School of Medicine and Public Health
UNIVERSITY OF WISCONSIN–MADISON

Background Information

Meredith Ellen Rumble, PhD
Department of Psychiatry
Office Address: 6001 Research Park Boulevard, Madison, WI, 53719
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Updated: 10/05/26

Formal 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.

Licensed Psychologist, State of Wisconsin, 2008-present.

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

Current Positions

Associate Professor (Clinical Health Sciences Track), Department of Psychiatry, University of Wisconsin, Madison, 2021-present.

Co-Director of Psychology Training, Department of Psychiatry, University of Wisconsin, Madison, 2023-present.

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

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

Past Positions

Assistant Professor (Clinical Health Sciences Track), Department of Psychiatry, University of Wisconsin, Madison, 2014-2021.

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

Honors and Awards

Merit Scholarship, DePauw University, 1995-1999
Senior Research Award, Department of Psychology, DePauw University, 1999
Wagoner Research Award, Department of Psychology, DePauw University, 1999

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UNIVERSITY OF WISCONSIN–MADISON

Meredith E. Rumble, PhD

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

Professional Society Memberships

American Academy of Sleep Medicine
Association for Behavioral and Cognitive Therapies

Publications

Peer-Reviewed Publications

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.**, 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. (2016a). 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%.

Plante, D., Goldstein, M., Cook, J., Smith, R., Riedner, B., **Rumble, M.**, Jelenchick, L., Roth, A., Tononi, G., Benca, R., & Peterson, M. (2016b). 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%.

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%.

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%.

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%.

Gorzelitz, 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%.

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UNIVERSITY OF WISCONSIN–MADISON

Meredith E. Rumble, PhD

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. (2020). 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, 16(8)*, 1311-1319.
Concept Development and Design: 50%, Mentoring: 20%, Data Acquisition: 50%, Analysis: 50%, Writing: 75%.

McCall, W. V., Benca, R., **Rumble, M.**, & Krystal, A. (2021). Blinding and bias in a hypnotic clinical trial. *Human Psychopharmacology: Clinical and Experimental, 36(1)*, 1-5.
Concept Development and Design: 5%, Mentoring: 0%, Data Acquisition: 10%, Analysis: 0%, Writing: 10%.

McCall, W. V., Porter, B., Pate, A. R., Bolstad, C. J., Drapeau, C. W., Krystal, A. D., Benca, R. M., **Rumble, M.**, & Nadorff, M. R. (2021). Examining suicide assessment measures for research use: Using item response theory to optimize psychometric assessment for research on suicidal ideation in major depressive disorder. *Suicide Life Threat Behav, 51(6)*, 1086-1094.
Concept Development and Design: 0%, Mentoring: 0%, Data Acquisition: 10%, Analysis: 0%, Writing: 10%.

Kirvin-Quamme, A., **Rumble, M.**, Cadmus-Bertram, L., Juckett, M., Rathouz, P., Schell, G., Callander, N., Hematti, P., & Costanzo, E. (2022). A biobehavioral intervention to enhance recovery following hematopoietic cell transplantation: Protocol for a feasibility and acceptability randomized controlled trial. *Contemporary Clinical Trials Communications, 28*: 100938.

Hansen, J., Juckett, M., Foster, M., **Rumble, M.**, Morris, K., Hematti, P., & Costanzo, E. (2023). Psychological and physical function in allogeneic hematopoietic cell transplant survivors with chronic graft-versus-host disease. *Journal of Cancer Survivorship, 17(3)*, 646 656.

Plante, D., & **Rumble, M.** (2023). Don't hold PAT: Watch for and correct oximetry artifact. *Journal of Clinical Sleep Medicine, 19(12)*, 2113-2116.

Ver Hoeve, E.S., **Rumble, M.**, Gorzelitz, J.S., Rose, S.L., Nelson, A.M., Morris, K.E., and Costanzo, E.S. (2024). Biobehavioral predictors of mood, fatigue, and insomnia after endometrial cancer surgery. *Gynecologic Oncology, 191*, 265-274.

Hansen, J., **Rumble, M.**, Coe, C., Foster, M., Juckett, M., Dickson, D., Morris, K., Hematti, P., & Costanzo, E. (2025). Biobehavioral mechanisms underlying symptoms in patients with cGVHD. *Brain Behavior and Immunity, 123*, 185-192.

Henley, E., Liphart, H., Morris, K., Awoyinka, I., Irwin, M., Costanzo, E., Winston, D., D'Souza, A., Stolley, M., Dhankal, B., Mohan, M., Pasquini, M., Cole, S., Doerwald, E., Bendis, P., Rentscher, K., **Rumble, M.**, Szabo, A., Rao, S., & Knight, J. (2025). Mindfulness versus sleep education during autologous hematopoietic cell transplantation for multiple myeloma: Feasibility of a randomized controlled pilot study. *Contemporary Clinical Trials Communications, 47,* 101540.

Cook, J., **Rumble, M.**, Vascan, A., Tran, K., Prairie, M., Love, J., & Plante, D. (2025). Nocturnal Sleep Stage Stability Features in Unexplained Hypersomnolence. *Journal of Clinical Sleep Medicine, 21(1)*, 1911-1924.

Przybelski, R., Przybelski, A., **Rumble, M.**, Plante, D., Irwin, A., & Jones, J. (2025). Neuropsychological test pattern associated with a higher percentage of sleep apnea diagnosis. *Brain and Behavior, 15(12)*, e71097.

Ver Hoeve, E., Alzoubi, B., **Rumble, M.**, Cadmus-Bertram, L, Juckett, M., Callander, N., Hematti, P., & Costanzo, E. (2026). A behavioral intervention to improve symptoms after hematopoietic cell transplantation. *Journal of Pain and Symptom Management, 72(2)*, 131-142.

Cook, J., Riedner, B., **Rumble, M.**, Goldstein, M., Vascan, A., Tran, K., & Plante, D. (2026). Slow wave activity during nocturnal sleep in hypersomnolence disorder. *Journal of Sleep Research, 35(5)*, e70353.

Reviews, Case Reports, and Other

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%.

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%.

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%.

Non-Peer Reviewed 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%.

Rumble, M., Okayeh, P., & Benca, R. (2023). Sleep and women's mental health. *Psychiatric Clinics of North America, 46(3)*, 527-537.

Conference Publications

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 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 meeting, Minneapolis, MN, June 2007.

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 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 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 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 74^{4th} 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., 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.

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.

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).

Przybelski, A., Irwin, A., **Rumble, M.**, Jones, J., Plante, D., & Przybelski, R. Identifying obstructive sleep apnea in geriatric outpatients with neuropsychological testing. Poster presented at Alzheimer's Association International Conference, Denver, CO, July 2021.

Hansen, J., **Rumble, M.**, Coe, C., Foster, M., Juckett, M., Dickson, D., Morris, K., Hematti, P., & Costanzo, E. The influence of chronic graft-versus-host disease on psychological and physical function in allogeneic hematopoietic cell transplant patients. Poster presented at the American Psychosomatic Society, Long Beach, CA, March 2022.

Riedner, B., **Rumble, M.**, Dickson, D., Catelnovo, A., Synder, T., Jones, S., & Benca, R. Using serial awakenings to explore the spectral signature of sleep state misperception. Poster presented at the SLEEP 2022 meeting, Charlotte, NC.

Plante, D., Hamm, B., & **Rumble, M.** Optimal thresholds for split night polysomnography with transitions in laboratory hypopnea scoring criteria. Poster presented at the SLEEP 2023 annual meeting, Indianapolis, IN.

Ver Hoeve, E., **Rumble, M.**, Coe, C., Rose, S., Morris, K., Patankar, M., & Costanzo, E. Longitudinal assessment of postsurgical biobehavioral factors associated with poorer psychological and physical functioning among endometrial patients with cancer. Poster presented at the American Society of Preventive Oncology meeting, Chicago, IL, March 2024.

Ver Hoeve, E., Alzoubi, B., **Rumble, M.**, Cadmus-Bertram, L., Juckett, M., Callander, N., Hematti, P., and Costanzo, E. A biobehavioral intervention following hematopoietic cell transplantation: A feasibility and acceptability randomized control trial. Poster presented at the Annual Meeting of the Society for Biopsychosocial Science and Medicine, Seattle, WA, March 2025.

Cook, J., **Rumble, M.**, Vascan, A., Tran, K., Prairie, M., Love, J., & Plante, D. Nocturnal sleep stage stability features in unexplained hypersomnolence. Paper presented at the Annual SLEEP 2025 meeting, Seattle, WA, June, 2025.

Ver Hoeve, E., Alzoubi, B., **Rumble, M.**, Cadmus-Bertram, L., Juckett, M., Callander, N., Hematti, P., and Costanzo, E. A biobehavioral intervention following hematopoietic cell transplantation: A feasibility and acceptability randomized control trial. Poster presented to the Annual Meeting of AcademyHealth, Minneapolis, MN, June 2025.

Love, J., Cook, J., Kaplan, K., **Rumble, M.**, & Plante, D. Validation of the Hypersomnia Severity Index in Hypersomnolence Disorder. Poster presented at the Annual SLEEP 2026 meeting, Baltimore, MD, June, 2026.

Chapters in Books, Videos or Other Appropriate Media

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., Beaupre, 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. (2023). 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.

Rumble, M., & Dickson, D. (in press). Sleep. In J. Knight & E. Costanzo (Eds.), *Biobehavioral Oncology*. Washington DC: American Psychiatric Publishing.

Invited Editorials, Technical Reports, and Other Publications

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%.

Rumble, M., & Cook, J. (2026). A blueprint to deepen our understanding of the bidirectionality between sleep and emotional health. *Sleep, 49(2)*, zsaf377.

Invited Research Presentations

National

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.

International

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.

Peer-reviewed Presentation

National

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 meeting, Baltimore, MD, June 2008.

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., 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., 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.

Research 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:	5-10%	

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: (Constanzo 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%

Pending Proposals

None

Educational Activities & Presentations

Classroom Teaching (Department of Psychiatry; School of Medicine and Public Health)				
Years	Course Title	Trainees	Contact Hours	Format
2007-present	Behavioral Sleep Medicine Assessment and Treatment	Doctoral Psychology Interns (6-8); Second Year Psychiatry Residents (10)	2h x 2 weeks	didactic
2007-present	CBT for Sleep Disorders	Doctoral Psychology Interns (6-8)	1h x 6 weeks	didactic
2008-2018	Introduction to Motivational Interviewing	Doctoral Psychology Interns (6-8); Second Year Psychiatry Residents (10)	1h x 2 weeks	didactic
2008-2023	CBT for Depression and Insomnia	Second Year Psychiatry Residents (10)	1h x 6 weeks	didactic
2011-present	Crisis Management	Doctoral Psychology Interns (6-8)	1h x 2 weeks	didactic

2012-present	Sleep Psychotherapy Case Presentation	Doctoral Psychology Interns (6-8); Second Year Psychiatry Residents (10)	1h x 1 week	didactic
2014-2020	Supervision	Doctoral Psychology Interns (6-8)	1h x 10 weeks	didactic
2014-present	Professional Development	Doctoral Psychology Interns (6-8)	1h x 8 weeks	didactic
2015-present	Introduction to Psychotherapy	First and Second Year Psychiatry Residents (10)	1h x 22 weeks	didactic
2019-present	Postdoctoral Fellowship Application	Doctoral Psychology Interns (6-8)	1h x 5 weeks	didactic
2023-present	Ethics Presentation	Doctoral Psychology Interns (6-8)	1h x 1 week	didactic
2022; 2024; 2025	Behavioral Sleep Medicine: A Co-Morbid and Diagnostic Approach	Integrative Medicine Fellows (4)	3h x 1 week	didactic
March 2023 & 2025	Pathways to Promotion 101 for CHS/CT Faculty	SMPH Assistant Professors (CHS and CT)	4h workshop	facilitator

Clinical Teaching (postgraduate trainees/clinical trainees, including fellows and residents)

Years	Trainee Name	Face-to-Face Contact Hours	Teaching Context
2009	Kim Nylen	~48h	Doctoral Psychology Intern Behavioral Sleep Medicine Elective Supervision
2010	Noor Husain, MD	~16h	Sleep Medicine Fellow Behavioral Sleep Medicine Elective
2011	Suzi Singh	~48h	Doctoral Psychology Intern Behavioral Sleep Medicine Elective Supervision
2012	Stephanie Steinman	~48h	Doctoral Psychology Intern Behavioral Sleep Medicine Elective Supervision
2011-2014	Erin Walsh	~102h	Doctoral Psychology Intern and Postdoctoral Fellow Behavioral Sleep Medicine Elective Supervision
2012-2013	Jessica Levenson	~182h	Doctoral Psychology Intern Behavioral Sleep Medicine Elective Supervision
2013	Philip Cheng	~91h	Doctoral Psychology Intern Behavioral Sleep Medicine Elective Supervision
2013	Stephen DeRose, MD	~16h	Sleep Medicine Fellow Behavioral Sleep Medicine Elective
2015	Shane Creado, MD	~48h	PGY-4 Behavioral Sleep Medicine Elective
2015	Melissa Rooney, MD	~16h	Sleep Medicine Fellow Behavioral Sleep Medicine Elective
2015	Daniel Maitland	~91h	Doctoral Psychology Intern Behavioral Sleep Medicine Elective Supervision
2016	Heidi Huang, MD	~48h	PGY-4 Behavioral Sleep Medicine Elective
2016	Iqbal Rashid, MD	~16h	Sleep Medicine Fellow Behavioral Sleep Medicine Elective
2017	Kimberly Hoenecke, MD	~48h	PGY-4 Behavioral Sleep Medicine Elective

School of Medicine and Public Health
UNIVERSITY OF WISCONSIN–MADISON

Meredith E. Rumble, PhD

2017	Konrad Bresin	~91h	Doctoral Psychology Intern Behavioral Sleep Medicine Elective Supervision
2018	Ying Wang, MD	~48h	PGY-4 Behavioral Sleep Medicine Elective
2019	Jordan Horwath	~91h	Doctoral Psychology Intern Behavioral Sleep Medicine Elective Supervision
2019	Vuong Vu, MD	~48h	PGY-4 Behavioral Sleep Medicine Elective
2019	Jawad Shah, MD	~16h	Sleep Medicine Fellow Behavioral Sleep Medicine Elective
2020-2021	Jenn Stewart, PhD	~136h	Postdoctoral Fellow Behavioral Sleep Medicine Elective Supervision
2020	Kristin Seaborg, MD	~91h	Sleep Medicine Fellow Behavioral Sleep Medicine Elective
2021	Sage Bates	~91h	Doctoral Psychology Intern Behavioral Sleep Medicine Elective Supervision
2021-2022	Hannah Koerten, PhD	~182h	Postdoctoral Fellow Behavioral Sleep Medicine Elective Supervision
2022	Bijan Nezami, MD	~16h	Sleep Medicine Fellow Behavioral Sleep Medicine Elective
2022	Matt Schneider	~91h	Doctoral Psychology Intern Behavioral Sleep Medicine Elective Supervision
2023	Courtney Hoy, APNP	~8h	APP Behavioral Sleep Medicine Shadowing
2024	Annaliise Hayrynen, MD	~8h	Sleep Medicine Fellow Behavioral Sleep Medicine Elective
2024	Becky Oren, PA	~4h	APP Behavioral Sleep Medicine Shadowing
2024	Kate Waligoske, MD	~24h	PGY-4 Behavioral Sleep Medicine Elective
2024-2026	Jesse Cook, PhD	~180h	Postdoctoral Fellow Behavioral Sleep Medicine Elective Supervision
2025	Brittany Anderson, MD	~48h	PGY-4 Behavioral Sleep Medicine Elective
2025	Maxwell Machurick, MD	~8h	Sleep Medicine Fellow Behavioral Sleep Medicine Elective
2025	Kayla Hale, APNP	~8h	APP Behavioral Sleep Medicine Shadowing
2026	Mary Reilly	~60h	Doctoral Psychology Intern Behavioral Sleep Medicine Elective Supervision
2012	Jamie Huckins-Barker	~26h	Doctoral Psychology Intern Psychotherapy Supervision
2012	Abbey Valvano	~26h	Doctoral Psychology Intern Psychotherapy Supervision
2013	Sarah Thilges	~26h	Doctoral Psychology Intern Psychotherapy Supervision
2015	Daniel Dickson	~26h	Doctoral Psychology Intern Psychotherapy Supervision
2016	Clare Purvis	~26h	Doctoral Psychology Intern Psychotherapy Supervision
2016	Juyoen Hur	~26h	Doctoral Psychology Intern Psychotherapy Supervision
2017	Kelly Rentscher	~26h	Doctoral Psychology Intern Psychotherapy Supervision
2017	Lee Eshelman	~26h	Doctoral Psychology Intern Psychotherapy Supervision
2018	Grace Giedgowd	~26h	Doctoral Psychology Intern Psychotherapy

			Supervision
2018	Mo Satyshur	~26h	Doctoral Psychology Intern Psychotherapy Supervision
2019	Lindsey Grove	~26h	Doctoral Psychology Intern Psychotherapy Supervision
2019	Emily Sargent	~26h	Doctoral Psychology Intern Psychotherapy Supervision
2020	Amber Craig	~26h	Doctoral Psychology Intern Psychotherapy Supervision
2020	Katherine Robertson	~26h	Doctoral Psychology Intern Psychotherapy Supervision
2021	Sheila Hanson	~26h	Doctoral Psychology Intern Psychotherapy Supervision
2021	Tori Williams	~26h	Doctoral Psychology Intern Psychotherapy Supervision
2022	Nathan Eckland	~26h	Doctoral Psychology Intern Psychotherapy Supervision
2022	Binoy Shah	~26h	Doctoral Psychology Intern Psychotherapy Supervision
2023	Abby Barthel	~26h	Doctoral Psychology Intern Psychotherapy Supervision
2023	Elizabeth Ver Hoeve	~26h	Doctoral Psychology Intern Psychotherapy Supervision
2024	Abby Lucas	~26h	Doctoral Psychology Intern Psychotherapy Supervision
2024	Camille Williams	~26h	Doctoral Psychology Intern Psychotherapy Supervision
2025	Sara Kuhn-Watson	~26h	Doctoral Psychology Intern Psychotherapy Supervision
2025	Daniel Brunette	~26h	Doctoral Psychology Intern Psychotherapy Supervision
2026	Madison Streb	~26h	Doctoral Psychology Intern Psychotherapy Supervision
2011	Elliot Lee, MD & Rachel Plum, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2012	Leah Schupp, MD & Kierre Nelson, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2012	Dana Marlowe, MD & Brendon Nacewicz, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2013	Cecilia Jefferson, MD & Sam Lin, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2013	Justin Gerstner, MD & Brittany Strawn, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2014	Katie Cannon, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2014	Josh Boguch, MD & Kim Hoenecke, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2015	Katie Steingraeber, MD & Kiran Patel, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2015	Tyler Laws, MD & Maurizio Pugliese, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2016	Tony Dobner, MD & Shuchi Kapoor, MD	~26h	PGY-2 Resident Psychotherapy Supervision

2016	Katrina Hickle-Koclanes, MD & Gene Yang, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2017	Jenna Bowen, MD & Erin Cheers, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2017	Amanda Delaney, MD & Yelena Mironova-Chin, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2018	Amanda Delaney, MD & Vuong Vu, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2018	Misty Embry, MD & Mudit Kumar, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2019	Theresa Flanagan, MD & Dan Jurczyk, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2019	Wren Logan, MD & Deka Medrado, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2020	Aaron Owen, MD & Shiri Rapheaely, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2020	Matt Biller, MD & Corey Lehnert, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2021	Maggie Kaiser, MD & Sam Partington, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2021	Charlie Janscek, MD & Cam Ktytor, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2022	Megan Duininck, MD & Christina Friedl, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2022	Kevin Butcher, MD & Erin Johnson, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2023	Kristin Blake, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2023	Mya Lor, MD	~13h	PGY-2 Resident Psychotherapy Supervision
2023	Kate Waligoske, MD & Mariah Cooper, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2024	Obhi Hazarika, MD & Caro Sanchez Aranda, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2024	Brandon Bacalzo, MD & Billy Moua, MD, MPH	~26h	PGY-2 Resident Psychotherapy Supervision
2025	Oghenetega Ayisire, MBChB, MPH & Anna Vareberg, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2025	Ahmad El-Afandi, MD, & Madeleine Nowak, MD	~26h	PGY-2 Resident Psychotherapy Supervision
2026	Carter Do, MD	~26h	PGY-2 Resident Psychotherapy Supervision

Local Continuing Medical Education Courses

Years	Course Title	Participants	Hours	Sponsor – Venue (Audience)
2009	Behavioral Sleep Medicine in a Psychiatric Setting	~40	1h	Grand Rounds, Department of Psychiatry, SMPH (Psychiatry faculty, staff, & interns/residents/fellows)
2012	Using Time Wisely: How to Make the Most of Your Supervision Hour	~40	2h	Annual Education Retreat, Department of Psychiatry, SMPH (Psychiatry faculty, staff, & interns/residents/fellows)

2016	Internet-Based CBT-I: Emerging Ways to Refer Patients for Non-Pharmacologic Treatment of Insomnia	~15	1h	Multi-Disciplinary Meeting, Wisconsin Sleep, SMPH (Wisconsin Sleep faculty, mid-level providers, & fellows)
2019	Behavioral Sleep Medicine Service	~15	1h	Multi-Disciplinary Meeting, Wisconsin Sleep, SMPH (Wisconsin Sleep faculty, mid-level providers, & fellows)
2021	Behavioral Sleep Medicine: A Co-Morbid and Transdiagnostic Approach	~40	1h	CE at Park Street, Department of Psychiatry, SMPH (Psychiatry faculty, staff, & interns/residents/fellows)
2022	Behavioral Sleep Medicine: A Co-Morbid and Transdiagnostic Approach	~30	1h	Collaborative Care Lunch and Learn, UW Health (UW behavioral health doctoral & masters-level clinicians)

Regional Continuing Medical Education Courses				
Years	Course Title	Participants	Hours	Sponsor – Venue (Audience)
2010	Non-Medication-Based Approaches in Treating Insomnia	~50	2h	Sleep Disorders Update Conference, Madison, WI (primary care providers in the region)
2013	Psychotherapeutic Treatment of Insomnia	~30	1h	Updates and Advances in Psychiatry Conference, Madison, WI (psychiatrists in the region & other mental health providers and trainees)
2013	Insomnia Evaluation and Treatment	~75	4h	WI Academy of Physician Assistants (WAPA) Annual Conference, Madison, WI (mid-level providers in the region)
2014	Social Rhythm Therapy	~200	1.5h	Wisconsin Public Psychiatry Network Teleconference (mental health & substance abuse providers throughout the region)
2014	Applying Social Rhythm Therapy	47	2h	Mental Health and Substance Abuse Services Training Conference, Wisconsin Dells, WI (mental health & substance abuse providers throughout the region)
2015	Cognitive Behavioral Therapy for Insomnia, Part I	312	1.5h	Wisconsin Public Psychiatry Network Teleconference (mental health & substance abuse providers throughout the region)
2015	Lessening the Impact of Sleep Disorders	21	2h	National Association of Social Workers-Wisconsin Chapter Annual Conference, Madison, WI (social workers in the region)

2015	Cognitive Behavioral Therapy for Insomnia, Part II	182	1.5h	Wisconsin Public Psychiatry Network Teleconference (mental health & substance abuse providers throughout the region)
2016	Sleep and Mental Health	~250	1.5h	Wisconsin Public Psychiatry Network Teleconference (mental health & substance abuse providers throughout the region)
2017	Anxiety and Insomnia	~40	4h	Wisconsin Psychiatric Association Annual Conference (psychiatrists & other mental health providers in the region)
2018	Supporting Behavior Change in CBT for Insomnia	269	1.5h	Wisconsin Public Psychiatry Network Teleconference (mental health & substance abuse providers throughout the region)
2018	The Relationship Between Sleep Disturbance and Suicidal Ideation and Behavior: Research Findings and Application to Clinical Practice	37	2h	Grand Rounds, Medical College of Wisconsin, Department of Psychiatry and Behavioral Medicine, Milwaukee, WI (Psychiatry & Behavioral Medicine faculty, staff, & interns/residents/ fellows)
2019	Non-Medication Approaches for Delayed and Advanced Sleep-Wake Rhythm Issues	327	1.5h	Wisconsin Public Psychiatry Network Teleconference (mental health & substance abuse providers throughout the region)
2019	CBT for Insomnia: Principles and Practice	25	16h	Medical College of Wisconsin Door County Summer Institute, Egg Harbor, WI (mental health providers from the region)
2022	Behavioral Sleep Medicine: A Co-Morbid and Transdiagnostic Approach	436	1.5h	Wisconsin Public Psychiatry Network Teleconference (mental health & substance abuse providers throughout the region)
2026	CBT for Insomnia: Structure and Flexibility	~30	1h	Updates and Advances in Psychiatry Conference, Madison, WI (psychiatrists in the region & other mental health providers and trainees)

National Continuing Medical Education Courses

Years	Course Title	Participants	Hours	Sponsor – Venue (Audience)
2009	Understanding the Basics of CBT for Insomnia	30	1h	American Geriatrics Society (geriatric providers across the nation)

Postdoctoral Mentees

Years	Mentee Name	Current Position
2013-2015	Kaitlin Hanley White, PhD	Psychologist, Psychology Specialists of Maine, Brunswick, ME
2015-2017	Daniel Dickson, PhD	Clinical Assistant Professor, Department of Psychiatry, UW, Madison
2025-present	Jesse Coook, PhD	Postdoctoral Fellow, Department of Psychiatry, UW, Madison

Graduate Student Mentees			
Years	Mentee Name	Degree Program	Current Position
2017-2025	Jesse Cook	PhD (Clinical Psychology)	Postdoctoral Fellow
2025-present	Jessica Love	PhD (Clinical Psychology)	Doctoral Candidate

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 Education Committee, Psychiatry Program Evaluation Committee, and Clinical Competency Committee, Department of Psychiatry, University of Wisconsin, Madison, WI, since 2011.

Co-Director of Psychology Training and Adult Track Director, Psychology Internship Training Committee, Department of Psychiatry, University of Wisconsin, Madison, WI, 2016-2023 (Track Director) and since 2023 (Co-Director).

Post-Promotion Review Committee (CHS and CT Tracks), Department of Psychiatry, University of Wisconsin, Madison, 2023-2024.

Annual Review Committee (CHS Track), Department of Psychiatry, University of Wisconsin, Madison, since 2025.

Assistant Professor (CT Track) Mentorship Committee Chair, Kathleen Nelson Hipke, PhD, Department of Psychiatry, University of Wisconsin, Madison, WI since 2021.

Assistant Professor (CT Track) Mentorship Committee, Daniel Dickson, PhD, Department of Psychiatry, University of Wisconsin, Madison, WI since 2022.

Assistant Professor (CT Track) Mentorship Committee, Beau Batty, MD, Department of Psychiatry, University of Wisconsin, Madison, WI since 2023.

Assistant Professor (CHS Track) Mentorship Committee Chair, Tanner Bommersbach, MD, MPH, Department of Psychiatry, University of Wisconsin, Madison, WI since 2024.

UW-Madison

Alternate Committee Member, Data Monitoring Committee, Institute for Clinical and Translational Research, University of Wisconsin, Madison, 2017-2023.

Regional/State

Review of Proposed Promotion, University of Chicago, Department of Psychiatry and Behavioral Neuroscience, 2022.

National

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, 2016-2024.

Ad Hoc Reviewer

- American Journal of Psychiatry.
- Behavioral Sleep Medicine.
- BMC Pregnancy and Childbirth
- BMC Psychiatry.
- BMC Women's Health.
- Contemporary Clinical Trials.
- Health Psychology.
- Journal of the Academy of Consultation-Liaison Psychiatry
- Journal of Affective Disorders.
- Journal of Clinical Sleep Medicine.
- Journal of ECT.
- Journal of Psychiatric Research.
- Neuroscience and Biobehavioral Reviews.
- Pain.
- PLOS ONE.
- Psycho-Oncology.
- Psychoneuroimmunology.
- Psychiatry Research.
- Respiration.
- Scientific Reports.
- Sleep.
- Sleep Health.
- Sleep Medicine.
- Supportive Care in Cancer.

Community Outreach/Service

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

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.

School of Medicine and Public Health
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Meredith E. Rumble, PhD