

Stanford



Sarah Izabel

Ph.D. Student in Neurosciences, admitted Summer 2022

Bio

BIO

Sarah was born and raised in Brazil where she attended law school before moving to the United States and shifting her interest to Neuroscience. She completed majors in Biology and Psychology at Virginia Commonwealth University (VCU) in 2020. At VCU, Sarah was part of the NIH-IMSD program and worked on uncovering mechanisms of axonal pathology in the lab of Dr. Jeff Dupree. She also worked with a clinical sample to identify the effects of income insecurity on decision-making in people with cocaine use disorder (CUD), in the lab of Dr. James Bjork. After graduating, Sarah went to the National Institutes of Health (NIH) as a UGSP Research Fellow and characterized a progranulin knockout mouse model in the lab of Dr. Alan Koretsky. She returned to her clinical research work in her second year at NIH in the lab of Dr. Vijay Ramchandani, where she worked to understand the relationship between neurological domains underlying Alcohol Use Disorder (AUD). At Stanford, Sarah is interested in treating and managing neuropsychiatric disorders and increasing access to participation in clinical research studies. Sarah is a RAISE fellow, a NIDA START Fellow, and an intern project manager for the Recovery Incentives Program.

EDUCATION AND CERTIFICATIONS

- BS, Virginia Commonwealth University , Biology (2020)
- BS, Virginia Commonwealth University , Psychology (2020)

Research & Scholarship

LAB AFFILIATIONS

- Andrea Goldstein-Piekarski, CoPsyN Sleep Lab (6/16/2023)

Publications

PUBLICATIONS

- **Examining fronto-limbic brain and sleep mechanisms of antidepressant effects in cognitive-behavioral therapy for insomnia.** *Neuropsychopharmacology : official publication of the American College of Neuropsychopharmacology*
Krause, A. J., Osorno, R., Solomon, N. L., Ahmadi, M., Lam, P., Magana, O., Blozyte-Sakenis, E., Harris, L. N., Babros, M. C., Izabel, S. S., Bernert, R. A., Williams, L. M., Gross, et al
2026
- **Examining Fronto-Limbic Brain and Sleep Mechanisms of Anti-Depressant Effects in Cognitive-Behavioral Therapy for Insomnia**
Krause, A., Osorno, R., Solomon, N., Ahmadi, M., Lam, P., Magana, O., Blozyte, E., Harris, L., Izabel, S., Bernert, R., Williams, L., Gross, J., Ma, et al
ELSEVIER SCIENCE INC.2026

- **EXAMINING FRONTO-LIMBIC BRAIN AND SLEEP MECHANISMS OF ANTI-DEPRESSANT EFFECTS IN COGNITIVE-BEHAVIORAL THERAPY FOR INSOMNIA**
Krause, A., Osorno, R., Solomon, N., Ahmadi, M., Lam, P., Magana, O., BlozYTE, E., Izabel, S., Bernert, R., Williams, L., Gross, J., Ma, J., Lazzeroni, et al
SPRINGER NATURE.2026
- **Sleep Disturbances Across the Addiction Stages: A Review of Alcohol, Cannabis and their Co-Use** *CURRENT ADDICTION REPORTS*
Padula, C. B., Grayson, A., Izabel, S., Tenekedjjeva, L., Zhang, E., Goldstein-Piekarski, A. N.
2025; 12 (1)
- **Examining the impact of early life adversity on adolescent sleep health: Findings from the ABCD study.** *Child protection and practice*
Hunt, E. T., Brazendale, K., De Moraes, A. C., Nascimento-Ferreira, M. V., Pfluederer, C. D., Izabel, S. S., Dooley, E. E., Chen, B., Fernandez, A., Johnson, M. E., Garavan, H., Potter, A. S., Dube, et al
2025; 5
- **Objective Sleep, Internalizing Symptoms, and Emotion Regulation in Adolescents: Findings from the ABCD Study**
Izabel, S., Kiss, O., Krause, A., Hunt, E. T., Potter, A., Johnson, M., Dube, S. L., Allgaier, N., Garavan, H., Goldstein-Piekarski, A.
OXFORD UNIV PRESS INC.2025: A458
- **Associations Between Objectively Sleep Duration, Night-To-Night Variability, and Sleep Onset With Emotion Regulation and Internalizing Symptoms in Adolescents: Findings From the ABCD Study**
Izabel, S., Kiss, O., Krause, A., Hunt, E. T., Potter, A., Johnson, M., Dube, S., Allgaier, N., Garavan, H., Goldstein-Piekarski, A.
ELSEVIER SCIENCE INC.2025
- **Insomnia Intervention Associated With Improvements in Affective Brain Function and Mood in Depression**
Krause, A., Osorno, R., Solomon, N., Ahmadi, M., Lam, P., Magana, O., BlozYTE, E., Cirelli, A., Harris, L., Izabel, S., Bernert, R., Williams, L., Gross, et al
ELSEVIER SCIENCE INC.2025
- **Modifying the Emotion Regulation Brain Network in Depression: Mechanistic Insights From a Clinical Trial of Cognitive-Behavioral Therapy for Insomnia**
Krause, A., Izabel, S., Osorno, R., Solomon, N., Ahmadi, M., Lam, P., Magana, O., BlozYTE, E., Cirelli, A., Harris, L., Bernert, R., Williams, L., Gross, et al
SPRINGER NATURE.2023: 208-209
- **Schwann Cell Transplantation Subdues the Pro-Inflammatory Innate Immune Cell Response after Spinal Cord Injury** *INTERNATIONAL JOURNAL OF MOLECULAR SCIENCES*
Pearse, D. D., Bastidas, J., Izabel, S. S., Ghosh, M.
2018; 19 (9)
- **Dendrite regeneration of adult Drosophila sensory neurons diminishes with aging and is inhibited by epidermal-derived matrix metalloproteinase 2** *GENES & DEVELOPMENT*
DeVault, L., Li, T., Izabel, S., Thompson-Peer, K. L., Jan, L., Jan, Y.
2018; 32 (5-6): 402-414