Stanford



Jamie L. Tingey, PhD

Clinical Assistant Professor, Psychiatry and Behavioral Sciences - Sleep Medicine

CLINICAL OFFICE (PRIMARY)

- **Sleep Disorders Clinic**

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Bio

BIO

Dr. Tingey is a clinical assistant professor and licensed psychologist in the Department of Psychiatry and Behavioral Sciences, Division of Sleep Medicine.

At the Stanford Sleep Medicine Center, Dr. Tingey provides comprehensive evaluations and behavioral sleep medicine interventions to individuals with sleep-related difficulties and disorders, including insomnia, hypersomnia, and circadian rhythm disorders. She also specializes in fatigue and chronic pain management.

Inspired by her background in rehabilitation psychology, Dr. Tingey has a strong interest in working with people who have disabilities and chronic conditions. She is an advocate for self-managing symptoms with noninvasive, nonpharmacological treatments.

Dr. Tingey is passionate about helping her patients develop confidence in self-managing their health and learning to tolerate health and medical uncertainties. She specializes in serving patients with multiple sclerosis (MS), traumatic brain injury (TBI), spinal cord injury (SCI), and survivors of critical illnesses (ICU survivors).

Dr. Tingey's research interests include adaptation of evidence-based practices for chronic conditions and disabilities. Her work emphasizes rehabilitation psychology, self-management interventions, cognitive behavioral therapy (CBT) and CBT for insomnia (CBT-I), mindfulness, and resiliency-based treatment approaches.

She has participated in projects funded by the National Institute on Disability, Independent Living and Rehabilitation Research (NIDILRR), American Occupational Therapy Foundation (AOTF), United States Agency for International Development (USAID), and National Institute of Mental Health (NIMH).

Dr. Tingey has published in many peer-reviewed journals and authored book chapters on rehabilitation psychology, integrating psychology in critical care, and posttraumatic growth. She has presented her work at national and international conferences and is a current member of the American Psychological Association.

CLINICAL FOCUS

- Clinical Psychology
- Rehabilitation Psychology
- Behavioral Sleep Medicine

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences - Sleep Medicine

PROFESSIONAL EDUCATION

- Fellowship: University of Washington Dept of Psychology (2021) WA
- Fellowship, University of Washington , Rehabilitation Psychology Research Fellowship (2022)
- Internship: VA Palo Alto Health Care Psychology Training (2020) CA
- PhD Training: Seattle Pacific University Office of the Registrar (2020) WA

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Dr. Tingey's research broadly focuses on factors that promote positive outcomes in patients with complex and/or chronic conditions. She is committed to research that focuses on outcomes that are valued by patients and healthcare stakeholders.

Some of her research interests include self-management interventions in chronic conditions (e.g., multiple sclerosis, stroke, spinal cord injury, traumatic brain injury) and adapting evidence-based treatments to provide equitable care to individuals with chronic conditions and disabilities. She is also passionate about integrating psychology services into critical care settings to improve health outcomes among ICU survivors.

Publications

PUBLICATIONS

- **SYMPOSIUM: NOVEL BEHAVIORAL MEDICINE ASSESSMENTS / INTERVENTIONS FOR SUCCESSFUL TREATMENT OF OBSTRUCTIVE SLEEP APNEA (OSA) WITH COMORBID INSOMNIA (COMISA)**
  Barwick, F., Tingey, J., Sepulveda, M., Capasso, R.
  OXFORD UNIV PRESS INC.2025: S636-S637
- **Barriers to Finding Psychology Postdoctoral Training Opportunities in Intensive Care Settings** *REHABILITATION PSYCHOLOGY*
  May, A. D., Tingey, J. L., Stucky, K. J., Kellerman, Q. D., Hosey, M. M.
  2023
- **Self-Efficacy Trajectories of Individuals Newly Diagnosed With Multiple Sclerosis** *REHABILITATION PSYCHOLOGY*
  Tingey, J. L., Valentine, T. R., Kratz, A. L., Bentley, J. A., Ehde, D. M., Alschuler, K. N.
  2023; 68 (2): 204-211
- **Intensive care-related cognitive impairment: A biopsychosocial overview** *PM&R*
  Tingey, J. L., Dasher, N. A., Bunnell, A. E., Starosta, A. J.
  2022; 14 (2): 259-272
- **COVID-19: Understanding and Mitigating Trauma in ICU Survivors** *PSYCHOLOGICAL TRAUMA-THEORY RESEARCH PRACTICE AND POLICY*

Tingey, J. L., Bentley, J. A., Hosey, M. M.
2020; 12: S100-S104

- **Healthcare Coverage and Utilization Among Caregivers in the United States: Findings From the 2015 Behavioral Risk Factor Surveillance System** *REHABILITATION PSYCHOLOGY*
  Tingey, J. L., Lum, J., Morean, W., Franklin, R., Bentley, J. A.
  2020; 65 (1): 63-71

- **Moral elevation and compassionate goals predict posttraumatic growth in the context of a college shooting** *JOURNAL OF POSITIVE PSYCHOLOGY*
  Tingey, J. L., McGuire, A. P., Stebbins, O. L., Erickson, T. M.
  2019; 14 (3): 261-270

- **COMPASSIONATE GOALS PREDICT SOCIAL SUPPORT AND PTSD SYMPTOMS FOLLOWING A UNIVERSITY SHOOTING: A MODERATED MEDIATION ANALYSIS** *JOURNAL OF SOCIAL AND CLINICAL PSYCHOLOGY*
  Stebbins, O. L., Tingey, J. L., Verdi, E. K., Erickson, T. M., McGuire, A. P.
  2019; 38 (4): 277-300