

Joseph M. Dzierzewski, Ph.D.

- 806 West Franklin Street, Box 842018 • Richmond, VA 23284 •
 - Phone: (804) 628-0645 • Fax: (804) 828-2237 •
 - dzierzewski@vcu.edu
-

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: Health Psychology & 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
-

PROFESSIONAL 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 – 2018 | 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 |

GRANTSMANSHIP/RESEARCH SUPPORT

Pending Support

R03AGXXXXXX Dautovich (PI) 06/01/20 – 05/31/22

Sleep Quality and Quantity as a Pathway from Perceived Discrimination to Cognitive Disparities.

The primary goals of this study it to examine sleep as a potential mechanism explaining the link between perceived discrimination and late-life cognitive disparities.

Source: National Institute on Aging (NIA), National Institutes of Health (NIH)

Direct Costs: \$155,250

Role: Co-Investigator

Current Support

UL1TR002649 Moeller (PI) 05/01/19 – 04/30/21

Diversity Supplement Agyemang (PI)

Examining the Influence of Sleep Quality on Cognitive Functioning in the Context of mTBI.

The primary goal of this supplemental project is to examine the potential mediation of mTBI effects on cognitive functioning through sleep quality.

Source: National Institutes of Health (NIH)

Direct Costs: \$148,236

Role: Co-Mentor

R01AG057929 Fung (PI) 09/15/18 – 05/31/23

A Novel Mechanism for Helping Older Adults Discontinue Use of Sleeping Pills.

The goal of this RCT is to test the impact of a novel mechanism to help older adults discontinue sleeping pills and improve sleep.

Source: National Institute on Aging (NIA), National Institutes of Health (NIH)

Direct Costs: \$2,397,256

Role: Co-Investigator

IIR 17-234 Fung (PI) 09/01/18 – 08/31/22

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

The goal of this trial is to test the efficacy of masked tapering on aiding older veterans discontinue their use of hypnotic medications.

Source: VA Health Services Research and Development Service (VA HSR&D), Department of Veteran's Affairs
Direct Costs: \$1,098,456
Role: Co- Investigator

K23AG049955 Dzierzewski (PI) 7/01/16 – 03/31/21
Cognitive and Inflammatory Consequences of Sleep Disorders in Older Adults.
The primary goal of this project is to investigate inflammation as a potential mechanism through which sleep apnea and insomnia may impact late-life cognitive functioning.
Source: National Institute on Aging (NIA), National Institutes of Health (NIH)
Direct Costs: \$759,125
Role: Principal Investigator

19-1 Dzierzewski (PI) 07/01/18 – 06/30/19
Cognitive and inflammatory consequences of sleep disorders in older adults with Alzheimer's disease and their caregivers.
The purpose of this investigation is to examine the relationships among sleep, inflammation, and cognition in caregiver – care recipient dyads.
Source: Alzheimer's and Related Diseases Research Award Fund (ARDRAF), Commonwealth of Virginia, Virginia Center on Aging
Direct Costs: \$44,970
Role: Principal Investigator

Varela Research Grant Raldiris (PI) 6/01/18 – 12/31/19
Eudaimonia and sleep: Effects of a mindfulness intervention in caregivers of people with dementia.
The purpose of this study is to examine the effects of a mindfulness-based intervention compared to a structurally equivalent relaxation-based intervention on well-being and sleep in caregivers of people with dementia.
Source: Mind & Life Institute
Direct Costs: \$15,000
Role: Co-Principal Investigator and faculty mentor

Completed Support

5P30AG028748 Reuben (PI) 07/01/13 – 06/30/16
UL1TR000124 Dubinett (PI)
Cognitive Response to Improved Sleep in Late-life: The Role of Inflammation.
The goal of this study was to collect preliminary data on the cognitive and inflammatory consequences of comorbid sleep apnea and insomnia in late-life, along with the cognitive and inflammatory responses of improvements in sleep.
Direct Cost: \$225,000
Source: UCLA Claude Pepper Older Americans Independence Center, UCLA National Center for Advancing Translational Sciences CTSI
Role: Principal Investigator (subaward)

001JP13 Dzierzewski (PI) 06/01/14 – 11/31/15
Long-term Clinical Outcomes of Hypersomnia in At-Risk Older Adults.
The goal of this study was to examine the longitudinal relationships between sleep, inflammatory factors, and cognitive functioning in an at-risk group of older adults.
Source: Sleep Research Society Foundation

Direct Costs: \$49,939
Role: Principal Investigator

F31AG032802 Dzierzewski (PI) 05/01/09 – 04/30/11
Predicting Cognitive Inconsistency from Physical Activity and Sleep in Late-Life.
The purpose of this study was to investigate intraindividual variability (IIV) in cognition, sleep, and physical activity in a group of sedentary older adults.
Source: National Institute on Aging (NIA), National Institutes of Health (NIH)
Direct Costs: \$64,229
Role: Principal Investigator

R21HL087831-Supplement McCrae (PI) 07/01/09 – 06/01/11
Sleep in Patients with Implantable Cardioverter Defibrillators (ICDs).
The goal of this administrative supplement was to identify the cognitive sequela of poor sleep in patients with implantable cardioverter defibrillators.
Source: National Heart, Lung, and Blood Institute (NHLBI), National Institutes of Health (NIH)
Direct costs: \$95,373
Role: Co-Investigator

T32AG020499 Marsiske (PI) 05/01/06 – 04/30/09
Physical, Cognitive and Mental Health in a Social Context.
Source: National Institute on Aging (NIA), National Institutes of Health (NIH)
Direct Costs: \$75,000
Role: Predoctoral Fellow

No Grant Number McCrae (PI) 07/1/07 – 06/30/08
Trial of a Multi-Component Exercise Promotion Intervention for Older Adults.
This study aimed to test the impact of peer-led lifestyle intervention on exercise behavior in sedentary older adults.
Source: Aging Network Research Enhancement Fund, University of Florida (UF)
Direct Costs: \$4,960
Role: Co-Investigator

Biomedical Research Fellowship Dzierzewski (PI) 05/01/03 – 04/30/04
Presentation Modality of Health Information as a Predictor of Recall and Recall Confidence in Young and Older Adults.
The purpose of this investigation was to determine the relationship between presentation modality and recall of health information in healthy, community-dwelling older adults.
Source: National Institutes of Health (NIH)
Direct Costs: \$15,000
Role: Principal Investigator

EPSCoR Fellowship Dzierzewski (PI) 05/01/04 – 08/01/04
Health information recall, recall self-efficacy, and recall confidence in young and older adults.
The purpose of this study was to investigate the role of memory self-efficacy beliefs in older adults' ability to accurately recall health-related information.
Source: National Science Foundation (NSF)
Direct Costs: \$5,000
Role: Principal Investigator

Pending (Re)Submissions

R01MD014027 Dzierzewski (PI) TBD

Correlates and Consequences of Sleep Disparities in Black College Students.

The purpose of this study is to examine the socio-ecological correlates and health, psychological, and performance consequences of sleep disparities in African American/Black college students.

Source: National Institute on Minority Health and Health Disparities (NIMHD), National Institutes of Health (NIH)

Direct Costs: \$2,172,013 (original submission 07/2018)

Role: Principal Investigator

R01AGXXXXXX Dzierzewski (PI) 02/2020

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

The goal of this grant submission is to examine the combined effects of cognitive behavioral therapy for insomnia and executive functioning training on cognitive functioning of older adults with poor sleep.

Source: National Institute on Aging (NIA), National Institutes of Health (NIH)

Direct Costs: \$2,XXX,XXX

Role: Principal Investigator

R01DKXXXXXX Dzierzewski (PI) 02/2020

Sleep and Diabetes Outcomes of Cognitive Behavioral Therapy for Insomnia in Adults with Comorbid Insomnia and Type II Diabetes.

The goal of this grant submission is to examine the sleep and diabetic outcomes of treating insomnia in adults with both insomnia and Type II diabetes.

Source: National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH)

Direct Costs: \$2,XXX,XXX

Role: Principal Investigator

Unfunded Submissions

EMW-2018-FP-00744 Dzierzewski (Co-PI) Submitted 12/2018

HEROES: Helping Emergency Responders Obtain Effective Sleep.

The purpose of this project is to test a novel method to improve the sleep health of professional firefighters, along with examination of potential secondary health-related gains.

Source: Department of Homeland Security (DHS), Federal Emergency Management Agency (FEMA), Fire Prevention & Safety Grant

Direct Costs: \$1,427,969

Role: Co-Principal Investigator with Natalie Dautovich, Ph.D.

No Number Assigned Sohn (PI) Submitted 03/2019

iTHRIV Sleep Data Repository.

The purpose of this project is to facilitate development of a multi-institution sleep collaborative and data repository.

Source: University of Virginia, Clinical and Translational Science Award, "The integrated Translational Health Research Institute of Virginia (iTHRIV): Using Data to Improve Health."

Direct Costs: \$50,000

Role: Co-Investigator, VCU-site Principal Investigator

No Number Assigned Dzierzewski (PI) Submitted 10/2018

Diagnostic Overshadowing and Comorbid Psychiatric Conditions.

The primary purpose of this study is to examine the influence of comorbid psychiatric conditions on the accurate diagnosis of insomnia disorder.

Source: American Academy of Sleep Medicine (AASM) Foundation

Direct Costs: \$20,000

Role: Principal Investigator

Administrative Supplement

Dzierzewski (PI)

Submitted 06/2017

Cognitive and inflammatory consequences of sleep in older adults with Alzheimer's disease and their caregivers.

The purpose of this proposal was to extend K23AG049955 to include a sample of older adults with Alzheimer's disease and their caregivers.

Source: National Institute on Aging (NIA), National Institutes of Health (NIH)

Direct Costs: \$95,363

Role: Principal Investigator

No Grant Number

Dzierzewski (Co-PI)

Submitted 04/2017

Sleep and emotion in professional firefighters: An in-depth examination and pilot intervention.

The purpose of this proposed study was to collect sleep-emotion information from a group of professional firefighters, as well as to test the feasibility of a pilot sleep intervention.

Source: Center for Clinical and Translational Research (CCTR), Virginia Commonwealth University (VCU)

Direct Costs: \$129,969

Role: Co-Principal Investigator with Natalie Dautovich, Ph.D.

R01AG057669

Reebok (PI)

Submitted 06/2016

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

The goal of this grant submission was to examine the combined effects of mindfulness and cognitive training on cognitive functioning of older adults with poor sleep.

Source: National Institute on Aging (NIA), National Institutes of Health (NIH)

Direct Costs: \$2,225,000

Role: Co-Investigator, VCU-site Principal Investigator

PUBLICATIONS

Note: * indicates mentee co-author.

Total publications = 79 [peer reviewed (71) + in-press peer reviewed (1) + book chapters (7)]

Peer Reviewed Publications (n=71)

1. *Ravyts, S. G., **Dzierzewski, J. M.**, *Perez, E., *Donovan, E. K., & Dautovich, N. D. (2019). Sleep Health as Measured by RU SATED: A Psychometric Evaluation. *Behavioral Sleep Medicine*. Advance online publication.
Impact factor: 3.171 doi: 10.1080/15402002.2019.1701474
2. *Griffin, S., *Williams, A. B., *Mladen, S., Perrin, P. B., **Dzierzewski, J. M.**, & Rybarczyk, B. D. (2019). Reciprocal Effects between Loneliness and Sleep Disturbance in Older Americans. *Journal of Aging and Health*. Advance online publication.
Impact factor: 2.007 doi: 10.1177/0898264319894486
3. Perrin, P. B., Henry, R. S., *Donovan, E. K., Cariello, A., Lageman, S. K., Villasenor, T., **Dzierzewski, J. M.**, Arroyo, M., & Avila, J. (2019). Parkinson's Family Needs and Caregiver

Mental Health: A Cross-Cultural Comparison between Mexico and the United States.
NeuroRehabilitation. Advance online publication.

Impact factor: 1.197 doi: 10.3233/NRE-192894

4. Fung, C. H., Martin, J. L., Alessi, C. A., **Dzierzewski, J. M.**, Cook, I., Moore, A., Grinberg, A., Zeidler, M., & Kierlin, L. (2019). Hypnotic Discontinuation Using a Blinded (Masked) Tapering Approach: A Case Series. *Frontiers in Psychiatry*, 10:717.
Impact factor: 3.16 doi: 10.3389/fpsy.2019.00717
5. **Dzierzewski, J. M.**, *Ravyts, S. G., *Griffin, S. C., & Rybarczyk, B. (2019). Sleep and Pain: The Role of Depression. *Current Sleep Medicine Reports*, 5(4), 173-180.
Impact factor: Unknown doi: 10.1007/s40675-019-00159-6
6. *Perez, E., **Dzierzewski, J. M.**, Aiken-Morgan, A. T., McCrae, C. S., Buman, M. P., Giacobbi, P. R., Roberts, B. L., & Marsiske, M. (2019). Executive Functioning and Anxiety in Mid-to-Late Life: An Examination of Sleep's Moderating Role. *Journal of Aging and Mental Health*. Advance online publication.
Impact factor: 2.956 doi: 10.1080/13607863.2019.1663492
7. Fung, C. H., Martin, J. L., Col, N., Patterson, E. S., Josephson, K., Mitchell, M. N., Grinberg, A., Song, Y., **Dzierzewski, J. M.**, Liang, L. J., Huang, D., Zeidler, M., Alessi, C. (2019). Development of a Program for Promoting Person-Centered Care of Older Adults with Obstructive Sleep Apnea. *Journal of the American Geriatrics Society*, 67(10), 2204-2207.
Impact Factor: 4.113 doi: 10.1111/jgs.16084
8. McCrae, C. S, Curtis, A. F., Williams, J. M., Dautovich, N. D., McNamara, J. P. H., Stripling, A., **Dzierzewski, J. M.**, Berry, R. B., McCoy, K. M., & Marsiske, M. (2019). Effects of Brief Behavioral Treatment for Insomnia on Daily Associations between Sleep and Cognition in Older Adults. *Behavioral Sleep Medicine*. Advance online publication.
Impact Factor: 3.171 doi: 10.1080/15402002.2019.1632201
9. *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. (2019). Pain Inconsistency and Sleep in Mid to Late-Life: The Role of Depression. *Journal of Aging and Mental Health*, 23(9), 1174-1179.
Impact Factor: 2.956 doi: 10.1080/13607863.2018.1481929
10. *Williams, A. B., **Dzierzewski, J. M.**, *Griffin, S. C., Lind, M. J., Dick, D., & Rybarczyk, B. D. (2019). Insomnia Disorder and Behaviorally Induced Insufficient Sleep Syndrome: Prevalence and Relationship to Depression in College Students. *Behavioral Sleep Medicine*. Advance online publication.
Impact Factor: 3.171 doi: 10.1080/15402002.2019.1578772
11. Chester, D. S., & **Dzierzewski, J. M.** (2019). Sour Sleep, Sweet Revenge? Aggressive Pleasure as a Potential Mechanism Underlying Poor Sleep Quality's Link to Aggression. *Emotion*. Advance online publication.
Impact Factor: 3.127 doi: 10.1037/emo0000593
12. *Ravyts, S. G., **Dzierzewski, J. M.**, *Raldiris, T. L., & *Perez, E. (2019). Sleep and pain interference in individuals with chronic pain: The influence of negative and positive affect. *Journal of Sleep Research*, 28(4): e12807.
Impact Factor: 3.432 doi: 10.1111/jsr.12807

13. **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. (2019). CBT for Late-Life Insomnia and the Accuracy of Sleep and Wake Perceptions: Results from a Randomized Controlled Trial. *Journal of Sleep Research*, 28(4): e12809.
Impact Factor: 3.432 doi: 10.1111/jsr.12809
14. Curtis, A. F., Roth, A. J., Sears, S. F., Conti, J. B., Berry, R. B., **Dzierzewski, J. M.**, Rathinkumar, H., & McCrae, C. S. (2019). Cognitive performance in patients with implantable cardioverter defibrillators (ICDs): Association with objective sleep duration, age, and anxiety. *Journal of Sleep Research*, 28(4): e12810.
Impact Factor: 3.432 doi: 10.1111/jsr.12810
15. Ryden, A. M., Martin, J. L., Matsuwaka, S., Fung, C. H., **Dzierzewski, J. M.**, Song, Y., Mitchell, M. N., Fiorentino, L., Josephson, K., Jouldjian, S., & Alessi, C. A. (2019). Insomnia Disorder among Older Veterans: Results of a Postal Survey. *Journal of Clinical Sleep Medicine*, 15(4), 543-551.
Impact Factor: 3.396 doi: 10.5664/jcsm.7710
16. Dautovich, N. D., *Schreiber, D. R., *Imel, J. L., Tighe, C. A., Shoji, K. D., Cyrus, J., Bryant, N., Lisech, A., O'Brien, C. T., & **Dzierzewski, J. M.** (2019). A Systematic Review of the Amount and Timing of Light in Association with Objective and Subjective Sleep Outcomes in Adults. *Sleep Health*, 5, 31-48.
Impact Factor: Pending. Cite Score: 3.44 doi: 10.1016/j.sleh.2018.09.006
17. **Dzierzewski, J. M.**, *Griffin, S. C., *Ravyts, S. G., & Rybarczyk, B. (2018). Psychological interventions for late-life insomnia: Current and emerging science. *Current Sleep Medicine Reports*, 4(4), 268-277.
Impact Factor: Unknown doi: 10.2007/s40675.018.0129.0
18. 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. (2018). Sleep Outcomes with Cognitive Behavioral Therapy for Insomnia are Similar between Older Adults with Low vs. High Self-reported Physical Activity. *Frontiers in Aging Neuroscience*, 10:274.
Impact Factor: 3.633 doi: 10.3389/fnagi.2018.00274
19. McCrae, C. S., Curtis, A. F., Williams, J., Dautovich, N. D., McNamara, J. P. H., Stripling, A., **Dzierzewski, J. M.**, Chan, W. S., Berry, R. B., McCoy, K., & Marsiske, M. (2018). Efficacy of brief behavioral treatment for insomnia in older adults: Examination of sleep, mood, and cognitive outcomes. *Sleep Medicine*, 51, 153-166.
Impact Factor: 3.360 doi: 10.1016/j.sleep.2018.05.018
20. 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. (2018). Effects of 90 Days of Resveratrol Supplementation on Cognitive Function in Elders: A Pilot Study. *Journal of Alternative and Complementary Medicine*, 24(7): 725-732.
Impact Factor: 1.868 doi: 10.1089/acm.2017.0398
21. **Dzierzewski, J. M.**, Dautovich, N., & *Ravyts, S. (2018). Sleep and Cognition in the Older Adult. *Sleep Medicine Clinics*, 13(1), 93-106.
Impact Factor Unknown. CiteScore: 2.41 doi: 10.1016/j.jsmc.2017.09.009

22. 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.
Impact Factor: 1.206 doi:10.1080/0361073X.2017.1398802
23. 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.
Impact Factor: 1.586 doi: 10.1080/07317115.2017.1356895
24. *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.
Impact Factor: 1.586 doi: 10.1080/07317115.2017.1345818
25. 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.
Impact Factor: 1.586 doi: 10.1080/07317115.2017.1408734
26. **Dzierzewski, J. M.** & Dautovich, N. D. (2018). Who Care about Sleep in Older Adults? *The Clinical Gerontologist*, 41(2), 109-112.
Impact Factor: 1.586 doi: 10.1080/07317115.2017.1421870
27. 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. (2018). Caregiving-Related Sleep Problems and Their Relationship to Mental Health and Daytime Function in Female Veterans. *Behavioral Sleep Medicine*, 16(4), 371-379.
Impact Factor: 3.171 doi: 10.1080/15402002.2016.1228640
28. 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.
Impact Factor: 3.098 doi: 10.1017/S1355617717000546
29. 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.
Impact Factor: 3.396 doi: 10.5664/jcsm.6790
30. 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).
Impact factor: 4.571 doi: 10.1093/sleep/zsx079

31. 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).
Impact factor: 4.571 doi: 10.1093/sleep/zsx007
32. 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.
Impact factor: 1.957 doi: 10.1016/j.whi.2016.12.003
33. 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.
Impact factor: 2.935 doi: 10.1016/j.clinthera.2016.09.019
34. 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.
Impact factor: 4.113 doi: 10.1111/jgs.14304
35. 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.
Impact factor: 3.937 doi: 10.1097/PSY.0000000000000314
36. 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. *Journals of Gerontology Series B: Psychological Sciences*, 71(3), 458-462.
Impact factor: 3.418 doi: 10.1093/geronb/gbu162
37. **Dzierzewski, J. M.**, Wohlgemuth, 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.
Impact Factor: 3.396 doi: 10.5664/jcsm.5478
38. 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.
Impact factor: 4.113 doi: 10.1111/jgs.13792
39. 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: Clinical Care and Aging*, 23(12), 25-29.

Impact factor: Unknown

40. 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. **Impact Factor: 3.396** doi: 10.5664/jcsm.5194
41. **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. **Impact factor: 3.141** doi: 10.1002/gps.4264
42. 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. **Impact factor: 4.113** doi: 10.1111/jgs.13527
43. **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). **Impact factor: 2.129** doi: 10.3389/fpsyg.2015.01004
44. 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. **Impact factor: 3.360** doi: 10.1016/j.sleep.2015.01.019
45. Kay, D. B. & **Dzierzewski, J. M.** (2015). Sleep in the Context of Healthy Aging and Psychiatric Syndromes. *Sleep Medicine Clinics*, 10(1), 11-15. **Impact Factor Unknown. CiteScore: 2.41** doi: 10.1016/j.jsmc.2014.11.012
46. Rodriguez, J.C., **Dzierzewski, J.M.**, & Alessi, C.A. (2015). Sleep Problems in the Elderly. *Medical Clinics of North America*, 99(2), 431-439. **Impact Factor: 2.716** doi: 10.1016/j.mcna.2014.11.013
47. 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. **Impact Factor: 1.840** doi: 10.5993/AJHB.39.4.5
48. **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. **Impact Factor: 3.396** doi: 10.5664/jcsm.4362
49. 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).

Impact Factor: 3.633 doi: 10.3389/fnagi.2015.00005

50. 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 and Health Journal*, 8(1), 86-92.
Impact Factor: 1.471 doi: 10.1016/j.dhjo.2014.06.002
51. 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.
Impact Factor: 3.488 doi: 10.1016/j.jagp.2013.02.008
52. 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.
Impact Factor: 2.203 doi: 10.1080/10413200.2013.803502
53. **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.
Impact Factor: 4.113 doi: 10.1111/jgs.12622
54. 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.
Impact Factor: 1.586 doi: 10.1080/07317115.2014.847312
55. **Dzierzewski, J. M.** (2014). Diversity in Late-life: Clinical and Empirical Implications. *The Clinical Gerontologist*, 37(1), 1-3.
Impact Factor: 1.586 doi: 10.1080/07317115.2014.847308
56. **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.
Impact Factor: 3.432 doi: 10.1111/jsr.12078
57. 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.
Impact Factor: 2.007 doi: 10.1177/0898264313497794
58. 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.
Impact Factor: 3.396 doi: 10.5664/jcsm.3162
59. 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.

Impact Factor: 3.432 doi: 10.1111/jsr.12066

60. **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.
Impact Factor: Unknown doi: 10.1024/1662-9647/a000096
61. Hekler, E. B., Buman, M. P., Poothakandiyil, 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.
Impact Factor: 2.613 doi: 10.1177/1090198113496787
62. 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.
Impact Factor: 3.098 doi: 10.1017/S1355617713000246
63. 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.
Impact Factor: 3.530 doi: 10.1037/a0027374
64. 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.
Impact Factor: 2.278 doi: 10.1007/s10608-011-9425-4
65. 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.
Impact Factor: 3.171 doi: 10.1080/15402002.2011.602775
66. 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.
Impact Factor: 2.079 doi: 10.1123/jpah.8.s2.s257
67. **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.
Impact factor: 4.113 doi: 10.1111/j.1532-5415.2010.02803
68. 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.

Impact Factor: 1.206 doi: 10.1080/0361073X.2010.507427

69. **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.
Impact Factor: 3.054 doi: 10.2147/NSS.S7064
70. McCrae, C.S., **Dzierzewski, J. M.**, & Kay, D.B. (2009). Treatment of Late-life Insomnia. *Sleep Medicine Clinics*, 4, 593-604.
Impact Factor Unknown. CiteScore: 2.41 doi: 10.1016/j.jsmc.2009.07.006
71. 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.
Impact Factor: 3.432 doi: 10.1111/j.1365-2869.2008.00621

Publications in Press (n=1)

1. **Dzierzewski, J. M.**, Dautovich, N. D., Rybarczyk, B. D., & Taylor, S. A. (in press). Night-to-Night Fluctuations in Sleep Apnea Severity: Diagnostic and Treatment Implications. *Journal of Clinical Sleep Medicine*.
Impact factor: 3.396

Publications under Review (n=10)

1. Chan, W. S., Dautovich, N. D., McNamara, J. P. H., Stripling, A., **Dzierzewski, J. M.**, McCoy, K., & McCrae, C. S. Sleep Discrepancy Predicts in a Randomized Controlled Trial of Brief Behavioral Therapy for Insomnia in Older Adults. *Behavioral Sleep Medicine*.
Impact Factor: 3.171
2. Djonlagic, I., Mariani, S., Fitzpatrick, A. L., Johnson, D., Wood, A. C., Seeman, T., Nguyen, H. T., Luchsinger, J. A., **Dzierzewski, J. M.**, Rapp, S. R., Burdick, K. E., Redline, S., & Purcell, S. M. Macro and Micro Sleep Architecture and Cognitive Performance in Older Adults. *Nature Human Behavior*.
Impact factor: Unknown
3. **Dzierzewski, J. M.**, *Ravyts, S. G., Dautovich, N. D., *Perez, E., *Schreiber, D., & Rybarczyk, B. D. Mental Health and Sleep Disparities in an Urban College Sample: A Cross-Sectional and Longitudinal Examination. *Journal of Clinical Psychology*.
Impact factor: 2.059
4. **Dzierzewski, J. M.**, *Donovan, E. K., Sannes, T., Kay, D. B., & Bradbrook, K. E. Sleep Inconsistency and Markers of Inflammation. *Psychosomatic Medicine*.
Impact factor: 3.937
5. *Ravyts, S. G., & **Dzierzewski, J. M.** Sleep Disturbance, Mental Health Symptoms, and Quality-of-Life: A Structural Equation Model Assessing Aspects of Caregiver Burden. *Journal of Clinical Psychology*.
Impact factor: 2.059
6. Curtis, A. F., **Dzierzewski, J. M.**, Buman, M. P., Giacobbi, P. R., Roberts, B. L., Aiken Morgan, A., Marsiske, M., McCrae, C. S. Sleep Efficiency and Cognition in Sedentary Middle-aged and

Older Adults: Moderating Roles of Pain and Physical Activity. *Journal of Clinical Sleep Medicine*.

Impact factor: 3.396

7. *Griffin, S., *Mladen, S., *Williams, A. B., Dautovich, N. D., Lageman, S. K., **Dzierzewski, J. M.**, Perrin, P. B., & Rybarczyk, B. D. Sleep Disturbance Mediates the Association between Loneliness and Health in Older Americans. *International Journal of Behavioral Medicine*.

Impact Factor: 1.955

8. Villasenor, T., Perrin, P. B., *Donovan, E. K., McKee, G. B., Henry, R. S., **Dzierzewski, J. M.**, & Lageman, S. K. Parkinson's Family Dynamics and Caregiver Sense of Coherence: A Family-Systems Approach to Coping in Mexico and the U.S. *Rehabilitation Research and Practice*.

Impact factor: Unknown

9. Curtis, A. F., Roth, A. J., Sears, S. F., Conti, J. B., Berry, R. B., **Dzierzewski, J. M.**, & McCrae, C. S. Associations between Pain, Objective Sleep Efficiency and Cognition in Patients with Implantable Cardioverter Defibrillators. *Sleep Medicine*.

Impact factor: 3.360

10. *Perez, E., **Dzierzewski, J. M.**, & *Ravyts, S. G. Lifetime Discrimination and Depressive Symptoms in Older Adults: Examination of the Role of Optimism. *Journal of Aging and Mental Health*.

Impact factor: 2.956

Publications under Revision (n=1)

1. *Raldiris, T., & **Dzierzewski, J. M.** Intellectual Control Beliefs and Cognitive Functioning in Older Adults. *Journal of Aging and Mental Health*.

Impact factor: 2.956

Publications in Progress (n=2)

Note: All manuscripts are at least 75% complete.

1. *Ghose, S. M., **Dzierzewski, J. M.**, & Dautovich, N. D. Inconsistency in Sleep and Social Acceptance: Does Night-to-Night Sleep Variability Inform Current and Future Social Perceptions?
2. **Dzierzewski, J. M.**, & *Donovan, E. K. The Sleep Regularity Questionnaire: Development and Initial Validation.

Book Chapters (n=7)

1. Dautovich, N. D., **Dzierzewski, J.M.**, *MacPherson, A. (*in press*). Bed Environment and Sleep Health. In F. J. Nieto and D. J. Peterson (Eds.) *Foundations for Sleep Health*. National Sleep Foundation Press.
2. **Dzierzewski, J. M.**, *Raldiris, T. L., & *Ravyts, S. G. (*in press*). Sleep Through the Ages: Adults and Older Adults. In V. Cacho and E. Lum (Eds.) *Integrative Sleep Medicine*. Oxford University Press.
3. Dautovich, N. D., *Imel, J. L., & **Dzierzewski, J.M.** (*in press*). Napping. In V. Cacho and E. Lum (Eds.) *Integrative Sleep Medicine*. Oxford University Press.

4. *Reid, M. P., Dautovich, N. D., & **Dzierzewski, J.M.** (*in press*). Light and Sleep. In V. Cacho and E. Lum (Eds.) *Integrative Sleep Medicine*. Oxford University Press.
5. **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.
6. **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.
7. 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.

Other Publications (Non-reviewed) and Popular Media References (n=9)

1. **Dzierzewski, J. M.** (April 5, 2019). Perspective: Consistent CPAP Use May Improve Cognitive Function in Older Patients. *Healio: Primary Care Today*. <https://www.healio.com/family-medicine/geriatric-medicine/news/online/%7B1471a3e5-4daf-4c61-9776-64dc78d7f371%7D/consistent-cpap-use-may-improve-cognitive-function-in-older-patients>
2. **Quoted in:** Santa Cruz, J. (2019). Sleep: Impacts on Older Adult Health. *Today's Geriatric Medicine*, 12(2), 12. <http://www.todaysgeriatricmedicine.com/archive/MA19p12.shtml>
3. **Dzierzewski, J. M.** (2019). Clinical Science Early Career Path. *Clinical Science: The Publication of the Society for the Science of Clinical Psychology*, 22:1/2, 9-10.
4. **Quoted in:** Schroeder, M. O. (December 20, 2018). Aging-Related Sleep Problems and Memory Loss. *US News and World Report*. <https://health.usnews.com/health-care/patient-advice/articles/2018-12-20/aging-related-sleep-problems-and-memory-loss>
5. **Dzierzewski, J. M.** (2012). Student Voice – To Postdoc or Not, That is the Question. *Clinical Geropsychology News*, 19:1, 5-7.
6. Foster, S. & **Dzierzewski, J. M.** (2011). Student Voice – Graduate-level Geropsychology Specialization. *Clinical Geropsychology News*, 18:1/2, 8-9.
7. **Dzierzewski, J. M.** (2010). Student Voice – An Insider's Perspective on Geropsychology Internships. *Clinical Geropsychology News*, 17:3, 12-13.
8. **Dzierzewski, J. M.** (2010). Student Voice. *Clinical Geropsychology News*, 17:1, 5.
9. **Dzierzewski, J. M.** & McCrae, C. S. (2008). Don't Forget about Sleep. *Clinical Geropsychology News*, 15, 17-20.

CONFERENCE PRESENTATIONS

*Note: * indicates mentee co-author.*

Total N = 135 (97 poster presentations; 28 oral presentations; 10 submissions)

Conference Submissions (n=12)

1. Grinberg, A. M., Kelly, M. R., Martin, J. L., Alessi, C. A., Badr, S. M., Cook, I. A., **Dzierzewski, J. M.**, Jakle, K., McGowan, S. K., Mitchell, M., Moore, A., Smith, J. P., Song, Y., Zeidler, M., & Fung, C. H. (April 2020). Early Results from an Ongoing Trial of a Novel Method to Discontinue Hypnotic Medication among Chronic Users. Annual Meeting of the Society of Behavioral Medicine (SBM). San Francisco, CA.
2. **Dzierzewski, J. M.**, Zhu, R., *Donovan, E. K., *Perez, E., Song, Y., Kelly, M., Carlson, G., Fung, C., Alessi, C. A., & Martin, J. L. (June 2020). Cognitive Functioning Before and After Insomnia Treatment in Women Veterans. Annual Meeting of the Associated Professional Sleep Societies (APSS). Philadelphia, PA.
3. Fung, C. H., Martin, J. L., **Dzierzewski, J. M.**, Fiorentino, L., Stepnowsky, C., Song, Y., Zeidler, M., Mitchell, M., Vaughan, E. C., Huang, A., Markland, A., Josephson, K., & Alessi, C. A. (June 2020). An Integrated Behavioral Treatment for Obstructive Sleep Apnea and Coexisting Insomnia Reduces Nocturia Frequency. Annual Meeting of the Associated Professional Sleep Societies (APSS). Philadelphia, PA.
4. Song, Y., Kelly, M., Fung, C. H., **Dzierzewski, J. M.**, Grinberg, A. M., Mitchell, M., Josephson, K., Fiorentino, L., Martin, J. L., & Alessi, C. A. (June 2020). Reducing Dysfunctional Sleep-Related Cognitions Improves Nighttime Sleep and Daytime Consequences in Older Adults with Insomnia. Annual Meeting of the Associated Professional Sleep Societies (APSS). Philadelphia, PA.
5. *Donovan, E. K., & **Dzierzewski, J. M.** (June 2020). The Sleep Regularity Questionnaire: Development and Preliminary Psychometric Properties. Annual Meeting of the Associated Professional Sleep Societies (APSS). Philadelphia, PA.
6. *Ravyts, S. G., & **Dzierzewski, J. M.** (June 2020). The Association among Diagnosed and Suspected Sleep Disorders and Pain. Annual Meeting of the Associated Professional Sleep Societies (APSS). Philadelphia, PA.
7. *Sabet, S. M., Dautovich, N. D., & **Dzierzewski, J. M.** Sleep Behaviors and Thoughts as Links Between Social Rhythmicity and Depressive Symptoms. Annual Meeting of the Associated Professional Sleep Societies (APSS). Philadelphia, PA.
8. *Perez, E., Perrin, P. B., Lageman, S. K., Villasenor, T., & **Dzierzewski, J. M.** (June 2020). Sleep, Caregiver Burden, and Life Satisfaction in Parkinson's Disease Caregivers from Mexico and the US. Annual Meeting of the Associated Professional Sleep Societies (APSS). Philadelphia, PA.
9. *Soto, P., **Dzierzewski, J. M.**, Dautovich, N. D., *Ravyts, S. G., *Perez, E., & *Donovan, E. K. (June 2020). The Association between Work-Related Job Demands and Daytime Impairment in Professional Firefighters. Annual Meeting of the Associated Professional Sleep Societies (APSS). Philadelphia, PA.
10. Dautovich, N. D., **Dzierzewski, J. M.**, *Sabet, S. M., *Soto, P., *Donovan, E. K., & *Kleva, C. Is Healthy Sleep Possible for Professional Firefighters? A Comparison of "On-duty" and "Off-duty" Sleep Quality and Quantity. Annual Meeting of the Associated Professional Sleep Societies (APSS). Philadelphia, PA.

11. Gutierrez, L., Krall, A. Hampson, E., Grinberg, A. M., Alessi, C., Martin, J. L., Moore, A. A., **Dzierzewski, J. M.**, & Fung, C. H. (May 2020). Association between PTSD and Benzodiazepine Dependence in Older Veterans with Insomnia Symptoms. Annual Meeting of the American Geriatrics Society (AGS). Long Beach, CA.
12. Fung, C. H., Martin, J. L., Liang, L., Hays, R. D., Col, N., Zeidler, M. R., Patterson, E. S., Josephson, K. R., Huang, Y., **Dzierzewski, J. M.**, Song, Y., Mitchell, M. N., Alessi, C. (May 2020). Decide2Rest: A Program for Promoting Person-centered Obstructive Sleep Apnea (OSA) Treatment in Older Adults. Annual Meeting of the American Geriatrics Society (AGS). Long Beach, CA.

Conference Posters (*n=97*)

1. *Donovan, E. K., **Dzierzewski, J. M.**, Fung, C. H., Josephson, K. R., Alessi, C. A., & Martin, J. L. (April 2020). Nightly Sleep Quality is Associated with Daily Cognition in Late-Life. Annual Meeting of the Society of Behavioral Medicine (SBM). San Francisco, CA.
2. *Ravyts, S. G., **Dzierzewski, J. M.**, *Perez, E., & *Donovan, E. (November 2019). Validation and Clinical Usefulness of a Sleep Health Scale in Late-Life. Annual Meeting of the Gerontological Society of America (GSA). Austin, TX.
3. *Raldiris, T. & **Dzierzewski, J. M.** (November 2019). Which Came First, Well-Being or Physical Health? A Longitudinal Investigation in Mid- to Late-Life. Annual Meeting of the Gerontological Society of America (GSA). Austin, TX.
4. *Perez, E., **Dzierzewski, J. M.**, & *Ravyts, S. G. (November 2019). Discrimination and Depression in Mid-to-Late Life: The Role of Optimism. Annual Meeting of the Gerontological Society of America (GSA). Austin, TX.
5. *Griffin, S., *Ravyts, S. G., **Dzierzewski, J. M.**, & Rybarczyk, B. R. (November 2019). Loneliness Predicts Reductions in Sleep Quality in Older Americans. Annual Meeting of the Gerontological Society of America (GSA). Austin, TX.
6. Song, Y., Fung, C. H., **Dzierzewski, J. M.**, Mitchell, M. N., Josephson, K., Fiorentino, L., Martin, J. L., & Alessi, C. A. (November 2019). Reducing Dysfunctional Beliefs About Sleep Provides Long-Term Benefit in Older Adults with Insomnia. Annual Meeting of the Gerontological Society of America (GSA). Austin, TX.
7. Curtis, A. F., Williams, J. M., Dautovich, N. D., McNamara, J. P. H., Stripling, A., **Dzierzewski, J. M.**, Berry, R. B., McCoy, K., Marsiske, M., McCrae, C. S. (September 2019). Associations between pain reduction and cognitive improvement in older adults following brief behavioral treatment for insomnia. Inaugural Meeting of the Society for Behavioral Sleep Medicine (SBSM). Birmingham, AL.
8. McCrae, C., Curtis, A., Williams, J., Dautovich, N., MvNamara, J., Stripling, A., **Dzierzewski, J.**, Berry, R., McCoy, K., Marsiske, M., (June 2019). Impact of Brief Behavioral Treatment for Insomnia (BBTi) on Meta-Cognition in Older Adults. Annual Meeting of the Associated Professional Sleep Societies (APSS). San Antonio, TX.

9. Fung, C. H., Martin, J. L., Liang, L. J., Hays, R. D., Col, N., Zeidler, M., Patterson, E. S., Josephson, K., **Dzierzewski, J. M.**, Mitchell, M. M., Song, Y., Huang, D., & Alessi, C. (June 2019). Decide2Rest: A Program for Promoting Person-Centered OSA treatment. Annual Meeting of the Associated Professional Sleep Societies (APSS). San Antonio, TX.
10. Curtis, A. F., Roth, A. J., Sears, S. F., Conti, J. B., Berry, R. B., **Dzierzewski, J. M.**, & McCrae, C. S. (June 2019). Higher Sleep Efficiency Improves Attention and Processing Speed in Patients with Severe Pain and Implantable Cardioverter Defibrillators. Annual Meeting of the Associated Professional Sleep Societies (APSS). San Antonio, TX.
11. *Ravyts, S. G., **Dzierzewski J. M.**, *Perez E, *Grah. S. C. (June 2019). Sleep Health as a Predictor of Mental Health and Quality-of-Life Among Informal Caregivers. Annual Meeting of the Associated Professional Sleep Societies (APSS). San Antonio, TX.
12. *Ghose, S., **Dzierzewski, J.M.**, Dautovich, N.D., Schreiber, D.R., MacPherson, A.R., Reid, M.P., Imel, J.L., & Sabet, S.M. (June 2019). Intraindividual variability in objective and subjective sleep longitudinally predicts social acceptance. Annual Meeting of the Associated Professional Sleep Societies (APSS). San Antonio, TX.
13. *Ghose, S., Dautovich, N.D., **Dzierzewski, J.M.**, Sabet, S.M., Imel, J.L., Schreiber, D.R., MacPherson, A.R., & Reid, M.P. (June 2019). The association between discrimination and sleep is exacerbated in individuals with comorbid chronic health conditions. Annual Meeting of the Associated Professional Sleep Societies (APSS). San Antonio, TX.
14. *Sabet, S.M., Dautovich, N.D., **Dzierzewski, J.M.**, *Grah, S.C., *Imel, J.L., *Schreiber, D.R., *MacPherson, A.R., *Reid, M.P., & *Ghose, S.M. (June 2019). Sleep health mediates the association between social rhythmicity and anxiety. Annual Meeting of the Associated Professional Sleep Societies (APSS), San Antonio, TX.
15. *Perez, E., **Dzierzewski, J. M.**, *Ravyts, S. G., & *Grah, S. C. (June 2019). Objective and Subjective Sleep Characteristics of Male Older Adults Who Experienced Cerebrovascular Events. Annual Meeting of the Associated Professional Sleep Societies (APSS). San Antonio, TX.
16. *Burns, B. A., *Perera B. N., *Robinson, X. M., *Donovan, E. K., *Ravyts, S. G., & **Dzierzewski, J. M.** (April 2019). Trading in Likes for Sleepless Nights: An Exploration of Gender Differences. Virginia Commonwealth University Poster Symposium for Undergraduate Research and Creativity. Richmond, VA.
17. *Davis, A.H., *Russell, H., *Ramos, E., *Raldiris, T., *Perez, E., & **Dzierzewski, J.M.** (April 2019). Better Sleep, Better Life: The Role of Affect. Virginia Commonwealth University Poster Symposium for Undergraduate Research and Creativity. Richmond, VA.

18. *Griffin, S., *Baylor, A., **Dzierzewski, J. M.**, & Rybarczyk, B. R. (November 2018). Lonely Nights: The Relationship between Loneliness and Restless Sleep in Older Americans. Annual Meeting of the Gerontological Society of America (GSA). Boston, MA.
19. *Grah, S. C., **Dzierzewski, J. M.**, *Ravyts, S. G., *Raldiris, T. L., & *Perez, E. (November 2018). Subjective Age Bias as a Psychological Protective Factor in the Aging Process. Annual Meeting of the Gerontological Society of America (GSA). Boston, MA.
20. *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.
21. *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.
22. *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.
23. 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.
24. **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.
25. 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.
26. 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.
27. 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.
28. 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.

29. *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.
30. *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.
31. 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.
32. 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.
33. 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.
34. 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.
35. 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.
36. 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.
37. 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.
38. 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.

39. 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.
40. 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.
41. 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.
42. 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.
43. 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.
44. 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.
45. 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.
46. 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.
47. 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.

48. **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.
49. **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.
50. 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.
51. 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.
52. 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.
53. 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.
54. 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.
55. 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.
56. 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.
57. 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.

58. 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.
59. 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.
60. *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.
61. 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.
62. **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.
63. **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.
64. 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.
65. 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.
66. 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.
67. 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.
68. 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.

69. **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.
70. Vathauer, 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.
71. 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.
72. 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.
73. 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.
74. 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.
75. **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.
76. **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.
77. Kay, D.B., **Dzierzewski, J.M.**, McCrae, C.S., & Rowe, M.A. (June 2009). Predictors of Sleep Misperception in Older Adults. SLEEP. Seattle, WA.
78. 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.
79. **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.

80. **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.
81. 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.
82. **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.
83. 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.
84. 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.
85. 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.
86. **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.
87. **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.
88. **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.
89. **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.
90. **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.
91. 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.

92. 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.
93. 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.
94. Zlatar, Z. Z., **Dzierzewski, J. M.**, & Kemtes, K.A..(March, 2005). Age Differences in Bilingual Working Memory Tasks. Western Psychological Association, Portland, OR.
95. **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.
96. **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.
97. **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.
98. **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 Talks (*n=28*)

1. **Dzierzewski, J. M.** (October 2019). Integrating Cognitive-Behavioral Treatment for Insomnia with PAP Adherence Treatment for Individuals with Comorbid Insomnia and Sleep Apnea. Virginia Academy of Sleep Medicine (VASM). Richmond, VA.
2. Fung, C. H., Martin, J. L., Liang, L. J., Hays, R. D., Col, N., Zeidler, M., Patterson, E. S., Josephson, K., **Dzierzewski, J. M.**, Mitchell, M. M., Song, Y., Huang, D., & Alessi, C. (June 2019). Decide2Rest: A Program for Promoting Person-Centered OSA treatment. Annual Meeting of the Associated Professional Sleep Societies (APSS), Club Hypnos Data Blitz. San Antonio, TX.
3. *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.
4. 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.

5. 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.
6. 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.
7. 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.
8. **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.
9. 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.
10. 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.
11. 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.
12. 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.
13. 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.
14. **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.

15. 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.
16. 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.
17. **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.
18. **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.
19. 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.
20. 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.
21. **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.
22. 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.
23. **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.
24. 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.
25. 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.
26. 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.
27. 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.

28. **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.

PROFESSIONAL SERVICE EXPERIENCE

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, Rehabilitation Psychology, Journal of Women's Health, Psychoneuroendocrinology

Leadership and Professional Experience

Fall 2019 – Current

Director – Behavioral Medicine Concentration
Virginia Commonwealth University

Fall 2019

Faculty Member – Search Committee
Assistant Professor Clinical Psychology
Virginia Commonwealth University

2018 – 2019

Faculty Member – Search Committee
Assistant Professor Clinical Psychology (two positions)
Virginia Commonwealth University

Spring 2018 – Current

Faculty Adviser – Rams for Memory (student organization)
Virginia Commonwealth University

Spring 2017 – Current

Preliminary Exam Coordinator
Department of Psychology, Virginia Commonwealth University

Fall 2017 – Current

Faculty Member - Scientific Advisory Committee
CCTR Endowment Fund, Virginia Commonwealth University

Fall 2017 – Current

Faculty Member – Clinical Area Diversity Committee
Department of Psychology, Virginia Commonwealth University

| | |
|-------------------------|---|
| Fall 2017 – Current | Founding Member – Richmond Geropsych Network Richmond, VA |
| Summer 2017 | Grant Reviewer – UK Alzheimer’s Association |
| January 2014-Dec. 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 |

TEACHING AND MENTORING EXPERIENCE

Graduate Mentorship

Doctoral Student Advisees: (0 completed, 5 continuing)

| | |
|------|--|
| 2019 | Tarah Raldiris, Social Psychology (anticipated defense) |
| 2020 | Scott Ravyts, Clinical Psychology (anticipated defense) |
| 2023 | Elliottneil Perez, Clinical Psychology (anticipated defense) |
| 2024 | Sarah Ghose, Counseling Psychology (secondary mentor; anticipated defense) |
| 2025 | Pablo Soto, Clinical Psychology (anticipated defense) |

Master’s Student Advisees: (2 completed, 2 continuing)

| | |
|------|--|
| 2016 | Tarah Raldiris, Social Psychology |
| 2017 | Scott Ravyts, Clinical Psychology |
| 2019 | Stephanie Grah, Clinical Psychology (withdrew from program) |
| 2019 | Sahar Sabet, Counseling Psychology (secondary mentor; anticipated defense) |
| 2019 | Emily Donovan, Clinical Psychology (anticipated defense) |

Member of Dissertation Committee: (4 completed, 3 continuing)

| | |
|------|------------------------------|
| 2019 | David Rothman (defended) |
| 2019 | Rachel Weiskittle (defended) |
| 2019 | Sarah Clark (defended) |
| 2019 | Sarah Griffin (defended) |
| 2019 | Dana Schreiber (proposed) |
| 2018 | Nour Al Ghriwati (proposed) |
| 2019 | Richard Henry (pre-proposal) |
| 2019 | Alyssa Rudy (pre-proposal) |

Member of Thesis Committee: (1 completed, 0 continuing)

| | |
|------|------------------------|
| 2019 | Morgan Reid (defended) |
|------|------------------------|

Student Grantsmanship:

- 2017 Nour Al Ghriwati: NIH F31, unfunded.
Role: Other significant contributor.
- 2019 Alyssa Rudy: NIH F31, unfunded.
Role: Other significant contributor.
- 2018 - 2021 Elliottneil Perez: Southern Regional Education Board Fellowship, funded.
Role: Primary mentor.
- 2019 - 2022 Pablo Soto: Southern Regional Education Board Fellowship, funded.
Role: Primary mentor.

Informal Mentoring:

Meet with numerous graduate students to discuss work/life balance, career options, funding applications, etc.

Undergraduate Mentorship

Mentorship and supervision of 12 undergraduates at VCU in the SAGE Research Laboratory. Students attend regular lab meetings and participate in discussions regarding lab projects. Students are involved in active study recruitment, data collection, data entry and coding, and data analyses. Students collaborate with graduate students on presentations at local, regional, and national conferences. Mentorship also entails discussion of career options and professional development issues.

Faculty Adviser

2018 – Current

Rams for Memory (R4M) – VCU-sanctioned undergraduate student organization with a mission for advocacy and increased awareness about Alzheimer’s disease and related dementias.

Courses Taught

- Spring 2019 PSYC 627: Research Methods in Clinical Psychology (Primary Instructor)
Psychology Department, Virginia Commonwealth University
- Fall 2018 PSYC 627: Research Methods in Clinical Psychology (Primary Instructor)
Psychology Department, Virginia Commonwealth University
- Fall 2018 PSYC 494: Research Internship in Psychology (Primary Instructor)
Psychology Department, Virginia Commonwealth University
- Spring 2019 PSYC 494: Research Internship in Psychology (Primary Instructor)
Psychology Department, Virginia Commonwealth University
- Fall 2019 PSYC 494: Research Internship in Psychology (Primary Instructor)
Psychology Department, Virginia Commonwealth University
- Spring 2018 PSYC 627: Research Methods in Clinical Psychology (Primary Instructor)
Psychology Department, Virginia Commonwealth University
- Fall 2016 PSYC 407: Abnormal Psychology (Primary Instructor)
Psychology Department, Virginia Commonwealth University
- Fall 2010 PSY 7934: Psychotherapy with Older Adults (Co-Instructor)
Department of Clinical & Health Psychology, University of Florida

Community Presentations

- Spring 2019 Presented “Self-Care & Caregiving: Sleep” to multiple Richmond, VA Alzheimer Association support groups
- Spring 2019 Presented “Sleep in Alzheimer’s Disease and Caregiving” to Richmond Caregiver Workshop hosted by the Alzheimer Association.

Invited/Guest Lectures

- Fall 2018 PSYC 101: Introductory Psychology. **Guest Lecturer:** Sleep. Psychology Department, Virginia Commonwealth University
- Spring 2018 PSYC 700: Grant Writing. **Guest Discussant:** Grants from an Inside Perspective. Psychology Department, Virginia Commonwealth University
- Fall 2017 PSYC 306: Psychology of Adult Development. **Guest Lecturer:** Sleep. Psychology Department, Virginia Commonwealth University
- Fall 2017 ADHC Clinic Supervision. **Guest Lecturer:** Working with Older Adults. Psychology Department, Virginia Commonwealth University
- Fall 2015 Sleep Medicine Fellowship Program.
Instructor: The Scientific Method: Research Methods for Medical Providers. Greater Los Angeles Veterans Affairs Healthcare System
- Fall 2015 Clinical Psychology Intern Seminar Series.
Instructor: Sleep Apnea: What Psychologists Need to Know. Greater Los Angeles Veterans Affairs Healthcare System (Sepulveda Clinic)
- Fall 2014 19th Annual Review of Psychiatry and Psychopharmacology.
Instructor: Psychological and Behavioral Approaches to Chronic Insomnia. Semel Institute, University of California, Los Angeles.
- Spring 2014 PSYC 619: Psychological Intervention. **Guest Lecturer:** Psychological Interventions for Sleep Disorders. Psychology Department, University of Southern California
- Spring 2014 Sleep Medicine Fellowship Program.
Instructor: The Scientific Method: Research Methods for Medical Providers. Greater Los Angeles Veterans Affairs Healthcare System
- Spring 2014 Clinical Psychology Intern Seminar Series.
Instructor: Sleep Apnea: Definitions, Consequences, and Treatment. Greater Los Angeles Veterans Affairs Healthcare System (Sepulveda Clinic)
- Fall 2013 Geriatric Evaluation and Management (GEM) Unit Didactics
Instructor: Dementia and Delirium. Greater Los Angeles Veterans Affairs Healthcare System (West LA Clinic)
- Spring 2013 PSYC 619: Psychological Intervention. **Guest Lecturer:** Psychological Interventions for Sleep Disorders. Psychology Department, University of Southern California

- Spring 2013 Clinical Psychology Intern Seminar Series.
Instructor: Sleep Apnea: Information for Psychologists.
Greater Los Angeles Veterans Affairs Healthcare System (Sepulveda Clinic)
- Fall 2010 PSY 4302: Introduction to Clinical Psychology. **Guest Lecturer:** Clinical Geropsychology: History, theory, assessment, intervention, and research.
Department of Clinical & Health Psychology, University of Florida
- Spring 2009 Clinic Staffing Presentation. **Instructor:** Normal versus Pathological Aging: How to distinguish pathological cognitive aging from normal cognitive aging and how to assess for dementia in primary care.
Veterans Affairs Community Based Outpatient Clinic (CBOC), Ocala, FL
- Spring 2009 PSY 4314: Introduction into Health Psychology. **Guest Lecturer:** Health Psychology of Aging: Background, epidemiology, theory, assessment, research, and clinical work.
Department of Clinical & Health Psychology, University of Florida
- Spring 2009 PSY 4404: Psychology of Aging. **Guest Lecturer:** Cognitive Aging: Theories, Decline, and Growth.
Department Psychology, University of Florida
- Spring 2006 PSY 4404: 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.
Department Psychology, University of Florida
- Fall 2005 PSY 3213L: Laboratory Methods of Psychology. **Teaching Assistant.**
Department Psychology, University of Florida
- Fall 2004 PSY 416: Cognitive Psychology. **Guest Lecturer:** Intelligence (Historical Perspective, Testing Procedures, and Current Conceptualization).
Department of Psychology, University of Nevada, Las Vegas

HONORS AND AWARDS

- October 2018 Funded Faculty Participant: 25th Annual Institute on Teaching and Mentoring. Southern Regional Education Board.
Arlington, VA
- July 2018 Funded Participant: 18th Annual Summer Research Institute on Randomized Behavioral Clinical Trials. NIH/NHLBI/OBSSR
- 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 | 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 | 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 CLINICAL EXPERIENCE

09/2012 – 08/2015 **Advanced Geriatrics Fellow**

Geriatric Research, Education, and Clinical Center (GRECC)
Greater Los Angeles Veterans Affairs Healthcare System

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

- Consequences and correlates of sleep, especially in late-life.
- Sleep in special populations (i.e., disparities, sleep in first responders, sleep in caregivers and individuals with Alzheimer's disease).

- 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).
- 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.
- Use of wrist actigraphy and home sleep testing for the measurement of sleep.
- Biological specimen collection and analyses for the measurement of inflammatory factors.
- Working knowledge of SPSS, AMOS, STATA, G-Power, LISREL, MPLUS, and NCSS statistical software programs.

PROFESSIONAL MEMBERSHIP

| | |
|----------------|---|
| 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 |