



## Rebecca Bernert

Assistant Professor of Psychiatry and Behavioral Sciences (Public Mental Health and Population Sciences)

### CLINICAL OFFICES

- **Psychiatry Clinic**

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### Bio

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#### BIO

Dr. Bernert is Founding Director of the Suicide Prevention Research Laboratory, and Co-Chairs a special departmental initiative to develop a Center for Premature Mortality and Suicide Prevention. She is a suicidologist, with subspecialty expertise in suicide prevention clinical trials, standardized suicide risk assessment and best practice management, and the epidemiology of self-directed violence. She has subspecialty training in behavioral sleep medicine, with a background in sleep and circadian physiology. Her program utilizes cognitive, biologic (e.g., fMRI), and behavioral testing paradigms, with an emphasis on translational therapeutics. Dr. Bernert has collaborated with NIH, DOD, DARPA, SAMHSA, and CDC on suicide prevention initiatives; and recently served as a content expert for the White House 2015 Open Data and Innovation for Suicide Prevention #Hackathon. She has also contributed to the development of clinical practice parameters, including the 2013 VA/DOD Clinical Practice Guidelines for the Assessment and Management of Suicide Risk, with current work underway focused on investigating medical education training in suicide risk assessment and management. Her research focuses on the identification of novel therapeutic targets for suicide prevention across the lifespan, particularly those aiming to reduce stigma and enhance access to care. A specific focus of this work emphasizes the use of rapid-action, low-risk treatment approaches for the prevention of suicide. Dr. Bernert has several suicide prevention trials underway, funded by NIH and DOD, testing the preliminary efficacy of a non pharmacological insomnia treatment on suicidal behaviors. She also has several grants focused on the development of a data monitoring system for the study of local suicide clusters and emergency department based protocols to improve risk detection within pediatric suicide prevention. Our aim is to delineate transdiagnostic risk factors and biomarkers of clinical response that may inform the pathogenesis of risk and treatment innovation. An overarching mission is to harness new technologies within suicide prevention, including artificial intelligence (AI) and mobile health applications, to enhance risk detection and multidisciplinary frameworks. Advisory and advocacy work, and the way in which research guides health policy, dissemination, and national strategies for suicide prevention, represents an extension of this work. This includes recent initiatives to establish national and local guidelines for lethal means restriction and calls for advanced technology use in suicide prevention research and strategy. Last, Dr. Bernert has several pilot projects underway focused on inclusive practices in faculty diversity and development, and the way in which family-friendly policies impact faculty recruitment and retention in academic medicine.

#### CLINICAL FOCUS

- Clinical Psychology

## ACADEMIC APPOINTMENTS

- Assistant Professor, Psychiatry and Behavioral Sciences
- Member, Bio-X
- Member, Wu Tsai Neurosciences Institute

## ADMINISTRATIVE APPOINTMENTS

- Instructor, Psychiatry and Behavioral Sciences, Stanford University School of Medicine, (2011-2015)
- Director, Stanford Suicide Prevention Research Laboratory, Psychiatry and Behavioral Sciences, (2012- present)
- Investigator, Mental Illness Research, Education and Clinical Centers (MIRECC), VA Palo Alto Health Care System, (2013- present)
- Co-Chair, The Center for Premature Mortality and Suicide Prevention, Stanford University School of Medicine, (2015- present)

## BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Board Member, Bridge Rail Foundation (BRF) (2013 - present)
- Co-Chair, Lethal Means Restriction Advisory Workgroup, The City of Palo Alto and Project Safety Net (2016 - present)

## PROFESSIONAL EDUCATION

- PhD Training: Florida State University (2009) FL
- Undergraduate Education, University of Oregon , English and Psychology (2000)
- Graduate Education, Florida State University , Clinical Psychology (2009)
- Predoctoral Fellowship, NIH/NHGRI , Intramural Research Training Award in Biomedical Sciences (2006)
- Internship: Palo Alto VA Healthcare System (2009) CA
- Predoctoral Fellowship, NIH/NIMH, Florida State University , National Research Service Award (F31) (2007)
- Clinical Internship, VA Palo Alto Health Care System (VAPAHCS) , Clinical Psychology (2009)
- Postdoctoral Fellowship, NIH/NIMH, Stanford University , National Research Service Award (T32) (2011)

## LINKS

- Bernert Lab (Director): <http://bernertlab.stanford.edu>
- Sleep Enhancement for Returning Veterans (Protocol Director): <http://projectservesleep.com>
- iSleep Treatment Program (Protocol Director): <http://bernertlab.stanford.edu/participate.html>
- Bridge Rail Foundation (Board Member): <http://www.bridgerail.net>
- Postdoctoral Fellowship (Faculty Preceptor): <http://med.stanford.edu/psychiatry/education/T32-research-fellowships.html>

## Research & Scholarship

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### CLINICAL TRIALS

- A Brief Behavioral Sleep Intervention for Depression Among Military Veterans, Not Recruiting
- A Sleep-Oriented Intervention for Suicidal Behaviors, Not Recruiting

### PROJECTS

- A Sleep-Oriented Intervention for Suicidal Behaviors - NIH/NIMH
- Developing a Data Monitoring Infrastructure for the Study and Prevention of Local Suicide Clusters - SPECTRUM PHS Pilot Grant
- A Fatality Statistics Database and Monitoring System for Rail Suicide Prevention - SCC Department of Health, Division of Integrated Behavioral Health, Suicide Prevention Oversight Committee

- Suicide Risk Assessment Training Practices in Pediatric Residency Programs: A Nationwide Assessment Survey - John A. Majda, M.D. Memorial Fund (Faculty Sponsor)
- Pediatric Sleep Disturbances as a Proposed Biomarker and Emergency Department Target - Suicide Prevention through Outreach (SPOT) Fund, Stanford University School of Medicine Department of Psychiatry and Behavioral Sciences in partnership with Lucile Packard Children's Hospital and the Child Health Research Institute
- Advancing Women in Science: Establishing a Departmental Mentoring Program in Academic Medicine - Stanford University VPFDD, VPTL, VPUE, in partnership with OpenXChange
- Evaluating the Visibility and Use of Family-Friendly Policies to Enhance Faculty Diversity and Inclusion - Jointly funded by the Stanford University Diversity Cabinet, VPFDD, and the Stanford Dean's Office of the School of Medicine

## Teaching

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### GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Biology (School of Humanities and Sciences) (Phd Program)
- Child Psychiatry (Fellowship Program)
- Community Health and Prevention Research (Masters Program)
- Epidemiology (Phd Program)
- Epidemiology (Masters Program)
- Medicine (Masters Program)
- Neurosciences (Phd Program)
- Prevention Research (Scholarly Concentration Application)
- Psychiatry and Behavioral Science (Fellowship Program)
- Sleep Medicine (Fellowship Program)

## Publications

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### PUBLICATIONS

- **Cross-cultural relevance of the Interpersonal Theory of suicide across Korean and U.S. undergraduate students.** *Psychiatry research*  
Suh, S., Ebesutani, C. K., Hagan, C. R., Rogers, M. L., Hom, M. A., Ringer, F. B., Bernert, R. A., Kim, S., Joiner, T. E.  
2017; 251: 244-252
- **Sleep architecture parameters as a putative biomarker of suicidal ideation in treatment-resistant depression** *JOURNAL OF AFFECTIVE DISORDERS*  
Bernert, R. A., Luckenbaugh, D. A., Duncan, W. C., Iwata, N. G., Ballard, E. D., Zarate, C. A.  
2017; 208: 309-315
- **Objectively Assessed Sleep Variability as an Acute Warning Sign of Suicidal Ideation in a Longitudinal Evaluation of Young Adults at High Suicide Risk.** *The Journal of clinical psychiatry*  
Bernert, R. A., Hom, M. A., Iwata, N. G., Joiner, T. E.  
2017; 78 (6): e678–e687
- **Antisuicidal Response Following Ketamine Infusion Is Associated With Decreased Nighttime Wakefulness in Major Depressive Disorder and Bipolar Disorder.** *journal of clinical psychiatry*  
Vande Voort, J. L., Ballard, E. D., Luckenbaugh, D. A., Bernert, R. A., Richards, E. M., Niciu, M. J., Park, L. T., Machado-Vieira, R., Duncan, W. C., Zarate, C. A.  
2016
- **Sleep architecture parameters as a putative biomarker of suicidal ideation in treatment-resistant depression.** *Journal of affective disorders*  
Bernert, R. A., Luckenbaugh, D. A., Duncan, W. C., Iwata, N. G., Ballard, E. D., Zarate, C. A.  
2016; 208: 309-315
- **Suicide and sleep: Is it a bad thing to be awake when reason sleeps?** *Sleep medicine reviews*  
Perlis, M. L., Grandner, M. A., Chakravorty, S., Bernert, R. A., Brown, G. K., Thase, M. E.  
2016; 29: 101-107

- **Limitations of a single-item assessment of suicide attempt history: Implications for standardized suicide risk assessment.** *Psychological assessment*  
Hom, M. A., Joiner, T. E., Bernert, R. A.  
2016; 28 (8): 1026-1030
- **Nocturnal Wakefulness Is Associated With Next-Day Suicidal Ideation in Major Depressive Disorder and Bipolar Disorder** *JOURNAL OF CLINICAL PSYCHIATRY*  
Ballard, E. D., Voort, J. L., Bernert, R. A., Luckenbaugh, D. A., Richards, E. M., Niciu, M. J., Furey, M. L., Duncan, W. C., Zarate, C. A.  
2016; 77 (6): 825-831
- **The Association between Sleep Disturbances and Depression among Firefighters: Emotion Dysregulation as an Explanatory Factor** *JOURNAL OF CLINICAL SLEEP MEDICINE*  
Hom, M. A., Stanley, I. H., Rogers, M. L., Tzoneva, M., Bernert, R. A., Joiner, T. E.  
2016; 12 (2): 235-245
- **Sleep disturbances as an evidence-based suicide risk factor.** *Current psychiatry reports*  
Bernert, R. A., Kim, J. S., Iwata, N. G., Perlis, M. L.  
2015; 17 (3): 554-?
- **Sleep Disturbances and Suicide Risk.** *Sleep medicine clinics*  
Bernert, R. A., Nadorff, M. R.  
2015; 10 (1): 35-39
- **The Association between Sleep Disturbances and Depression among Firefighters: Emotion Dysregulation as an Explanatory Factor.** *Journal of clinical sleep medicine*  
Hom, M. A., Stanley, I. H., Rogers, M. L., Tzoneva, M., Bernert, R. A., Joiner, T. E.  
2015; 12 (2): 235-245
- **The prediction of study-emergent suicidal ideation in bipolar disorder: a pilot study using ecological momentary assessment data** *BIPOLAR DISORDERS*  
Thompson, W. K., Gershon, A., O'Hara, R., Bernert, R. A., Depp, C. A.  
2014; 16 (7): 669-677
- **Obsessive compulsive symptoms and sleep difficulties: Exploring the unique relationship between insomnia and obsessions.** *Journal of psychiatric research*  
Timpano, K. R., Carbonella, J. Y., Bernert, R. A., Schmidt, N. B.  
2014; 57: 101-107
- **Association of poor subjective sleep quality with risk for death by suicide during a 10-year period: a longitudinal, population-based study of late life.** *JAMA psychiatry*  
Bernert, R. A., Turvey, C. L., Conwell, Y., Joiner, T. E.  
2014; 71 (10): 1129-1137
- **A Review of Multidisciplinary Clinical Practice Guidelines in Suicide Prevention: Toward an Emerging Standard in Suicide Risk Assessment and Management, Training and Practice** *ACADEMIC PSYCHIATRY*  
Bernert, R. A., Hom, M. A., Roberts, L. W.  
2014; 38 (5): 585-592
- **Association of Poor Subjective Sleep Quality With Risk for Death by Suicide During a 10-Year Period A Longitudinal, Population-Based Study of Late Life** *JAMA PSYCHIATRY*  
Bernert, R. A., Turvey, C. L., Conwell, Y., Joiner, T. E.  
2014; 71 (10): 1129-1137
- **Eating disorder and obsessive-compulsive symptoms in a sample of bulimic women: Perfectionism as a mediating factor** *PERSONALITY AND INDIVIDUAL DIFFERENCES*  
Bernert, R. A., Timpano, K. R., Peterson, C. B., Crow, S. J., Bardone-Cone, A. M., Le Grange, D., Klein, M., Crosby, R. D., Mitchell, J. E., Wonderlich, S. A., Joiner, T. E.  
2013; 54 (2): 231-235
- **Clinical significance of night-to-night sleep variability in insomnia** *SLEEP MEDICINE*  
Suh, S., Nowakowski, S., Bernert, R. A., Ong, J. C., Siebern, A. T., Dowdle, C. L., Manber, R.  
2012; 13 (5): 469-475

- **Sleep problems outperform depression and hopelessness as cross-sectional and longitudinal predictors of suicidal ideation and behavior in young adults in the military** *JOURNAL OF AFFECTIVE DISORDERS*

Ribeiro, J. D., Pease, J. L., Gutierrez, P. M., Silva, C., Bernert, R. A., Rudd, M. D., Joiner, T. E.  
2012; 136 (3): 743-750

- **CBT for Insomnia in Patients with High and Low Depressive Symptom Severity: Adherence and Clinical Outcomes** *JOURNAL OF CLINICAL SLEEP MEDICINE*

Manber, R., Bernert, R. A., Suh, S., Nowakowski, S., Siebern, A. T., Ong, J. C.  
2011; 7 (6): 645-652