	Funded Participant (NIA R13 AG 030995: Competitive Application Process) - Advanced Psychometrics Methods Workshop in Cognitive Aging; Friday Harbor, WA
July 2013	Funded Participant (NIA: Competitive Application Process) – National Institute on Aging Butler-Williams Scholar Program (formerly the Summer Institute on Aging Research); National Institute of Health, Bethesda, MD
July 2013	Funded Participant (NIMH: Competitive Application Process) – Summer Research Institute on Geriatric Mental Health; Cornell University, Weill Medical College, New York, NY
June 2013	Funded Participant (NIA R13 AG 030995: Competitive Application Process) - Advanced Psychometrics Methods Workshop in Cognitive Aging; Friday Harbor, WA
April 2013	Funded Participant (Competitive Application Process) – Young Investigator Research Forum; American Academy of Sleep Medicine; Bethesda, MD
June 2012	Funded Participant (NIA R13 AG 030995: Competitive Application Process) - Advanced Psychometrics Methods Workshop in Cognitive Aging; Friday Harbor, WA
Summer 2012, Spring 2012 Fall 2011	Supplemental Retention Program Award UF, Office of Graduate Minority Programs (\$2000 total)
Spring 2010	Outstanding Research Award (top score) UF, College of Public Health and Health Professionals (\$500)
Fall 2009	Most Outstanding Student Researcher Department of Clinical & Health Psychology University of Florida (\$500)
Summer 2009 – Spring 2011	F31 (NRSA) Funded Predoctoral Fellow National Institute on Aging University of Florida
Summer 2009	Completed Doctoral Research Award, Division 20 (Adult Development and Aging), American Psychological Association and the Retirement Research Foundation (\$1500)
Summer 2009	Best Student Poster Award, Division 12, Section II (Clinical GeroPsychology), American Psychological Association (\$100)
Summer 2009	Conference Travel Stipend UF Graduate Student Council (\$250)
Summer 2009	Office for Research, University of Florida Graduate Student Travel Grant (\$300)

Summer 2009	National Finalist, Elderhostel K. Patricia Cross Doctoral Research Grant
Summer 2008	Excellence in Research by a Student Member, Division 12, Section II (Clinical Geropsychology), American Psychological Association (\$250)
Spring 2008	Graduate Student Research Grant UF, College of Public Health and Health Professionals (\$1000)
Fall 2007	Travel Scholarship Behavioral and Social Science Section (BSS), Gerontological Society of America (GSA; \$200)
Summer 2007	Honorable Mention: Excellence in Research by a Student Member Division 12, Section II (Clinical Geropsychology), American Psychological Association
Spring 2007	Outstanding Research Award UF, College of Public Health and Health Professionals (\$500)
Summer 2006 – Spring 2009	T32 Funded NIA Predoctoral Aging Trainee University of Florida
Summer 2006	Thesis Proposal Award, Division 20 (Adult Development and Aging), American Psychological Association and the Retirement Research Foundation (\$750)
Spring 2006	Conference Travel Award UF Department of Psychology (\$150)
Spring 2006	Conference Travel Stipend UF Graduate Student Council (\$250)
Spring 2005	Undergraduate Research Award UNLV Department of Psychology
Spring 2005	Alumni License Plate Scholarship UNLV Department of Psychology (\$250)
Spring 2005	John & Mary Hughes Alumni Scholarship UNLV Department of Psychology (\$250)
Spring 2004	Alumni Foundation Outstanding Student Award UNLV Department of Psychology (\$500)
Fall 2000 – Spring 2005	Dean's Honor List
Fall 2000 – Spring 2005	Full Tuition Scholarship: Millennium Scholarship UNLV (\$10,000)

Professional Research Experience

Fall 2013 – current	Co-Investigator Novel Treatment of Comorbid Insomnia and Sleep Apnea in Older Veterans (IMPROVE Study) Veterans Administration HSR&D (IIR 12-353-2)
Fall 2013 – current	Study Collaborator A Patient-Focused Approach to Insomnia Treatment for Women Veterans Veterans Administration HSR&D (IIR 13-058-2)
Summer 2012-Fall 2013	Study Collaborator Implementing Sleep Interventions for Older Veterans Veterans Administration HSR&D (IIR 08-295-1)
Summer 2009 – Spring 2011	Study Consultant Resveratrol for Improved Performance in the Elderly (RIPE Study)
Spring 2009 – Spring 2011	Co-Investigator Sleep and Ventricular Arrhythmias (SAVE Study) 1R21HL087831-01 Supplement
Fall 2008 – Spring 2010	Study Consultant Aerobic Exercise, Cognition, and Brain Functions in Older Persons P30AG028740-02S3
Spring 2006 – Summer 2008	Core Investigator Active Adult Mentoring Program (Project AAMP) 1R36AG029664-01
Fall 2005 – Summer 2009	Graduate Researcher, University of Florida Research and Education in Sleep and Thinking (REST Study) 1R21AG24459-01A1
Summer 2003 – Spring 2005	Undergraduate Research, University of Nevada, Las Vegas 1. Lab Manager, Cognition in Aging Laboratory 2. Project Coordinator: Neuropsychology Research Program 3. Research Assistant: Psychology and Law Laboratory

Professional Clinical Experience

09/2012 – 08/2015	Advanced Geriatrics Fellow Geriatric Research, Education, and Clinical Center (GRECC) Greater Los Angeles Veterans Affairs Healthcare System
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Behavioral Sleep Medicine for common late-life sleep disturbances (group treatment of insomnia, group treatment of poor compliance with prescribed PAP therapy, treatment of comorbid

insomnia and OSA, and group treatment for caregiver burden in older adults). Supervision of practicum students, predoctoral psychology interns, and post-doctoral psychology fellows.

07/2011 – 07/2012

**Predoctoral Internship in Clinical Psychology
Geropsychology Emphasis**
Miami VA Healthcare System
Bruce W. Carter VA Medical Center
1201 NW 16th Street - #116-B
Miami, Florida 33125

This is a year-long, APA-approved internship in Clinical Psychology. Area of concentration is Clinical Geropsychology. Main rotations include: Home-Based Primary Care, Extended Care/Palliative Care, Community-Living Center, Behavioral Sleep Medicine, and Substance Abuse Residential Rehabilitation Treatment Program. This internship also includes comprehensive psychodiagnostic assessments and individual psychotherapy.

08/2009 – 06/2010

Advanced Practicum in Geropsychology
Ocala Community Based Outpatient Clinic (CBOC)
North FL/South GA Veteran's Health System
Supervisor: Angela E. Steep, Psy.D.

The focus of this year-long advanced practicum in Geropsychology was in the assessment and treatment of older adults presenting with a variety of psychological disturbances. Approximately ¼ of the rotation occurred in a Specialty Mental Health Clinic, while the other ¾ took place in a Primary Care facility.

05/2007 – 08/2010

Psychology Clinic
University of Florida & Shands Hospital
Gainesville, Florida

Graduate school clinical experience engaged in a hospital-based psychology clinic. Experiences included multiple practicum experiences, including: (1) Medical/Health Psychology: Adult Transplantation, (2) Child Psychology, (3) General Mental Health, (4) Neuropsychology, and (5) Advanced Therapy. Experiences included: (1) Pre-transplantation and donor evaluations, (2) ADHD, learning disorder, and developmental disorder evaluations, (3) Evaluation and treatment of mood and anxiety disorders across the life-span, (4) Evaluation of dementing illnesses, pre-surgical and post-operative evaluations, (5) Treatment of psychological disturbances across the age-range (though focusing on late-life) through Evidence-based Treatments.

Research Interests

- Sleep, cognition, inflammation, pain, physical activity, and mood in older adults.
- Consequences and correlates of sleep in late-life.
- Modifiable risk factors for late-life cognitive (and functional) decline.
- Intraindividual variability and change across time within older adults (multilevel modeling, growth modeling, SEM, mixed effects modeling, latent class analysis, dynamic coupling).
- The intersection of neuropsychology and behavioral medicine in late-life.

- Randomized-Controlled Trials (RCT) for common late-life ailments (e.g., sleep complaints, low PAP adherence, physical activity, depression, bereavement, etc.).

Specialized Training

- Programming and trouble shooting using DirectRT; Windows experiment generation program.
- Programming and trouble shooting using Psyscope; Macintosh experiment generation program.
- Working knowledge of SPSS, AMOS, STATA, G-Power, LISREL, MPLUS, and NCSS statistical software programs.

Membership in Professional Associations

2004 – Current	American Psychological Association
2006 – Current	Gerontological Society of America
2006 – Current	American Psychological Association, Division 12, Section II
2016 – Current	American Psychological Association, Division 12
2005 – Current	Sleep Research Society
2010 – 2013	American Geriatrics Society
2005 – 2013	American Psychological Association, Division 20
2012 – 2015	American Academy of Sleep Medicine

Teaching Experience

Fall 2016	Psychology Department, Virginia Commonwealth University PSYC 407: Abnormal Psychology
Fall 2015	Greater Los Angeles Veterans Affairs Healthcare System The Scientific Method: Research Methods for Medical Providers. Presented for the 2015 Sleep Medicine Fellowship Program.
Fall 2015	Greater Los Angeles Veterans Affairs Healthcare System (Sepulveda Clinic) Sleep Apnea: What Psychologists Need to Know. Presented for the 2015 Intern Seminar Series.
Fall 2014	Psychological and Behavioral Approaches to Chronic Insomnia. 19 th Annual Review of Psychiatry and Psychopharmacology. Semel Institute, University of California, Los Angeles.
Spring 2014	Psychology Department, Dana and David Dornsife College of Letters, Arts and Sciences (University of Southern California); Psychological Intervention (PSYC 619) – Guest Lecturer: Psychological Interventions for Sleep Disorders.
Spring 2014	Greater Los Angeles Veterans Affairs Healthcare System Normal Sleep and Insomnia: Diagnosis and Treatment.
Spring 2014	Greater Los Angeles Veterans Affairs Healthcare System The Scientific Method: Research Methods for Medical Providers. Presented for the 2014 Sleep Medicine Fellowship Program.
Spring 2014	Greater Los Angeles Veterans Affairs Healthcare System (Sepulveda Clinic) Sleep Apnea: Definitions, Consequences, and Treatment. Presented for the 2014 Intern Seminar Series.

- Fall 2013 Geriatric Evaluation and Management (GEM) Unit Didactics, VA Greater Los Angeles Healthcare System – **Instructor:** Dementia and Delirium.
- Spring 2013 Psychology Department, Dana and David Dornsife College of Letters, Arts and Sciences (University of Southern California); Psychological Intervention (PSYC 619) – **Guest Lecturer:** Psychological Interventions for Sleep Disorders.
- Spring 2013 Greater Los Angeles Veterans Affairs Healthcare System (Sepulveda Clinic) Sleep Apnea: Information for Psychologists. Presented for the 2013 Intern Seminar Series.
- Fall 2010 Clinical & Health Psychology 7934 (UF) – Psychotherapy with Older Adults. **Co-Instructor:** Graduate-level seminar course in the psychological treatment of older adults.
- Fall 2010 Clinical & Health Psychology 4302 (UF) – Introduction into Clinical Psychology. **Guest Lecturer:** Clinical Geropsychology: History, theory, assessment, intervention, and research.
- Spring 2009 Veterans Affairs Community Based Outpatient Clinic (CBOC) Ocala, FL Normal versus Pathological Aging: How to distinguish pathological cognitive aging from normal cognitive aging and how to assess for dementia in primary care.
- Spring 2009 Clinical & Health Psychology 4314 (UF) – Introduction into Health Psychology. **Guest Lecturer:** Health Psychology of Aging: Background, epidemiology, theory, assessment, research, and clinical work.
- Spring 2009 Developmental 4404 (UF) – Psychology of Aging. **Guest Lecturer:** Cognitive Aging: Theories, decline and growth in late-life.
- Spring 2006 Developmental 4404 (UF) – Psychology of Aging. **Teaching Assistant.** **Guest Lecturer:** Activities of Daily Living & Instrumental Activities of Daily Living. **Guest Lecturer:** Cognitive decline and growth in late-life.
- Fall 2005 Psychology 3213L (UF) – Laboratory Methods of Psychology. **Teaching Assistant.**
- Fall 2004 Psychology 416 (UNLV) – Cognitive Psychology. **Guest Lecturer:** Intelligence (Historical Perspective, Testing Procedures, and Current Conceptualization).