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### Bio

#### STANFORD ADVISORS

- Ansgar Furst, Postdoctoral Research Mentor
- Rachel Manber, Postdoctoral Faculty Sponsor

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### Publications

#### PUBLICATIONS

- **"A ruffled mind makes a restless pillow": Reducing depression incidence and severity with dCBT-I.** *Sleep*  
Roth, A. J., Dietch, J. R.  
2020
- **Age-dependent associations among insomnia, depression, and inflammation in nurses.** *Psychology & health*  
Walker, J. L., Slavish, D. C., Dolan, M., Dietch, J. R., Wardle-Pinkston, S., Messman, B., Ruggero, C. J., Kohut, M., Borwick, J., Kelly, K., Taylor, D. J.  
2020: 1–18
- **The Cycle of Daily Stress and Sleep: Sleep Measurement Matters.** *Annals of behavioral medicine : a publication of the Society of Behavioral Medicine*  
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- **Intraindividual variability in sleep and levels of systemic inflammation in nurses.** *Psychosomatic medicine*  
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2020
- **BIDIRECTIONAL ASSOCIATIONS BETWEEN DAILY STRESS TRAJECTORIES AND SLEEP IN A COMMUNITY SAMPLE**  
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Slavish, D., Messman, B., Ruggero, C., Taylor, D., Dietch, J., Wardle-Pinkston, S., Kelly, K.  
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- **Risk for Nephrogenic Systemic Fibrosis After Exposure to Newer Gadolinium Agents: A Systematic Review.** *Annals of internal medicine*  
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2020
- **Nightmares and Insomnia in the US National Guard: Mental and Physical Health Correlates.** *International journal of behavioral medicine*  
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2020

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2020; 1–11
- **INSOMNIA IDENTITY AND PSYCHOSOCIAL HEALTH IN NURSES**  
Dietch, J. R., Slavish, D. C., Ruggero, C., Kelly, K., Messman, B., Wardle-Pinkston, S., Taylor, D. J.  
OXFORD UNIV PRESS INC.2020: S376
- **DEVELOPING AND TESTING A WEB-BASED PROVIDER TRAINING FOR COGNITIVE BEHAVIORAL THERAPY OF INSOMNIA**  
Taylor, D. J., Wilkerson, A., Bunnell, B. E., Dietch, J., Pruiksma, K. M., Calhoun, C. D., Milanak, M. E., Wardle-Pinkston, S.  
OXFORD UNIV PRESS INC.2020: S111
- **Validity of Actigraphy in Young Adults With Insomnia** *BEHAVIORAL SLEEP MEDICINE*  
Williams, J. M., Taylor, D. J., Slavish, D. C., Gardner, C. E., Zimmerman, M. R., Patel, K., Reichenberger, D. A., Francetich, J. M., Dietch, J. R., Estevez, R.  
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- **Perspective: Cognitive Behavioral Therapy for Insomnia Is a Promising Intervention for Mild Traumatic Brain Injury.** *Frontiers in neurology*  
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- **Insomnia, Psychosocial Well-Being, and Weight Control Behaviors Among Healthy-Weight Adolescent Females: Brief Report.** *International journal of behavioral medicine*  
Lauer, E. E., Dietch, J. R., Chu, T. L., Barton, M., Martin, S. B., Petrie, T. A., Greenleaf, C. A., Taylor, D. J.  
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- **Treatment of comorbid sleep disorders and posttraumatic stress disorder in active duty military: Design and methodology of a randomized clinical trial.** *Contemporary clinical trials*  
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- **The Nightmare Disorder Index: Development and Initial Validation in a Sample of Nurses.** *Sleep*  
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- **The enigma of objective and subjective measurement of response to cognitive behavioral therapy for insomnia: Call to action** *SLEEP MEDICINE REVIEWS*  
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- **Associations Between Objective Sleep and Ambulatory Blood Pressure in a Community Sample** *PSYCHOSOMATIC MEDICINE*  
Doyle, C. Y., Ruiz, J. M., Taylor, D. J., Smyth, J. W., Flores, M., Dietch, J. R., Ahn, C., Allison, M., Smith, T. W., Uchino, B. N.  
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- **EXAMINING THE ASSOCIATIONS BETWEEN OBJECTIVE SLEEP AND AMBULATORY BLOOD PRESSURE IN A COMMUNITY SAMPLE OVER TIME**  
Doyle, C. Y., Flores, M., Dietch, J., Taylor, D., Ahn, C., Allison, M., Smith, T., Smyth, J., Uchino, B., Ruiz, J.

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- **VALIDITY OF SURVEY MEASURES OF SLEEP DURATION, EFFICIENCY, AND TIMING**  
Dietch, J. R., Taylor, D. J.  
OXFORD UNIV PRESS INC.2019
- **ASSOCIATIONS BETWEEN PAIN, DEPRESSION, STRESS, AND SUBSTANCE USE IN NURSES WITH AND WITHOUT INSOMNIA**  
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- **EFFECTS OF CHRONOTYPE, INSOMNIA, DEPRESSION, AND AGE ON MARKERS OF SYSTEMIC INFLAMMATION IN NURSES**  
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- **Position statement: start middle and high schools at 8:30 AM or later to promote student health and learning** *TRANSLATIONAL BEHAVIORAL MEDICINE*  
Trevorrow, T., Zhou, E. S., Dietch, J. R., Gonzalez, B. D.  
2019; 9 (1): 167–69
- **The role of sleep dysfunction in the relationship between trauma, neglect and depression in methamphetamine using men.** *Neurology, psychiatry, and brain research*  
Jones, D. L., Rodriguez, V. J., De La Rosa, A., Dietch, J., Kumar, M.  
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Pruiksma, K. E., Fina, B., Dietch, J. R., Dondanville, K. A., Williams, J., Wright, E. C., Molino, A., Hall-Clark, B., Nicholson, K. L., Peterson, A. L., Taylor, D. J., STRONG STAR Consortium  
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- **Computer-Guided Problem-Solving Treatment for Depression, PTSD, and Insomnia Symptoms in Student Veterans: A Pilot Randomized Controlled Trial** *BEHAVIOR THERAPY*  
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- **TRAIT ANXIETY AND RESTRICTIVE EATING AS PREDICTORS OF SLEEP ONSET LATENCY AND SLEEP QUALITY**  
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- **Gender and racial/ethnic differences in sleep duration in the North Texas heart study** *SLEEP HEALTH*  
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- **Psychometric Evaluation of the PSQI in US College Students** *JOURNAL OF CLINICAL SLEEP MEDICINE*  
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- **Adolescent sleep disparities: sex and racial/ethnic differences** *SLEEP HEALTH*  
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