

# LISA S. TALBOT

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## EMPLOYMENT

2011-Present Postdoctoral Fellow, VA Advanced Fellowship Program in Mental Illness Research and Treatment  
San Francisco VA Medical Center and University of California, San Francisco

## EDUCATION

2005-2011 University of California, Berkeley (APA Accredited)  
M.A. awarded in 2008  
Ph.D. awarded in 2011

1996-2000 Stanford University  
B.A. in Psychology

## AWARDS, GRANTS, AND FELLOWSHIPS

2014 Psychiatry Grand Rounds Trainee Research Award, University of California, San Francisco

2012 NIH CTSI-Clinical Research Services Pilot Research Award for Early Career Investigator, University of California, San Francisco

2012 Society of Behavioral Sleep Medicine Student Dissertation Award Honorable Mention

2011 NIMH Career Development Institute for Bipolar Disorder Fellow

2007-2010 NIMH Ruth L. Kirschtein NRSA Institutional Predoctoral Research Training Grant in Affective Science

2010 Beck Institute Scholarship

2010 The Society for a Science of Clinical Psychology Dissertation Grant

2009-2010 P.E.O. Scholar Award, P.E.O. International

2009 Outstanding Graduate Student Instructor Award, University of California, Berkeley

2009 Sheldon Korchin Prize in Clinical Psychology, University of California, Berkeley

2009, 2010 Wisconsin Symposium on Emotion Graduate Fellow

2006, 2007 National Science Foundation Graduate Fellowship Honorable Mention

2005-2007 University Regents Fellowship, University of California, Berkeley

1996-2000 Husco International Scholarship

1996 U.S. Figure Skating Association Scholastic Honors Scholarship

## PUBLICATIONS

### Peer-Reviewed Articles

1. **Talbot, L.S.**, Maguen, S., Metzler, T.J., Schmitz, M., McCaslin, S.E., Richards, A., Perlis, M.L., Posner, D.A., Weiss, B., Ruoff, L., Varbel, J., & Neylan, T.C. (2014). Cognitive behavioral therapy for insomnia in posttraumatic stress disorder: A randomized controlled trial. *Sleep*, 37(2), 327-341.
2. **Talbot, L.S.**, Stone, S., Gruber, J., Hairston, I.S., Eidelman, P., & Harvey, A.G. (2012). A test of the bidirectional association between sleep and negative mood in bipolar disorder and insomnia. *Journal of Abnormal Psychology*, 121(1), 39-50.
3. **Talbot, L.S.**, Hairston, I.S., Eidelman, P., Gruber, J., & Harvey, A.G. (2009). The effect of mood on sleep onset latency and REM sleep in interepisode bipolar disorder. *Journal of Abnormal Psychology*, 118(3), 448-458.
4. **Talbot, L.S.**, McGlinchey, E.L., Kaplan, K.A., Dahl, R.E., & Harvey, A.G. (2010). Sleep deprivation in adolescents and adults: Changes in affect. *Emotion*, 10(6), 842-854.
5. **Talbot, L.S.**, Neylan, T.C., Metzler, T.J., & Cohen, B.E. (2014). The mediating effect of sleep quality on the relationship between PTSD and physical activity. *Journal of Clinical Sleep Medicine*, 10(7): 795-801.
6. **Talbot, L.S.**, Maguen, S., Epel, E.E., Metzler, T.J., & Neylan, T.C. (2013). Posttraumatic stress disorder is associated with emotional eating. *Journal of Traumatic Stress*, 26 (1-5).
7. Joormann, J., **Talbot, L.S.**, & Gotlib, I.H. (2007). Biased processing of emotional information in girls at risk for depression. *Journal of Abnormal Psychology*, 116(1), 135-143.
8. McGlinchey, E.L., **Talbot, L.S.**, Chang, K., Kaplan, K.A., Dahl, R.E., Canny, J.F., & Harvey, A.G. (2011). The effect of sleep deprivation on vocal expression of emotion in adolescents and adults. *Sleep*, 34(9), 1233-1241.
9. Kaplan, K.A., **Talbot, L.S.**, Gruber, J., & Harvey, A.G. (2012). Evaluating Sleep in Bipolar Disorder: Comparison between Actigraphy, Polysomnography, and Sleep Diary. *Bipolar Disorders*, 14(12), 870-879.
10. Eidelman, P., **Talbot, L.S.**, Gruber, J., Hairston, I.S., & Harvey, A.G. (2010). Sleep architecture as a correlate and predictor of symptoms and impairment in inter-episode bipolar disorder: taking on the challenge of medication effects. *Journal of Sleep Research*, 19(4), 516-524.
11. Hairston, I.S., **Talbot, L.S.**, Eidelman, P., Gruber, J., & Harvey, A.G. (2010). Sensory gating during sleep and wake in primary insomnia. *European Journal of Neuroscience: Cognitive Neuroscience*, 31, 2112-2121
12. Harvey, A.G., **Talbot, L.S.**, & Gershon, A.G. (2009). Sleep disturbance in bipolar disorder across the lifespan. *Clinical Psychology, Science and Practice*, 16, 256-277.

13. Eidelman, P., **Talbot, L.S.**, Gruber, J., & Harvey, A.G. (2010). Sleep, illness course, and concurrent symptoms in inter-episode bipolar disorder. *Journal of Behavior Therapy and Experimental Psychiatry*, *41*, 145-149.
14. Harvey, A.G., Belanger, L., **Talbot, L.S.**, Eidelman, P., Beaulieu-Bonneau, S., Fortier-Brochu, E., Ivers, H., Lamy, M., Hein, K., Soehner, A., Merette, C., & Morin, C.M. (revisions requested; manuscript resubmitted). Comparative efficacy of behavior therapy, cognitive therapy and cognitive behavior therapy for insomnia: A randomized controlled trial.
15. Dagsy, N., McGlinchey, E.L., **Talbot, L.S.**, Kaplan, K.A., Dahl, R.E., & Harvey, A.G. (2012). Double trouble? The effects of sleep deprivation and chronotype on emotion in adolescents. *Journal of Child Psychology and Psychiatry*, *53*(6), 660-667.
16. Kaplan, K.A., Gruber, J., Eidelman, P., **Talbot, L.S.**, & Harvey, A.G. (2011). Hypersomnia in interepisode bipolar disorder: does it have prognostic significance? *Journal of Affective Disorders* *132*(3), 438-44.
17. Rao, M.N., Chau, A., Madden, E., Inslicht, S., **Talbot, L.S.**, Richards, A., O'Donovan, A., Ruoff, L., Neylan, T.C. (in press). Hyperinsulinemic response to oral glucose challenge in individuals with posttraumatic stress disorder. *Psychoneuroendocrinology*.
18. Maguen, S., Madden, E., Cohen, B., Bertenthal, D., Neylan, T., **Talbot, L.S.**, Grunfeld, C., & Seal, K. (2013). The relationship between body mass index and mental health in among Iraq and Afghanistan veterans. *Journal of General Internal Medicine* *28*(2), 563-670.
19. Richards, A., Metzler, T.J., Ruoff, L., Inslicht, S.S., Rao, M., **Talbot, L.S.**, & Neylan, T.C. (2013). Sex differences in objective measures of sleep in PTSD and healthy controls subjects. *Journal of Sleep Research* *22*(6), 679-87.
20. Inslicht, S.S., Richards, A., Madden, E., Rao, M.N., O'Donovan, A., **Talbot, L.S.**, Rucker, E., Metzler, T.J., Hauger, R., & Neylan, T.D. (in press). Sex differences in neurosteroid and hormonal responses to metyrapone in PTSD. *Psychopharmacology*.
21. Frank, E., Sidor, M.M., Sharkey, K.M., Hoyle, N., Gamble, K.L., Tikotsky, L., **Talbot, L.S.**, Hasler, B.P., & McCarthy, M.J. (2013). What makes a good clock? Circadian clocks, brain function and development. Presentations from the First International Scientific Group of Circadian Rhythm Experts (INSPIRE) Conference. *The Annals of the New York Academy of Sciences* *1406*, 43-67.

### Chapters

1. **Talbot, L.S.**, & Harvey, A.G. (2010). Cognitive-behavioral models of insomnia. In Sateia, M.J., & Buysse, D.J. (Eds.), *Insomnia: Diagnosis and Treatment*. Informa Healthcare.
2. Harvey, A.G., & **Talbot, L.S.** (2010). Behavioral experiments. In Perlis, M., Aloia, M. & Kuhn, B. (Eds.), *Behavioral Treatments for Sleep Disorders*. Elsevier.
3. Kaplan, K., **Talbot, L.S.**, & Harvey, A.G. (2009). Cognitive mechanisms in chronic insomnia: Processes and prospects. *Sleep Medicine Clinics* *4*(4), 541-548.

4. Harvey, A.G., & **Talbot, L.S.** (2010). Intervention to reduce misperception. In Perlis, M., Aloia, M. & Kuhn, B. (Eds.), *Behavioral Treatments for Sleep Disorders*. Elsevier.
5. Harvey, A.G., Eidelman, P., & **Talbot, L.S.** (2008). Sleep disorders. In Craighead, E.W., Craighead, L.W., & Miklowitz, D.J. (Eds.), *Psychopathology: History, Diagnosis, and Empirical Foundations*. John Wiley and Sons.

#### *Under Review*

1. **Talbot, L.S.**, Rao, M.N., Cohen, B.E., Richards, A., Inslicht, S.S., O'Donovan, A., Maguen, S., Metzler, T.J., & Neylan, T.C. (revisions requested, manuscript resubmitted). Sleep duration and metabolic risk factors in individuals with PTSD.
2. Eidelman, P., **Talbot, L.S.**, Harvey, A.G., Belanger, L., Beaulieu-Bonneau, S., Fortier-Brochu, E., Ivers, H., & Morin, C.M. (revisions requested, manuscript resubmitted). Effects of behavior therapy, cognitive therapy, and cognitive behavior therapy on dysfunctional beliefs about sleep.
3. Hairston, I.S., Eidelman, P., **Talbot, L.S.**, Harvey, A.G., & Gruber, J.G. (revisions requested and in progress). The role of clinical symptoms in emotional reactivity in insomnia.
4. Kaplan, K.A., McGlinchey, E.L., Soehner, A., Gershon, A., **Talbot, L.S.**, Eidelman, P., Gruber, J. & Harvey, A.G. (revisions requested and in progress). Hypersomnia in interepisode bipolar disorder: Clarifying a diagnostic dilemma.

#### *In Preparation*

1. Persons, J.B., & **Talbot, L.S.** (in preparation). Developing and using a case formulation to guide cognitive-behavioral therapy.
2. Yee, J.Y., **Talbot, L.S.**, Harvey, A.G., Stinson, K., & Burnet, K. (in preparation). The role of expectation in chronic insomnia: A self-fulfilling prophecy?
3. Soehner, A.M., Gershon, A., **Talbot, L.S.**, Eidelman, P., Harvey, A.G., & Gruber, J. (in preparation). Does sleeping too little make us feel too much? An investigation of sleep duration and emotion reactivity in bipolar disorder.
4. O'Hara, R., Tal, J., Kenna, H., Anker, L., Flournoy, J., **Talbot, L.S.**, Cassidy, E. & Rasgon, N. (in preparation). Sleep apnea and insulin resistance: A role in late life cognitive impairment.

#### **CHAired SYMPOSIA**

1. **Talbot, L.S.** (June 2010). *Recent Developments in Bipolar Disorder Across the Lifespan*. (Co-Panelists: Lauren Alloy, Ph.D., Tina Goldstein, Ph.D., David Miklowitz, Ph.D., & Gary Sachs, M.D). Symposium presented at the World Congress of Behavioral and Cognitive Therapies (WCBCT), Boston, MA.
2. **Talbot, L.S.** (November 2010). *Sleep Across Psychiatric Disorders*. (Co-Panelists: Daniel Buysse, M.D., Andrea Chambers, Ph.D., Carla Nappi, Ph.D., & Genevieve Belleville, Ph.D.). Symposium

presented at the Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), San Francisco, CA.

## **PROFESSIONAL TALKS**

- 1. Talbot, L.S.** (February 2014). Sleep, physical activity, and PTSD: interrelationships and behavioral treatments. Talk given at the Stanford University Sleep Grand Rounds, Stanford, CA.
- 2. Talbot, L.S.** (March 2014). Cognitive-behavioral therapy in PTSD: a randomized controlled trial. Trainee research award talk at the University of California, San Francisco Grand Rounds, San Francisco, CA.
- 3. Talbot, L.S.,** Rao, M.N., Cohen, B.E., Richards, A., Inslicht, S.S., O'Donovan, A., Maguen, S., Metzler, T.J., & Neylan, T.C. (March 2014). Metabolic risk factors, sleep, and posttraumatic stress disorder in young, unmedicated, medically-healthy adults. Talk given at the American Psychosomatic Society (APS) Annual Meeting, San Francisco, CA.
- 4. Talbot, L.S.** (December 2013). Sleep, physical activity, and PTSD: interrelationships and behavioral treatments. Talk given at the University of California, San Francisco Sleep Interdisciplinary Annual Breakfast Meeting, San Francisco, CA.
- 5. Talbot, L.S.,** Hairston, I.S., Eidelman, P., Gruber, J., & Harvey, A.G. (April 2013). Sleep, mood, and interepisode bipolar disorder. Talk given at the University of California, San Francisco Bipolar Program Seminar Series, San Francisco, CA.
- 6. Talbot, L.S.,** Hairston, I.S., Eidelman, P., Gruber, J., & Harvey, A.G. (March 2013). The effect of mood on sleep onset latency and REM sleep in interepisode bipolar disorder. Data blitz talk given at the First Meeting of the International Scientific Group of Circadian Rhythm Experts (INSPIRE), Viareggio, Italy.
- 7. Talbot, L.S.,** Neylan, T.C., Metzler, T.J., & Cohen, B.E. (November 2012). The mediating effect of sleep quality in the relationship between PTSD and physical activity. Talk given at the Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), National Harbor, MD.
- 8. Talbot, L.S.,** Hairston, I.S., Eidelman, P., Gruber, J., & Harvey, A.G. (November 2010). The relationship between sleep and mood in bipolar disorder and insomnia. Talk given at the Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), San Francisco, CA.
- 9. Talbot, L.S.,** Hairston, I.S., Eidelman, P., Gruber, J., & Harvey, A.G. (June 2010). The effect of mood on sleep onset latency and REM sleep in interepisode bipolar disorder. Talk given at the World Congress of Behavioral and Cognitive Therapies (WCBCT), Boston, MA.
- 10. Talbot, L.S.,** McGlinchey, E.L., Kaplan, K.A., Dahl, R.E., & Harvey, A.G. (June 2009). Sleep deprivation and affect in adolescents. Talk given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Seattle, WA.
- 11. Talbot, L.S.** (March 2011). A test of the bidirectional association between sleep and mood in bipolar disorder and insomnia. Talk given at the Career Development Institute (CDI) for Bipolar Disorder, University of Pittsburgh, Pittsburgh, PA.

- 12. Talbot, L.S.,** McGlinchey, E.L., Kaplan, K.A., Dahl, R.E., & Harvey, A.G. (November 2009). Sleep deprivation in adolescents and adults: Changes in affect. Talk given at the Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), New York, NY.
- 13. Talbot, L.S.,** Hairston, I.S., Eidelman, P., Gruber, J., & Harvey, A.G. (November 2008). The effect of mood on sleep in bipolar disorder during the interepisode period. Talk given at the Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Orlando, FL.
- 14. Talbot, L.S.,** Harvey, A.G., Hairston, I.S., Gruber, J., & Eidelman, P. (August 2007). Association between sleep and mood in bipolar disorder. Talk given at the Annual Convention of the American Psychological Association (APA), San Francisco, CA.
- 15. Talbot, L.S.,** Hairston, I.S., Eidelman, P., Gruber, J., & Harvey, A.G. (March 2011). The effect of mood on sleep onset latency and REM sleep in interepisode bipolar disorder. Talk given at the Journal Club of the VA Palo Alto War Related Illness and Injury Study Center (WRIISC), Palo Alto, CA.
- 16. Talbot, L.S.** (July 2010). The relationship between sleep and mood in bipolar disorder and insomnia. Talk given at the NIMH Predoctoral Training Consortium in Affective Science Workshop, University of California, Berkeley, CA.
- 17. Talbot, L.S.** (July 2009). Sleep deprivation in adolescents and adults: Changes in affect. Talk given at the NIMH Predoctoral Training Consortium in Affective Science Workshop, University of California, Berkeley, CA.
- 18. Talbot, L.S.,** Hairston, I.S., Eidelman, P., Gruber, J., & Harvey, A.G. (July 2008). The effect of mood on sleep onset latency in bipolar disorder during the interepisode period. Talk given at the NIMH Predoctoral Training Consortium in Affective Science Workshop, University of California, Berkeley, CA.
- 19. Talbot, L.S.,** Harvey, A.G., Hairston, I.S., Gruber, J., & Eidelman, P. (October 2007). Does mood regulation ability contribute to sleep disturbance in bipolar disorder? Talk given at the Clinical Science Colloquium, University of California, Berkeley, CA.
- 20. Talbot, L.S.** (December 2009). Psychological interventions for sleep disturbance. Talk given to the Geriatric Fellows of the University of California, San Francisco (UCSF).
- 21. Talbot, L.S.** (February 2010). Sleep: how much do you really need? How to get what you really need. Talk given to the Parents Teachers Students Association (PTSA) at Lowell High School, San Francisco, CA.

## **PROFESSIONAL TALKS CO-AUTHORED**

- 1. Talbot, L.S.,** Richards, A., Inslicht, S., O'Donovan, A., & Neylan, T.C. (presenting author). (September, 2012). Sleep and lipids in PTSD. Talk to be given at the Annual Conference of the International Society for Psychoneuroendocrinology (ISPNE), New York, NY.
- 2. McGlinchey, E.L., Talbot, L.S.,** Kaplan, K.A., Dahl, R.E. & Harvey, A.G. (November 2010). The affective consequences of sleep deprivation in adolescence. Talk given at the Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), San Francisco, CA.

3. Kaplan, K.A., **Talbot, L.S.**, Gruber, J., Eidelman, P., & Harvey, A.G. (November 2009). Hypersomnia in bipolar disorder: How much is 'too much' sleep? Talk given at the Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), New York, NY.
4. Harvey, A.G., **Talbot, L.S.**, McGlinchey, E.L., Kaplan, K.A., Eidelman, P., Gruber, J., & Hairston, I.S. (May 2009). An empirical test of the bi-directional relationship between sleep and mood. Talk given at the Annual Convention of the Association for Psychological Science (APS), San Francisco, CA.
5. McGlinchey, E.L., **Talbot, L.S.**, Kaplan, K.A., Chang, K., Dahl, R.E., Canny, J.F., & Harvey, A.G. (November 2009). The effect of sleep deprivation on vocal expression of emotion in adolescents and adults. Talk given at the Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), New York, NY.
6. Harvey, A.G., **Talbot, L.S.**, Hairston, I.S., Gruber, J., & Eidelman, P. (July 2007). Is there a bidirectional association between insomnia and mood in adults with bipolar disorder? Talk given at the World Congress of Behavioral and Cognitive Therapies (WCBCT), Barcelona, Spain.
7. Harvey, A.G., **Talbot, L.S.**, Eidelman, P., Gruber, J., & Hairston, I.L. (November 2007). Sleep disturbance and affect regulation in bipolar disorder. Talk given at the Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA.
8. Harvey, A.G., **Talbot, L.S.**, Hairston, I.S., Gruber, J., & Eidelman, P. (November 2006). Sleep in adults with bipolar disorder: A bi-directional association? Talk given at the Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), Chicago, IL.
9. Soehner, A.M., Saletin, J., Kaplan, K.A., **Talbot, L.S.**, Hairston, I.S., Eidelman, P., Gruber, J., Walker, M.P., & Harvey, A.G. You'll feel better in the morning: Slow wave activity and overnight mood regulation in bipolar disorder. (June 2014). Talk given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Minneapolis, MN.
10. Kaplan, K.A., Eidelman, P., Soehner, A.M., Gruber, J., **Talbot, L.S.**, Gershon, A., McGlinchey, E. & Harvey, A.G. (June 2014). Hypersomnia in Bipolar Disorder: Clarifying a Diagnostic Dilemma. Talk given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Minneapolis, MN.
11. Harvey, A.G., McGlinchey, E.L., Dagys, N., **Talbot, L.S.**, Kaplan, K.A., & Arsanow, L. (June 2012). Double trouble? The effects of sleep deprivation and evening chronotype on emotional risk in adolescents. Talk given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Boston, MA.
12. Harvey, A.G., McGlinchey, E.L., Kaplan, K.A., and **Talbot, L.S.** (September 2008). Sleep deprivation and affective functioning in adolescence and adulthood. Talk given at the National Conference of the Australian Association for Cognitive and Behaviour Therapy (AACBT), Adelaide, South Australia.
13. Hairston, I.S., Hein, K., Knapp, K., **Talbot, L.S.**, Eidelman, P., Gruber, J., & Harvey, A.G. (November 2007). Sensory gating in primary insomnia: A potential objective measure of reduced sleep quality. Talk given at the Annual Meeting of the Society for Neuroscience (SfN), San Diego, CA.

- 14.** Gotlib, I.H., Joormann, J., Minor, K.L., Cooney, R.E., & **Talbot, L.S.** (March 2006). Stress reactivity and emotion dysregulation in girls at risk for depression: An integrative psychobiological investigation. Talk given at the Biennial Meeting of the Society for Research on Adolescence (SRA), San Francisco, CA.
- 15.** Bélanger, L., Harvey, A.G., Fortier-Brochu, E.F., Beaulieu-Bonneau, S., Eidleman, P., **Talbot, L.S.**, Ivers, H., Hein, K., Lamy, M., Soehner, A., Merette, C., & Morin, C.M. (September 2013). Impact of comorbidity on insomnia treatment response following cognitive-behavior therapy, behavior therapy, and cognitive therapy. Talk given at the World Congress of Sleep Medicine in Valencia, Spain.
- 16.** Belanger, L., Morin, C.M., Harvey, A.G., Fortier-Brochu, E., Beaulieu-Bonneau, S., **Talbot, L.S.**, Eidelman, P., & Ivers, H. (June 2011). Cognitive mechanisms in insomnia: A comparison of comorbid and primary insomnia. Talk given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Minneapolis, MN.
- 17.** Ascher, L., Eckart, J., Eidelman, P., Loya, F., Stier, A., Swanson, E., Sze, J., & **Talbot, L.S.** (May 2008). Assessing the alliance: Progress and challenges in the specialty clinic on the therapeutic alliance. Talk given at the Clinical Science Colloquium, University of California, Berkeley, CA. (Note: names listed alphabetically).
- 18.** Belanger, L., Morin, C.M., Harvey, A.G., Fortier-Brochu, E., Beaulieu-Bonneau, S., Talbot, L.S., Eidelman, P., & Ivers, H. (September 2011). Cognitive mechanisms in insomnia: A comparison of comorbid and primary insomnia. Talk given at the World Association of Sleep Medicine & Canadian Sleep Society Congress (WASM), Quebec City, Canada.

## **CONFERENCE POSTER PRESENTATIONS**

- 1. Talbot, L.S.**, Neylan, T.C., Metzler, T.J., & Cohen, B.E. (June 2013). Too tired to exercise? Interactions between sleep and physical activity in patients with PTSD. Poster to be presented at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Baltimore, MD.
- 2. Talbot, L.S.**, Hairson, I., Eidelman, P., Gruber, J., & Harvey, A.H. (March 2013). The effect of mood on sleep onset latency and REM Sleep in interepisode bipolar disorder. Poster to be presented at the Meeting of the International Scientific Group of Circadian Rhythm Experts (INSPIRE) in Viareggio, Italy.
- 3. Talbot, L.S.**, Neylan, T.C., Metzler, T.J., & Cohen, B.E. (December 2012). Too tired to exercise? Interactions between sleep and physical activity in patients with PTSD. Poster presented at the Bay Areas Symposium on Clinical Research in San Francisco, CA.
- 4. Talbot, L.S.**, Gruber, J., Eidelman, P., Hairston, I., & Harvey, A.G. (April 2010). A test of the bidirectional association between sleep and mood in bipolar disorder and insomnia. Poster presented at the Annual Wisconsin Symposium on Emotion, Madison, WI.
- 5. Talbot, L.S.**, Kaplan, K.A., McGlinchey, E.L., Dahl, R.E., & Harvey, A.G. (April 2009). Sleep deprivation and affect in adolescents and adults. Poster presented at the Annual Wisconsin Symposium on Emotion, Madison, WI.

- 6. Talbot, L.S.,** Gruber, J., Eidelman, P., Hairston, I.S., & Harvey, A.G. (November 2007). Is there an association between mood and sleep in bipolar disorder during euthymia? Poster presented at the Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA.
- 7. Talbot, L.S.,** Hairston, I.S., Eidelman, P., Gruber, J., & Harvey, A.G. (November 2006). Does mood regulation ability contribute to sleep disturbance in bipolar disorder? Poster presented at the Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), Chicago, IL.
- 8. Talbot, L.S.,** Minor, K.L., & Gotlib, I.H. (November 2005). Assessing stress reactivity in high-risk adolescent girls. Poster presented at the Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), Washington, D.C.
- 9. Talbot, L.S.,** Joormann, J., & Gotlib, I.H. (November 2004). Measuring cognitive biases in high-risk adolescent girls. Poster presented at the Annual Convention of the Association for the Advancement of Behavior Therapy (AABT), New Orleans, LA.
- 10. Talbot, L.S.,** Goebharter, M., Minor, K.L., & Gotlib, I.H. (October 2004). Mechanisms underlying vulnerability to depression: Assessing stress reactivity in high-risk adolescent girls. Poster presented at the Annual Meeting of the Society for Research in Psychopathology (SRP), St. Louis, MO.
- 11. Kaplan, K.A., Talbot, L.S.,** Gruber, J., & Harvey, A.G. (June 2011). Comparison between actigraphy, Polysomnography, and sleep diary in individuals with bipolar disorder. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Minneapolis, MN.
- 12. Eidelman, P., Talbot, L.S.,** Gruber, J., & Harvey, A.G. (November 2009). Sleep, illness course, and symptoms: Toward an empirically-based treatment for sleep disturbance in bipolar disorder. Poster to be presented at the Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), New York, NY.
- 13. Hairston, I.S., Talbot, L.S.,** Eidelman, P., Gruber, J., & Harvey, A.G. (June 2008). Primary insomnia patients do dissipate their sleep need during the night. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Baltimore, MD.
- 14. Gruber, J., Talbot, L.S.,** Eidelman, P., & Harvey, A.G. (November 2007). Where mood and emotion intersect: do daily mood patterns predict emotional reactivity in bipolar disorder? Poster presented at the Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA.
- 15. Minor, K.L., Talbot, L.S.,** Mascarenas, S., & Gotlib, I.H. (October 2004). Cortisol secretion, clinical symptoms, and information processing biases in major depression. Poster presented at the Annual Meeting of the Society for Research in Psychopathology (SRP), St. Louis, MO.
- 16. McGlinchey, E.L., Kaplan, K.A., Talbot, L.S.,** Dahl, R. & Harvey, A.G. (April 2009). The effects of sleep deprivation and positive affect on risk-taking behavior in adolescents and adults. Poster presented at the Annual Wisconsin Symposium on Emotion, Madison, Wisconsin.
- 17. Kaplan, K.A., Eidelman, P., Talbot, L.S.,** Gruber, J., & Harvey, A.G. (November 2008). Hypersomnia prevalence and persistence in interepisode bipolar disorder. Poster presented at the Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), Orlando, FL.

18. McGlinchey, E.L., Kaplan, K.A., **Talbot, L.S.**, & Harvey, A.G. (November 2008). The effects of sleep deprivation on mood after suppression. Poster presented at the Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), Orlando, FL.
19. Eidelman, P., Gruber, J., **Talbot, L.S.**, & Harvey, A.G. (November 2007). Sleep: a predictor of longitudinal outcome in bipolar disorder? Poster presented at the Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA.
20. Eidelman, P., Gruber, J., **Talbot, L.S.**, & Harvey, A.G. (August 2007). What do mood reactivity and sleep tell us about interepisode functioning in bipolar disorder? Poster presented at the Annual Convention of the American Psychological Association (APA), San Francisco, CA.
21. Gruber, J., Eidelman, P., **Talbot, L.S.**, & Harvey, A.G. (November 2006). Emotional reactivity and regulation following cognitive reappraisal in bipolar disorder. Poster presented at the Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), Chicago, IL.
22. Eidelman, P., Gruber, J., **Talbot, L.S.**, Hairston, I.S., & Harvey, A.G. (November 2006). Mood versus emotion in bipolar disorder: distinctions and similarities. Poster presented at the Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), Chicago, IL.
23. Soehner, A.M., Saletin, J., Kaplan, K.A., **Talbot, L.S.**, Hairston, I.S., Eidelman, P., Gruber, J., Walker, M.P., & Harvey, A.G. You'll feel better in the morning: Slow wave activity and overnight mood regulation in bipolar disorder. (May 2014). Poster presented at the Annual Meeting of the Society of Biological Psychiatry, New York, NY, USA.
24. Soehner, A.M., Kaplan, K.A., Saletin, J., **Talbot, L.S.**, Gruber, J., Hairston, I.S., Eidelman, P., Walker, M.P., & Harvey, A.G. (May 2012). Spectral Analysis of REM Sleep EEG in Bipolar I Disorder: Preliminary Findings. Poster presented at the Annual Meeting of the Society of Biological Psychiatry, Philadelphia, PA, USA.
25. Soehner, A.M., Gruber, J., Gershon, A., **Talbot, L.S.**, Eidelman, P., Hairston, I., & Harvey, A.G. (June 2012). Does sleeping too little make you feel too much? An investigation of sleep duration and emotion reactivity in interepisode bipolar disorder and healthy adults. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Boston, MA.
26. McGlinchey, E.L., Sadeh, A., Kaplan, K.A., **Talbot, L.S.**, Dahl, R., and Harvey, A.G. (November 2008). The effect of sleep deprivation on face processing in adolescents and adults. Poster presented at the Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), Orlando, FL.
27. Inslicht, S., Madden, E., Richards, A., O'Donovan, A., **Talbot, L.S.**, Rao, M., Rucker, E., Metzler, T., Haugher, R., & Neylan, T.C. (December 2013). Sex-specific effects of progesterone, allopregnanolone, and ACTH responses to metyrapone: implications for sex differences in PTSD. Poster submitted for the Annual Meeting of the American College of Neuropsychopharmacology.
28. Ramel, W., Goldin, P., Eyler, F., Brozovich, F., **Talbot, L.S.**, Gotlib, I.H., Brown, G., & McQuaid, J. (April 2005). Neural predictors of mood-congruent self-referential memory in individuals with and without a history of major depression. Poster presented at the Annual Meeting of the Cognitive Neuroscience Society (CNS), New York, NY.

29. Harvey, A.G., Morin, C.M., Belanger, L., Lombrozo, T., Soehner, A., Rifkin, J.B., **Talbot, L.S.**, Eidelman, P., Beaulieu-Bonneau, S., & Fortier-Brochu, E. (June 2011). Patients' attributions about the causes of insomnia. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Minneapolis, MN.

## **CLINICAL EXPERIENCE**

- 2011-present MIRECC Postdoctoral Fellowship, San Francisco VA Medical Center  
*Psychology Postdoctoral Fellow*  
Supervisors: Thomas Neylan, M.D., Angela Waldrop, Ph.D.
- 2010-2011 Predoctoral Clinical Psychology Internship, VA Northern California Health Care System (APA Accredited)  
*Psychology Intern*  
Supervisors: Tanya Aaen, Ph.D., Andreas Bollinger, Ph.D., Matthew Cordova, Ph.D., Joel Schmidt, Ph.D.
- 2007-2011 Randomized Controlled Trial of Cognitive, Behavioral, and Cognitive-Behavioral Treatments for Insomnia, University of California, Berkeley and Universite Laval  
*Therapist*  
Supervisors: Allison Harvey, Ph.D., Charles Morin, Ph.D.
- 2006-2009 Psychology Clinic, University of California, Berkeley  
*Psychology Intern*  
Supervisors: Robert Levenson, Ph.D., Jacqueline Persons, Ph.D., Alan Siegel, Ph.D., Michael Tompkins, Ph.D.
- 2005-2007 Berkeley Sleep and Psychological Disorders Lab, University of California, Berkeley  
*Diagnostic Assessor*  
Supervisor: Allison Harvey, Ph.D.
- 2003-2005 Stanford Mood and Anxiety Disorders Lab, Stanford University  
*Diagnostic Assessor*  
Supervisor: Ian Gotlib, Ph.D.
- 1996-2000 The Bridge Peer Counseling Center, Stanford University  
*Peer Counselor*

## **TEACHING EXPERIENCE**

- Winter, 2013 Psychiatry Resident PTSD Psychotherapy Clinic, San Francisco VA Medical Center  
Summer, 2013 *Guest Lecturer and Consultant*  
Instructor: William Wolfe, M.D.  
Teaching Effectiveness: 4/5
- Spring, 2012 Sleep Course  
San Francisco VA Medical Center  
*Guest Lecturer*  
Instructor: Thomas Neylan, M.D.

- Summer, 2010 Introduction to Clinical Psychology, The Education Program for Gifted Youth (EPGY),  
Stanford University  
*Instructor*  
Teaching Effectiveness: 3.4/4.0
- Spring, 2010 Introduction to Clinical Psychology, University of California, Berkeley  
*Graduate Student Instructor*  
Instructor: Allison Harvey, Ph.D.  
Teaching Effectiveness: 6.8/7.0  
Guest Lecture: Sleep and Psychiatric Disorders
- Fall, 2009 Clinical Psychology Graduate Proseminar, University of California, Berkeley  
*Guest Lecturer*  
Instructor: Qing Zhou, Ph.D.
- Fall, 2008 Psychology of Sleep, University of California, Berkeley  
*Graduate Student Instructor*  
Instructor: Allison Harvey, Ph.D.  
Teaching Effectiveness: 6.2/7.0  
Guest Lecture: Sleep in Bipolar Disorder
- Fall, 2007 Introduction to Clinical Psychology, University of California, Berkeley  
*Graduate Student Instructor*  
Instructor: Bob Levenson, Ph.D.  
Teaching Effectiveness: 6.1/7.0  
Guest Lecture: Bipolar Disorder
- 1998-2000 Sleep and Dreams, Stanford University  
*Teaching Assistant*  
Instructor: William Dement, M.D., Ph.D.

## **MENTORING/ADVISING**

- 2014 Doctoral Thesis Examiner (to be completed Sept, 2014): Simmone Poullos, Swinburne  
University of Technology, Melbourne, Australia
- 2010-2011 Advisor, Undergraduate Senior Thesis: Heather Fitzpatrick, University of California,  
Berkeley
- 2010-2011 Supervisor, Clinical Practicum: Matthew Caplan, VA Northern California Health Care  
System
- 2005-2009 Supervisor, Undergraduate Research Assistants: approximately 50 students in total,  
University of California, Berkeley
- 2003-2005 Supervisor, Undergraduate Research Assistants: approximately 40 students in total,  
Stanford University

## **EDITORIAL ACTIVITIES**

- 2014 Ad hoc Reviewer, *JAMA Psychiatry*  
2014 Ad hoc Reviewer, *Journal of Clinical Sleep Medicine*  
2014 Ad hoc Reviewer, *Journal of Traumatic Stress*  
2013 Ad hoc Reviewer, *SLEEP*  
2013 Ad hoc Reviewer, *Sleep Medicine Reviews*  
2013 Ad hoc Reviewer, *International Journal of Bipolar Disorders*  
2013 Ad hoc Reviewer, *Annals of Behavioral Medicine*  
2012 Ad hoc Reviewer, *Psychology and Aging*  
2011 Ad hoc Reviewer, *Abnormal Psychology* textbook, Flat World Knowledge  
2010-2013 Ad hoc Reviewer, *Cognitive Therapy and Research*  
2009 Ad hoc Reviewer, *Behavioral and Cognitive Psychotherapy*  
2009 Ad hoc Reviewer, *Behavioral Sleep Medicine*  
2007 Ad hoc Reviewer, *Behavior Therapy*

## **MEDIA COVERAGE**

- 2014 Science Daily. *Poor sleep quality linked to lower physical activity in people with PTSD*  
<http://www.sciencedaily.com/releases/2014/07/140716123841.htm>
- Science World Report. *Study ties poor quality of sleep to lower physical activity in people with PTSD.*  
<http://www.scienceworldreport.com/articles/16081/20140717/study-ties-poor-quality-of-sleep-to-lower-physical-activity-in-people-with-PTSD.htm>
- Medical News. *Worse sleep quality predicts lower physical activity in people with PTSD.*  
<http://www.news-medical.net/news/20140717/Worse-sleep-quality-predicts-lower-physical-activity-in-people-with-PTSD.aspx>
- University Herald. *Poor sleep increases obesity risk in people with PTSD.*  
<http://www.universityherald.com/articles/10443/20140716/poor-sleep-increases-obesity-risk-in-people-with-ptsd.htm>

## **PROFESSIONAL SERVICE ACTIVITIES**

- 2012-present Communications Committee, Sleep Research Network  
2010-present Membership Committee, Society of Behavioral Sleep Medicine  
2010-2011 Intern Representative, Northern California VA Health Care System  
2009-2010 Computer Committee, Institute of Personality and Social Research, University of California, Berkeley  
2008 Graduate Student Selection Committee, Clinical Science Program, University of California, Berkeley  
2005-2006 Graduate Student Representative, Clinical Science Program, University of California, Berkeley