

Stanford

Nicole Gumpert

- Clinical Scholar, Psychiatry and Behavioral Sciences
- Postdoctoral Scholar, Psychiatry

CLINICAL OFFICE (PRIMARY)

- **Department of Psychiatry**

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Bio

CLINICAL FOCUS

- Psychology

ACADEMIC APPOINTMENTS

- Clinical Scholar, Psychiatry and Behavioral Sciences

HONORS AND AWARDS

- Dolores Gallagher-Thompson & Larry Wolford Thompson Caregiver Research and Practice Fund, Department of Psychiatry & Behavioral Sciences, Stanford University School of Medicine (2024)
- Bridge to Success Grant for Early Career Investigators, American Academy of Sleep Medicine Foundation (2023-2025)
- Career Development Award, Sleep Research Society Foundation (2023-2024)
- Young Investigators Research Forum, American Academy of Sleep Medicine (2023)
- Career Development Institute for Psychiatry, Stanford University and the University of Pittsburgh (2022)
- Trainee Merit Award, Sleep Research Society (2022)
- T32 Postdoctoral Fellowship, NIMH (2021-2024)
- Outstanding Graduate Student Instructor Award, UC Berkeley (2021)
- Graduate Student Instructor Excellence Award, Department of Psychology, UC Berkeley (2020)
- Sheldon J. Korchin Prize in Clinical Psychology, UC Berkeley (2019)
- Lisa M. Capps Fellowship, UC Berkeley (2019)
- T32 Predoctoral Fellowship, NIMH (2018-2019)
- Delaware Project Student Award, The Delaware Project (2016)

PROFESSIONAL EDUCATION

- Internship: VA Palo Alto Health Care Psychology Training CA
- Fellowship: Stanford University Psychiatry and Behavioral Sciences (2023) CA
- PhD Training: University of California Berkeley (2021) CA
- Master of Arts, University of California Berkeley (2017)
- Bachelor of Arts, Stanford University , PSYCH-BA (2011)

STANFORD ADVISORS

- Rachel Manber, Postdoctoral Faculty Sponsor

Publications

PUBLICATIONS

- **Transdiagnostic Sleep and Circadian Intervention in Youth: Long-Term Follow-Up of a Randomized Controlled Trial.** *Journal of the American Academy of Child and Adolescent Psychiatry*
Susman, E. S., Patino, E. O., Tiab, S. S., Dong, L., Gumpert, N. B., Sarfan, L. D., Hinshaw, S. P., Harvey, A. G.
2024
- **Perspectives on increasing the impact and reach of CBT-I.** *Sleep*
Manber, R., Simpson, N., Gumpert, N. B.
2023
- **The impact of module dosage on treatment response in a modular transdiagnostic intervention for sleep and circadian dysfunction (TranS-C).** *Behaviour research and therapy*
Callaway, C. A., Sarfan, L. D., Gumpert, N. B., Harvey, A. G.
2023; 168: 104368
- **Optimizing outcomes, mechanisms, and recall of Cognitive Therapy for depression: Dose of constructive memory support strategies.** *Behaviour research and therapy*
Sarfan, L. D., Zieve, G., Gumpert, N. B., Xiong, M., Harvey, A. G.
2023; 166: 104325
- **Therapist training in treating sleep problems: A survey study of clinical practice.** *Journal of clinical psychology*
Gumpert, N. B., Gasperetti, C. E., Zieve, G. G., Harvey, A. G.
2023
- **Beliefs about prescription sleep medications and interest in reducing hypnotic use: an examination of middle-aged and older adults with insomnia disorder.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*
Tully, I. A., Kim, J. P., Simpson, N., Palaniappan, L., Tutek, J., Gumpert, N. B., Dietch, J. R., Manber, R.
2023
- **Serial Mediators of Memory Support Strategies Used With Cognitive Therapy for Depression: Improving Outcomes Through Patient Adherence and Treatment Skills.** *Behavior therapy*
Sarfan, L. D., Zieve, G. G., Mujir, F., Gumpert, N. B., Xiong, M., Harvey, A. G.
2023; 54 (1): 141-155
- **Patient Responsiveness to a Sleep and Circadian Intervention in a Sample of Adults With Serious Mental Illness** *BEHAVIOR THERAPY*
Gumpert, N. B., Yu, S. H., Mirzadegan, I. A., Mullin, A. C., Harvey, A. G.
2023; 54 (1): 101-118
- **Development and preliminary validation of the treatment adherence rating scale.** *Journal of behavior therapy and experimental psychiatry*
Gumpert, N. B., Dong, L., Lee, J. Y., Zhao, X., Harvey, A. G.
2022; 79: 101832
- **Can integrating the Memory Support Intervention into cognitive therapy improve depression outcome? A randomized controlled trial.** *Behaviour research and therapy*
Dong, L., Zieve, G., Gumpert, N. B., Armstrong, C. C., Alvarado-Martinez, C. G., Martinez, A., Howlett, S., Fine, E., Tran, M., McNamara, M. E., Weaver, C., Tuck, A. B., Hilmoe, et al
2022; 157: 104167
- **Outcomes From the Transdiagnostic Sleep and Circadian Intervention (TranS-C) for Midlife and Older Adults With Serious Mental Illness and Sleep and Circadian Dysfunction** *BEHAVIOR THERAPY*
Sarfan, L. D., Gasperetti, C. E., Gumpert, N. B., Harvey, A. G.
2022; 53 (4): 585-599

- **ASSOCIATIONS BETWEEN ANHEDONIA AND MALADAPTIVE BELIEFS ABOUT SLEEP IN MIDDLE AGE AND OLDER ADULTS WITH INSOMNIA DISORDER**
Tully, I., Tutek, J., Gumport, N., Simpson, N., Dietch, J., Palaniappan, L., Manber, R.
OXFORD UNIV PRESS INC.2022: A286-A287
- **PREFERENCE FOR DIGITAL CBTI: CHANGES DUE TO THE COVID-19 PANDEMIC IN A RANDOMIZED CONTROLLED TRIAL OF CBTI FOR MIDDLE AGED AND OLDER ADULTS**
Gumport, N., Tutek, J., Simpson, N., Tully, I., Dietch, J., Zulman, D., Rosas, L., Palaniappan, L., Manber, R.
OXFORD UNIV PRESS INC.2022: A206-A207
- **PRESCRIBING PATTERNS FOR HYPNOTIC MEDICATION AMONG ADULTS SEEKING CBTI TREATMENT: A PRELIMINARY REPORT FROM THE RESTING STUDY**
Simpson, N., Kim, J., Tully, I., Dietch, J., Tutek, J., Gumport, N., Palaniappan, L., Rosas, L., Zulman, D., Manber, R.
OXFORD UNIV PRESS INC.2022: A212
- **PREDICTORS OF RESPONSE TO DIGITAL CBTI IN A RANDOMIZED CONTROLLED TRIAL OF MIDDLE AGED AND OLDER ADULTS WITH INSOMNIA**
Gumport, N., Tutek, J., Tully, I., Simpson, N., Dietch, J., Zulman, D., Rosas, L., Palaniappan, L., Manber, R.
OXFORD UNIV PRESS INC.2022: A207
- **LIVING ALONE AS A PREDICTOR OF SYMPTOM CHANGE DURING COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA**
Tutek, J., Gumport, N., Dietch, J., Tully, I., Simpson, N., Manber, R.
OXFORD UNIV PRESS INC.2022: A206
- **THE FIRST STEP OF A TRIAGED STEPPED-CARE DELIVERY OF CBTI: A PRELIMINARY REPORT FROM THE RESTING STUDY**
Manber, R., Kim, J., Simpson, N., Tully, I., Tutek, J., Dietch, J., Gumport, N., Rosas, L., Zulmann, D., Palaniappan, L.
OXFORD UNIV PRESS INC.2022: A203
- **Memory and learning for sleep and circadian treatment in serious mental illness treated in a community mental health setting.** *Behaviour research and therapy*
Gumport, N. B., Harvey, A. G.
1800; 149: 104029
- **Internet use and its impact on internalizing disorder symptoms and sleep in adolescents with an evening circadian preference.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*
Asamow, L. D., Gasperetti, C. E., Gumport, N. B., Harvey, A. G.
2021; 17 (10): 2019-2027
- **Applying the Science of Habit Formation to Evidence-Based Psychological Treatments for Mental Illness.** *Perspectives on psychological science : a journal of the Association for Psychological Science*
Harvey, A. G., Callaway, C. A., Zieve, G. G., Gumport, N. B., Armstrong, C. C.
2021: 1745691621995752
- **Outcomes of the Transdiagnostic Intervention for Sleep and Circadian Dysfunction (TranS-C) in a community setting: Unpacking comorbidity.** *Behaviour research and therapy*
Sarfan, L. D., Hilmoe, H. E., Gumport, N. B., Gasperetti, C. E., Zieve, G. G., Harvey, A. G.
2021; 145: 103948
- **The Development and Validation of the Memory Support Treatment Provider Checklist** *BEHAVIOR THERAPY*
Gumport, N. B., Zieve, G. G., Dong, L., Harvey, A. G.
2021; 52 (4): 932-944
- **A Randomized Controlled Trial of the Transdiagnostic Intervention for Sleep and Circadian Dysfunction (TranS-C) to Improve Serious Mental Illness Outcomes in a Community Setting** *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*
Harvey, A. G., Dong, L., Hein, K., Yu, S. H., Martinez, A. J., Gumport, N. B., Smith, F. L., Chapman, A., Lisman, M., Mirzadegan, I. A., Mullin, A. C., Fine, E., Dolsen, et al
2021; 89 (6): 537-550
- **The Impact of Television, Electronic Games, and Social Technology Use on Sleep and Health in Adolescents with an Evening Circadian Preference** *JOURNAL OF YOUTH AND ADOLESCENCE*
Gumport, N. B., Gasperetti, C. E., Silk, J. S., Harvey, A. G.

2021

- **COVID-19 Prevention via the Science of Habit Formation** *CURRENT DIRECTIONS IN PSYCHOLOGICAL SCIENCE*
Harvey, A. G., Armstrong, C. C., Callaway, C. A., Gumport, N. B., Gasperetti, C. E.
2021; 30 (2): 174-180
- **Implementing a transdiagnostic sleep and circadian intervention in a community mental health setting: A qualitative process evaluation with community stakeholders** *PSYCHIATRY RESEARCH*
Gumport, N. B., Yu, S. H., Harvey, A. G.
2020; 293: 113443
- **The Validation of a Provider-Reported Fidelity Measure for the Transdiagnostic Sleep and Circadian Intervention in a Community Mental Health Setting** *BEHAVIOR THERAPY*
Gumport, N. B., Yu, S. H., Mullin, A. C., Mirzadegan, I. A., Harvey, A. G.
2020; 51 (5): 800-813
- **Establishing the dose of memory support to improve patient memory for treatment and treatment outcome** *JOURNAL OF BEHAVIOR THERAPY AND EXPERIMENTAL PSYCHIATRY*
Lee, J. Y., Dong, L., Gumport, N. B., Harvey, A. G.
2020; 68: 101526
- **Usefulness and utilization of treatment elements from the Transdiagnostic Sleep and Circadian Intervention for adolescents with an evening circadian preference** *BEHAVIOUR RESEARCH AND THERAPY*
Gumport, N. B., Dolsen, M. R., Harvey, A. G.
2019; 123: 103504
- **Therapist Perceptions of Client Memory for Psychological Treatment Contents and Use of Memory Support Strategies: A Survey Study of Clinical Practice** *PROFESSIONAL PSYCHOLOGY-RESEARCH AND PRACTICE*
Zieve, G. G., Gumport, N. B., Weaver, C., McNamara, M. E., Harvey, A. G.
2019; 50 (5): 288-295
- **Is Improving Sleep and Circadian Problems in Adolescence a Pathway to Improved Health? A Mediation Analysis** *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*
Dong, L., Gumport, N. B., Martinez, A. J., Harvey, A. G.
2019; 87 (9): 757-771
- **Addressing the Challenges of Recruitment and Retention in Sleep and Circadian Clinical Trials** *BEHAVIORAL SLEEP MEDICINE*
Yu, S. H., Gumport, N. B., Mirzadegan, I. A., Mei, Y., Hein, K., Harvey, A. G.
2020; 18 (1): 23-34
- **Modifying the Impact of Eveningness Chronotype ("Night-Owls") in Youth: A Randomized Controlled Trial** *JOURNAL OF THE AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY*
Harvey, A. G., Hein, K., Dolsen, M. R., Dong, L., Rabe-Hesketh, S., Gumport, N. B., Kanady, J., Wyatt, J. K., Hinshaw, S. P., Silk, J. S., Smith, R. L., Thompson, M. A., Zannone, et al
2018; 57 (10): 742-754
- **Patient learning of treatment contents in cognitive therapy** *JOURNAL OF BEHAVIOR THERAPY AND EXPERIMENTAL PSYCHIATRY*
Gumport, N. B., Dong, L., Lee, J. Y., Harvey, A. G.
2018; 58: 51-59
- **Can integrating the Memory Support Intervention into cognitive therapy improve depression outcome? Study protocol for a randomized controlled trial** *TRIALS*
Harvey, A. G., Dong, L., Lee, J. Y., Gumport, N. B., Hollon, S. D., Rabe-Hesketh, S., Hein, K., Haman, K., McNamara, M. E., Weaver, C., Martinez, A., Notsu, H., Zieve, et al
2017; 18: 539
- **Improving outcome for mental disorders by enhancing memory for treatment** *BEHAVIOUR RESEARCH AND THERAPY*
Harvey, A. G., Lee, J., Smith, R. L., Gumport, N. B., Holton, S. D., Rabe-Hesketh, S., Hein, K., Dolsen, M. R., Haman, K. L., Kanady, J. C., Thompson, M. A., Abrons, D.
2016; 81: 35-46

- **Learning cognitive behavior therapy** *JOURNAL OF BEHAVIOR THERAPY AND EXPERIMENTAL PSYCHIATRY*
Gumport, N. B., Williams, J. J., Harvey, A. G.
2015; 48: 164-169
- **Evidence-based psychological treatments for mental disorders: Modifiable barriers to access and possible solutions** *BEHAVIOUR RESEARCH AND THERAPY*
Harvey, A. G., Gumport, N. B.
2015; 68: 1-12