



## Katherine Kaplan

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

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### Bio

#### ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences

#### LINKS

- <https://www.linkedin.com/pub/kate-kaplan-ph-d/84/aa0/275>: <https://www.linkedin.com/pub/kate-kaplan-ph-d/84/aa0/275>
- <http://www.katekaplanphd.com>: <http://www.katekaplanphd.com>

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### Research & Scholarship

#### CURRENT RESEARCH AND SCHOLARLY INTERESTS

Dr. Kaplan's research interests span four (often overlapping) domains: (1) pathophysiologic aspects of insomnia and hypersomnia in mood disorders, including mechanisms, correlates, and sequelae of these sleep disturbances; (2) behavioral interventions for sleep disturbances in adults and adolescents; (3) circadian and psychosocial factors impacting sleep in adolescence; and (4) machine learning approaches to big data.

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### Publications

#### PUBLICATIONS

- **Sleep insufficiency and bedtime irregularity in children with ADHD: A population-based analysis.** *Sleep medicine*  
Leman, T. Y., Barden, S., Swisher, V. S., Joyce, D. S., Kaplan, K. A., Zeitzer, J. M., Loo, S. K., Ricketts, E. J.  
2024; 121: 117-126
- **A MACHINE LEARNING APPROACH TO IDENTIFY FACTORS ASSOCIATED WITH ADOLESCENT SLEEP OUTCOMES**  
Ricketts, E., Kaplan, K., McMakin, D., Patriarca, G., Mathew, G., McGrew, T., Chang, A., Hale, L.  
OXFORD UNIV PRESS INC.2024
- **Recent advances in sleep and depression.** *Current opinion in psychiatry*  
Mirchandaney, R., Asarnow, L. D., Kaplan, K. A.  
2023; 36 (1): 34-40
- **N2 AND WAKEFULNESS DRIVE SUBJECTIVE SLEEP SATISFACTION IN ADULTS**  
Lok, R., Chawra, D., Hon, F., Ha, M., Kaplan, K., Zeitzer, J.  
OXFORD UNIV PRESS INC.2022: A99
- **Objective underpinnings of self-reported sleep quality in middle-aged and older adults: the importance of N2 and wakefulness.** *Biological psychology*  
Lok, R., Chawra, D., Hon, F., Ha, M., Kaplan, K. A., Zeitzer, J. M.  
2022: 108290

- **The Hypersomnia Severity Index: reliability, construct and criterion validity in a clinical sample with sleep disorders.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*  
Fernandez-Mendoza, J., Puzino, K., Amatrudo, G., Bourchtein, E., Calhoun, S. L., Plante, D. T., Kaplan, K.  
2021
- **Sleep and sleep treatments in bipolar disorder.** *Current opinion in psychology*  
Kaplan, K. A.  
2020; 34: 117–22
- **Subjective sleep quality is poorly associated with actigraphy and heart rate measures in community-dwelling older men.** *Sleep medicine*  
Faerman, A. n., Kaplan, K. A., Zeitzer, J. M.  
2020; 73: 154–61
- **A comparison of sleep, depressive symptoms, and parental perceptions between U.S. and Taiwan adolescents with self-reported sleep problems.** *Sleep advances : a journal of the Sleep Research Society*  
Yang, Y., Kaplan, K. A., Zeitzer, J. M.  
2020; 1 (1): zpaa004
- **Effect of Light Flashes vs Sham Therapy During Sleep With Adjunct Cognitive Behavioral Therapy on Sleep Quality Among Adolescents: A Randomized Clinical Trial.** *JAMA network open*  
Kaplan, K. A., Mashash, M., Williams, R., Batchelder, H., Starr-Glass, L., Zeitzer, J. M.  
2019; 2 (9): e1911944
- **Development and validation of the Hypersomnia Severity Index (HSI): A measure to assess hypersomnia severity and impairment in psychiatric disorders.** *Psychiatry research*  
Kaplan, K. A., Plante, D. T., Cook, J. D., Harvey, A. G.  
2019; 281: 112547
- **Rise and shine: A treatment experiment testing a morning routine to decrease subjective sleep inertia in insomnia and bipolar disorder.** *Behaviour research and therapy*  
Kaplan, K. A., Talavera, D. C., Harvey, A. G.  
2018; 111: 106–12
- **DAYTIME INSOMNIA SYMPTOMS NEGATIVELY PREDICT ANHEDONIA IN PATIENTS WITH COMORBID MAJOR DEPRESSIVE DISORDER AND INSOMNIA DISORDER**  
Osorno, R. A., Kaplan, K., Krystal, A., Buysse, D., Edinger, J., Manber, R.  
OXFORD UNIV PRESS INC.2018: A361–A362
- **You'll feel better in the morning: slow wave activity and overnight mood regulation in interepisode bipolar disorder** *PSYCHOLOGICAL MEDICINE*  
Soehner, A. M., Kaplan, K. A., Saletin, J. M., Talbot, L. S., Hairston, I. S., Gruber, J., Eidelman, P., Walker, M. P., Harvey, A. G.  
2018; 48 (2): 249–60
- **Correlates of sleep quality in midlife and beyond: a machine learning analysis.** *Sleep medicine*  
Kaplan, K. A., Hardas, P. P., Redline, S., Zeitzer, J. M.  
2017; 34: 162-167
- **Hypersomnia: an overlooked, but not overestimated, sleep disturbance in bipolar disorder.** *Evidence-based mental health*  
Kaplan, K. A., Williams, R.  
2017
- **When a gold standard isn't so golden: Lack of prediction of subjective sleep quality from sleep polysomnography.** *Biological psychology*  
Kaplan, K. A., Hirshman, J., Hernandez, B., Stefanick, M. L., Hoffman, A. R., Redline, S., Ancoli-Israel, S., Stone, K., Friedman, L., Zeitzer, J. M.  
2017; 123: 37-46
- **Aberrant nocturnal cortisol and disease progression in women with breast cancer** *BREAST CANCER RESEARCH AND TREATMENT*  
Zeitzer, J. M., Nouriani, B., Rissling, M. B., Sledge, G. W., Kaplan, K. A., Aasly, L., Palesh, O., Jo, B., Neri, E., Dhabhar, F. S., Spiegel, D.  
2016; 158 (1): 43-50
- **Treating Insomnia Improves Mood State, Sleep, and Functioning in Bipolar Disorder: A Pilot Randomized Controlled Trial** *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*

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- Harvey, A. G., Soehner, A. M., Kaplan, K. A., Hein, K., Lee, J., Kanady, J., Li, D., Rabe-Hesketh, S., Ketter, T. A., Neylan, T. C., Buysse, D. J. 2015; 83 (3): 564-577
- **Hypersomnia subtypes, sleep and relapse in bipolar disorder** *PSYCHOLOGICAL MEDICINE*  
Kaplan, K. A., McGlinchey, E. L., Soehner, A., Gershon, A., TALBOT, L. S., Eidelman, P., Gruber, J., Harvey, A. G. 2015; 45 (8): 1751-1763
  - **Interventions for Sleep Disturbance in Bipolar Disorder.** *Sleep medicine clinics*  
Harvey, A. G., Kaplan, K. A., Soehner, A. M. 2015; 10 (1): 101-105
  - **Behavioral Treatment of Insomnia in Early Recovery** *JOURNAL OF ADDICTION MEDICINE*  
Kaplan, K. A., McQuaid, J., Batki, S. L., Rosenlicht, N. 2014; 8 (6): 395-398
  - **An Evidence-Based Review of Insomnia Treatment in Early Recovery** *JOURNAL OF ADDICTION MEDICINE*  
Kaplan, K. A., McQuaid, J., Primich, C., Rosenlicht, N. 2014; 8 (6): 389-394
  - **Prevalence and clinical correlates of co-occurring insomnia and hypersomnia symptoms in depression** *JOURNAL OF AFFECTIVE DISORDERS*  
Soehner, A. M., Kaplan, K. A., Harvey, A. G. 2014; 167: 93-97
  - **Physical activity and sleep: Day-to-day associations among individuals with and without bipolar disorder** *MENTAL HEALTH AND PHYSICAL ACTIVITY*  
McGlinchey, E. L., Gershon, A., Eidelman, P., Kaplan, K. A., Harvey, A. G. 2014; 7 (3): 183-190
  - **Physical activity and sleep: Day-to-day associations among individuals with and without Bipolar Disorder.** *Mental health and physical activity*  
McGlinchey, E. L., Gershon, A., Eidelman, P., Kaplan, K. A., Harvey, A. G. 2014; 7 (3): 183-190
  - **Prevalence and clinical correlates of co-occurring insomnia and hypersomnia symptoms in depression.** *Journal of Affective Disorders*  
Soehner, A. M., Kaplan, K. A., Harvey, A. G. 2014
  - **Insomnia comorbid to severe psychiatric illness.** *Sleep medicine clinics*  
Soehner, A. M., Kaplan, K. A., Harvey, A. G. 2013; 8 (3): 361-371
  - **Treatment of sleep disturbance** *Clinical handbook of psychological disorders*  
Kaplan, K. A., Harvey, A. G. Guilford Press.2013; 5
  - **Cognitive therapy for insomnia** *Encyclopedia of Sleep*  
Soehner, A. M., Kaplan, K. A., Kanady, J., Harvey, A. G. Academic Press.2013: 290–295
  - **Behavioral treatment of insomnia in bipolar disorder.** *American Journal of Psychiatry*  
Kaplan, K. A., Harvey, A. G. 2013; 7 (170): 716-720
  - **Restless Pillow, Ruffled Mind: Sleep and Affect Coupling in Interepisode Bipolar Disorder** *JOURNAL OF ABNORMAL PSYCHOLOGY*  
Gershon, A., Thompson, W. K., Eidelman, P., McGlinchey, E. L., Kaplan, K. A., Harvey, A. G. 2012; 121 (4): 863-873
  - **Social support and social strain in inter-episode bipolar disorder** *BIPOLAR DISORDERS*  
Eidelman, P., Gershon, A., Kaplan, K., McGlinchey, E., Harvey, A. G. 2012; 14 (6): 628-640

- **Double trouble? The effects of sleep deprivation and chronotype on adolescent affect** *JOURNAL OF CHILD PSYCHOLOGY AND PSYCHIATRY*  
Dagys, N., McGlinchey, E. L., Talbot, L. S., Kaplan, K. A., Dahl, R. E., Harvey, A. G.  
2012; 53 (6): 660-667
- **Comparison between actigraphy, polysomnography and sleep diary in individuals with bipolar disorder** *Bipolar Disorders*  
Kaplan, K. A., Talbot, L. S., Gruber, J., Harvey, A. G.  
2012; 14: 870-879
- **Interventions for Sleep Disturbance in Bipolar Disorder.** *Sleep medicine and psychiatric illness.*  
Harvey, A. G., Kaplan, K. A., Soehner, A. M.  
Lippincott Williams & Wilkins.2012
- **The Effect of Sleep Deprivation on Vocal Expression of Emotion in Adolescents and Adults** *SLEEP*  
McGlinchey, E. L., Talbot, L. S., Chang, K., Kaplan, K. A., Dahl, R. E., Harvey, A. G.  
2011; 34 (9): 1233-1241
- **Hypersomnia in interepisode bipolar disorder: Does it have prognostic significance?** *Journal of Affective Disorders*  
Kaplan, K. A., Gruber, J., Eidelman, P., Talbot, L. S., Harvey, A. G.  
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- **Sleep Deprivation in Adolescents and Adults: Changes in Affect** *EMOTION*  
Talbot, L. S., McGlinchey, E. L., Kaplan, K. A., Dahl, R. E., Harvey, A. G.  
2010; 10 (6): 831-841
- **Hypersomnia across mood disorders: A review and synthesis** *Sleep Medicine Reviews*  
Kaplan, K. A., Harvey, A. G.  
2009; 13: 275-285
- **Cognitive mechanisms in chronic insomnia: Processes and prospects.** *Sleep Medicine Clinics*  
Kaplan, K. A., Talbot, L. S., Harvey, A. G.  
2009; 4 (4): 541-548
- **Relationship between awareness of sleepiness and ability to predict sleep onset: Can drivers avoid falling asleep at the wheel?** *Sleep Medicine*  
Kaplan, K. A., Itoi, A., Dement, W. C.  
2007; 9 (1): 71-79
- **The impact of extended sleep on daytime alertness, vigilance, and mood** *SLEEP MEDICINE*  
Kamdar, B. B., Kaplan, K. A., Kezirian, E. J., Dement, W. C.  
2004; 5 (5): 441-448
- **The impact of extra sleep on daytime alertness, vigilance, and mood.** *Sleep Medicine*  
Kamdar, B. B., Kaplan, K. A., Kezirian, E. J., Dement, W. C.  
2004; 5: 441-448