

Meredith Ellen Rumble, PhD (updated 6/12/2020)

Personal Data

Office Address: 6001 Research Park Boulevard, Madison, WI 53719

Phone: 608.232.3171 (office)

Education

BA, Psychology, DePauw University, Greencastle, IN, 1999.

PhD, Clinical Psychology, Duke University, Durham, NC, 2007.

APA-Accredited Clinical Psychology Internship, VA Medical Center, Durham, NC, 2006-2007.

Postdoctoral Fellowship in Behavioral Sleep Medicine and General Psychotherapy, University of Wisconsin, Madison, WI, 2007-2008.

Certification and Licensure

Licensed Psychologist, State of Wisconsin, 2008-present.

Credentialed, University of Wisconsin Hospital and Clinics, 2009-present.

Present Appointment/Position

Assistant Professor (Clinical Health Sciences Track), Department of Psychiatry, University of Wisconsin, Madison, 2014-present.

Director, Behavioral Sleep Medicine Program, University of Wisconsin, Madison 2009-present.

Director, Adult Track, Clinical Psychology Internship Training Program, Department of Psychiatry, University of Wisconsin, Madison, 2016-present.

Past Appointments/Positions

Psychologist and Clinical Adjunct Assistant Professor, Department of Psychiatry, University of Wisconsin, Madison, 2009-2014.

Professional Society Memberships

American Academy of Sleep Medicine
Association for Behavioral and Cognitive Therapies

Honors and Awards

Merit Scholarship, DePauw University, 1995-1999
Senior Research Award, Department of Psychology, DePauw University, 1999
Kenneth S. Wagoner Research Award, Department of Psychology, DePauw University, 1999
Asher Fund Recipient, DePauw University, 1999
B.A., magna cum laude, DePauw University, 1999
Clare Hamilton Travel Award, Department of Psychology, Duke University, 2002-2005
First Time Trainee Travel Award, Sleep Research Society, 2005
Conference Travel Fellowship, The Graduate School, Duke University, 2005, 2006
Division 38 (Health Psychology) Student Research Award, 2005
Student Honorable Mention Abstract Award, Sleep Research Society, 2007, 2008

Grant Support

Current

Title: "A high-density EEG comparison of sleep, sleep initiation and arousal patterns in insomnia patients and normal controls"
Source: Merck
Total Award: \$270,867
PI: (Benca PI) (Rumble Co-I) 2014-2016
(Rumble PI) 2016-present
Percent Effort: 10% / 30%

Pending

None

Major Past Awards

Title: "Reducing suicidal ideation through insomnia treatment (REST-IT)"
Source: NIMH
Total Award: \$818,720 / \$124,767
PI: (Benca PI) (Rumble-Co-I) 2012-2016
(Rumble PI) 2016-2018
Percent Effort: 30% / 40%

Title: "Refining a biobehavioral intervention to enhance recovery following hematopoietic stem cell transplantation"
Source: UWCCC (Costanzo PI)
Total Award: \$40,000
PI: (Costanzo PI) (Rumble Co-I) 2016-2017
Percent Effort: 10%

Title: "Biobehavioral mechanisms of quality of life in chronic GVHD"
Source: UW Carbone Cancer Center
Total Award: \$55,661
PI: (Costanzo PI) (Rumble Co-I) 2014-2016
Percent Effort: 10%

Title: "Sleep disturbance and quality of life in endometrial cancer patients"
Source: UW Carbon Cancer Center ITT
Total Award: \$50,000
PI: (Costanzo PI) (Rumble Co-I) 2011-2012
Percent Effort: 10%

Title: "A comprehensive approach to insomnia"
Source: UW School of Medicine and Public Health /
Wisconsin Partnership, MERC
Total Award: \$278,464
PI: (Benca PI) (Rumble Co-I) 2009-2011
Percent Effort: 30%

Title: "Sleep and performance"
Source: Sanofi Aventis
Total Award: \$1,099,927
PI: (Peterson PI) (Rumble Co-I) 2009 -2010
Percent Effort: 20%

Publications

Refereed Articles (*denotes trainee article)

Keefe, F., Buffington, A., Studts, J., & **Rumble, M.** (2002). Behavioral medicine: 2002 and beyond. *Journal of Consulting and Clinical Psychology, 70*, 852-856.
Concept Development and Design: 25%, Mentoring: 0%, Data Acquisition: 0%, Analysis: 0%, Writing: 25%.

Greenwald, K., Thurston, R., **Rumble, M.**, Waters, S., & Keefe, F. (2003). Anger and hostility in persistent pain: Current status and future directions. *Pain, 103*, 1-5.
Concept Development and Design: 10%, Mentoring: 0%, Data Acquisition: 0%, Analysis: 0%, Writing: 20%.

Keefe, F., **Rumble, M.**, Scipio, C., Giordano, L., & Perri, L. (2004). Psychological aspects of persistent pain: Current state of the science. *The Journal of Pain, 5(4)*, 195-211.
Concept Development and Design: 20%, Mentoring: 0%, Data Acquisition: 0%, Analysis: 0%, Writing: 20%.

Rumble, M., Keefe, F., Edinger, J., Porter, L., & Garst, J. (2005). A pilot study investigating the utility of the cognitive-behavioral model of insomnia in early-stage lung cancer patients. *Journal of Pain and Symptom Management*, 30(2), 160-169.

Concept Development and Design: 80%, Mentoring: 0%, Data Acquisition: 100%, Analysis: 100%, Writing: 80%.

Keefe, F. J., Ahles, T.A., Sutton, L., Dalton, J., Baucom, D., Pope, M.S., Knowles, V., McKinstry, E., Furstenberg, C., Syrjala, K., Waters, S.J., McKee, D., McBride, C., **Rumble, M.**, & Scipio, C. (2005). Partner-guided cancer pain management at end-of-life: A preliminary study. *Journal of Pain and Symptom Management*, 29(3), 263-272.

Concept Development and Design: 0%, Mentoring: 0%, Data Acquisition: 50%, Analysis: 0%, Writing: 10%.

Carson, J., Keefe, F., Affleck, G., **Rumble, M.**, Caldwell, D., Beaupre, P., Kashikar-Zuck, S., Sandstrom, M., Egert, J., & Weisberg, J. (2006). A comparison of conventional pain coping skills training and pain coping skills training with a maintenance training component: A daily diary analysis of short- and long-term treatment effects. *Journal of Pain*, 7(9), 615-625.

Concept Development and Design: 10%, Mentoring: 0%, Data Acquisition: 0%, Analysis: 30%, Writing: 15%.

Rumble, M., Keefe, F., Edinger, J., Affleck, G., Marcom, P., & Shaw, H. (2010). Contribution of cancer symptoms, dysfunctional sleep related thoughts, and sleep inhibitory behaviors to the insomnia process in breast cancer survivors: A daily process analysis. *Sleep*, 33(11), 1501-1509.

Concept Development and Design: 90%, Mentoring: 0%, Data Acquisition: 100%, Analysis: 100%, Writing: 90%.

Porter, L., Keefe, F. J., Garst, J., Baucom, D., McBride, C., McKee, D., Sutton, L., Carson, K., Knowles, V., **Rumble, M.**, & Scipio, C. (2011). Caregiver-assisted coping skills training for lung cancer: Results of a randomized clinical trial. *Journal of Pain and Symptom Management*, 41(1), 1-13.

Concept Development and Design: 0%, Mentoring: 0%, Data Acquisition: 50%, Analysis: 0%, Writing: 10%.

Porter, L., Keefe, F., Davis, D., **Rumble, M.**, Scipio, C., & Garst, J. (2012). Attachment styles in patients with lung cancer and their spouses: Associations with patient and spouse adjustment. *Supportive Care in Cancer*, 20, 2459-66.

Concept Development and Design: 0%, Mentoring: 0%, Data Acquisition: 50%, Analysis: 0%, Writing: 10%.

*Nelson, A. M., Coe, C. L., Juckett, M. B., **Rumble, M. E.**, Rathouz, P. J., Hematti, P. & Costanzo, E. S. (2014). Sleep quality following hematopoietic stem cell transplantation: longitudinal trajectories and biobehavioral correlates. *Bone Marrow Transplantation*, 49, 1405-1411.

Concept Development and Design: 5%, Mentoring: 10%, Data Acquisition: 0%, Analysis: 0%, Writing: 10%.

McCall, W. V., Benca, R., Rosenquist, P. B., Riley, M. A., Hodges, C., Gubosh, B., McCloud, L., Newman, J. C., Case, D., **Rumble, M.**, Mayo, M., White, K. H., Phillips, M., Krystal, A. (2015). A multi-site randomized clinical trial to reduce suicidal ideation in suicidal adult outpatients with major depressive disorder: development of a methodology to enhance safety. *Clinical Trials*, 12(3), 189-98.

Concept Development and Design: 5%, Mentoring: 0%, Data Acquisition: 20%, Analysis: 0%, Writing: 10%.

Rumble, M., Rose, S., White, K., Moore, H., Gehrman, P., Benca, R., & Costanzo, E. (2015). Circadian actigraphic rest-activity rhythms following surgery for endometrial cancer: A prospective, longitudinal study. *Gynecologic Oncology*, 137(3), 448-55.

Concept Development and Design: 70%, Mentoring: 0%, Data Acquisition: 20%, Analysis: 100%, Writing: 75%.

*Levenson, J., Benca, R., & **Rumble, M.** (2015). Sleep-related cognitions differentiate insomnia comorbid with depression from insomnia alone: Characteristics of a sleep center sample. *Journal of Clinical Sleep Medicine*, 11(8), 847-854.

Concept Development and Design: 30%, Mentoring: 75%, Data Acquisition: 80%, Analysis: 20%, Writing: 40%.

Plante, D., Goldstein, M., Cook, J., Smith, R., Riedner, B., **Rumble, M.**, Jelenchick, L., Tononi, G., Benca, R., & Peterson, M. (2015). Effects of oral temazepam on sleep spindles during non-rapid eye movement sleep: A high-density EEG investigation. *European Neuropsychopharmacology*, 25, 1600-1610.

Concept Development and Design: 0%, Mentoring: 0%, Data Acquisition: 10%, Analysis: 0%, Writing: 5%.

*Honerlaw, K., **Rumble, M.**, Rose, S., Coe, C., & Costanzo, E. (2016). Biopsychosocial predictors of pain among women recovering from surgery for endometrial cancer. *Gynecologic Oncology*, 140, 301-306.

Concept Development and Design: 10%, Mentoring: 0%, Data Acquisition: 0%, Analysis: 0%, Writing: 10%.

Plante, D., Goldstein, M., Cook, J., Smith, R., Riedner, B., **Rumble, M.**, Jelenchick, L., Roth, A., Tononi, G., Benca, R., & Peterson, M. (2016). Effects of partial sleep deprivation on slow waves during non-rapid eye movement sleep: A high-density EEG investigation. *Clinical Neurophysiology*, 127, 1436-1444.

Concept Development and Design: 0%, Mentoring: 0%, Data Acquisition: 10%, Analysis: 0%, Writing: 5%.

Riedner B., Goldstein, M., Plante, D., **Rumble, M.**, Tononi, G., & Benca, R. (2016). Regional patterns of elevated alpha and high-frequency EEG activity during NREM sleep in chronic insomnia: A pilot study. *Sleep*, 39, 801-812.

Concept Development and Design: 10%, Mentoring: 0%, Data Acquisition: 25%, Analysis: 0%, Writing: 5%.

Plante, D., Goldstein, M., Cook, J., Smith, R., Riedner, B., **Rumble, M.**, Jelenchick, L., Roth, A., Tononi, G., Benca, R., & Peterson, M. (2016). Effects of oral temazepam on slow waves during non-rapid eye movement sleep in healthy young adults: a high-density EEG investigation. *International Journal of Psychophysiology*, 101, 25-32.

Concept Development and Design: 0%, Mentoring: 0%, Data Acquisition: 10%, Analysis: 0%, Writing: 5%.

McCall, W.V., Benca, R., Rosenquist, P., Riley, M., McCloud, L., Newman, J., Case, D., **Rumble, M.**, & Krystal, A. (2017). Hypnotic medications and suicide: risk, mechanisms, mitigation, and the FDA. *American Journal of Psychiatry*, 174, 18-25.

Concept Development and Design: 5%, Mentoring: 0%, Data Acquisition: 0%, Analysis: 0%, Writing: 10%.

*White, K., **Rumble, M.**, & Benca, R. (2017). Sex differences in the relationship between depression and actigraphic assessments of sleep and rest-activity rhythms in a population-based sample. *Psychosomatic Medicine*, 79, 479-484.

Concept Development and Design: 30%, Mentoring: 75%, Data Acquisition: 80%, Analysis: 40%, Writing: 50%.

*Nelson, A. M., Jim, H. S. L., Small, B. J., Nishihori, T., Gonzalez, B. D., Cessna, J. M., Hyland, K. A., **Rumble, M. E.**, & Jacobsen, P. B. (2018). Sleep disruption among cancer patients following autologous hematopoietic cell transplantation. *Bone Marrow Transplantation*, 53, 307-314.

Concept Development and Design: 5%, Mentoring: 10%, Data Acquisition: 0%, Analysis: 0%, Writing: 10%.

Rumble, M., Dickson, D., McCall, W., Krystal, A., Case, D., Rosenquist, P., & Benca, R. (2018). The relationship of person-specific eveningness chronotype, greater seasonality, and less rhythmicity to suicidal behavior: A literature review. *Journal of Affective Disorders*, 227, 721-730.

Concept Development and Design: 50%, Mentoring: 20%, Data Acquisition: 50%, Analysis: 50%, Writing: 75%.

Rumble, M., & Plante, D. (2019). Using insomnia as a model for optimizing Internet-delivered psychotherapy. *American Journal of Psychiatry*, 176, 267-268.

Concept Development and Design: 75%, Mentoring: 0%, Data Acquisition: 75%, Analysis: 75%, Writing: 75%.

McCall, W. V., Benca, R., **Rumble, M.**, Case, D., & Krystal, A. (2019). Prevalence of obstructive sleep apnea in suicidal patients with major depressive disorder. *Journal of Psychiatric Research*, 116, 147-150.

Concept Development and Design: 5%, Mentoring: 0%, Data Acquisition: 10%, Analysis: 0%, Writing: 10%.

Gorzeltz, J., Costanzo, E., Spencer, R., **Rumble, M.**, Rose, S., Cadmus-Bertram, L. (2019). Longitudinal assessment of post-surgical physical activity in endometrial and ovarian cancer patients. *PLoS One*, 14(10), e0223791.

Concept Development and Design: 10%, Mentoring: 0%, Data Acquisition: 0%, Analysis: 0%, Writing: 10%.

McCall, W. V., Benca, R., Rosenquist, P., Youssef, N., McCloud, L., Newman, J., Case, D., **Rumble, M.**, Szabo, S., Philips, M., & Krystal, A. (2019). Reducing suicidal ideation through insomnia treatment (REST-IT): A randomized controlled trial. *American Journal of Psychiatry*, 176, 957-965.

Concept Development and Design: 0%, Mentoring: 0%, Data Acquisition: 10%, Analysis: 0%, Writing: 10%.

*Cook, J., **Rumble, M.**, & Plante, D. (2019). Identifying subtypes of hypersomnolence disorder: A cluster analysis. *Sleep Medicine*, 64, 71-76.

Concept Development and Design: 20%, Mentoring: 40%, Data Acquisition: 0%, Analysis: 10%, Writing: 20%.

*Cook, J., **Rumble, M.**, Tran, K., & Plante, D. (2020). Potential maladaptive sleep-related cognitions in depression with comorbid hypersomnolence: An exploratory investigation. *Behavioral Sleep Medicine*, 24, 1-11.

Concept Development and Design: 30%, Mentoring: 40%, Data Acquisition: 0%, Analysis: 10%, Writing: 30%.

Rumble, M., McCall, W. V., Dickson, D., Krystal, A., Rosenquist, P., & Benca, R. (accepted). An exploratory analysis of the association of circadian rhythm dysregulation and insomnia with suicidal ideation over the course of treatment in individuals with depression, insomnia and suicidal ideation. *Journal of Clinical Sleep Medicine*.

Concept Development and Design: 50%, Mentoring: 20%, Data Acquisition: 50%, Analysis: 50%, Writing: 75%.

Non-Refereed Articles

Peterson, M., **Rumble, M.**, & Benca, R. (2008). Insomnia and psychiatric disorders. *Psychiatric Annals*, 38, 579-605.

Concept Development and Design: 25%, Mentoring: 0%, Data Acquisition: 0%, Analysis: 0%, Writing: 25%.

Rumble, M., White, K., & Benca, R. (2015). Sleep disturbances in mood disorders. *Psychiatric Clinics of North America*, 38(4), 743-759.

Concept Development and Design: 40%, Mentoring: 50%, Data Acquisition: 0%, Analysis: 0%, Writing: 60%.

Chapters in Books

Keefe, F., Beaupre, P., Gil, K., **Rumble, M.**, & Aspnes, A. (2002). Group therapy for patients with chronic pain. In R.J. Gatchel & D.C. Turk (Eds.), *Psychological Treatments for Pain: A Practitioner's Handbook*, 2nd ed. New York: Guilford. *Concept Development and Design: 20%, Mentoring: 0%, Data Acquisition: 0%, Analysis: 0%, Writing: 20%.*

Rumble, M., & Benca, R. (2010). Clinical assessment of insomnia: Secondary insomnias: Insomnia in psychiatric disorders. In M. Sateia & D. Buysse (Eds.), *Insomnia: Diagnosis and Treatment*. London: Informa Healthcare.
Concept Development and Design: 50%, Mentoring: 0%, Data Acquisition: 0%, Analysis: 0%, Writing: 50%.

Keefe, F., Beupre, P., **Rumble, M.**, Kelleher, S., & Van Denburg, A. (2018). Group therapy for patients with chronic pain. In R.J. Gatchel & D.C. Turk (Eds.), *Psychological Treatments for Pain: A Practitioner's Handbook*, 3rd ed. New York: Guilford.
Concept Development and Design: 10%, Mentoring: 0%, Data Acquisition: 0%, Analysis: 0%, Writing: 10%.

Rumble, M., & Plante, D. (submitted). Sleep and circadian rhythm sleep-wake disorders. In D.C. Steffens & K. Zdanys (Eds.), *Textbook of Geriatric Psychiatry*, 6th ed. Washington DC: American Psychiatric Publishing.

Monographs or Books

None

Technical Reports/Other Publications

None

Abstracts (*denotes trainee abstract)

Rumble, M., Edinger, J., Keefe, F., Porter, L., & Marcom, P. A pilot study examining the utility of the cognitive-behavioral model of insomnia in early stage breast cancer patients. Poster presented at the Associated Professional Sleep Societies Annual Meeting, Denver, CO, June 2005.

Rumble, M., Keefe, F., Edinger, J., Porter, L., & Marcom, P. Early stage breast cancer patients with and without insomnia: Differences in pain and the relationship between sleep and pain. Poster presented at the annual meeting of the American Pain Society, Boston, MA, March 2005.

Rumble, M., Keefe, F., Edinger, J., Porter, L., Garst, J., & Marcom, P. Relationship of dysfunctional sleep-related thoughts and behaviors, pre-sleep arousal, cancer symptoms, and mood to sleep in breast and lung cancer patients with insomnia. Poster presented at the SLEEP 2006 annual meeting, Salt Lake City, UT, June 2006.

Rumble, M., Lineberger, M., & Edinger, J. Examining polysomnographic quantitative criteria sets for discriminating primary insomnia sufferers from normal sleepers. Poster presented at the SLEEP 2007 annual meeting, Minneapolis, MN, June 2007.

Rumble, M., Keefe, F., Edinger, J., & Affleck, G. Examining a comprehensive cognitive-behavioral model of insomnia for breast cancer patients: A daily process analysis. Paper presented at the SLEEP 2008 annual meeting, Baltimore, MD, June 2008.

Rumble, M., Guo, M., & Benca, R. Prevalence and clinical status of adult patients with obstructive sleep apnea (OSA) and/or insomnia in a clinic-based sample. Poster presented at the SLEEP 2010 annual meeting, San Antonio, TX, June 2010.

*Guo, M., **Rumble, M.**, & Benca, R. Examining predictors of health-related quality of life in sleep apnea patients. Poster presented at the SLEEP 2010 annual meeting, San Antonio, TX, June 2010.

Rumble, M., Guo, M., Phelan, C., Peppard, P., & Benca, R. A pilot randomized clinical effectiveness trial of group cognitive-behavioral therapy for individuals with persistent insomnia from the Wisconsin Sleep Cohort Study. Poster presented at the SLEEP 2011 annual meeting, Minneapolis, MN, June 2011.

Rumble, M., Costanzo, E., Rose, S., Nelson, A., & Benca, R. A pilot study examining the nature of sleep disturbance in gynecologic oncology patients recovering from surgery. Poster presented at the SLEEP 2013 meeting, Baltimore, MD, June 2013.

*Nelson, A., **Rumble, M.**, Rose, S., Benca, R., & Costanzo, E. Insomnia and circadian dysregulation predict quality of life following surgery for gynecologic cancer. Paper presented at the annual meeting of the American Psychosomatic Society, Miami, Florida, 2013.

*Honerlaw, K., Rose, S., Coe, C., **Rumble, M.**, Patankar, M., Kushner, D. & Costanzo, E. Biopsychosocial predictors of pain among women recovering from surgery for gynecologic cancer. Poster presented at the annual American Society of Clinical Oncology meeting, Chicago, IL, May 2014.

*White, K., Ryff, C., Love, G., Hansen, K., Benca, R., Costanzo, E., & **Rumble, M.** Demographic, socioeconomic, and health differences in circadian activity-rest rhythms in a diverse community sample. Poster presented at the SLEEP 2014 meeting, Minneapolis, MN, June 2014.

Plante, D., Goldstein, M., Cook, J., Smith, R., Riedner, B., **Rumble, M.**, Jelenchick, L., Tononi, G., Benca, R., & Peterson, M. Alterations in sleep EEG waveforms induced by temazepam: A high-density EEG investigation. Poster presented at the SLEEP 2014 meeting, Minneapolis, MN, June 2014.

*Cheng, P., Benca, R., Guo, M., White, K., & **Rumble, M.** Predictors of PAP therapy adherence in a clinical sample. Poster presented at the SLEEP 2014 meeting, Minneapolis, MN, June 2014.

Rumble, M., White, K., Finn, L., Peppard, P., Hagen, E., & Benca, R. Sex differences in the relationship between obstructive sleep apnea (OSA) and insomnia severity in a community- and clinic-based sample. Poster presented at the SLEEP 2014 meeting, Minneapolis, MN, June 2014.

Plante, D., Goldstein, M., Cook, J., Smith, R., Riedner, B., **Rumble, M.**, Jelenchick, L., Roth, A., Tononi, G., Benca, R., & Peterson, M. Effects of partial sleep deprivation on slow waves during non-rapid eye movement sleep: A high-density investigation. Poster presented at the SLEEP 2015 meeting, Seattle, WA, June 2015.

*White, K., **Rumble, M.**, & Benca, R. Sex differences in the relationship between depression and actigraphic assessment of sleep continuity and rest-activity rhythms in a population-based sample. Paper presented at the SLEEP 2015 meeting, Seattle, WA, June 2015.

*Levenson, J., **Rumble, M.**, & Benca, R. Sleep-related cognitions in individuals with insomnia and depressive symptoms. Poster presented at the SLEEP 2015 meeting, Seattle, WA, June 2015.

Rumble, M., McCall, W., Krystal, A., White, K., Newman, J., Case, D., & Benca, R. A preliminary report from the "REST-IT" Study: Actigraphic sleep and rest-activity indices predict suicidality in depressed individuals. Poster presented at the SLEEP 2015 meeting, Seattle, WA, June 2015.

McCall, W., Ahn, E., Benca, R., Krystal, A., Rosenquist, P., **Rumble, M.**, Newman, J., & Case, D. A preliminary report from the "REST-IT" Study: Insomnia severity and hypersomnia each independently predict the intensity of suicidal ideation. Poster presented at the SLEEP 2015 meeting, Seattle, WA, June 2015.

*Morris, K., Rose, S., **Rumble, M.**, Coe, C., Moore, A. H., White, K., & Costanzo, E. S. The effect of obesity on recovery after endometrial cancer surgery. Poster presented at the World Congress of Psycho-Oncology, Washington, D.C., July 2015.

Costanzo, E. S., Coe, C. L., Rose, S. L., Morris, K., White, K. H., & **Rumble, M. E.** Inflammation and disrupted rest-activity patterns among women recovering from surgery for endometrial cancer. Paper presented at the 74th Annual Meeting of the American Psychosomatic Society, Denver, CO, March 2016.

*Dickson, D., **Rumble, M.**, & Benca, R. Insomnia within the context of obstructive sleep apnea: Association between insomnia profiles and dysfunctional beliefs about sleep. Poster presented at the SLEEP 2016 meeting, Denver, CO, June 2016.

Rumble, M., Dickson, D., White, K., & Benca, R. Influence of season on actigraphic sleep indices in a population-based sample. Paper presented at the SLEEP 2016 meeting, Denver, CO, June 2016.

Rumble, M., Dickson, D., Notermann, S., Rosenquist, P., Newman, J., Case, D., Krystal, A., McCall, W.V., & Benca, R. A preliminary report from the "REST IT" study: Self-reported eveningness and actigraphic delayed sleep timing correlates with suicidality and depression. Poster presented at the American College of Neuropsychopharmacology meeting, Hollywood, FL, December 2016.

*Nelson, A., Jim, H., Small, B., Gonzalez, B., Nishihori, T., Cessna, J., Hyland, K., **Rumble, M.**, & Jacobsen, P. Sleep disruption among cancer patients following autologous hematopoietic cell transplantation. Paper presented at the Society of Behavioral Medicine meeting, San Diego, CA, March 2017.

Costanzo, E., Juckett, M., Coe, C., Dickson, D., Morris, K., Hematti, P., & **Rumble, M.** Inflammation, circadian rest-activity patterns, and behavioral sequelae of chronic graft-versus-host-disease. Paper presented at the PsychoNeuroImmunology Research Society, Galveston, TX, June 2017.

Rumble, M., Dickson, D., Rose, S., Nelson, A., White, K., Benca, R., & Costanzo, E. Insomnia and actigraphic rest-activity indices predict quality of life following surgery for endometrial cancer. Paper presented at the SLEEP 2017 meeting, Boston, MA.

Rumble, M. REST-IT Exploratory Aim: Suicidality and Actigraphy. Presented as part of a symposium, "Insomnia as a risk factor for suicide and the impact of treating insomnia in suicidal patients: The REST-IT Study," (W. V. McCall, Chair) at the SLEEP 2018 meeting Baltimore, MD.

Rumble, M., Dickson, D., Notermann, S., Rosenquist, P., Newman, J., Case, D., Krystal, A., McCall, W.V., & Benca, R. A preliminary report from the "REST-IT" Study: Self-reported eveningness and actigraphic delayed sleep timing correlate with suicidal ideation in individuals with depression and insomnia. Paper presented at the SLEEP 2018 meeting, Baltimore, MD.

*Cook, J., **Rumble, M.**, & Plante, D. Identifying subtypes of hypersomnolence disorder: A cluster analysis. Paper presented at the SLEEP 2019 meeting, San Antonio, TX.

McCall, W. V., Benca, R., **Rumble, M.**, Case, D., & Krystal, A. Should sleep apnea testing be a component of diagnostic evaluation for treatment resistant depression? Poster presented at the SLEEP 2019 meeting, San Antonio, TX.

Rumble, M. Objective sleep markers of suicide risk: Polysomnography and actigraphy. Presented as part of a symposium, "Sleep disorders as a risk factor for suicide and the impact of treating insomnia in suicidal patients," (W. V. McCall, Chair) at the World Sleep 2019 meeting, Vancouver, Canada.

McCall, W. V., Benca, R., **Rumble, M.**, & Krystal, A. Do the subjective effects of hypnotic medication result in unblinding of treatment assignment in hypnotic randomized controlled trials? Poster that was to be presented at the SLEEP 2020 meeting, Philadelphia, PA (conference cancelled due to COVID-19).

Educational Activities & Presentations

Classroom Teaching (Audience: Undergraduate students)

Statistics I (PSY273) and Statistics II (PSY274), Teaching Assistant, 2002-2003.

Statistics for Social Sciences (PSY117/SOC133), Instructor, 2004.

Health Psychology (PSY109a), Teaching Assistant, 2004.

"Sleep Disorders," 1 guest lecture for Health Psychology (PSY109a), 2005.

"Behavioral Sleep Medicine," 1 lecture annually to undergraduate students as part of Neuroscience 675 (Basic Sleep Mechanisms and Sleep Disorders), 2008-2012.

Department of Psychiatry Brown Bag Discussion for Pre-Health Undergraduate Students, 2020.

CME Presentations

Departmental

Rumble, M. Behavioral sleep medicine in a psychiatric setting. Presentation at Grand Rounds, Department of Psychiatry, University of Wisconsin, Madison, WI, May 2009. Audience: Faculty, staff, and trainees in the Department of Psychiatry and providers in the community.

Rumble, M. Panel Speaker at the University of Wisconsin Department of Psychiatry 2012 Psychiatry Education Retreat, "Using Time Wisely: How to Make the Most of Your Supervision Hour". Audience: Faculty, staff, and trainees in the Department of Psychiatry and providers in the community.

Rumble, M. Internet-Based CBT-I: Emerging ways to refer patients for non-pharmacologic treatment of insomnia. Presentation at Multi-Disciplinary Meeting, Wisconsin Sleep, Madison, WI, October 2016. Audience: Faculty, staff, and trainees of Wisconsin Sleep.

Dickson, D., & **Rumble, M.** Behavioral Sleep Medicine Service. Presentation at Multi-Disciplinary Meeting, Wisconsin Sleep, Madison, WI, September 2019. Audience: Faculty, staff, and trainees of Wisconsin Sleep.

UWSMPH/Hospital

None

State & Regional

Rumble, M. Tools for overcoming insomnia and other sleep disorders in breast cancer. Presentation at Breast Cancer Recovery's Sharing the Knowledge annual meeting, Madison, WI, November 2008. Audience: Breast cancer survivors in Madison and surrounding regions.

Rumble, M. Non-medication-based approaches in treating insomnia. Presentation at Sleep Disorders Update Conference, Wisconsin Sleep, Madison, WI, September 2010. Audience: Primarily primary care providers in Madison and surrounding regions.

Rumble, M. Psychotherapeutic treatment of insomnia. Presentation at the Update and Advances in Psychiatry Conference, Madison, WI, 2013. Mental health providers, primarily psychiatrists.

Rumble, M. Insomnia evaluation and treatment. Presentation at the WI Academy of Physician Assistants (WAPA) Annual Conference, Madison, WI, 2013. Audience: Mid-level providers in Madison and surrounding regions.

Kolden, G., and **Rumble, M.** Social rhythm therapy. Presentation for the Wisconsin Public Psychiatry Network Teleconference, Madison, WI, February 2014. Audience: Mental health and substance abuse providers throughout the state of Wisconsin.

Rumble, M. Applying social rhythm therapy. Presentation at the Mental Health and Substance Abuse Services Training Conference, Wisconsin Dells, WI, 2014. Audience: Mental health and substance abuse providers throughout the state of Wisconsin.

Rumble, M. Cognitive-behavioral therapy for insomnia, Part I. Presentation for the Wisconsin Public Psychiatry Network Teleconference, Madison, WI, April 2015. Audience: Mental health and substance abuse providers throughout the state of Wisconsin.

Rumble, M. Lessening the impact of sleep disorders: Learning effective initial assessment strategies for appropriate specialty referral. Presentation at the National Association of Social Workers-Wisconsin Chapter Annual Conference, Madison, WI, October 2015. Audience: Social workers throughout the state of Wisconsin and surrounding regions.

Rumble, M. Cognitive-behavioral therapy for insomnia, Part II. Presentation for the Wisconsin Public Psychiatry Network Teleconference, Madison, WI, November 2015. Audience: Mental health and substance abuse providers throughout the state of Wisconsin.

Rumble, M. Learning more about insomnia. Guest on The Joy Cardin Radio Show, Madison, WI, August 2016. Audience: Listeners to Wisconsin Public Radio.

Rumble, M. Sleep and mental health: Lessening the impact of common sleep disorders in psychiatric populations. Presentation for the Wisconsin Public Psychiatry Network Teleconference, Madison, WI, December 2016. Audience: Mental health and substance abuse providers throughout the state of Wisconsin.

Rumble, M. Effective non-medication treatment for insomnia. Presentation for the Madison Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD) Support Group, March 2017. Audience: Madison area community members needing support for ADHD.

Rumble, M. Anxiety and insomnia. Presentation for the Wisconsin Psychiatric Association Conference, April 2017. Audience: Psychiatrists, behavioral health providers, primary care providers, residents and medical students.

Rumble, M. Supporting behavior change in cognitive-behavioral therapy for insomnia. Presentation for the Wisconsin Public Psychiatry Network Teleconference, Madison, WI, August 2018. Audience: Mental health and substance abuse providers throughout the state of Wisconsin.

Rumble, M. The relationship between sleep disturbance and suicidal ideation and behavior: Research findings and application to clinical practice. Presentation at Grand Rounds, Department of Psychiatry and Behavioral Medicine, Medical College of Wisconsin, Milwaukee, WI, December 2018. Audience: Faculty, staff, and trainees in the Department of Psychiatry and Behavioral Medicine.

Rumble, M. Non-medication approaches for delayed or advanced sleep-wake rhythm issues. Presentation for the Wisconsin Public Psychiatry Network Teleconference, Madison, WI, June 2019. Audience: Mental health and substance abuse providers throughout the state of Wisconsin.

Rumble, M. Cognitive-behavioral therapy for insomnia: Principles and practices. 2-day workshop for the Medical College of Wisconsin Door County Summer Institute, Egg Harbor, WI, August 2019. Audience: Mental health providers, including psychiatrists, psychologists, and master-level therapists from the Midwest region.

National/International

Rumble, M. Understanding the basics of cognitive-behavioral therapies for insomnia. Presented as part of a workshop, "Practical application of behavioral and non-pharmacological approaches for managing sleep disturbances in older persons," Steve Barczi, Chair, at the annual meeting of the American Geriatrics Society, Chicago, IL, May 2009.

Clinical Teaching (Audience: Psychology interns)

"Cognitive Behavioral Therapies for Sleep Disorders," 6 1-hour seminars annually, since 2007.

Individual psychotherapy supervision, 1 hr/wk, 12 mos/yr, 1-2 psychology interns annually, since 2007.

"An Introduction to Motivational Interviewing," 2 1-hour seminars annually as part of the Psychotherapy Basic Skills series, 2008-2018.

Direct and supervise Behavioral Sleep Medicine Elective, 4-8 hr/wk for 4-6 mos per psychology intern, 1-2 psychology interns annually, since 2009.

In-session psychotherapy supervision, 2-4 hrs/wk, 12 mos/yr, 2009-2013; 2019-present.

"Crisis Management," 2 1-hour seminars annually, since 2011.

"Supervision," 10 1-hour seminars annually, since 2014.

"Postdoctoral Fellowship Application," 4 1-hour seminars, since 2019.

"Professional Development," 6 1-hour seminars annually, since 2014.

Clinical Teaching (Audience: Psychiatry residents)

"Cognitive Behavioral Therapy for Anxiety Disorders and Insomnia," 9 1-hour seminars annually, 2008-2015.

"Cognitive Behavioral Therapy for Depression and Insomnia," 6 1-hour seminars annually, 2016-present.

Individual psychotherapy supervision, 1 hr/wk, 12 mos/yr, 4 second year residents annually, since 2010.

"Introduction to Psychotherapy," 16 1-hour seminars, 10 1-hour monthly group supervision seminars, and 10 1-hour case presentations, since 2015.

Direct and supervise Behavioral Sleep Medicine Elective, 4 hr/wk for 3 mos per psychiatry resident, 1 psychiatry resident annually, since 2016.

Clinical Teaching (Audience: Psychology interns and Psychiatry residents)

1-hour sleep psychotherapy case presentation annually, since 2012.

“Assessment of Sleep in a Psychiatric Setting,” 4 1-hour seminars annually, since 2007 for psychology interns; since 2015 for second year residents.

Mentoring

Research mentor of undergraduate Mengshuang Guo, Introduction to Biology 152, 1 semester. Project: *Examining the Relationship between Sleep Apnea and Depression, Rumination, and Health Related Quality of Life*, 2009.

Research mentor of undergraduate Mengshuang Guo, Psychology 686 Honors Thesis, 2 semesters. Project: *Examining Predictors of Positive Airway Pressure (PAP) Therapy Adherence in Sleep Apnea Patients*, 2010.

Research mentor of Psychology Intern Jessica Levenson, 2012-2013 with collaboration with Dr. Levenson in her post-doctoral fellowship 2013-2015.

Research mentor of Post-Doctoral Fellow Kaitlin Hanley White, PhD, 2013-2015.

Research mentor of Post-Doctoral Fellow Daniel Dickson, PhD, 2015-2017.

Dissertation Committee Member of Jesse Cook, doctoral clinical psychology student, University of Wisconsin, Madison (2017-present).

Other

Service Activities

Departmental

Adult Track Representative, Psychology Internship Training Committee, Department of Psychiatry, University of Wisconsin, Madison, WI, 2010-2016.

Representative for Psychology and Psychotherapy Curriculum, Psychiatry Resident Education Policy, Program Evaluation Committee, and Clinical Competency Committee, Department of Psychiatry, University of Wisconsin, Madison, WI, since 2011.

Adult Track Director, Psychology Internship Training Committee, Department of Psychiatry, University of Wisconsin, Madison, WI, since 2016.

UWSMPH/Hospital

Alternate Committee Member, Data Monitoring Committee, Institute for Clinical and Translational Research, University of Wisconsin, Madison, since 2017.

Community

None

Regional
None

National/International

Student Council Chair, Division 38 (Health Psychology), American Psychological Association, 2002-2003.

Research and Clinical Questionnaire Development Workgroup Member, Academic Alliance for Sleep Research (Harvard, U of Penn, Stanford, and UW), 2008-2010.

Membership Review Committee Member, Academy of Psychological Clinical Science, 2016-2018.

Ad Hoc Reviewer

Behavioral Sleep Medicine.
BMC Psychiatry.
Health Psychology.
Journal of Affective Disorders.
Journal of Clinical Sleep Medicine.
Journal of ECT.
Journal of Psychiatric Research.
Neuroscience and Biobehavioral Reviews.
Pain.
Psycho-Oncology.
Psychoneuroimmunology.
Psychiatry Research.
Respiration.
Sleep.
Sleep Health.
Sleep Medicine.
Supportive Care in Cancer.

Other Activities: Clinical Service

Graduate Clinical Training, Duke University and Duke University Medical Center, Durham, NC, 2001-2006

Pain Management Clinic, 2002-2003

Provided biofeedback, relaxation techniques, rest-activity cycling, pleasant activity scheduling, cognitive restructuring, relapse prevention, and maintenance strategies, to a diverse population of patients with persistent pain.

Supervisor: Christopher L. Edwards, PhD

Sleep Medicine Clinic and Behavioral Sleep Medicine Clinic, 2003

Administered structured interviews assessing sleep and Axis I psychological disorders. Observed behavioral sleep medicine clinic. Participated in weekly multidisciplinary sleep medicine rounds.

Supervisor: Jack D. Edinger, PhD

Duke Psychology Clinic, 2003-2006

Conducted long-term psychotherapy with clients presenting with mainly mood and anxiety disorders.

Supervisor: Ronald Batson, MD

Cognitive Behavioral and Dialectical Behavior Therapy Rotation, 2004-2006

Provided therapy using a cognitive-behavioral model and M. Linehan's full dialectal behavior therapy model (skills training, individual therapy, and group consultation team) to individuals with borderline personality disorder, mood, and/or anxiety disorders.

Supervisor: Jill Compton, PhD

Family Studies Program and Clinic, 2005-2006

Provided family therapy to couples as well as children and adolescents and their families, using a live and team supervision model.

Supervisor: Karen Wells, PhD

APA-Approved Clinical Psychology Internship, Veterans Affairs Medical Center, Durham, NC, 2006-2007

Rehabilitation Psychology

Provided assessment and therapy services to veterans in the extended care/rehabilitation facility. Provided neuropsychological assessment services on an outpatient and inpatient basis.

Supervisors: Jack D. Edinger, PhD, & Jill Lowery, PsyD

Medical Consultation

Provided individual and group services to veterans in the behavioral sleep medicine clinic, individual therapy in primary care clinics, and comprehensive psychosocial assessments for transplant candidates.

Supervisors: Jack D. Edinger, PhD, Melanie Means, PhD, & Caroline Clancy, PhD

Acute Mental Health

Provided neuropsychological assessment, psychological assessment/evaluation, and group therapy to veterans in a psychiatric inpatient unit.

Supervisor: Loretta Braxton, PhD

Medical Psychology

Provided psychological assessment, individual therapy, and group therapy to veterans in the infectious disease, cancer, and chronic pain clinics.

Supervisors: Jill Lowery, PsyD & Stacey Kovac, PhD

Postdoctoral Training, University of Wisconsin School of Medicine and Public Health, 2007-2008

Wisconsin Sleep

Initiated development of behavioral sleep medicine services: provided individual and group treatment to those with insomnia, circadian rhythm disorders, sleep apnea, parasomnias, and/or other sleep-related issues and consulted with sleep, primary care, and mental health providers.

Supervisor: Ruth M. Benca, MD, PhD

Department of Psychiatry Adult Outpatient Clinic

Provided psychological assessment and individual therapy to individuals with mood, anxiety, and/or personality disorders.

Supervisor: Gregory Kolden, PhD

Department of Psychiatry Adult Outpatient Clinic, University of Wisconsin School of Medicine and Public Health, 2009-present

Developed and oversee behavioral sleep medicine services with direct referrals from Wisconsin Sleep, Department of Psychiatry, Primary Care, and within the region.

Provide assessment and cognitive-behavioral intervention to patients with insomnia, circadian rhythm disorders, sleep apnea, parasomnias, and/or other sleep-related issues. Also provide assessment and intervention to general psychiatric patients using cognitive-behavioral, interpersonal and social rhythm therapy, acceptance and commitment therapy, dialectical behavior therapy, cognitive processing therapy, and mindfulness-based stress reduction frameworks.