

Curriculum Vitae Ana Imia Fins

Contact Information

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Education and Training

Fellowship Training:

1993-1994 Behavioral Sleep Medicine
Veterans Affairs Medical Center
Duke University Sleep Disorders Center, Durham, NC
Supervisor: Dr. Jack Edinger

Graduate:

1994 Ph.D. Clinical Health Psychology
University of Miami, Coral Gables, FL
Chair: Dr. Michael Antoni
Dissertation Title: Cognitive Appraisals, Coping Profiles and Perceived Stress
and Their Relationship to Illness Burden and Affect in Chronic Fatigue
Syndrome

1991-1992 Internship, Clinical Psychology
Veterans Affairs Medical Center, Durham, NC
Training Director: Dr. Albert Loro

1990 M.S. (Clinical Health Psychology)
University of Miami, Coral Gables, FL
Chair: Dr. Patrice Saab
Thesis: Differential Prediction of Blood Pressure as a Function of Race and Sex

Undergraduate:

1987 B.A. (Psychology), magna cum laude
University of Miami, Coral Gables, FL

Licensure

Psychologist, State of Florida Department of Professional Regulation
License Number: PY5293, expires May 31, 2022

Awards and Honors

Professor of the Year, Nova Southeastern University Student Life Achievement Award, 2012
Phi Beta Kappa, University of Miami, 1987
Omicron Delta Kappa, University of Miami, 1987
Henry King Stanford Scholarship, University of Miami, 1983-1987

Employment Experience

College of Psychology

Nova Southeastern University, Davie, FL

Position: Professor

Dates: 7/17 to Present

Duties: Teach in doctoral clinical psychology; clinical and research supervision of doctoral clinical students; committee activities as described below.

College of Psychology (Previously: Center for Psychological Studies)

Nova Southeastern University, Davie, FL

Position: Director of Academic Affairs

Dates: 11/15 to 5/20

Duties: Direct the academic affairs for the Psy.D. and Ph.D programs in clinical psychology. Manage curriculum reviews, accreditation and assessment of student learning processes and the evaluation and self-study processes and quality improvement efforts (including generating academic review SACS and ASLO reports). Maintain academic and other school records of all clinical psychology students in compliance with university policy and FERPA. Supervise accuracy of records through communication with faculty, Registrar's Office and students. Develop course schedules and faculty teaching assignments. In conjunction with Chair and Dean, coordinate recruitment, training and evaluation of adjunct faculty. Support the Director of Clinical training in managing the requirements of and compliance with the standards of accreditation required for APA accreditation. Develop, implement and oversee periodic and annual reviews of doctoral students. Evaluate students' progress in the programs and when problems exist, counsel, make recommendations or direct towards solutions. Manage the doctoral admissions processes and ensure reporting of outcome data. Participate in recruitment and admissions activities. Serve as liaison between graduates and state licensing board in questions of eligibility for licensure. Assist with the development of orientation and faculty mentoring initiatives.

College of Psychology (Previously: Center for Psychological Studies)

Nova Southeastern University, Davie, FL

Position: Associate Professor

Dates: 7/06 to 6/17

Duties: Teach in doctoral clinical psychology and specialist school psychology programs (previously taught in master's in mental health counseling); clinical and research supervision of doctoral clinical students; administrative and committee activities as described below.

College of Dental Medicine

Nova Southeastern University, Davie, FL

Position: Adjunct Professor

Dates: 7/02 to 1/11

Duties: Course Director for CDM 3080 Behavioral Science course. Teach third-year dental students appropriate communication skills as well as other psychosocial aspects to dental care and treatment. Provide input to curriculum planning committee regarding Behavioral Science placement in curriculum and infusion of Behavioral Science practice in dental curriculum.

Center for Psychological Studies

Nova Southeastern University, Davie, FL

Position: Assistant Professor

Dates: 1/99 to 6/06

Duties: Teach in doctoral clinical psychology, specialist school psychology, and master's mental health counseling programs; clinical and research supervision of doctoral clinical students; committee activities as described below.

Department of Psychiatry and Behavioral Sciences

Division of Consultation Psychiatry and Behavioral Medicine

University of Miami School of Medicine, Miami, FL

Position: Research Assistant Professor

Dates: 1/95-10/98

Duties: Provided consultation/liason services to HIV inpatient units; Served as project coordinator/director for 2 NIH-funded projects.

Administrative and Committee Activities

- 2015-2019 Curriculum Review Committee member, College of Psychology
Review and revise the Psy.D. and Ph.D. curriculum in light of the changes in APA Committee on Accreditation revision of the standards of accreditation. Ensure that the revised curriculum includes appropriate competencies for both programs and that concomitant assessments of competencies are developed.
- 2006-2016 Health Psychology Concentration coordinator, College of Psychology (Previously: Center for Psychological Studies)
Activities: Manage activities for the Health Psychology Concentration within the doctoral psychology program. Organize orientation meetings for interested students; coordinate with concentration faculty to interview and admit new students, monitor progress of students in the concentration; arrange required concentration course offerings each semester; identify new practicum sites for student training.

- 2007-2014 QEP Director, Center for Psychological Studies
Activities: Manage all SACS-related Quality Enhancement Plan (QEP) assessments and activities for the Center of Psychological Studies (CPS). Organize an annual Professional Development Institute for all master's and doctoral CPS programs attending main campus and the education centers throughout Florida; manage a prepracticum course for all doctoral first-year students; facilitate communication between CPS and practicum supervisors by organizing continuing education workshops for supervisors; serve on the university-wide QEP committee as representative for the Center for Psychological Studies to maintain the University abreast of the Center for Psychological Studies' progress in QEP activities and to prepare reports to the President based on assessments of CPS' QEP initiatives. Report to Dean and administrative committee on QEP activities.
- 2010-2012 Institutional Review Board Chair, Nova Southeastern University
Activities: Provide leadership for the IRB members; chair IRB meetings, set IRB agendas; revise and finalize minutes of Board meetings and letters to principal investigators that inform researchers of Board decisions; in conjunction with IRB Director, select persons to be lead reviewers for protocols coming to the full Board; conduct expedited review of proposals, or delegate review to other qualified, experienced IRB members; work with the IRB Director on quality improvement initiatives such as continuing member training, updating policies and procedures and standard operating procedures, and auditing and surveying for quality control; report to the Vice President for Research and Technology Transfer
- 2007-2010 Dean's administrative committee, Center for Psychological Studies
Activities: Reported to the Dean on matters related to QEP.
- 2007-2010 Trainer, Nova Southeastern University Gallup Initiative
Activities: Trained and provided support to supervisors in various units across the university on a university-wide initiative designed to enhance engagement and communication among students, faculty and staff
- 2008-2009 Associate Provost Search Committee member
Activities: Screened and interviewed applicants for Associate Provost position for the Division of Applied Interdisciplinary Studies; provided recommendations regarding applicants to university Provost
- 2007-2010 Academic Review Committee member
Activities: Evaluated academic programs in this university-wide committee in order to provide the academic departments with recommendations for improvement/enhancement of the academic programs under review; chaired two of these subcommittees to evaluate doctoral programs in Education and Business; served as a committee member on one master's program.

- 2006-2010 Institutional Review Board Vice-Chair (2008-2010) and Vice-Chair elect (2006-2008), Nova Southeastern University
Activities: Reviewed exempt protocols for investigators from the Center for Psychological Studies and expedited protocols for the IRB office as requested by Chair, provided support to Chair, IRB Director and Vice-President of Research and Technology Transfer in strategic planning and development of policies and procedures for the office of the IRB.
- 2006 Sleep Symposium 2006 Organizing Committee member
Activities: Helped with identifying and inviting guest speakers to present at NSU Sleep Symposium.
- 2006 Health Professions Education Research Conference Committee member
Activities: Helped with review of scientific submissions for conference
- 2004-2006 IRB Committee member
Activities: Served as CPS representative to the IRB; reviewed exempt-level research protocols for the center; facilitated the preparation of expedited and full review protocols for investigators within CPS.

Research Activities

- Grant Title: An Integrative Analysis of Chronic Sleep Restriction's Effect on Cancer Risk
Role: Co-Principal investigator
Description: A Nova Southeastern University-funded study evaluating chronic (30-day) sleep restriction on biological and psychological markers associated with cancer risk.
Dates: 7/15-present
Amount: \$10,000
- Grant Title: A Novel Approach to Test Multisensory Emotion Processing After Sleep Loss.
Role: Co-Principal investigator
Description: A Nova Southeastern University-funded study evaluating the effects of sleep restriction on biological and psychological markers of health and well-being.
Dates: 6/13 – 6/14
Amount: \$10,000
- Grant Title: Continuous Positive Airway Pressure vs. Oral appliances: Effect on quality of life, sleepiness and performance
Role: Principal investigator
Description: A Nova Southeastern University-funded study comparing effects of continuous positive airway pressure and oral appliances in the treatment of mild to moderate sleep apnea on quality of life, mood, sleepiness and cognitive function.
Dates: 6/07 – 6/09
Amount: \$10,000

Grant Title: A Cognitive-Behavioral Intervention for Insomnia in HIV+ Individuals
Role: Principal investigator
Description: A Nova Southeastern University-funded study investigating the effects of a cognitive behavioral intervention for insomnia with adults diagnosed with HIV.
Dates: 6/00 – 6/05
Amount: \$10,000

Grant Title: PTSD and Sleep Following Severe Accidental Injury
Role: Project coordinator
Description: NIH-funded study investigating the relationship between sleep and acute Post Traumatic Stress Disorder symptoms after severe accidental injury
Dates: 8/96-10/98
P.I.: Dr. Thomas Mellman

Grant Title: Behavioral Interventions for Women with AIDS
Role: Project director and group therapist
Description: NIH-funded multi-site study investigating the effects of a cognitive behavioral stress management intervention with women diagnosed with AIDS
Dates: 9/96-9/97
P.I.: Dr. Steven Weiss

Grant Title: Home and Laboratory Sleep Studies in Older Adults
Role: Project coordinator
Description: VA Merit Review Grant comparing differences between older normal sleepers and insomniacs in laboratory and home settings
Dates: 10/92-9/94
P.I.: Dr. Jack Edinger

Dissertations Chaired

Apterbach, G. (2010). Effect of PTSD on weight and metabolic factors among an overweight and obese veteran population.

Bates, A. (2010). An investigation into the interaction of psychopathology, personality and sleep disturbances in clients from a community mental health center.

Danser, A. (2006). Sleep disruption and HIV/AIDS: An exploratory study.

Fordiani, J. (2006). Relationship of sleep to pain, hot flashes, and depression in a post-adjuvant treatment breast cancer population.

Harder, N. (2007). The roles of exercise habits, gender stereotype of exercise and self-esteem in sexual victimization.

Kondilis, L. (2012). Latino parental acceptability towards the Human Papilloma Virus vaccine.

- Kuemmel, A. (2009). Vulnerabilities for abuse in the physically disabled: Perceptions of people with disabilities, caregivers and college students.
- Levine, J. (2007). The effects of a cognitive-behavioral stress management group intervention on depression, coping and quality of life in Chronic Fatigue Syndrome.
- McNaughton, E. (2008). The relationship between exam stress, coping strategies and perceived health.
- Siebern, A. (2007). A study of the mediating effects of sleep on stress, health outcomes and exam performance.
- Stillman, M. (2008). The incidence of Pica in a sample of dialysis patients.
- Va, N. (2008). The role of ethnicity in the adaptation to spinal cord injury-related pain based on the Multidimensional Pain Inventory-Spinal Cord Injury.

Courses Taught

Professional and Ethical Issues in Health Psychology: Medical Rounds – Developed as new course. This course introduces students to professional and ethical issues in the field of Clinical Health Psychology. The course includes a field-based experience that provides students with an opportunity to participate in interdisciplinary rounds in medical settings. The field-based aspect of the course will require that the students spend approximately 20 hours observing medical rounds. Classroom-based work focuses on practical, professional, and ethical issues specifically related to the practice of health psychology. Relevant issues arising in the field-based experience are discussed in class

Therapy with HIV/AIDS patients – Developed as new course. The course familiarizes students with psychosocial, medical, and legal aspects of HIV, as well as to examine their own feelings as therapists dealing with people infected with HIV.

Interventions with Medical Patients – Developed as new course. This course familiarizes students with clinical interventions, related assessment concerns and research relevant to health problems. Topics covered include relevant assessment issues that need to be considered when evaluating medical patients for psychological intervention and psychological interventions with specific medical populations. Students learn to design and implement intervention protocols for a number of different physical disorders as well as learn applied techniques, such as various forms of relaxation procedures.

Psychobiology. This course covers theory, research, and applications for the following topics: structure, function, and disorders of the nervous system; physiological mechanisms and disorders in vegetative and intellectual functions; and psychophysiological methods and technology.

Behavioral Assessment. This course provides an overview of current strategies and issues in contemporary behavioral assessment. Included are self-report and monitoring, direct and naturalistic observation of behavior and physiological measurement. Application to a variety of clinical disorders is addressed and attention is directed to collateral factors such as behavioral assets and limitations and environmental supports and restrictions that often have an impact on the client.

Behavioral Science. This course provides dental students with interviewing strategies, communication skills and an introduction to the theories and research pertaining to anxiety with specific interventions geared to reduce tension and fear. Students are exposed to various interviewing and communication techniques as well as theories regarding the etiology of anxiety. Students gain familiarity with psychological and physiological indices of arousal. It is the goal of this course to acquaint Dental Students with well established interventions including progressive muscle relaxation, systematic desensitization, biofeedback and the relationship of anxiety/stress to pain syndromes.

Foundations in Mental Health Counseling. This course provides students with basic foundational skills for their clinical work. There is an emphasis on teaching basic interviewing skills such as reflections and summarizations and more advanced skills such as confrontation. Students practice skills in group and dyadic settings and receive feedback.

Scientific Articles in Refereed Journals

Alfarra, R., Fins, A. I., Chayo, I., & Tartar, A. L. (2015). Changes in attention to an emotional task after sleep deprivation: neurophysiological and behavioral findings. *Biological Psychology, 104*, 1-7.

Antoni, M. H., Brickman, A. L., Lutgendorf, S. A., Klimas, N., Fins, A. I., Ironson, G., Quillian, R., Miguez, M. J., van Riel, F., Morgan, R., Patarca, R. & Fletcher, M. A. (1994). Psychosocial correlates of illness burden in chronic fatigue syndrome. *Clinical Infectious Diseases, 18* (Suppl. 1), S73-78.

Brickman, A. L. & Fins, A. I. (1996). Kidney allograft survival: Relationship to dialysis compliance and other behaviors. *Dialysis and Transplantation, 25*(2), 88-93.

Bustamante, V., Mellman, T., David, D., Bustamante & Fins, A. (2001). Cognitive functioning and the early development of PTSD. *Journal of Traumatic Stress, 14*(4), 791-797.

Edinger, J. D., Erwin, C. W., Fins, A. I., Marsh, G. R. & Krystal, A. D. (1995). Ambulatory cassette polysomnography: Findings from a large cohort of drug-free insomnia patients. *Journal of Clinical Neurophysiology, 12*(3), 302-309.

Edinger, J., Fins, A., Glenn, M., Sullivan, R., Bastien, L., Marsh, G., Dailey, D., Hope, V., Young, M., Shaw, E. & Vasilas, D. (2000). Insomnia and the eye of the beholder: Are there clinical markers of objective sleep disturbances among adults with and without insomnia complaints. *Journal of Consulting and Clinical Psychology, 68*(4), 586 – 593.

Edinger, J. D., Fins, A. I., Goeke, J. M., McMillan, D. K., Gersh, T. L., Krystal, A. D. & McCall, W. V. (1996). The empirical identification of insomnia subtypes: A cluster analytic approach. *Sleep, 19*(5), 398-411.

- Edinger, J. D., Fins, A. I., Sullivan, R. J., Marsh, G. R., Dailey, D. S. & Young, M. (1996). Comparison of cognitive-behavioral therapy and Clonazepam for treating periodic limb movement disorder. *Sleep*, *19*(5) 442-444.
- Edinger, J.D., Fins, A.I., Sullivan, R.J., Marsh, G.,R., Dailey, D.S., Hope, T.V., Young, M., Shaw, E., Carlson, D. & Vasilas, D. (1997). Sleep in the laboratory and sleep at home: comparisons of older insomniacs and normal sleepers. *Sleep*, *20*(12), 1119-1126.
- Edinger, J.D., Fins, A.I., Sullivan, R.J., Marsh, G.,R., Dailey, D.S., Hope, T.V., Young, M., Shaw, E., Carlson, D. & Vasilas, D. (1997). Do our methods lead to insomniacs' madness?: Daytime testing after laboratory and home-based polysomnographic studies. *Sleep*, *20*(12), 1127-1134.
- Edinger, J. D. & Fins, A. I. (1995). The distribution and clinical significance of sleep time misperceptions among insomniacs. *Sleep*, *18*(4), 232-239.
- Gobin, C. M., Banks, J. B., Fins, A. I. & Tartar, J. L. (2015). Poor sleep quality is associated with a negative cognitive bias and decreased sustained attention. *Journal of Sleep Research*, *24*(5), 535-542. doi: 10.1111/jsr.12302. Epub 2015 Apr 24
- Hill, L. D., Lorenzetti, M. S., Lyle, S. M., Fins, A. I., Tartar, A., & Tartar, J. L. (2018). Catechol-O-methyltransferase Val158Met polymorphism associates with affect and cortisol levels in women. *Brain and behavior*, *8*(2), e00883.
- Means, M. K., Edinger, J. D., Glenn, D. M. & Fins, A. I. (2003). Accuracy of sleep perceptions among insomnia sufferers and normal sleepers. *Sleep Medicine*, *4*(4), 285-296.
- Mellman, T., Bustamante, V., David, D. & Fins, A. (2002). Hypnotic medication in the aftermath of trauma. *Journal of Clinical Psychiatry*. *63*(12), 1183-1184.
- Mellman, T., Bustamante, V., Fins, A., Pigeon, W. & Nolan, B. (2002). REM sleep and the early development of posttraumatic stress disorder. *American Journal of Psychiatry*, *159*(10), 1696-1701.
- Mellman, T., David, D., Bustamante, V., Fins, A. & Esposito, K. (2001). Predictors of post-traumatic stress disorder following severe injury. *Depression and Anxiety*, *14*, 226-231.
- Mellman, T., David, D., Bustamante, V., Torres, J. & Fins, A. (2001). Dreams in the acute aftermath of trauma and their relationship to PTSD. *Journal of Traumatic Stress*, *14*(1), 241-247.
- Saab, P.G., Llabre, M.M., Hurwitz, B.E., Frame, C.A., Reineke, L.J., Fins, A.I., McCalla, J., Cieply, L. K. & Schneiderman, N. (1992). Myocardial and peripheral vascular responses to behavioral challenges and their stability in black and white Americans. *Psychophysiology*, *29*(4), 384-397.
- Tartar, J. L., Fins, A. I., Lopez, A., Sierra, L. A., Silverman, S. A., Thomas, S. V., Craddock, T. J. (2016). Sleep Restriction and Delayed Sleep Associate with Psychological Health and Biomarkers of Stress and Inflammation in Women Sleep Health. *Sleep Health: Journal of the National Sleep Foundation*, *1*(4), 249-256.

Viena, T. D., Gobin, C. M., Fins, A. I., Craddock, T. J., Tartar, A. & Tartar, J. L. (2016). A PER3 polymorphism interacts with sleep duration to influence transient mood states in women. *Journal of Circadian Rhythms*, 14(1):3, pp. 1–7, DOI: <http://dx.doi.org/10.5334/jcr.135>

Wohlgemuth, W. K., Edinger, J. D., Fins, A. I. & Sullivan, J. R. (1999). How many nights are enough? The short-term reliability of sleep parameters in elderly insomniacs and normal sleepers. *Psychophysiology*, 36(2), 233-244 PMID: 10194970

Book Chapters

Brickman, A. L. & Fins, A. I. (1993). Psychological and cognitive aspects of chronic fatigue syndrome. In: P.J. Goodnik & N. G. Klimas (Eds.), *Chronic Fatigue and Related Immune Deficiency Syndromes*. Washington, D. C.: American Psychiatric Press, Inc.

Fins, A. I. & Wohlgemuth, W. K. (2001). Sleep disorders in children and adolescents. In: H. Orvaschel, J. Faust & M. Hersen (Eds.), *Handbook of Conceptualization and Treatment of Child and Adolescent Psychopathology*. Oxford: Elsevier Science.

Books

Wohlgemuth, W. K. & Fins, A. I. (2019). *Insomnia*. Advances in psychotherapy – Evidence-based practice. Cambridge, MA: Hogrefe Publishing.

Scientific Posters and Presentations

Arango, J., Fins, A. & Hamill, T. (2010, December). *Professors as content experts: The first line of IRB review*. Poster presented at the annual Advancing Ethical Research Conference, San Diego, CA.

Assefa, E., Tatin, X., Lorenzetti, M. S., Fins, A. I., Tartar, A. & Tartar, J. L. (2017, June). *Sleep deprivation results in increased expression of cancer-related miRNAs in humans*. Poster presented at the annual meeting of the Associated Professional Sleep Societies, Boston, MA.

Bates, A., Fins, A. I., Marker, C. & Schneider, B. (2009, June). *An investigation into the interaction of psychopathology, personality, and sleep disturbances in clients from a community mental health center*. Poster presented at the annual meeting of the Associated Professional Sleep Societies, Seattle, WA.

Callahan, C. M., Howell, B., Fins, A. I. (2014, August). *Characterological traits of chronotypes: An exploratory analysis*. Poster presented at the annual meeting of the American Psychological Association, Washington, DC.

Edinger, J. D. & Fins, A. I. (1994, June). *Sleep state misperception: A revisit*. Paper presented at the Annual Meeting of the Associated Professional Sleep Societies, Boston, MA.

Edinger, J. D., Fins, A. I., Goeke, J., McMillan, D., McCall, W. V. & Krystal, A. (1994, June). *Empirical derivation of insomnia subtypes*. Paper presented at the Annual Meeting of the Associated Professional Sleep Societies, Boston, MA.

- Edinger, J. D., Fins, A. I., Sullivan, R. J., Marsh, G. M., Dailey, D. S., Hope, T. V. & Young, M. (1994, June). *Laboratory and home polysomnographic studies of older insomniacs and normal sleepers*. Paper presented at the Annual Meeting of the Associated Professional Sleep Societies, Boston, MA.
- Edinger, J. D., Fins, A. I., Sullivan, R. J., Marsh, G. M., Dailey, D., Hope, T. V., Young, M., Shaw, E., Carlson, D. & Vasilas, D. (1995, June). *Comparison of laboratory and home-based polysomnography among insomniacs and normal sleepers*. Paper presented at the Annual Meeting of the Associated Professional Sleep Societies, Nashville, TN.
- Edinger, J. D., Fins, A. I., Sullivan, R. J., Marsh, G. M., Dailey, D., Hope, T. V. & Young, M., (1995, June). *Comparison of pharmacologic and nonpharmacologic treatments of Periodic Limb Movement Disorder*. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies, Nashville, TN.
- Edinger, J. D., Fins, A. I., Sullivan, R. J., Marsh, G. M., Dailey, D., Hope, T. V., Young, M., Shaw, E., Carlson, D. & Vasilas, D. (1995, June). *Daytime performance testing after laboratory or home-based polysomnography*. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies, Nashville, TN.
- Edinger, J. D., Fins, A. I., Sullivan, R. J., Marsh, G. M., Dailey, D., Hope, T. V., Young, M., Shaw, E., Carlson, D. & Vasilas, D. (1995, June). *It was the night before the MSLT and where should you sleep?: Home and laboratory polysomnography prior to daytime sleepiness testing*. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies, Nashville, TN.
- Edinger, J. D., Fins, A. I., Sullivan, R. J., Marsh, G. M., Dailey, D., Hope, T. V., Young, M., Shaw, E., Carlson, D. & Vasilas, D. (1996, May). *Laboratory versus home-based polysomnography in the comparison of insomniacs and normal sleepers*. Paper presented at the Annual Meeting of the Associated Professional Sleep Societies, Washington, DC.
- Edinger J. D., Goeke J., McMillan D., Fins A. I. & McCall W. V. (1993, June). *The empirical identification of insomnia subtypes: A preliminary report*. Paper presented at the Annual Meeting of the Associated Professional Sleep Societies, Los Angeles, CA.
- Fins, A. I. (2006, April). *Basics of sleep: What is it and how do we measure it?* Paper presented at the annual NSU Sleep Symposium, Ft. Lauderdale, FL.
- Fins, A. I., Edinger, J. D., Sullivan, R. J., Marsh, G. M., Dailey, D., Hope, T. V., Young, M., Shaw, E. & Vasilas, D. (1996, May). *Dysfunctional cognitions about sleep among older adults and their relationship to objective sleep findings*. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies, Washington, DC.
- Fins, A.I., Hardy, M.B., Baker, T., Danser, A., Patel, E., Walker, L. & Farrow, H. (2005, June). *Cognitive-behavioral therapy for HIV-related insomnia*. Poster presented at the annual meeting of the Associated Professional Sleep Societies, Denver, CO.

- Fins, A.I., Mellman, T., Bustamante, V., Torres, J., David, D. & Nolan, B. (1999, June). *The relationship between subjective and objective sleep in recently traumatized patients*. Paper presented at the Annual Meeting of the Associated Professional Sleep Societies, Orlando, FL.
- Fins, A. I., Saab, P. G., Gerace, T., Schneiderman, N., Cieply, L., Frame, C. A., McCalla, J. R., Phillips, D. J. & Reineke, L. J. (1990, May). *Differential prediction of blood pressure as a function of race and sex*. Paper presented at the Fifth International Interdisciplinary Conference of Black Hypertension, Long Beach, CA.
- Fins, A. I., Siebern, A. & Simco, E. (2008, June). *Can sleep diaries be completed accurately retrospectively?* Poster presented at the annual meeting of the Associated Professional Sleep Societies, Baltimore, MD.
- Gonzalez, A., Brochu, P. M., Martinez Garcia, A. & Fins, A. I. (2019, June). *Sleep efficiency mediates the association between psychological distress and inflammation*. Poster presented at the annual meeting of the Associated Professional Sleep Societies, San Antonio, TX.
- Howell, B., Redante, C., Buermann, M., Tartar, J. L. & Fins, A. I. (2014, June). *Characterological traits and mood in morning, evening and intermediate chronotypes*. Poster presented at the annual meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
- Hurwitz, B. E., Saab, P. G., Phillips, D. J., Frame, C. A., Imia, A. L., Reineke, L. J. & Schneiderman, N. (1989, October). *Hypertensive and normotensive cardiovascular response patterns underlying the blood pressure elevations to speech stressors*. Paper presented at the Society for Psychophysiological Research, New Orleans, LA.
- Imia, A. L. (1987, April). *The effects of aging on abstract thinking*. Paper presented at the Carolina's Undergraduate Psychology Conference, Raleigh, NC.
- Lachiewicz, S. & Fins, A. (2010, June). *A survey of psychologists assessing the training and availability of psychological services for the treatment of insomnia*. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies, San Antonio, TX.
- Lopez, A., Fins, A. I., Tartar, J. L., Collado, F., Garcia, L., Fletcher, M. A. & Klimas, N. (2014, June). *A comparison of sleep, quality of life and fatigue in Gulf War Illness and Chronic Fatigue Syndrome*. Poster presented at the annual meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
- Lorenzetti, M. S., Skicki, J., Fins, A. I., Craddock, T. J. & Tartar, J. L. (2017, June). *The Psychological and Physiological Implications of Sleep Restriction: A Comparison of Voluntary and Experimental Sleep Restriction Groups*. Poster presented at the annual meeting of the Associated Professional Sleep Societies, Boston, MA.
- Lutgendorf, S. K., Antoni, M. H., Brickman, A., Patarca, R., Ironson, G., Klimas, N., Fins, A. I., Quillian, R. E., van Riel, F., Miguez, M. J. & Fletcher, M. A. (1993, March). *Symptom burden and*

depression severity parallel immune system dysregulation among Chronic Fatigue Syndrome patients. Poster presented at the 14th annual meeting of the Society of Behavioral Medicine, San Francisco, CA.

Lutgendorf, S. K., Brickman, A., Antoni, M. H., Klimas, N., Patarca, R., Fins, A. I., Ironson, G., Quillian, R. E., van Riel, F. & Fletcher, M. A. (1993, March). *Immune functioning predicts cognitive difficulties in Chronic Fatigue Syndrome.* Paper presented at the meeting of the American Psychosomatic Society, Charleston, SC.

Marocco, L., Klaiber, D., Majorossy, C., Miller, K., Shapiro, L., Van Epps, K., Hoefling, K., Fins, A. & Valley-Gray, S. (2008, October). *Empowering Parents and Teachers: The Effects of Sleep on Academic Success.* Presentation to the Florida Association of School Psychologists Annual Conference, Orlando, FL.

Martinez Garcia, A., Brochu, P. M., Gonzalez, A. & Fins, A. I. (2019, June). *Understanding the association between discrimination and sleep from an intersectional perspective.* Poster presented at the annual meeting of the Associated Professional Sleep Societies, San Antonio, TX.

Mellman, T., Bustamante, V., David, D., Fins, A. & Nolan, B. (2000, June). *Dream reports and PSG findings acutely following traumatic injury and PTSD.* Paper presented at the Annual Meeting of the Associated Professional Sleep Societies, Las Vegas, NV.

Munroe, C.D., Kibler, J.L., Robles, G., Pandya, N., Fins, A.I. & Smith, W. (2009). *Associations of diabetes health risks with cognitive appraisals, depression and anxiety.* Poster presented at the 30th Annual Meeting of the Society of Behavioral Medicine. Montreal, QC.

Skicki, J., Lorenzetti, M., Tartar, J., Craddock, T. & Fins, A. I. (2017, June). *A Preliminary Comparison of Food Consumption, Appetite, and Exercise Self-reports in Chronic and Experimental Sleep Restriction Groups.* Poster presented at the Annual Meeting of the Associated Professional Sleep Societies, Boston, MA.

Vega, L., Henderson, S., Johnson, C., Fins, A., Van Hasselt, V., LeDuc, T. (2015, June). *Sleep quality: A key component to overall mental and physical health among firefighters.* Poster presented at the Annual Meeting of the Associated Professional Sleep Societies, Seattle, WA.

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Professional Affiliations

American Psychological Association, member

American Psychological Association Division 38 (Society for Health Psychology), member

American Academy of Sleep Medicine, member

Reviewing Activities

Behavior Therapy, guest reviewer

Journal of Consulting and Clinical Psychology, guest reviewer
Journal of Family Violence, guest reviewer
Journal of Psychological Trauma, guest reviewer
Professional Psychology: Research and Practice, guest reviewer

Languages

Spanish - native speaker; fluent in written and spoken Spanish