

CURRICULUM VITAE

Elaine Meredith Boland, PhD

Current Position: Research Psychologist, *Cpl. Michael J. Crescenz VA Medical Center*
Clinical Associate, *Perelman School of Medicine of the University of Pennsylvania*

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Education:

1998-2000	--	Carnegie Mellon University (Professional Writing)
2003	B.A.	State University of New York at New Paltz (Communication)
2005-2007	--	University of Pittsburgh (Psychology)
2010	M.A.	Temple University (Clinical Psychology)
2014	Ph.D.	Temple University (Clinical Psychology)

Postgraduate Training and Fellowship Appointments:

2013-2014	Clinical Psychology Internship, New Jersey VA Healthcare System, Lyons/East Orange, NJ
2014 – 2017	Fellowship, Advanced Fellowship in Mental Health Research, Cpl. Michael J. Crescenz VA Medical Center, Philadelphia PA

Licensure:

3/2017	Pennsylvania
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Awards, Honors and Membership in Honorary Societies:

1998-2000	Dean's List; <i>Carnegie Mellon University</i>
2001-2003	Dean's List; <i>State University of New York at New Paltz</i>
2008-2010	University Fellowship; <i>Temple University</i>
2009	Graduate Fund for Excellence; <i>Temple University</i>
2009-2012	Commendation for Excellence in Coursework, Research, Clinical Work and Collegiality; <i>Temple University (6 Commendations total)</i>
2011	Smadar Levin Research Award – Honorable Mention; <i>Society for Research in Psychopathology</i>
2013	Weinstein Research Fellowship; <i>Civic Foundation</i>
2015	First Time Trainee Travel Award for SLEEP 2015; <i>Sleep Research Society</i>
2016	Young Investigator Research Forum; <i>American Academy of Sleep Medicine</i>
2018	Career Development Institute for Psychiatry; <i>University of Pittsburgh and Stanford University</i>

Current Membership in Professional & Scientific Societies:

2009 --	Association for Behavioral and Cognitive Therapies
2009 --	Association for Psychological Science
2011 --	Society for Research in Psychopathology
2014 --	American Academy of Sleep Medicine
2014 --	Sleep Research Society

Service:

2016 - 2017	Trainee Symposia Series Subcommittee of the Trainee Education Advisory Committee (TEAC); <i>Sleep Research Society</i>
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Research Funding:

The Role of Effort Discounting in the Link Between Insomnia and Depression.

Career Development Award (IK2 CX001501); Department of Veterans Affairs; Clinical Science R&D

Role: PI

This 5-year training grant aims to support my career development through a clinical research study exploring reward processing dysfunction, with a particular emphasis on reward-related effort discounting, as a mediator of the depression-insomnia comorbidity. In so doing, a goal of this project is to inform the development of treatment guidelines for Veterans with comorbid depression and insomnia.

Status: Active. 07/01/2017-06/30/2022. Direct costs: \$940,040.00

Association of Reward Effort, Motivation and Insomnia Symptoms in Depressed Veterans.

Pilot Project; Department of Veterans Affairs; MIRECC Pilot Project Fund.

Role: PI

This study aimed to identify the effects of sleep disturbance on reward-relevant motivation and effort, as well as other domains of reward processing including reward salience, expectancy, and hedonic capacity.

Status: Completed. 10/1/2015-4/30/2016. Direct costs: \$25,000.00

Sleep Disturbance in Cognitive and Occupational Functioning in Bipolar Disorder.

Dissertation Research; The Civic Foundation, Weinstein Summer Research Fellowship.

Role: PI

The main aim of this study was to examine the relationships between sleep disturbance and cognitive and occupational functioning in individuals with bipolar disorder in the euthymic phase. The study utilized actigraphy as well as validated self-report measures of sleep functioning to assess sleep disturbance.

Status: Completed. 6/2013-8/2013. Direct Costs: \$3,500.00

Bibliography:

Research Publications, peer reviewed:

1. Frank, E., **Boland, E.**, Novick, D.M., Bizzari, J.V., Rucci, P. (2007). Association between illicit drug and alcohol use and first manic episode. *Pharmacology, Biochemistry, and Behavior*, 86, 395-400.
2. Kelly, M.A.R., Morse, J.Q., Stover, A., Hofkens, T., Huisman, E., Shulman, S., Eisen, S.V., Becker, S., Weinfurt, K., **Boland, E.**, Pilkonis, P. (2011). Describing depression: Congruence between patient experiences and clinical assessments. *British Journal of Clinical Psychology*, 50, 46-66.
3. **Boland, E.M.**, Bender, R.E., Conner, B.T., LaBelle, D.R., Alloy, L.B., Abramson, L.Y. (2012). Life events and social rhythms in bipolar spectrum disorders: An examination of social rhythm sensitivity. *Journal of Affective Disorders*, 139, 264-272.
4. Alloy, L.B., Black, S.K., Young, M.E., Goldstein, K.E., Shapero, B.G., Stange, J.P., Boccia, A., Matt, L.M., **Boland, E.M.**, Moore, L.C. (2012). Cognitive vulnerabilities and depression versus other psychopathology symptoms and diagnoses in early adolescence. *Journal of Clinical Child and Adolescent Psychology*, 41, 539-60.
5. Liu, R. T., Choi, J. Y., **Boland, E.**, Mastin, B. M., & Alloy, L. B. (2013). Childhood abuse and stress generation: The mediational effect of depressogenic cognitive styles. *Psychiatry Research*, 206, 217-222.
6. Liu, R.T., Alloy, L.B., Mastin, B.M., Choi, J.Y., **Boland, E.**, Jenkins, A. (2014). Vulnerability-specific stress generation: An examination of depressogenic cognitive vulnerability across multiple domains. *Anxiety, Stress, & Coping*, 27(6), 695-711.
7. Weiss, R. E., Stange, J.P., **Boland, E.M.**, Black, S.K., LaBelle, D.R., Alloy, L.B. (2015). Kindling of life stress in bipolar disorder: Comparison of sensitization and autonomy models. *Journal of Abnormal Psychology*, 124, 4-16.

8. Alloy, L.B., **Boland, E.M.**, Ng, T., Whitehouse, W.G., & Abramson, L.Y. (2015). Low social rhythm regularity predicts first onset of bipolar spectrum disorder among individuals with high reward sensitivity. *Journal of Abnormal Psychology*, 124, 944-52.
9. **Boland, E.M.**, Stange, J.P., Molz Adams, A., LaBelle, D.R., Ong, M.L., Hamilton, J., Connolly, S., Black, C., Cedeño, A.B., Alloy, L.B. (2015). Associations between sleep disruption, cognitive functioning, and work disability in bipolar disorder. *Psychiatry Research*, 230, 567-74.
10. **Boland, E.M.**, Stange, J.P., LaBelle, D.R., Shapero, B.G., Weiss, R.E., Abramson, L.Y., Alloy, L.B., (2016). Affective Disruption from Social Rhythm and Behavioral Approach System (BAS) Sensitivities: A Test of Integration of the Social Zeitgeber and BAS Theories of Bipolar Disorder. *Clinical Psychological Science*, 4, 418-432.
11. Shapero, B.G., Weiss, R.B., Burke, T.A., **Boland, E.M.**, Abramson, L.Y & Alloy, L.B. (2017). Kindling of life stress in bipolar disorder: Effects of early adversity. *Behavior Therapy*, 48, 322-334.
12. **Boland, E.M.**, Rao, H., Dinges, D.F., Smith, R.V., Goel, N., Detre, J., Basner, M., Sheline, Y., Thase, M.E., Gehrman, P.R. (2017). Meta-Analysis of the antidepressant effects of acute sleep deprivation. *The Journal of Clinical Psychiatry*.
13. 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.
14. Klingaman, E., Brownlow, J., **Boland, E.M.**, Mosti, C., & Gehrman, P. (In Press). Prevalence, predictors, and correlates of insomnia disorder in U.S. Army soldiers. *Journal of Sleep Research*.
15. Smith, R.V., **Boland, E.M.**, Lofwall, M., Staton-Tindall, M., Havens, J. (In Press). Exploratory examination of gabapentin misuse and abuse among drug users in rural Appalachia. *Psychology of Addictive Behaviors*.

Research Publications, peer-reviewed reviews:

1. Frank, E., Swartz, H.A., **Boland, E.** (2007). Interpersonal and social rhythm therapy: An intervention addressing rhythm dysregulation in bipolar disorder. *Dialogues in Clinical Neuroscience*, 9, 325-332.
2. **Boland, E.M.** & Alloy, L.B. (2013). Sleep disturbance and cognitive deficits in bipolar disorder: Toward an integrated model of disorder maintenance and functional impairment. *Clinical Psychology Review*, 33, 33-44.
3. Alloy, L.B., Nusslock, R., **Boland, E.M.** (2015). The Development and Course of Bipolar Spectrum Disorders: An Integrated Reward and Circadian Rhythm Dysregulation Model. *Annual Review of Clinical Psychology*, 11, 213-250.
4. **Boland, E.M.**, Ross, R. J. (2015) Recent advances in the study of sleep in the anxiety disorders, obsessive-compulsive disorder, and posttraumatic stress disorder. *Psychiatric Clinics of North America*, 38, 761-776.
5. Alloy, L.B., Ng, T., Titone, M. **Boland, E.M.** (2017). Circadian rhythms and the pathophysiology of bipolar disorder. *Current Psychiatry Reports*, 19:21.

Contributions to peer-reviewed clinical research publications, participation cited but not by authorship:

1. Hershenberg, R and Goldfried, M.R. (2015). Implications of RDoC for the Research and Practice of Psychotherapy. *Behavior Therapy*, 46, 156-165.

Editorials, Reviews, Book Chapters:

1. Soreca, I., **Boland, E.**, Fagiolini A. (2008). Psychiatric consequences of metabolic disruption in mood disorders. In R. S. McIntyre & J. Z. Konarski (Eds). *Psychiatric and Metabolic Disorders: Research Synthesis and Clinical Translation*. New York: Nova Science Publishers Inc.
2. Alloy, L.B., Molz, A., Obraztsova, O., Shapero, B.G., Jenkins, A.L., Black, S.K., Goldstein, K.E., LaBelle, D.R., **Boland, E.** (2011). Emotion, Motivation, and Cognition in Bipolar Spectrum

- Disorders: A Behavioral Approach System Perspective. In M.D. Robinson and E. Harmon-Jones (Eds). Guilford Handbook of Cognition and Emotion.
3. Alloy, L.B., LaBelle, D.R., **Boland, E.**, Goldstein, K., Jenkins, A.L., Shapero, B., Black, S.K., Obratsova, O. (2011). Mood Disorders. In J.E. Maddux and B.A. Winstead (Eds). *Psychopathology: Foundations for a Contemporary Understanding (Third Edition)*
 4. Alloy, L.B. & **Boland, E.** (2015). High Risk Designs in Clinical Psychology Research. In R.L. Cautin and S.O. Lilienfeld (Eds). *The Encyclopedia of Clinical Psychology*.

Abstracts (Past 3 Years):

1. **Boland, E.M.**, Stange, J.P., Adams, A.M., LaBelle, D.R., Ong, M.L. et al. (June, 2015). Associations between sleep disturbance, cognitive functioning and work disability in bipolar disorder. Poster presented at the 29th Annual Meeting of the Associated Professional Sleep Societies, Seattle WA.
2. Titone, M., Ng, T., Boland, E.M., Alloy, L.B. Evening chronotype as a risk factor for bipolar spectrum disorders (October, 2015). Poster presented at the Society for Research in Psychopathology 29th Annual Meeting, New Orleans LA.
3. **Boland, E.M.**, Stange, J.P., LaBelle, D.R., Shapero, B.G., Weiss, R.E., Abramson, L.Y., Alloy, L.B., (2015). Affective Disruption from Social Rhythm and Behavioral Approach System (BAS) Sensitivities: A Test of Integration of the Social Zeitgeber and BAS Theories of Bipolar Disorder. Presented in the symposium, "Integration of Reward and Social/Circadian Rhythm Model Perspectives in Understanding Mood Disorders." Society for Research in Psychopathology, October 2015, New Orleans, LA.
4. **Boland, E.M.**, Gehrman, P.R., Luther, J.F., Buysse, D.J., Krystal, A., Thase, M.E., Manber, R. (June, 2016) Effects of insomnia treatment on cognitive and somatic symptoms of depression among patients with insomnia-depression comorbidity. Poster presented at the 30th Annual Meeting of the Associated Professional Sleep Societies, Denver CO.
5. **Boland, E.M.**, Smith, Rachel V., Burke, T.A., Bart, C.P., Nusslock, R., Alloy, L.B. (October, 2016). High Behavioral Approach System (BAS) sensitivity is associated with increased effortful pursuit of rewards at low, but not medium or high, levels of reward probability. Poster accepted for presentation at the 30th Annual Meeting of the Society for Research in Psychopathology, Baltimore, MD.
6. Bart, C.P., Burke, T.A., **Boland, E.M.**, Smith, R.V., Nusslock, R., Alloy, L.B. (October, 2016). Elevated pursuit of low probability rewards is associated with hypomanic tendencies. Poster accepted for presentation at the 30th Annual Meeting of the Society for Research in Psychopathology, Baltimore, MD.
7. Gehrman, P.R. & **Boland, E.M.** Insomnia: Non-pharmacological therapies. (May, 2017). Invited review from the *Annals of the American Thoracic Society*.
8. Alloy, L.B., **Boland, E.M.**, Ng, T.H., Stange, J.P., Whitehouse, W.G., Abramson, L.Y. Social Rhythm Irregularity and Disruption Predicts Bipolar Spectrum Disorder Onset and Symptoms in At Risk Individuals with Reward Hypersensitivity. Accepted for the symposium, "Reward and Circadian Interactions in Bipolar Disorder: Models, Mechanisms, and Clinical Implications. 19th Annual Conference of the International Society for Bipolar Disorder (ISBD), May 2017, Washington, DC.
9. Nusslock, R., Alloy, L.B., **Boland, E.M.** An Integrated Reward and Circadian Rhythm Dysregulation Model of Bipolar Disorder. Accepted for the symposium, "Reward and Circadian Interactions in Bipolar Disorder: Models, Mechanisms, and Clinical Implications. 19th Annual Conference of the International Society for Bipolar Disorder (ISBD), May 2017, Washington, DC.
10. **Boland, E.M.**, Rao, H., Dinges, D.F., Smith, R.V., Goel, N., Detre, J., Basner, M., Sheline, Y., Thase, M.E., Gehrman, P.R. (June, 2017). Meta-Analysis of the antidepressant effects of acute

sleep deprivation. Abstract accepted to the 31st Annual Meeting of the Associated Professional Sleep Societies, Denver CO.

11. Goldschmeid, J., **Boland, E.M.**, Gehrman, P.R. (June, 2017). Dose response relationship of sleep disturbance, irritability, and anger among new Army recruits. Abstract accepted to the 31st Annual Meeting of the Associated Professional Sleep Societies, Denver CO.
12. Klingaman, E.A., Brownlow, J.A., **Boland, E.M.**, Mosti, C., Gehrman, P.R. Prevalence, Predictors, and Correlates of Insomnia in US Army Soldiers. (June, 2017). Abstract accepted to the 31st Annual Meeting of the Associated Professional Sleep Societies, Denver CO.

Invited Talks and Presentations:

1. The Role of Reward Processing Dysfunction in the Link Between Insomnia and Depression. VISN 4 MIRECC Investigator Forum. April 17, 2017.
2. Antidepressant Effects of Acute Sleep Deprivation: Meta-Analysis and Mechanisms. VISN 4 MIRECC Investigator Forum. October 16, 2017.

Editorial Experience (Reviewer/*Co-reviewer):

Bipolar Disorders*

Clinical Psychological Science

Clinical Psychology: Science and Practice*

Current Psychiatry Reports

Current Psychiatry Reviews

Journal of Abnormal Psychology*

Journal of Affective Disorders

Journal of Clinical Child and Adolescent Psychology

Neuropsychopharmacology

Psychiatry Research

Sleep Medicine Review*

Major Academic and Clinical Teaching Responsibilities:

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| 5/2011 | Course Instructor, <u>Introduction to Psychopathology</u> , undergraduates, College of Liberal Arts, Temple University (6 weeks; Summer) |
| 5/2012 | Course Instructor, <u>Psychology Capstone: Ethics and Professional Development</u> , undergraduates, College of Liberal Arts, Temple University (6 weeks; Summer) |
| 9/2012 | Workshop Leader, <u>Psychopathology and Diagnostic Interview Training</u> , Mood and Cognition Lab Temple University (2-day training) |
| 2012 | Undergraduate Honors Thesis Mentor: Erica Kozal, Temple University |
| 2013 | Post Baccalaureate Student Mentor: Nicole Newton, Temple University |
| 1/2013 | Course Instructor, <u>Topics in Psychology (online): Ethics and Professional Development</u> , undergraduates, College of Liberal Arts, Temple University (5 months) |
| 5/2013 | Course Instructor, <u>Psychology Capstone: The Psychology of Sleep</u> , undergraduates, College of Liberal Arts, Temple University (6 weeks; Summer) |
| 8/2015 | Adjunct Instructor, <u>Conducting Psychological Research</u> , undergraduates, College of Liberal Arts, Temple University (5 months) |
| 1/2016 | Adjunct Instructor, <u>Conducting Psychological Research</u> , undergraduates, College of Liberal Arts, Temple University (5 months) |
| 1/2018 | Adjunct Instructor, <u>Child Psychopathology and Treatment</u> , undergraduates, College of Liberal Arts, Temple University (5 months) |
| 1/2018 | Adjunct Instructor, <u>Foundations of Psychopathology</u> , undergraduates, College of Liberal Arts, Temple University (5 months) |

Clinical Training:

September 2014 – 2017

Postdoctoral Fellow

Corporal Michael J. Crescenz VA Medical Center
Sleep Center. Supervisor: Philip Gehrman, Ph.D.

*Cognitive Behavioral Therapy for Insomnia; Imagery Rehearsal
for Nightmares; Psychoeducation for Sleep and Chronic Pain*

August 2013 – August 2014

Clinical Psychology Doctoral Intern

New Jersey VA Healthcare System

Supervisors: Norman Mosley, Ph.D.; Mia Downing Ph.D.

Prolonged Exposure, Residential Rehabilitation, Domiciliary

July 2012 – July 2013

Clinician

Drexel University College of Medicine

Center City Clinic – Outpatient Mental Health Service

Supervisor: Virginia O’Hayer, Ph.D.

Health Psychology, HIV/AIDS, Addiction Recovery

July 2011 – July 2012

Clinician

Corporal Michael J. Crescenz VA Medical Center

Sleep Center. Supervisor: Philip Gehrman, Ph.D.

Cognitive Behavioral Therapy for Insomnia

August 2011 – August 2013

Senior Diagnostic Consultant

Temple University

Mood and Cognition Lab. Supervisor: Lauren Alloy, Ph.D.

Structured Clinical Interviews

August 2010 – July 2013

Clinician

Temple University

Adult Anxiety Clinic of Temple University (AACT)

Supervisor: Richard Heimberg, Ph.D.

CBT for Social Anxiety

July 2009 – July 2011

Clinician

Temple University

Psychological Services Center

Supervisor: Catherine Panzarella, Ph.D.

CBT, ACT, ERP treatments