Stanford

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CLINICAL OFFICE (PRIMARY)

- **Department of Psychiatry**

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Bio

CLINICAL FOCUS

- Clinical Psychology

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences

HONORS AND AWARDS

- Dolores Gallagher-Thompson & Larry Wolford Thompson Caregiver Research and Practice Fund, Department of Psychiatry & Behavioral Sciences, Stanford University School of Medicine (2024)
- Bridge to Success Grant for Early Career Investigators, American Academy of Sleep Medicine Foundation (2023-2025)
- Career Development Award, Sleep Research Society Foundation (2023-2024)
- Young Investigators Research Forum, American Academy of Sleep Medicine (2023)
- Career Development Institute for Psychiatry, Stanford University and the University of Pittsburgh (2022)
- Trainee Merit Award, Sleep Research Society (2022)
- T32 Postdoctoral Fellowship, NIMH (2021-2024)
- Outstanding Graduate Student Instructor Award, UC Berkeley (2021)
- Graduate Student Instructor Excellence Award, Department of Psychology, UC Berkeley (2020)
- Sheldon J. Korchin Prize in Clinical Psychology, UC Berkeley (2019)
- Lisa M. Capps Fellowship, UC Berkeley (2019)
- T32 Predoctoral Fellowship, NIMH (2018-2019)
- Delaware Project Student Award, The Delaware Project (2016)

PROFESSIONAL EDUCATION

- Internship: VA Palo Alto Health Care Psychology Training CA
- Fellowship: Stanford University Psychiatry and Behavioral Sciences (2023) CA
- PhD Training: University of California Berkeley (2021) CA

Publications

PUBLICATIONS

- **Transient symptom increases and clinician-patient dyad response in trauma-focused treatment.** *Psychological trauma : theory, research, practice and policy*
  Dunlap, K., Gumport, N. B., Johnson, C., Mackintosh, M. A., Keefe, J. R., Hernandez, S., Johanek, C., Larsen, S. E., Monson, C. M., Wiltsey Stirman, S.
  2026

- **Do the Memory Support Intervention and Improving Memory for Treatment Facilitate Behavior Change in Cognitive Therapy?** *Cognitive therapy and research*
  Armstrong, C., Gumport, N., Harvey, A.
  2026; 50 (1): 1-13

- **Frequency of Hypnotic Medication Use at Baseline Differentially Impacts Mean ISI Reduction Following dCBT-I**
  Osorno, R., Gumport, N., Simpson, N., Manber, R.
  OXFORD UNIV PRESS INC.2026: A199

- **Preliminary Findings of Sleep Treatment Preferences of Caregiving Family Members of Adults with Serious Mental Illness**
  Gumport, N., Manber, R.
  OXFORD UNIV PRESS INC.2026: A508

- **Acceptability and Feasibility of Training to Integrate Digital CBT for Insomnia Into Routine Psychotherapy: A Focus Group Study.** *Behavioral sleep medicine*
  Gumport, N. B., Tully, I. A., Carmona, N. E., Wiltsey Stirman, S., Manber, R.
  2025: 1-17

- **Improving Parent-Adolescent Conversation to Promote Adolescent Sleep Health Behavior Change: An Open Trial of the Parent Behavior Change Intervention.** *Behavior therapy*
  Dong, L., Gumport, N. B., Fine, E. R., Michie, S., Zhou, Q., Mullin, A., Alvarado-Martinez, C. G., Hilmoe Yates, H. E., Tran, M., Portnova, V., Harvey, A. G.
  2025; 56 (4): 708-722

- **Health and Sleep Outcomes in Triaged Stepped-Care for Insomnia: Secondary Outcomes from the RESTING Study**
  Gumport, N., Tully, I., Kim, B., Kim, J., Simpson, N., Dietch, J., Manber, R.
  OXFORD UNIV PRESS INC.2025: A236-A237

- **A Comparison of Pragmatic and Scalable Strategies to Assess Fidelity to Cognitive Processing Therapy in Routine Care Settings** *BEHAVIOR THERAPY*
  Stirman, S., Gumport, N. B., Calloway, A., Gunter, C., Marques, L., Hernandez, S., Song, J., Johnson, C., Youn, S., Elhusseini, S., Deguzman-Lucero, R. M., Loskot, T., La Bash, et al
  2025; 56 (3): 453-469

- **Effects of a Triaged CBTI Approach Using Digital or Therapist Delivery on Prescription Hypnotic Use: Results from the RESTING Study**
  Manber, R., Tully, I., Dietch, J., Tutek, J., Gumport, N., Kim, B., Kim, J., Simpson, N.
  OXFORD UNIV PRESS INC.2025: A259

- **Trajectories of Hypnotic Medication Use in a Triaged Stepped-Care CBT-I Trial for Insomnia: Results from the RESTING Study**
  Simpson, N., Tully, I., Dietch, J., Gumport, N., Tutek, J., Kim, B., Kim, J., Manber, R.
  OXFORD UNIV PRESS INC.2025: A238

- **Sleep of Caregiving Family Members for Adults with Serious Mental Illness**
  Gumport, N., Tully, I., Manber, R.
  OXFORD UNIV PRESS INC.2025: A536

- **A comparison of scalable routine clinical materials and observer ratings to assess CBT fidelity.** *Behaviour research and therapy*
  Calloway, A., Creed, T. A., Gumport, N. B., Gutner, C., Marques, L., Hernandez, S., Song, J., Johnson, C., Youn, S. J., Elhusseini, S., Deguzman-Lucero, R. M., Laskot, T., La Bash, et al
  2024; 184: 104655

- **Effects of a Triage Checklist to Optimize Insomnia Treatment Outcomes and Reduce Hypnotic Use: The RESTING Study.** *Sleep*
  Manber, R., Gumport, N. B., Tully, I. A., Kim, J. P., Kim, B., Simpson, N., Rosas, L. G., Zulman, D. M., Goldhaber-Fiebert, J. D., Rangel, E., Dietch, J. R., Tutek, J., Palaniappan, et al
  2024

- **Patient perceptions of digital and therapist-led CBT for insomnia: A qualitative study.** *Behavioral sleep medicine*
  Gumport, N. B., Tully, I. A., Tutek, J., Dietch, J. R., Zulman, D. M., Rosas, L. G., Simpson, N., Manber, R.
  2024: 1-16

- **Transdiagnostic Sleep and Circadian Intervention in Youth: Long-Term Follow-Up of a Randomized Controlled Trial.** *Journal of the American Academy of Child and Adolescent Psychiatry*
  Susman, E. S., Patino, E. O., Tiab, S. S., Dong, L., Gumport, N. B., Sarfan, L. D., Hinshaw, S. P., Harvey, A. G.
  2024

- **PERCEPTION OF CBTI TREATMENT MODALITIES IN OLDER ADULTS WITH INSOMNIA: COMPARING DIGITAL AND THERAPIST-LED DELIVERY**
  Tully, I., Gumport, N., Tutek, J., Simpson, N., Rosas, L., Zulman, D., Dietch, J., Manber, R.
  OXFORD UNIV PRESS INC.2024

- **PRELIMINARY FINDINGS OF A PILOT CLINICIAN TRAINING PROGRAM TO INTEGRATE DIGITAL CBTI INTO ROUTINE THERAPY**
  Gumport, N., Tully, I., Stirman, S., Manber, R.
  OXFORD UNIV PRESS INC.2024

- **IMPROVEMENTS IN PRENATAL INSOMNIA PREDICT LOWER DEPRESSION SEVERITY DURING POSTPARTUM IN LOW- AND HIGH-INCOME WOMEN**
  Carmona, N., Gumport, N., Solomon, N., Manber, R.
  OXFORD UNIV PRESS INC.2024

- **CHANGE IN SLEEP-COGNITIONS AFTER DIGITAL OR THERAPIST-LED COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA IN OLDER ADULTS**
  Burda, K., Gumport, N., Tully, I., Simpson, N., Manber, R.
  OXFORD UNIV PRESS INC.2024

- **ACCEPTABILITY AND FEASIBILITY OF TRAINING TO INTEGRATE DIGITAL CBTI IN ROUTINE THERAPY: EVIDENCE FROM FOCUS GROUPS**
  Gumport, N., Tully, I., Stirman, S., Manber, R.
  OXFORD UNIV PRESS INC.2024

- **PREDICTORS OF INSUFFICIENT TREATMENT RESPONSE TO DIGITAL CBT-I: RESULTS FROM THE RESTING STUDY**
  Solomon, N., Gumport, N., Tully, I., Simpson, N., Manber, R.
  OXFORD UNIV PRESS INC.2024

- **Perspectives on increasing the impact and reach of CBT-I.** *Sleep*
  Manber, R., Simpson, N., Gumport, N. B.
  2023

- **The Transdiagnostic Intervention for Sleep and Circadian Dysfunction (TranS-C) in Community Mental Health: Comorbidity and Use of Modules Under the Microscope** *COGNITIVE AND BEHAVIORAL PRACTICE*
  Sarfan, L. D., Hilmoe, H. E., Gumport, N. B., Harvey, A. G.
  2023; 30 (4): 692-706

- **The impact of module dosage on treatment response in a modular transdiagnostic intervention for sleep and circadian dysfunction (TranS-C).** *Behaviour research and therapy*
  Callaway, C. A., Sarfan, L. D., Gumport, N. B., Harvey, A. G.
  2023; 168: 104368

- **Optimizing outcomes, mechanisms, and recall of Cognitive Therapy for depression: Dose of constructive memory support strategies.** *Behaviour research and therapy*
  Sarfan, L. D., Zieve, G., Gumport, N. B., Xiong, M., Harvey, A. G.
  2023; 166: 104325

- **Therapist training in treating sleep problems: A survey study of clinical practice.** *Journal of clinical psychology*
  Gumport, N. B., Gasperetti, C. E., Zieve, G. G., Harvey, A. G.
  2023
- **Beliefs about prescription sleep medications and interest in reducing hypnotic use: an examination of middle-aged and older adults with insomnia disorder.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*
  Tully, I. A., Kim, J. P., Simpson, N., Palaniappan, L., Tutek, J., Gumport, N. B., Dietch, J. R., Manber, R.
  2023
- **Serial Mediators of Memory Support Strategies Used With Cognitive Therapy for Depression: Improving Outcomes Through Patient Adherence and Treatment Skills.** *Behavior therapy*
  Sarfan, L. D., Zieve, G. G., Mujir, F., Gumport, N. B., Xiong, M., Harvey, A. G.
  2023; 54 (1): 141-155
- **Patient Responsiveness to a Sleep and Circadian Intervention in a Sample of Adults With Serious Mental Illness** *BEHAVIOR THERAPY*
  Gumport, N. B., Yu, S. H., Mirzadegan, I. A., Mullin, A. C., Harvey, A. G.
  2023; 54 (1): 101-118
- **Development and preliminary validation of the treatment adherence rating scale.** *Journal of behavior therapy and experimental psychiatry*
  Gumport, N. B., Dong, L., Lee, J. Y., Zhao, X., Harvey, A. G.
  2022; 79: 101832
- **Can integrating the Memory Support Intervention into cognitive therapy improve depression outcome? A randomized controlled trial.** *Behaviour research and therapy*
  Dong, L., Zieve, G., Gumport, N. B., Armstrong, C. C., Alvarado-Martinez, C. G., Martinez, A., Howlett, S., Fine, E., Tran, M., McNamara, M. E., Weaver, C., Tuck, A. B., Hilmoe, et al
  2022; 157: 104167
- **Outcomes From the Transdiagnostic Sleep and Circadian Intervention (TranS-C) for Midlife and Older Adults With Serious Mental Illness and Sleep and Circadian Dysfunction** *BEHAVIOR THERAPY*
  Sarfan, L. D., Gasperetti, C. E., Gumport, N. B., Harvey, A. G.
  2022; 53 (4): 585-599
- **ASSOCIATIONS BETWEEN ANHEDONIA AND MALADAPTIVE BELIEFS ABOUT SLEEP IN MIDDLE AGE AND OLDER ADULTS WITH INSOMNIA DISORDER**
  Tully, I., Tutek, J., Gumport, N., Simpson, N., Dietch, J., Palaniappan, L., Manber, R.
  OXFORD UNIV PRESS INC.2022: A286-A287
- **PREFERENCE FOR DIGITAL CBTI: CHANGES DUE TO THE COVID-19 PANDEMIC IN A RANDOMIZED CONTROLLED TRIAL OF CBTI FOR MIDDLE AGED AND OLDER ADULTS**
  Gumport, N., Tutek, J., Simpson, N., Tully, I., Dietch, J., Zulman, D., Rosas, L., Palaniappan, L., Manber, R.
  OXFORD UNIV PRESS INC.2022: A206-A207
- **PRESCRIBING PATTERNS FOR HYPNOTIC MEDICATION AMONG ADULTS SEEKING CBTI TREATMENT: A PRELIMINARY REPORT FROM THE RESTING STUDY**
  Simpson, N., Kim, J., Tully, I., Dietch, J., Tutek, J., Gumport, N., Palaniappan, L., Rosas, L., Zulman, D., Manber, R.
  OXFORD UNIV PRESS INC.2022: A212
- **PREDICTORS OF RESPONSE TO DIGITAL CBTI IN A RANDOMIZED CONTROLLED TRIAL OF MIDDLE AGED AND OLDER ADULTS WITH INSOMNIA**
  Gumport, N., Tutek, J., Tully, I., Simpson, N., Dietch, J., Zulman, D., Rosas, L., Palaniappan, L., Manber, R.
  OXFORD UNIV PRESS INC.2022: A207
- **LIVING ALONE AS A PREDICTOR OF SYMPTOM CHANGE DURING COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA**
  Tutek, J., Gumport, N., Dietch, J., Tully, I., Simpson, N., Manber, R.
  OXFORD UNIV PRESS INC.2022: A206
- **THE FIRST STEP OF A TRIAGED STEPPED-CARE DELIVERY OF CBTI: A PRELIMINARY REPORT FROM THE RESTING STUDY**
  Manber, R., Kim, J., Simpson, N., Tully, I., Tutek, J., Dietch, J., Gumport, N., Rosas, L., Zulmann, D., Palaniappan, L.
  OXFORD UNIV PRESS INC.2022: A203

- **Memory and learning for sleep and circadian treatment in serious mental illness treated in a community mental health setting.** *Behaviour research and therapy*
  Gumport, N. B., Harvey, A. G.
  1800; 149: 104029

- **Internet use and its impact on internalizing disorder symptoms and sleep in adolescents with an evening circadian preference.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*
  Asarnow, L. D., Gasperetti, C. E., Gumport, N. B., Harvey, A. G.
  2021; 17 (10): 2019-2027

- **Applying the Science of Habit Formation to Evidence-Based Psychological Treatments for Mental Illness.** *Perspectives on psychological science : a journal of the Association for Psychological Science*
  Harvey, A. G., Callaway, C. A., Zieve, G. G., Gumport, N. B., Armstrong, C. C.
  2021: 1745691621995752

- **Outcomes of the Transdiagnostic Intervention for Sleep and Circadian Dysfunction (TranS-C) in a community setting: Unpacking comorbidity.** *Behaviour research and therapy*
  Sarfan, L. D., Hilmoe, H. E., Gumport, N. B., Gasperetti, C. E., Zieve, G. G., Harvey, A. G.
  2021; 145: 103948

- **The Development and Validation of the Memory Support Treatment Provider Checklist** *BEHAVIOR THERAPY*
  Gumport, N. B., Zieve, G. G., Dong, L., Harvey, A. G.
  2021; 52 (4): 932-944

- **A Randomized Controlled Trial of the Transdiagnostic Intervention for Sleep and Circadian Dysfunction (TranS-C) to Improve Serious Mental Illness Outcomes in a Community Setting** *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*
  Harvey, A. G., Dong, L., Hein, K., Yu, S. H., Martinez, A. J., Gumport, N. B., Smith, F. L., Chapman, A., Lisman, M., Mirzadegan, I. A., Mullin, A. C., Fine, E., Dolsen, et al
  2021; 89 (6): 537-550

- **The Impact of Television, Electronic Games, and Social Technology Use on Sleep and Health in Adolescents with an Evening Circadian Preference** *JOURNAL OF YOUTH AND ADOLESCENCE*
  Gumport, N. B., Gasperetti, C. E., Silk, J. S., Harvey, A. G.
  2021

- **COVID-19 Prevention via the Science of Habit Formation** *CURRENT DIRECTIONS IN PSYCHOLOGICAL SCIENCE*
  Harvey, A. G., Armstrong, C. C., Callaway, C. A., Gumport, N. B., Gasperetti, C. E.
  2021; 30 (2): 174-180

- **Implementing a transdiagnostic sleep and circadian intervention in a community mental health setting: A qualitative process evaluation with community stakeholders** *PSYCHIATRY RESEARCH*
  Gumport, N. B., Yu, S. H., Harvey, A. G.
  2020; 293: 113443

- **The Validation of a Provider-Reported Fidelity Measure for the Transdiagnostic Sleep and Circadian Intervention in a Community Mental Health Setting** *BEHAVIOR THERAPY*
  Gumport, N. B., Yu, S. H., Mullin, A. C., Mirzadegan, I. A., Harvey, A. G.
  2020; 51 (5): 800-813

- **Establishing the dose of memory support to improve patient memory for treatment and treatment outcome** *JOURNAL OF BEHAVIOR THERAPY AND EXPERIMENTAL PSYCHIATRY*
  Lee, J. Y., Dong, L., Gumport, N. B., Harvey, A. G.
  2020; 68: 101526

- **Usefulness and utilization of treatment elements from the Transdiagnostic Sleep and Circadian Intervention for adolescents with an evening circadian preference** *BEHAVIOUR RESEARCH AND THERAPY*
  Gumport, N. B., Dolsen, M. R., Harvey, A. G.
  2019; 123: 103504

- **Therapist Perceptions of Client Memory for Psychological Treatment Contents and Use of Memory Support Strategies: A Survey Study of Clinical Practice** *PROFESSIONAL PSYCHOLOGY-RESEARCH AND PRACTICE*

Zieve, G. G., Gumport, N. B., Weaver, C., McNamara, M. E., Harvey, A. G.
2019; 50 (5): 288-295

- **Is Improving Sleep and Circadian Problems in Adolescence a Pathway to Improved Health? A Mediation Analysis** *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*
  Dong, L., Gumport, N. B., Martinez, A. J., Harvey, A. G.
  2019; 87 (9): 757-771

- **Addressing the Challenges of Recruitment and Retention in Sleep and Circadian Clinical Trials** *BEHAVIORAL SLEEP MEDICINE*
  Yu, S. H., Gumport, N. B., Mirzadegan, I. A., Mei, Y., Hein, K., Harvey, A. G.
  2020; 18 (1): 23-34

- **Modifying the Impact of Eveningness Chronotype ("Night-Owls") in Youth: A Randomized Controlled Trial** *JOURNAL OF THE AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY*
  Harvey, A. G., Hein, K., Dolsen, M. R., Dong, L., Rabe-Hesketh, S., Gumport, N. B., Kanady, J., Wyatt, J. K., Hinshaw, S. P., Silk, J. S., Smith, R. L., Thompson, M. A., Zannone, et al
  2018; 57 (10): 742-754

- **Patient learning of treatment contents in cognitive therapy** *JOURNAL OF BEHAVIOR THERAPY AND EXPERIMENTAL PSYCHIATRY*
  Gumport, N. B., Dong, L., Lee, J. Y., Harvey, A. G.
  2018; 58: 51-59

- **Can integrating the Memory Support Intervention into cognitive therapy improve depression outcome? Study protocol for a randomized controlled trial** *TRIALS*
  Harvey, A. G., Dong, L., Lee, J. Y., Gumport, N. B., Hollon, S. D., Rabe-Hesketh, S., Hein, K., Haman, K., McNamara, M. E., Weaver, C., Martinez, A., Notsu, H., Zieve, et al
  2017; 18: 539

- **Improving outcome for mental disorders by enhancing memory for treatment** *BEHAVIOUR RESEARCH AND THERAPY*
  Harvey, A. G., Lee, J., Smith, R. L., Gumport, N. B., Holton, S. D., Rabe-Hesketh, S., Hein, K., Dolsen, M. R., Haman, K. L., Kanady, J. C., Thompson, M. A., Abrons, D.
  2016; 81: 35-46

- **Learning cognitive behavior therapy** *JOURNAL OF BEHAVIOR THERAPY AND EXPERIMENTAL PSYCHIATRY*
  Gumport, N. B., Williams, J. J., Harvey, A. G.
  2015; 48: 164-169

- **Evidence-based psychological treatments for mental disorders: Modifiable barriers to access and possible solutions** *BEHAVIOUR RESEARCH AND THERAPY*
  Harvey, A. G., Gumport, N. B.
  2015; 68: 1-12