

## Nicole Gumpport

Postdoctoral Scholar, Psychiatry

### Bio

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#### PROFESSIONAL EDUCATION

- Doctor of Philosophy, University of California Berkeley (2021)
- Master of Arts, University of California Berkeley (2017)
- Bachelor of Arts, Stanford University , PSYCH-BA (2011)

#### STANFORD ADVISORS

- Rachel Manber, Postdoctoral Faculty Sponsor

### Publications

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#### PUBLICATIONS

- **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*  
Sarfani, L. D., Gasperetti, C. E., Gumpport, N. B., Harvey, A. G.  
2022; 53 (4): 585-599
- **Memory and learning for sleep and circadian treatment in serious mental illness treated in a community mental health setting.** *Behaviour research and therapy*  
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- **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*  
Asarnow, L. D., Gasperetti, C. E., Gumpport, N. B., Harvey, A. G.  
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- **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., Gumpport, N. B., Armstrong, C. C.  
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- **Outcomes of the Transdiagnostic Intervention for Sleep and Circadian Dysfunction (TranS-C) in a community setting: Unpacking comorbidity.** *Behaviour research and therapy*  
Sarfani, L. D., Hilmoie, H. E., Gumpport, 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*  
Gumpport, N. B., Zieve, G. G., Dong, L., Harvey, A. G.  
2021; 52 (4): 932-944
- **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*  
Gumpport, N. B., Gasperetti, C. E., Silk, J. S., Harvey, A. G.  
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- **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
- **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