

Curriculum Vitae Ana Imia Fins

Contact Information

3301 College Avenue
Ft. Lauderdale, FL 33314
954-262-5897
anaifins@nova.edu

Education and Training

Postdoctoral Training:

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

Graduate:

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

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

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:

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, 2026

Certification

Board Certified in Behavioral and Cognitive Psychology, December 2022

Awards and Honors

Professor of the Year, College of Psychology, Nova Southeastern University 2023-2024
Professor of the Year, Nova Southeastern University Student Life Achievement Award, 2012
Phi Beta Kappa and Omicron Delta Kappa, University of Miami, 1987

Employment Experience

College of Psychology

Nova Southeastern University, Davie, FL

Position: Professor

Dates: 7/17 to Present

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

College of Psychology

Nova Southeastern University, Davie, FL

Position: Director of Academic Affairs

Dates: 11/15 to 5/20

Duties: Directed the Academic Affairs Office for the Psy.D. and Ph.D programs in Clinical Psychology. Managed 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). Maintained academic and other school records of all clinical psychology students in compliance with university policy and FERPA. Supervised accuracy of records through communication with faculty, Registrar's Office and students. Developed course schedules and faculty teaching assignments. In conjunction with Chair and Dean, coordinated recruitment, training and evaluation of adjunct faculty. Supported the Director of Clinical Training in managing the requirements of and compliance with the standards of accreditation required for APA accreditation. Developed, implemented, and oversaw periodic and annual reviews of doctoral students. Evaluated students' progress in the programs and when problems existed, counseled, made recommendations, or directed towards solutions. Managed the doctoral admissions processes and ensured reporting of outcome data. Participated in recruitment and admissions activities. Served as liaison between graduates and state licensing board in questions of eligibility for licensure. Assisted 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: Teaching, 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. Taught third-year dental students appropriate communication skills as well as other psychosocial aspects to dental care and treatment. Provided 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: Teaching, 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/liaison services to HIV inpatient units; Served as project coordinator/director for 2 NIH-funded projects.

Administrative, Clinical, and Committee Activities

2020-Present Admissions committee chair, Department of Clinical and School Psychology, College of Psychology

Manage Psy.D. and Ph.D. admissions process, coordinate with Director of Academic Affairs and Department Chair in acceptance decisions

2023-Present Health Psychology Concentration coordinator, College of Psychology

2006-2016 Managed activities for the Health Psychology Concentration within the doctoral psychology program. Organized orientation meetings for interested students; coordinated with concentration faculty to interview and admit new students, monitored progress of students in the concentration; arranged required concentration course offerings each semester; identified new practicum sites for student training.

2013-2022 Co-director, Insomnia Clinic (in Guided Self-Change Healthy Lifestyles Program, NSU Psychology Services Center)

Train students in the assessment and treatment of insomnia; supervise students providing Cognitive Behavioral Therapy for Insomnia

- 2015-2020 Curriculum Review Committee member, Department of Clinical and School Psychology, College of Psychology
Reviewed and revised the Psy.D. and Ph.D. curriculum to conform with the changes in APA Committee on Accreditation's Standards of Accreditation. Ensured that the revised curriculum included appropriate competencies for both programs and that concomitant assessments of competencies were developed.
- 2007-2014 QEP Director, Center for Psychological Studies
Managed all SACS-related Quality Enhancement Plan (QEP) assessments and activities for the Center of Psychological Studies (CPS). Organized an annual Professional Development Institute for all master's and doctoral CPS programs attending main campus and the education centers throughout Florida; managed a prepracticum course for all doctoral first-year students; facilitated communication between CPS and practicum supervisors by organizing continuing education workshops for supervisors; served 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. Reported to Dean and administrative committee on QEP activities.
- 2010-2012 Institutional Review Board Chair, Nova Southeastern University
Provided leadership for the IRB members; chaired IRB meetings, set IRB agendas; revised and finalized minutes of Board meetings and letters to principal investigators that informed researchers of Board decisions; in conjunction with IRB Director, selected persons to be lead reviewers for protocols coming to the full Board; conducted expedited review of proposals, or delegated review to other qualified, experienced IRB members; worked 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; reported to the Vice-President for Research and Technology Transfer
- 2007-2010 Dean's administrative committee, Center for Psychological Studies
Reported to the Dean on matters related to QEP.
- 2007-2010 Trainer, Nova Southeastern University Gallup Initiative
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
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
Evaluated academic programs in this university-wide committee 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
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
Helped with identifying and inviting guest speakers to present at NSU Sleep Symposium.
- 2006 Health Professions Education Research Conference Committee member
Helped with review of scientific submissions for conference
- 2004-2006 IRB Committee member
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.

Funded Research Activities

Title: Clinical Assessment of Sleep Disorders Prior to Melatonin Use
Role: Principal Investigator
Description: Contract from Society of Neurosports to complete clinical interviews on all participants involved in a study examining the effects of melatonin
Dates: 1/22 – 1/24
Amount: \$15,000

Title: Evaluating preference of supervision methods and supervisor competency among doctoral-level supervisors
Role: Co-Principal investigator
Description: APPIC's Call to Action on Tele-Health and Tele-Supervision Grant with focus on effectiveness of tele-supervision
Dates: 7/21-12/21
Amount: \$5,000

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: 7/15-6/19

Amount: \$10,000

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

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

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

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

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

Invited Community Presentations

Nova Southeastern University Institute of Lifelong Learning (2019) “Healthy Sleep Habits for a More Productive Life”

Athletic Trainers' Association of Florida 31st Annual Symposium (2019) "Sleep for You and Your Athletes: Habits for a More Productive Life" (co-presented with Dustin Gatens, Head Athletic Trainer NSU Department of Athletics)

Nova Southeastern University Doctor of Health Science Alumni Chapter 9th Annual Interdisciplinary Conference (2018) "Sleep to Play: Educating Student Athletes About Sleep" (co-presented with Dustin Gatens, Head Athletic Trainer NSU Department of Athletics)

Cleveland Clinic Athletic Trainer and Physical Therapist Course (2017) "Promoting Healthy Sleep in Adolescent Athletes"

NSU Athletic Training Program and Athletic Training Department Youth Sport Safety Summit (2017) "Promoting Healthy Sleep in Adolescent Athletes"

Broward Sheriff's Office Department of Fire Rescue (2016) - supervised doctoral-level clinical psychology students presenting to members of various BSO Fire Stations "Firefighters and Sleep Health"

Nova Southeastern University Department of Athletics (2015-2017) Sleep education presentations to various athletic teams "Sleep and Athletic Performance"

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.

Tartar J.L., Hiffernan F.S., Freitas K.E., Fins A.I., Banks J.B. (2021). A Functional Adenosine Deaminase Polymorphism Associates with Evening Melatonin Levels and Sleep Quality. *Journal of Circadian Rhythms*, 19(5). DOI: <http://dx.doi.org/10.5334/jcr.209>.

Thompson, K., Celoch, K., Pizzo, F., Fins, A. I., & Tartar, J. (2021). Validation of a Single Channel EEG for the Athlete: A Machine Learning Protocol to Accurately Detect Sleep Stages. *NeuroSports*, 1(1), 11.

Thompson, K. I., Chau, M., Lorenzetti, M. S., Hill, L. D., Fins, A. I., & Tartar, J. L. (2022). Acute sleep deprivation disrupts emotion, cognition, inflammation, and cortisol in young healthy adults. *Frontiers in Behavioral Neuroscience*, 16:945661. DOI: <http://10.3389/fnbeh.2022.945661>

Viena, T.jD., Gobin, C.jM., Fins, A.jI., 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*. 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*. Elsevier Science.

Books

Fins, A. I., Stripling, A. M., Dautovich N. D., Sabet, S. M., & Ghose, S. (2024). *Sleep disruption, aggression, and violence*. Springer.

Wohlgemuth, W. K. & Fins, A. I. (2019). *Insomnia*. Advances in psychotherapy – Evidence-based practice. 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.
- Dubay, A., Starratt, V., Gatens, D., & Fins., I., A. (2023, February 17-18). *The relationship between self-reported sleep quality and mood, soreness, energy, and motivation during a 48-hour post-injury period in collegiate male soccer players*. [Poster Presentation]. Society for NeuroSports, 4th Annual Conference. Deerfield Beach, FL, United States.
- 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-base 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.
- Wohlgemuth, W. K., Edinger, J. D. & Fins, A. I. (1996, May). *Stability of PSG measures in elderly insomniacs and normals both at home and in the laboratory*. Paper presented at the Annual Meeting of the Associated Professional Sleep Societies, Washington, DC.

Professional Affiliations

American Psychological Association, member
American Psychological Association Division 38 (Society for Health Psychology), member
Association of Behavioral and Cognitive Therapies, member
Society of Behavioral Sleep Medicine (SBSM), member
SBSM Outreach and Public Education Committee 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