Stanford



Katherine Kaplan

Clinical Associate Professor, Psychiatry and Behavioral Sciences

Bio

ACADEMIC APPOINTMENTS

- Clinical Associate 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

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.

Publications

PUBLICATIONS

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- **Recent advances in sleep and depression.** *Current opinion in psychiatry*
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- **N2 AND WAKEFULNESS DRIVE SUBJECTIVE SLEEP SATISFACTION IN ADULTS**
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- **Subjective sleep quality is poorly associated with actigraphy and heart rate measures in community-dwelling older men.** *Sleep medicine*
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- **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.
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- **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*
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- **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.
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- **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.
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- **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.
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- **You'll feel better in the morning: slow wave activity and overnight mood regulation in interepisode bipolar disorder** *PSYCHOLOGICAL MEDICINE*
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- **Hypersomnia: an overlooked, but not overestimated, sleep disturbance in bipolar disorder.** *Evidence-based mental health*
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  Kaplan, K. A., McQuaid, J., Batki, S. L., Rosenlicht, N.
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- **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*
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- **Physical activity and sleep: Day-to-day associations among individuals with and without Bipolar Disorder.** *Mental health and physical activity*
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  Kamdar, B. B., Kaplan, K. A., Kezirian, E. J., Dement, W. C.
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