

Curriculum Vitae
Elizabeth Ann Klingaman, Ph.D.
Veterans Affairs Capitol Healthcare Network (VISN 5)
Mental Illness Research, Education, and Clinical Center (MIRECC)

Date: August 14, 2023



Contact Information

VISN 5 Mental Illness Research, Education, and Clinical Center (MIRECC)
Baltimore VA Medical Center
10 N. Greene St. (Attn: MIRECC, Annex Bldg, 7th floor)
Baltimore, MD 21201
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Email: Elizabeth.Klingaman@va.gov
Proficient in Spanish language

Education

- 2004 B.A. University of Mary Washington (Psychology and Historic Preservation)
- 2007 M.S. Loyola University Maryland (Clinical Psychology)
- 2012 Ph.D. University of Maryland, College Park (Counseling Psychology; APA Accredited)

Post Graduate Education and Training

- 2011-2012 Psychology Doctoral Internship (2011-2012): Eastern Colorado Health Care System
Denver VA Medical Center, Denver, CO (APA Accredited); Focus: Neuropsychology and
Behavioral Health
- 2012-2015 Advanced Fellowship Program in Mental Illness Research and Treatment
VISN 5 Mental Illness Research, Education, and Clinical Center, Baltimore, MD
- 2016 Graduate Coursework in Qualitative Research Methods
University of Maryland, Baltimore County
- 2017 Graduate Coursework in the Neurobiology of Sleep
Stanford University

Licensure

Maryland Licensed Psychologist, Active (Maryland)

Employment History

Administrative Positions

2016-present Assistant Director, Advanced Fellowship Program in Mental Illness Research and Treatment
VISN 5 Mental Illness Research, Education, and Clinical Center, Baltimore, MD

Research Positions

2004-2006 Research Assistant, Loyola College Center for Social and Community Research

2006-2008 Program Evaluator, Loyola University Maryland Comprehensive Language Study

2006-2011 Independent Consultant, Statistical Planning and Analysis for Dissertation Projects, College Park, MD

2006-2011 Research Assistant, University of Maryland College Park Counseling Center Testing and Research Unit

2010-2011 Biological Science Aide, Neuropsychology Section, VA Maryland Health Care System, Baltimore, MD

2015-present Psychologist Clinician Investigator, VISN 5 Mental Illness Research, Education, and Clinical Center, Baltimore, MD

2017-present Adjunct Assistant Professor, Department of Psychiatry, University of Maryland School of Medicine, Baltimore, MD

Grant Support

Active

2013-2014 Principal Investigator-0%
Sleep and Health Behaviors Project: Needs and Barriers Identified by Veterans and Providers
VA/VISN 5 MIRECC Pilot Project Funding (Peer Reviewed)
Total Costs: \$25,000

2020-2024 Site Principal Investigator-12.5%
Enhancing Access to Insomnia Care (EASI Care): Implementing Brief Behavioral Treatment for Insomnia in Primary Care Mental Health Integration Clinics
1I01HX003096-01
VA Health Services Research and Development Merit Award
Total Costs: \$1,192,529

2021-2025 Principal Investigator-38%
CBT-I to Improve Functional Outcomes in Veterans with Psychosis
I01RX003213-01A2
VA Rehabilitation Research and Development Service Merit Award
Total Costs: \$1,200,000

Completed

- 2012-2013 Principal Investigator-0%
 Assessment of Veterans and Providers Regarding Sleep Services for Veterans with SMI
 VA HSR&D QUERI SMI Health Workgroup Locally Initiated Project (LIP) (Peer
 Reviewed)
 QLP 55-016
 Total Costs: \$5,000
- 2015-2021 Principal Investigator-88%
 CBT-I for Psychosis: Guidelines, Preliminary Efficacy, and Functional Outcomes
 VA Rehabilitation Research and Development Service Career Development Award-2
 IK2RX001836
 Total Costs: \$938,586

Publications

Peer Reviewed Journal Articles

1. Duffy, R. D., & **Klingaman, E. A.** (2009). Ethnic identity and career development among first-year college students. *Journal of Career Assessment, 17*, 286-297.
2. Raque-Bogdan, T. L., **Klingaman, E. A.**, Martin, H. M., & Lucas, M. S. (2013). Career-related parent support and career barriers: An investigation of contextual variables. *The Career Development Quarterly, 61*(4), 339-353.
3. Hill, C. E., Gelso, C. J., Chui, H., Spangler, P., Hummel, A., Huang, T., Jackson, J., Jones, R., Palma, B., Bhatia, A., Gupta, S., Ain, S., **Klingaman, B.**, Lim, R., Liu, J., Hui, K., Jezzi, M., & Miles, J. R., (2014). To be or not to be immediate with clients: The use and effects of immediacy in psychodynamic/interpersonal psychotherapy. *Psychotherapy Research, 24*(3), 299-315.
4. Hoerster, K. D., Lai, Z., Goodrich, D. E., Damschroder, L. J., Littman, A. J., **Klingaman, E. A.**, Nelson, K. M., & Kilbourne, A. M. (2014). Weight loss for Veterans with and without PTSD after participation in a national VA weight management program. *Psychiatric Services, 65*(11), 1385-1388.
5. **Klingaman, E. A.**, Viverito, K. M., Medoff, D. R., Hoffmann, R. M., & Goldberg, R. W. (2014). Strategies, barriers, and motivation for weight loss among veterans living with schizophrenia. *Psychiatric Rehabilitation Journal, 37*(4), 270-276.
6. Park, S. G., Derman, M., Dixon, L. B., Brown, C. H., **Klingaman, E. A.**, Fang, L. J., & ... Kreyenbuhl, J. (2014). Factors associated with shared decision-making preferences among veterans with serious mental illness. *Psychiatric Services, 65*(12), 1409-1413.
7. Littman, A. J., Damschroder, L. J., Verchinina, L., Lai, Z., Kim, H. M., Hoerster, K. D., **Klingaman, E. A.**, Goldberg, R. W., & Goodrich, D. E. (2015). National evaluation of obesity screening and treatment among veterans with and without mental health disorders. *General Hospital Psychiatry, 37*(1), 7-13.
8. Aakre, J. M., **Klingaman, E. A.**, & Docherty, N. M. (2015). The relationship between stigma sentiments and self-identity of individuals with schizophrenia. *Psychiatric Rehabilitation Journal, 38*(2), 125-131.
9. **Klingaman, E. A.**, Medoff, D. R., Park, S. G., Brown, C. H., Fang, L., Dixon, L. B., Hack, S. M., Tapscott, S. L., Walsh, M. B., & Kreyenbuhl, J. A. (2015). Consumer satisfaction with psychiatric services: The role of shared decision-making and the therapeutic relationship. *Psychiatric Rehabilitation Journal, 38*(3), 242-8.
10. **Klingaman, E. A.**, Palmer-Bacon, J., Bennett, M. E., & Rowland, L. M. (2015). Sleep disorders among people with schizophrenia: Emerging Research. *Current Psychiatry Reports, 17*(10), 616.

11. Record, E. J., Medoff, D. R., Dixon, L. B., **Klingaman, E. A.**, Park, S. G., Hack, S. M., Brown, C. H., Fang, L. J., & Kreyenbuhl, J. A. (2016). Access to and use of the internet by veterans with serious mental illness. *Community Mental Health Journal, 52*(2), 136-141.
12. Maguen, S., Hoerster, K. D., Littman, A. J., **Klingaman, E. A.**, Evans-Hudnall, G., Holleman, R., Kim, H. M., & Goodrich, D. E. (2016). Iraq and Afghanistan veterans with PTSD participate less in VA's weight loss program than those without PTSD. *Journal of Affective Disorders, 193*, 289-294.
13. Janney, C. A., Kilbourne, A. M., Germain, A., Lai, Z., Hoerster, K. D., Goodrich, D. E., **Klingaman, E. A.**, Verchinina, L., & Richardson, C. R. (2016). The influence of sleep-disordered breathing on weight loss in a national weight management program. *SLEEP, 39*(1) 59-65.
14. **Klingaman, E. A.**, Hoerster, K. D., Aakre, J. M., Viverito, K. M., Medoff, D. R., Goldberg, R. W. (2016). Veterans with PTSD report more weight loss barriers than veterans with no mental health disorders. *General Hospital Psychiatry, 39*, 1-7.
15. Muralidharan, A., **Klingaman, E. A.**, Prior, S. J., Molinari, V., Goldberg, R. W. (2016). Medical and psychosocial barriers to weight management in older Veterans with and without serious mental illness. *Psychological Services, 13*(4), 419-427.
16. Hack, S. M., Brown, C. H., Medoff, D. R., Fang, L., Dixon, L. B., **Klingaman, E. A.**, Park, S. G., & Kreyenbuhl, J. A. (2016). Predictors of patient communication in VA psychiatric medication encounters. *Psychiatric Rehabilitation Journal, 39*(2), 183-186.
17. Goodrich, D. G., **Klingaman, E. A.**, Verchinina, L., Goldberg, R. W., Littman, A. J., Janney, C. A., Kim, H. M., Maguen, S., Hoerster, K. D., Owen, R. R., Holleman, R. G., Roman, P., Lai, Z., & Bowersox, N. W. (2016). Sex differences in weight loss among veterans with serious mental illness: observational study of a national weight management program. *Women's Health Issues, 26*(4), 410-19.
18. Kreyenbuhl, J., Dixon, L. B., Brown, C. H., Medoff, D. R., **Klingaman, E. A.**, Fang, L., Tapscott S., Walsh, M. A. (2017). Randomized controlled trial of a patient-centered approach to improve screening for the metabolic side effects of antipsychotic medications. *Community Mental Health Journal, 53*(2), 163-175.
19. Andorko, N. D., Mittal, V., Thompson, E., Denenny, D., Epstein, G., Demro, C., Wilson, C., Sun, S., **Klingaman, E. A.**, DeVlyder, J., Oh, H., Postolache, T. T., Reeves, G., & Schiffman, J. (2017). The association between sleep dysfunction and psychosis-like experiences among college students. *Psychiatry Research, 248*, 6-12.
20. **Klingaman, E. A.**, McCarthy, J. M., Schwartz, E. K., Gehrman, P. R., & Bennett, M. E. (2017). Targets for the Treatment of Insomnia in Veterans with Serious Mental Illness. *Journal of Psychiatric Practice, 23*(4), 270-280.
21. Hack, S. M., Larrison, C. R., Bennett, M. E. **Klingaman, E. A.**, & Peeples, A. (2017). Mental illness etiology beliefs and implications for service engagement among African American men and their social support networks. *Social Work in Mental Health, 15*(1), 99-120.
22. Brownlow, J. A., **Klingaman, E. A.**, Boland, E. M., Brewster, G. S., & Gehrman, P. R. (2017). Psychiatric disorders moderate the relationship between insomnia and cognitive problems in military soldiers. *Journal of Affective Disorders, 221*, 25-30.
23. Muralidharan, A., **Klingaman, E. A.**, Molinari, V., Goldberg, R. W. (2018). Perceived barriers to physical activity in older and younger veterans with serious mental illness. *Psychiatric Rehabilitation Journal, 41*(1), 67-71.
24. Ali, M. K., Hack, S. M., Brown, C. H., Medoff, D. R., Fang, L., **Klingaman, E. A.**, Park, S. G., Dixon, L. B., & Kreyenbuhl, J. A. (2018). Racial differences in mental health recovery among veterans with serious mental illness. *Journal of Racial and Ethnic Disparities 5*(2), 235-242.
25. Reich, C. M., Hack, S. M., **Klingaman, E. A.**, Brown, C. H., Fang, L. J., Dixon, L. B., Jahn, D. R., Kreyenbuhl, J. A. (2018). Consumer satisfaction with antipsychotic medication monitoring appointments: The role of consumer-prescriber communication patterns. *International Journal of Psychiatry in Clinical Practice, 22*(2), 89-94.

26. **Klingaman, E. A.**, Brownlow, J. A., Boland, E. M., Mosti, C., & Gehrman, P. R. (2018). Prevalence, predictors, and correlates of insomnia in U.S. Army soldiers. *Journal of Sleep Research*, 27, 1-13.
27. Andorko, N. D., Millman, Z. B., **Klingaman, E. A.**, Medoff, D., Kline, E., DeVylder, J., Reeves, G., & Schiffman, J. (2018). Association between Sleep, childhood trauma, and psychosis-like experiences. *Schizophrenia Research*, 199, 333-340.
28. Muralidharan, A., Brown, C.H., Peer, J., **Klingaman, E. A.**, Hack, S., Li, L., Walsh, M.B., Goldberg, R.W. (2019). Living Well: An intervention to improve medical illness self-management for individuals with serious mental illness. *Psychiatric Services* 70(1), 19–25.
29. **Klingaman, E. A.**, Lucksted, A., Crosby, E. S., Blank, Y., & Schwartz, E. (2019). A phenomenological inquiry into the experience of sleep: Perspectives of U.S. military veterans with insomnia and serious mental illness. *Journal of Sleep Research* 28(4), e12833.
30. Travaglini, L., E., Cosgrave, J., & **Klingaman, E. A.*** (2019). Pain and sleep problems predict quality of life for veterans with serious mental illness. *Psychiatric Rehabilitation Journal* 42(3), 229–237. *SR author
31. Mosti, C. B., **Klingaman, E. A.**, Brownlow, J. A., & Gehrman, P. R. (2019). Insomnia prevalence among U.S. army soldiers with a history of traumatic brain injury. *Rehabilitation Psychology* 64(4), 475–481.
32. Vargas, I., Perlis, M. L., Grandner, M., Gencarelli, A., Khader, W. Zandberg, L. J., **Klingaman, E. A.**, Goldschmied, J. R., Gehrman, P. R., Brown, G. K., & Thase, M. E. (2019) Insomnia symptoms and suicide-related ideation in U.S. Army service members. *Behavioral Sleep Medicine*, 18(6), 820–836.
33. Phalen, P., Muralidharan, A., Travaglini, L. T., Bennett, M., Stahl, N., Brown, C., Hack, S., **Klingaman, E. A.**, & Goldberg, R. (2020). Predictors of attendance in health and wellness treatment groups for people with serious mental illness. *Psychiatric Rehabilitation Journal*, 43(2), 149–155.
34. Korenic S.A., **Klingaman E. A.**, Wickwire E. M., Gaston F. E., Chen H., & Rowland L. M. (2020). Sleep quality is related to brain glutamate and symptom severity in schizophrenia. *Journal of Psychiatric Research*, 120, 14–20.
35. Muralidharan, A., Peeples, A. D., Hack, S. M., Fortuna, K. L., **Klingaman, E. A.**, Stahl, N. F., Phalen, P., Lucksted, A., & Goldberg, R. W. (2021). Peer and Non-Peer Co-Facilitation of a Health and Wellness Intervention for Adults with Serious Mental Illness. *The Psychiatric quarterly*, 92(2), 431–442.
36. Miller, K. E., Ramsey, C. M., Boland, E. M., **Klingaman, E. A.**, & Gehrman, P. (2021). Identifying and characterizing longitudinal patterns of insomnia across the deployment cycle in active duty Army soldiers. *Sleep*, 44(7), zsab004.
37. Brownlow, J. A., **Klingaman, E. A.**, Miller, K. E., & Gehrman, P. R. (2022). Trauma type as a risk factor for insomnia in a military population. *Journal of Affective Disorders*, 308, 65–70.
38. **Klingaman, E. A.**, Lucksted, A., Crosby, E. S., Hack, S. M., Peeples, A. D., Blank, Y., & Schwartz, E. (2022). How do US military veterans with serious mental illness manage insomnia? A phenomenological analysis. *Journal of Sleep Research*.

Book Chapters

1. Talbot, L., **Klingaman, E.**, Primeau, M., Kawai, M., Pirog, S., Jordan, J., & O'Hara, R. (2018). The role of sleep in mental illness in veterans and active service members. In Weiss Robers, L. & Warner, C. H. (Eds.), Military and Veteran Mental Health: A comprehensive guide. New York, NY: Springer.
2. Cosgrave, J., **Klingaman, E. A.**, & Gehrman, P. R. (2020). Effectively assessing sleep and circadian rhythms in psychosis. In Badcock, J. C. & Paulik-White, G. (Eds.), *A Clinical Introduction to Psychosis: Foundations for Clinical and Neuropsychologists*. Amsterdam, Netherlands: Elsevier.

Abstracts and/or Proceedings

1. Kane, R., Loreck, D. **Klingaman, E. A.**, Carney, S., & Provan, A. (2012, July). Comparison of cognitive screening measures for primary care. *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, 8(4), P370.
2. Rogers, H. L., Snipes, D. J., Perrin, P. B., **Klingaman, E. A.**, Lemos-Hoyos, M., Jensen, B., & Arango-Lasprilla, J. C. (2013, March). Influence of anger/hostility and stress and depressive symptoms over time in CAD patients and healthy controls from Medellín, Colombia. *Psychosomatic Medicine*, 75(3), A-143.
3. Breland, J.Y., **Klingaman, E. A.**, Renn, B. N., & Masheb, R. M. (2016, March). Understanding the impact of psychological symptom on chronic disease management and health outcomes. *Annals of Behavioral Medicine*, 50(1), S88.
4. Gehrman, P. R., Brownlow, J. A., **Klingaman, E. A.**, & McHugh-Grant, S. (2016, June). Interaction of insomnia and PTSD on neurocognitive outcomes in military soldiers. *Sleep: Journal of Sleep and Sleep Disorders Research*, 39 (Abstract Supplement), A281.
5. **Klingaman, E. A.**, Brownlow, J. A., & Gehrman, P. R. (2016, June). Insomnia and depression predict cognitive functioning in US Army soldiers. *Sleep: Journal of Sleep and Sleep Disorders Research*, 39 (Abstract Supplement), A282.
6. **Klingaman, E. A.** & Blank, Y. (2016, June). Addressing insomnia in Veterans with serious mental illness. *Sleep: Journal of Sleep and Sleep Disorders Research*, 39 (Abstract Supplement), A293.
7. **Klingaman, E. A.**, Brownlow, J. A., Boland, E. M., Mosti, C., & Gehrman, P. R. (2017, June). Prevalence, predictors, and correlates of insomnia in U.S. Army soldiers. *Sleep: Journal of Sleep and Sleep Disorders Research*, 40 (Abstract Supplement), A123.
8. Travaglini, L. E., Cosgrave, J., & **Klingaman, E. A.*** (2018, June). Sleep quality and pain differentially impact quality of life for veterans with insomnia and serious mental illness. *Sleep: Journal of Sleep and Sleep Disorders Research*, 41 (Abstract Supplement), A368.
***Senior Author**
9. Andorko, N. D., Millman, Z. B., **Klingaman, E. A.**, Medoff, D., Kline, E., DeVylder, J., Reeves, G., & Schiffman, J. (2018, June). Association between sleep, childhood trauma and psychosis-like experiences. *Sleep: Journal of Sleep and Sleep Disorders Research*, 41 (Abstract Supplement), A345.
10. **Klingaman, E. A.**, Brownlow, J. A., Jenkins, M. E., & Gehrman, P. R. (2019, June). Trauma type as a risk factor for insomnia in military personnel. *Sleep: Journal of Sleep and Sleep Disorders Research*, 42 (Abstract Supplement), A139.
11. Miller, K. E., Boland, E. M., **Klingaman, E. A.**, & Gehrman, P. R. (2020, April). Identifying and characterizing insomnia symptom groups across the deployment cycle in current Army soldiers. *Sleep: Journal of Sleep and Sleep Disorders Research*, 43 (Abstract Supplement), A177.
12. Howell, M. K., **Klingaman, E. A.** (2021, May). Preliminary efficacy of CBT-I for psychosis in a veteran sample. *Sleep: Journal of Sleep and Sleep Disorders Research*, 44 (Abstract Supplement), A138.
13. Palermo, E., Goldschmied, J., Boland, E., **Klingaman, E. A.**, Gehrman, P., & Perlis, M. (2021, May). The moderating influence of depression on insomnia and suicidal ideation in a military sample. *Sleep: Journal of Sleep and Sleep Disorders Research*, 44 (Abstract Supplement), A294-295.
14. Estabrook, G., Goldschmied, J., Miller, K., **Klingaman, E. A.**, & Gehrman, P. (2021, May). Insomnia is associated with anger expression in an Army population. *Sleep: Journal of Sleep and Sleep Disorders Research*, 44 (Abstract Supplement), A304.
15. **Klingaman, E. A.**, Fischer, M., Howell, M. K., Brown, C., & Li, L. (2022, June). CBT-I for psychosis leads to reduced insomnia severity and improved sleep-related functioning in Veterans with psychosis and insomnia: Results from a preliminary RCT. *Sleep: Journal of Sleep and Sleep Disorders Research*, 45 (Abstract Supplement), A297-A298.

16. Nunez-Cruz, N., Miller, K., Brownlow, J., **Klingaman, E. A.**, & Gehrman, P. (2022, June). The relationship between spirituality and insomnia in military soldiers. *Sleep: Journal of Sleep and Sleep Disorders Research*, 45 (Abstract Supplement), A193.
17. Kautzmann, J., Goldschmied, J., Miller, K., **Klingaman, E. A.**, Gehrman, P. (2022, June). Examining the associations between insomnia and adult-ADHD diagnosis in army soldiers. *Sleep: Journal of Sleep and Sleep Disorders Research*, 45 (Abstract Supplement), A302–A303.

Other

Major Invited Presentations

1. Thoresen, C. E., **Klingaman, E. A.**, & Hoffman, M. A. (2007, August). Counseling health psychology: A career review. In Nicholas, D. R. (Chair). *Establishing careers in counseling health psychology: Advice from experts*. Symposium presentation at the 115th annual American Psychological Association Convention, San Francisco, CA.
2. **Klingaman, E. A.**, Duffy, R. D. (2008, March). *Ethnic identity and career development*. A paper presented at a Research and Development Meeting. University of Maryland Counseling Center, College Park, MD.
3. **Klingaman, E. A.** (2009, October). *A bioecological perspective on body image: What does culture have to do with it?* Oral presentation at Dartmouth College Psychiatric Research Center, Hanover, NH.
4. **Klingaman, E. A.** (2013, April). *Sleep problems and insomnia among persons with serious mental illness*. Oral presentation at the VISN 5 MIRECC Clinical Science Meeting, Baltimore VA Medical Center, Baltimore, MD.
5. **Klingaman, E. A.** (2014, February). *Weight loss and veterans with schizophrenia: Insights from the MOVE!23*. Teleconference presentation at the VHA Prevention Obesity Research Interest Group (ORIG) meeting, Baltimore VA Medical Center, Baltimore, MD.
6. Blank, Y. & **Klingaman, E. A.** (2015, June). *Sleep in veterans with serious mental illness: What does a qualitative approach bring to the table?* Oral presentation at the Psychology Internship Research Presentations, Baltimore VA Medical Center, Baltimore, MD.
7. **Klingaman, E. A.** (2015, June). *CBT-I for veterans with psychosis*. Poster presentation at the Penn Sleep-Chronobiology Research Retreat, Philadelphia, PA.
8. **Klingaman, E. A.** (2017, January). *Strategies for success in obtaining VA Career Development Award funding*. Oral presentation at the National VA Advanced Fellowship Program in Mental Illness Research and Treatment, Sierra-Pacific MIRECC VA Palo Alto Health Care System, Stanford, CA.
9. **Klingaman, E. A.** (2017, May). *Prevalence, predictors, and correlates of insomnia disorder in U.S. Army soldiers*. Poster presentation at the Penn Sleep-Chronobiology Research Retreat, Philadelphia, PA.
10. **Klingaman, E. A.** (2019, March). *Using CBT-I for Veterans with Serious Mental Illness*. Oral presentation at the CBT-I Advanced Call for the VA CBT-I Evidence Based Psychotherapy Dissemination Program, Baltimore, MD.
11. **Klingaman, E. A.** (2019, July). *CBT-I for veterans with psychosis*. Poster presentation at the Beck Institute for Cognitive Behavior Therapy, University of Pennsylvania, Philadelphia, PA.
12. **Klingaman, E. A.**, Tsuji, T., & Weissman, N. (2022, December). *Ready-Set-Grow: A Motivational Interviewing Group for People with Serious Mental Illness* [Webinar]. VA Motivational Interviewing Advanced Practice Series.

Proffered Communications/Presentations

1. Risco, C. M., **Klingaman, E. A.**, & Sedlacek, W. E. (2007, August). *Social cognitive correlates of attitudes toward multiculturalism for Latina/o students*. Poster session presented at the 115th annual American Psychological Association Convention, San Francisco, CA.
2. Risco, C. M., London, K., **Klingaman, E. A.**, & Sedlacek, W. E. (2008, March). *Asian American students' views toward diversity-related initiatives*. Poster session presented at the 84th annual American College Personnel Association Convention, Atlanta, GA.
3. **Klingaman, E. A.**, Risco, C. M., Sedlacek, W. E. (2008, March). *A helpseeking profile of international students*. Poster session presented at the International Counseling Psychology Conference, Chicago, IL.
4. Risco, C. M., **Klingaman, E. A.**, & Lucas, M. S. (2008, August). *Relation between pre-college diversity experiences and positive out-group attitudes for Latina/o students*. Poster session presented at the 116th annual American Psychological Association Convention, Boston, MA.
5. Risco, C. M., **Klingaman, E. A.**, & Lucas, M. S. (2009, August). *Ethnic Identity and Other-Group Orientation: Interracial Experiences of Latina/o Students*. Poster presented at the 117th annual American Psychological Association Convention, Toronto, Canada.
Project was awarded the APA Division 45 Society for Ethnic Minority Psychology Best Student Poster Award.
6. **Klingaman, E. A.**, Risco, C. M., & Lucas, M. S. (2010, March). *Culture and college success: Learning from strengths of at-risk groups*. Poster presented at the 86th annual American College Personnel Association Convention, Boston, MA.
7. **Klingaman, E. A.** & Lucas, M. S. (2010, August). *Body image among women of color: What mediates culture?* Poster presented at the 118th annual American Psychological Association Convention, San Diego, CA.
8. Shaefer, K. L., **Klingaman, E. A.**, Lucas, M. S. (2011, March). Sources of meaning in life for college students. Poster presented at the 87th annual American College Personnel Association Convention, Baltimore, MD.
9. Raque-Bogdan, T., **Klingaman, E. A.**, Martin, H. M., & Lucas, M. S. (2011, August). College self-efficacy and outcome expectations: A closer look at contextual variables. Poster presented at the 119th annual American Psychological Convention, Washington DC.
10. **Klingaman, E. A.** & Olson-Madden, J. H. (2012, May). *A novel intervention for veterans with mild traumatic brain injury and substance use disorders*. Poster presentation at the Denver VA Medical Center Research Day, Denver, CO.
11. Kane, R. L., **Klingaman, E. A.**, Carney, S., Provan, A., & Loreck, D. (2012, July). *Comparison of cognitive screening measures for primary care*. Poster presented at the annual Alzheimer's Association International Conference (AAIC), Vancouver, British Columbia, Canada.
12. **Klingaman, E. A.** & Hoffman, M. A. (2012, August). *Body image and fear of negative evaluation: Integration, comparison, and extension of bioecological models*. Poster presented at the 120th annual American Psychological Association Convention, Orlando, FL.
13. Rogers, H. L., Snipes, D. J., Perrin, P. B., **Klingaman, E. A.**, Lemos-Hoyos, M., Jensen, B., and Arango-Lasprilla, J. C. (2013, March). *Influence of anger/hostility and stress and depressive symptoms over time in CAD patients and healthy controls from Medellin, Colombia*. Poster presented at the 71st American Psychosomatic Society annual meeting, Miami, FL.
14. **Klingaman, E. A.**, Medoff, D. R., Brown, C., Fang, L., & Kreyenbuhl, J. (2013, June). *The role of shared decision making in predicting satisfaction with psychiatry visits*. Poster presented at the University of Maryland Department of Psychiatry Research Day, Baltimore, MD.
15. **Klingaman, E. A.**, Medoff, D. R., Brown, C., Fang, L., & Kreyenbuhl, J. (2013, November). *Among Veterans with serious mental illness, what predicts satisfaction with psychiatry visits? The role of shared decision making*. Poster presented at the 47th annual Association for Cognitive and Behavioral Therapies conference, Nashville, TN.

16. Janney, C. A., Lai, Z., Richardson, C., Verchinina, L., Hoerster, K., **Klingaman, E. A.**, Goodrich, D., Germain, A., & Kilbourne, A. (2014, April). *The impact of sleep apnea on weight loss in the MOVE! program for Veterans*. Poster presented at the 35th Annual Meeting of the Society of Behavioral Medicine, Philadelphia, PA.
17. Hack, S. M., Brown, C. H., Fang, L., Dixon, L. B., **Klingaman, E. A.**, Park, S. G., Adams, C. & Kreyenbuhl, J. A. (2014, June). *Racial differences in preferences for shared decision-making and patient-clinician communication among Veterans with serious mental illness*. Poster presented at the University of Maryland Department of Psychiatry Research Day, Baltimore MD.
18. McCarthy, J. M., **Klingaman, E. A.**, Malik, A. & Bennett, M. E. (2014, June). *Sleep quality and readiness to change health behaviors in schizophrenia*. Poster presented at the University of Maryland Department of Psychiatry Research Day, Baltimore MD.
19. **Klingaman, E. A.**, Goldberg, R. W., Verchinina, L., Kreyenbuhl, J., Littman, A., Damschroder, L., Kim, H. M., Hoerster, K., Janney, C., Owen, R., Goodrich, D., & Lai, Z. (2014, July). *Weight loss for women with serious mental illness after participating in a national VA weight management program*. Poster presented at the 2014 VA HSR&D Women's Health Conference, Arlington VA.
20. Hack, S. M., Brown, C. H., Medoff, D. R., Fang, L., Dixon, L.B., **Klingaman, E. A.**, Park, S. G., Adams, C., & Kreyenbuhl, J. A. (2015, January). *Racial differences in preferences and behaviors in prescriber-patient communication among veterans with serious mental illness*. Poster presented at the Society for Social Work and Research, New Orleans, LA.
21. **Klingaman, E. A.** (2015, November). *CBT-I for psychosis*. Oral and Poster Presentation at the Sleep Research Network 7th Annual Conference, Bethesda, MD.
22. Ali, M., Hack, S. M., Brown, C. H., Medoff, D., Fang, L., Dixon, L. B., **Klingaman, E. A.**, Park, S. G., & Kreyenbuhl, J. A. (2016, January) *Racial differences in therapeutic alliance and mental health recovery orientation among veterans with SMI*. Poster presented at the Society for Social Work and Research, Washington, D.C.
23. Breland, J. Y., **Klingaman, E. A.**, Renn, B. N., & Masheb, R. M. (2016, March). Strategies, Barriers, and Motivation for Weight Loss among Veterans with Schizophrenia. In Evans-Hudnall, G. (Chair). *Understanding the impact of psychological symptom on chronic disease management and health outcomes*. Symposium presentation at the 37th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, DC.
24. Gehrman, P. R., Brownlow, J. A., **Klingaman, E. A.**, & McHugh-Grant, S. (2016, June). *Interaction of insomnia and PTSD on neurocognitive outcomes in military soldiers*. In Neylan, T. & Brown, T. H. (Co-Chairs). *Sleep, Stress, and Trauma*. Symposium presentation at the 30th Annual Meeting of the Associated Professional Sleep Societies, Denver, CO.
25. **Klingaman, E. A.**, Brownlow, J. A., & Gehrman, P. R. (2016, June). *Insomnia and depression predict cognitive functioning in US Army soldiers*. In Neylan, T. & Brown, T. H. (Co-Chairs). *Sleep, Stress, and Trauma*. Symposium presentation at the 30th Annual Meeting of the Associated Professional Sleep Societies, Denver, CO.
26. **Klingaman, E. A.**, & Blank, Y. (2016, June). *Addressing insomnia in Veterans with serious mental illness*. Poster presented at the 30th Annual Meeting of the Associated Professional Sleep Societies, Denver, CO.
27. **Klingaman, E. A.**, Brownlow, J. A., & Gehrman, P. R. (2016, June). *Insomnia and depression predict cognitive functioning in US Army soldiers*. Poster presented at the 30th Annual Meeting of the Associated Professional Sleep Societies, Denver, CO.
28. **Klingaman, E. A.** (2016, October). *CBT-I for psychosis*. Oral presentation at the Sleep Research Network Annual Meeting and PCORI Engagement Conference, Bethesda, MD.
29. Muralidharan, A. & **Klingaman, E. A.** (2016, November). *Barriers to weight management in older Veterans with serious mental illness*. In A. Muralidharan (Chair), *Addressing the Unique Needs of*

- Older Adults with Serious Mental Illness*. Presented at the Gerontological Society of America conference, New Orleans, LA.
30. **Klingaman, E. A.** (2017, June). *Prevalence, predictors, and correlates of insomnia in U.S. Army soldiers*. Poster presented at the 31st Annual Meeting of the Associated Professional Sleep Societies, Boston, MA.
 31. **Klingaman, E. A.**, Lucksted, A. A., Crosby, E., & Bennett, M. E. (2017, July). *A mixed method assessment of sleep needs and barriers of veterans with SMI*. Oral presentation at the 2017 HSR&D/QUERI National Conference, Arlington, VA.
 32. Travaglini, L. E., Cosgrave, J., & **Klingaman, E. A.*** (2018, June). *Sleep quality and pain differentially impact quality of life for veterans with insomnia and serious mental illness*. Poster presented at the 32nd Annual Meeting of the Associated Professional Sleep Societies, Baltimore, MD. ***Senior Author**
 33. Andorko, N. D., Millman, Z. B., **Klingaman, E. A.**, Medoff, D., Kline, E., DeVlyder, J., Reeves, G., & Schiffman, J. (2018, June). *Association between sleep, childhood trauma and psychosis-like experiences*. Poster presented at the 32nd Annual Meeting of the Associated Professional Sleep Societies, Baltimore, MD.
 34. Beaudreau, S. A, Kuhn, E., **Klingaman, E. A.**, Hilgeman, M. M., & Karel, M. (2018, August). *Targeting insomnia and enhancing functioning in veterans with serious mental illness*. In S. A. Beaudreau & C. E. Gould (Chairs), *Veteran mental health and functioning: Lifespan perspectives and evidence based approaches*. Oral presentation at the 126th American Psychological Association Annual Convention, San Francisco, CA.
 35. **Klingaman, E. A.**, Brownlow, J. A., Jenkins, M. E., & Gehrman, P. R. (2019, June). *Trauma type as a risk factor for insomnia in military personnel*. Oral presentation at the 33rd Annual Meeting of the Associated Professional Sleep Societies, San Antonio, TX.
 36. **Klingaman, E. A.**, Brownlow, J. A., Jenkins, M. E., & Gehrman, P. R. (2019, June). *Trauma type as a risk factor for insomnia in military personnel*. Poster presentation at the 33rd Annual Meeting of the Associated Professional Sleep Societies, San Antonio, TX.
 37. Miller, K. E., Boland, E., **Klingaman, E. A.**, & Gehrman, P. (2020, August). *Identifying and characterizing insomnia symptom groups across the deployment cycle in current Army soldiers*. Oral presentation at the 34th Annual Meeting of the Associated Professional Sleep Societies, virtual online conference.
 38. Miller, K. E., Boland, E., **Klingaman, E. A.**, & Gehrman, P. (2020, August). *Identifying and characterizing insomnia symptom groups across the deployment cycle in current Army soldiers*. Poster presentation at the 34th Annual Meeting of the Associated Professional Sleep Societies, virtual online conference.
 39. Howell, M.K.; **Klingaman, E. A.*** June, 2021. *Preliminary efficacy of CBT-I for psychosis in a Veteran sample*. Poster presentation presented at the 34th Annual Meeting of the Associated Professional Sleep Societies, virtual online conference. ***senior author**
 40. Palermo, E.; Goldschmied, J.; Boland, E.; **Klingaman, E. A.**; Gehrman, P. June, 2021. *The moderating influence of depression on insomnia and suicidal ideation in a military sample*. Poster presentation at the 34th Annual Meeting of the Associated Professional Sleep Societies, virtual online conference.
 41. Estabrook, G.; Goldschmied, J.; Miller, K.; **Klingaman, E. A.**; Gehrman, P. June, 2021. *Insomnia is associated with anger expression in an Army population*. Poster presentation at the 34th Annual Meeting of the Associated Professional Sleep Societies, virtual online conference.
 42. **Klingaman, E. A.**, Fischer, M., Howell, M. K., Brown, C., & Li, L. June, 2022. *CBT-I for psychosis leads to reduced insomnia severity and improved sleep-related functioning in Veterans with psychosis and insomnia: Results from a preliminary RCT*. Poster presentation at the 35th Annual Meeting of the Associated Professional Sleep Societies, Charlotte, NC.

43. Nunez-Cruz, N., Miller, K., Brownlow, J., **Klingaman, E. A.**, & Gehrman, P. June, 2022. *The relationship between spirituality and insomnia in military soldiers*. Poster presentation at the 35th Annual Meeting of the Associated Professional Sleep Societies, Charlotte, NC.
44. Kautzmann, J., Goldschmied, J., Miller, K., **Klingaman, E. A.**, Gehrman, P. June, 2022. *Examining the associations between insomnia and adult-ADHD diagnosis in army soldiers*. Poster presentation at the 35th Annual Meeting of the Associated Professional Sleep Societies, Charlotte, NC.
45. Howell, M. K., Breneman, C., Allen, N., **Klingaman, E. A.**, & Reinhard M. (2023, June). Manually scoring actigraphy in the absence of a sleep diary: Reliability analysis in Gulf War veterans. Oral presentation at the 37th Annual Meeting of the Associated Professional Sleep Societies, Indianapolis, IN.
46. **Klingaman, E. A.**, Howell, M. K., Brown, C. H., Li, L., Kreyenbuhl, J., Taylor, M., Glieger, J., & Vivino, A. (2023, June). CBT-I for psychosis leads to changes in diary and actigraphy-assessed sleep parameters. Poster presentation at the 37th Annual Meeting of the Associated Professional Sleep Societies, Indianapolis, IN.
47. Howell, M. K., Breneman, C., Allen, N., **Klingaman, E. A.**, & Reinhard M. (2023, June). Manually scoring actigraphy in the absence of a sleep diary: Reliability analysis in Gulf War veterans. Poster presentation at the 37th Annual Meeting of the Associated Professional Sleep Societies, Indianapolis, IN.

Professional Society Memberships

2013-2020 Sleep Research Network

Honors and Awards

2005-2010 Maryland State Senatorial Scholarship for Graduate Studies

2007 Jacob K. Goldhaber Travel Award

2007-2010 Counseling and Personnel Services Graduate Travel Award

2007-2010 University of Maryland College of Education Graduate Fellowship

2009 Best Student Poster Award, American Psychological Association Society for the Psychological Study of Ethnic Minority Issues (Division 45)

2010 American Psychological Association Student Travel Award

2010-2011 University of Maryland College of Education Scholarship

2015 Sleep Research Network Travel Award

Clinical Activities

2004-2006 Clinical Extern, Johns Hopkins University School of Medicine, Department of Psychiatry and Behavioral Sciences, Community Psychiatry

2007-2009 Clinical Extern, University of Maryland College Park Counseling Center

- 2008-2009 Clinical Extern, Maryland Psychotherapy Clinic and Research Laboratory, College Park, MD
- 2009 Clinical Supervisor-in-Training, Counseling Psychology Program, University of Maryland
- 2009-2010 Neuropsychology Extern, VA Maryland Health Care System, Baltimore, MD
- 2010-2011 Clinical Extern, Johns Hopkins University School of Medicine, Johns Hopkins Hospital/Good Samaritan Hospital Department of Physical Medicine and Rehabilitation
- 2013-2015 National Consultant, Social Skills Training Program, VA Evidence Based Psychotherapy Rollout through the VISN 5 Mental Illness Research, Education and Clinical Center, Baltimore, MD
- 2013-2019 National Trainer, Social Skills Training Program, VA Evidence Based Psychotherapy Rollout through the VISN 5 Mental Illness Research, Education and Clinical Center, Baltimore, MD
- 2012-2020 Psychologist (Postdoctoral Fellow 2012-2015), Psychosocial Rehabilitation and Recovery Center (PRRC), VA Maryland Health Care System, Baltimore, MD

Administrative Service

Institutional Service

- 2012-2013 Member, Planning Committee, VISN 5 MIRECC Conference, *Issues of Aging in Veterans with Serious Mental Illness*
- 2012-2013 Member, Planning Committee, University of Maryland School of Medicine Conference, *Reducing Internalized Stigma of Mental Illness: Mapping Future Directions*
- Spring 2016 Organizer, VA Maryland Health Care System Training Workshop, *Cognitive Behavioral Therapy for Insomnia Workshop*
- 2012- present Reviewer and Interviewer, VA Maryland Health Care System/University of Maryland School of Medicine Psychology Internship Consortium Admissions
- 2015-present Reviewer and Interviewer, Advanced Fellowship Program in Mental Illness Research and Treatment Program Admissions, VISN 5 Mental Illness Research, Education, and Clinical Center

Inservices

Klingaman, E. A. (2011, September) *Traumatic brain injury*. Lecture for traumatic brain injury interdisciplinary team, Denver VA Medical Center, Denver, CO

Klingaman, E. A. (2011, August). *Traumatic brain injury*. Neuropsychology inservice for Primary Care Behavioral Health Laboratory Clinic, Denver VA Medical Center, Denver, CO

National Service

Ad Hoc Reviewer: *General Hospital Psychiatry, Psychiatric Rehabilitation Journal, Schizophrenia Bulletin, Schizophrenia Research, Clinical Schizophrenia and Related Psychoses, Journal of Clinical Sleep Medicine, SLEEP: Journal of Sleep and Sleep Disorders Research*

Teaching Service

- 2005 Teaching Assistant, Loyola University Maryland Department of Psychology
PY860 Data Management for Professional Psychologists; approx. 10 students, 2.5 hours per week in classroom
- 2009 Laboratory Leader, University of Maryland, College Park Department of Psychology
PSYC433 Basic Helping Skills: Research and Practice; approx. 10 students, 2 hours per week in classroom
- 2005-2011 Tutor, Research Methodology and Statistics, College Park, MD; 1-2 doctoral students per year, approx. 2-4 hours per month
- 2014-2015 Research Supervisor, VA/University of Maryland Psychology Internship Training Consortium; 1 psychology intern, 2-4 hours per month
- 2016-2019 Invited Speaker, VA Psychosocial Rehabilitation Fellowship Didactic Series
Annual presentation entitled *Sleep disorders and mental health interventions for Veterans with SMI*; approx. 25 fellows, 1.5 hours per year
- 2016-2020 Invited Speaker, University of Maryland, Division of Pulmonary and Critical Care Medicine, Sleep Multidisciplinary Conference
Annual presentation entitled *Sleep and psychotic disorders*; approx. 7 clinical staff members, 1 hour
- 2016-2020 Invited Speaker, VA/University of Maryland Psychology Internship Training Consortium
Annual presentation entitled *Cognitive Behavioral Therapy for Insomnia*; approx. 19 interns, 2 hours per year
- 2016-2020 Invited Speaker, National VA Advanced Fellowship Program in Mental Illness Research and Treatment Didactic Series
Annual presentation entitled *Strategies for success in obtaining VA Career Development Award funding*; approx. 26 MIRECC sites, 2 hours per year
- 2019-2021 University of Maryland Baltimore County, Department of Psychology
Dissertation Committee for Nicole Andorko, average 5 hours per year
- 2012-present Clinical Supervisor, VA/University of Maryland Psychology Internship Training Consortium and Externship Program; 2 psychology interns and/or externs, 4 hours per month
- 2016-present Clinical Supervisor, VISN 5 Mental Illness Research, Education, and Clinical Center
Clinical Assessment Supervision; 6-10 trainees (postdoctoral fellows, psychology externs, research assistants), 2 hours per week

