

CURRICULUM VITAE

Susan Rubman, PhD

Version Date: 6/8/2022

Contact Information:

Address: xxxx
Phone: xxxx
Email: susan.rubman@yale.edu

Education:

xxxx - 06/1984 BS, Union College, Psychology, Schenectady, NY
xxxx - 08/1986 MA, Louisiana State University, Clinical Psychology, Baton Rouge, LA
xxxx - 12/1990 PhD, Louisiana State University, Clinical Psychology, Baton Rouge, LA

Career/Academic Appointments:

08/1989 - 08/1990 Resident, Psychology, University of Mississippi Medical Center and VA Consortium, Jackson, MS
08/1991 - 08/1992 Instructor, Department of Medicine, University of Connecticut School of Medicine, Farmington, CT
07/1992 - 06/1993 Assistant Professor of Psychology, Department of Psychiatry and Behavioral Medicine, University of Illinois College of Medicine at Peoria, Peoria, IL
09/1993 - 03/1994 Director, Insomnia Program, Department of Medicine, Division of Pulmonary Medicine, Mount Sinai Hospital, Hartford, CT
03/1994 - 09/2003 Psychologist, Department of Psychology, Hospital for Special Care, New Britain, CT
09/1997 - Present Director, Insomnia Program, Neurology/Sleep Medicine, Hospital of Central Connecticut, New Britain, CT
11/2017 - 06/2018 Clinician, Psychiatry, Yale School of Medicine, New Haven, CT
07/2018 - Present Assistant Professor, Psychiatry, Yale School of Medicine, New Haven, CT
10/2019 - Present Assistant Clinical Professor, Department of Psychiatry, UConn School of Medicine, Farmington, CT

Administrative Positions:

1990 - 1992 Director, Insomnia Clinic, Department of Medicine, Division of Pulmonary/Sleep Medicine, Mount Sinai Hospital, Hartford, CT
1992 - 1993 Director, Insomnia Clinic, Department of Psychiatry and Behavioral Medicine, UICOMP, Peoria, AZ
1993 - 1994 Director, Insomnia Clinic, Department of Medicine, Division of Pulmonary/ Sleep Medicine, Mount Sinai Hospital, Hartford, CT

1997 - Present Director, Behavioral Sleep Medicine Program, EEG/Sleep Medicine, The Hospital of Central Connecticut, New Britain, CT
2019 - Present Director, Behavioral Sleep Medicine Program, Pulmonary, Critical Care & Sleep Medicine, UConn Health, Farmington, CT

Board Certification:

2003 American Academy of Sleep Medicine, Behavioral Sleep Medicine

Grants/Clinical Trials History:

Past Clinical Trials

Agency: Wilson Disease Foundation
I.D.#: 1609018429
Title: Natural History of Wilson Disease: Registry of Patients with Wilson Disease
Role: Sub-Investigator
Percent effort: 2%
Total costs for project period: N/A
Project period: 10/26/2017 - 10/9/2020

Agency: Alexion Pharmaceuticals, Inc.
I.D.#: 2017-004135-36
Title: Wilson Therapeutics WTX101-301, A Phase 3, Randomised, Rater-Blinded, Multi-Centre Study to Evaluate the Efficacy and Safety of WTX101 Administered for 48 Weeks Versus Standard of Care in Wilson Disease Subjects Aged 18 and Older with an Extension Phase of up to 60 Months
Role: Sub-Investigator
Percent effort: N/A
Total costs for project period: N/A
Project period: 11/7/2017 - 10/9/2020

Invited Speaking Engagements, Presentations, Symposia & Workshops

Not Affiliated With Yale:

International/National

1. "Stress Management Seminars", BASF, Baton Rouge, January 1988 (Lecture)
2. "Professional Burnout - Stress Recognition and Management", University of Mississippi Medical Center, Jackson, January 1989 (Lecture)
3. "Stress and Illness", Annual Family Practice Update meeting, New Orleans, January 1989 (Address)
4. "Daily Stress and Insomnia", VAMC, Jackson, January 1990 (Address)
5. "Minor Stress and Illness", Society of Teachers of Family Medicine Annual Meeting, Seattle, January 1990 (Lecture)

6. "Sleep and Its Disorders", Illinois Institute of Technology, Chicago, January 1992 (Address)
7. "The Role of the Family Physician in Insomnia", St. Francis Hospital, Peoria, January 1992 (Address)
8. "Stress Management: Is it the little things that get you?", Teachers Association, Peoria, January 1992 (Address)
9. "Hosted Conversation hour, Division 38 Committee on sleep research and practice", American Psychological Association, Toronto, January 1993 (Other)
10. "Daily Stress and sleep: is it the little things that get you?", University of Illinois College of Medicine, Peoria, January 1993 (Lecture)
11. "Managing Stress in Everyday Life", American Business Women's Association, Peoria, January 1993 (Address)

Regional

12. "Treatments of Insomnia", Mount Sinai Hospital, Hartford, January 1991 (Address)
13. "Sleep Disorders", University of Connecticut Internal Medicine Residency Program, Farmington, January 1992 (Lecture)
14. "Insomnia; a partnership for education", Tufts University, Hartford, January 1993 (Address)
15. "Insomnia; a partnership for education", Tufts University, Waterbury, January 1993 (Address)
16. "Insomnia; a partnership for education", Tufts University, Manchester, January 1993 (Address)
17. "Insomnia; a partnership for education", Tufts University, New Haven, January 1993 (Address)
18. "An Update on Insomnia", Mount Sinai Hospital, Hartford, January 1993 (Lecture)
19. "Sleep As We Grow Older", Chatfield Retirement Community, West Hartford, January 1993 (Lecture)
20. "Daily Stress and Stress Management", Hartford Rotary Club, Hartford, January 1993 (Address)
21. "Sleep and Its Disorders", Series on Women's Health Issues at St. Francis Hospital's Center for Behavioral Health, Enfield, January 1993 (Address)
22. "An Update on Insomnia Treatments", Bradley Memorial Hospital., Southington, January 1994 (Lecture)
23. "Sleep Disorders in Hospitalized Non-Acute Patients", Hospital for Special Care, New Britain, January 1994 (Lecture)
24. "Insomnia in Fibromyalgia", Fibromyalgia Support Group, Bradley Memorial Hospital, Southington, January 1994 (Lecture)
25. "Post-Stroke Depression", Hospital for Special Care Pulmonary Support Group, New Britain, January 1994 (Lecture)
26. "Behavior Management in a Rehabilitation Setting", Buckley Convalescent Home, Hartford, January 1994 (Address)
27. "Sleep and Its Disorders", LifeLearn Community Education Seminar, West Hartford Senior Center, West Hartford, January 1994 (Lecture)
28. "The Role of Psychology in Rehab", Sacred Heart University, Fairfield, January 1995 (Lecture)
29. "Sleep and Parkinson's Disease", Hospital for Special Care Parkinson's Support Group, New Britain, January 1995 (Lecture)
30. "Moderator of panel discussion "Life After Stroke"", Hospital for Special Care's Stroke Wellness Program, New Britain, January 1995 (Other)
31. "Psychological Aspects of Guillain-Barre Syndrome", Guillain Barre Workshop, Hospital for Special Care, New Britain, January 1996 (Lecture)

32. "Effects of Stroke on Sleep", Stroke Support Group, Hospital for Special Care, New Britain, January 1996 (Lecture)
33. "When Counting Sheep Doesn't Work", Manchester Memorial Hospital, Manchester, January 1996 (Lecture)
34. "Sleep Disorders", Hartford Rotary, Hartford, January 1996 (Lecture)
35. "Case Studies in Insomnia", Sleep Disorder Center, New Britain General Hospital, New Britain, January 1997 (Lecture)
36. "Coping with Lung Disease", Hospital for Special Care Pulmonary Support Group, New Britain, January 1997 (Lecture)
37. "Sleep Disorders", New Britain General Hospital, New Britain, January 1997 (Lecture)
38. "Coping with Lung Disease", American Lung Association, New Haven, January 1997 (Lecture)
39. "Adjustment Issues with Rehab Patients", Hospital for Special Care, New Britain, January 1998 (Lecture)
40. "Treatment Options in Insomnia", Manchester Memorial Hospital, Manchester, January 1999 (Lecture)
41. "Sleep: Do You Feel Rested?", Well Conference, Hospital for Special Care, New Britain, January 1999 (Lecture)
42. "Anxiety and Panic in Lung Disease", Hospital for Special Care Pulmonary Support Group, New Britain, January 1999 (Lecture)
43. "Sleep in Older People", Salvation Army Senior Center, Hartford, January 1999 (Lecture)
44. "Sleep As We Age", New Britain Senior Center, New Britain, January 1999 (Lecture)
45. "Sleep Apnea", Association of Jewish Registered Nurses, Hartford, January 2000 (Lecture)
46. "Sleep in Pregnancy", Sleep Disorders Center, New Britain General Hospital, New Britain, January 2000 (Lecture)
47. "Shaping Behavior in an Inpatient Setting", Hospital for Special Care, New Britain, January 2000 (Lecture)
48. "Sleep As We Grow Older", Chatfield Center, West Hartford, January 2000 (Lecture)
49. "Coping with trauma", Hospital for Special Care, New Britain, January 2001 (Lecture)
50. "Psychosocial aspects of end of life decision making", Hospital for Special Care, New Britain, January 2001 (Lecture)
51. "Sleep Disordered Breathing in Post-Menopausal Women", Sleep Disorder Center, New Britain General Hospital, New Britain, January 2002 (Lecture)
52. "Sleep in Obesity", Hospital for Special Care, New Britain, January 2002 (Lecture)
53. "Sleep Restriction and MVA", Sleep Disorder Center, New Britain General Hospital, New Britain, January 2003 (Lecture)
54. "Coping with Shift Work", New Britain General Hospital, New Britain, January 2003 (Lecture)
55. "Delayed School Start Times", Board of Education, West Hartford, January 2005 (Lecture)
56. "Delayed School Start Times", Board of Education, Bolton, January 2005 (Lecture)
57. "Delayed School Start Times", League of Women Voters, Lyme, January 2005 (Lecture)
58. "Delayed School Start Times", Board of Education, Mansfield, January 2006 (Lecture)
59. "Delayed School Start Times", Public Education Forum, Canton, January 2006 (Lecture)
60. "Managing shiftwork and sleep concerns", The Hospital of Central Connecticut, New Britain, January 2007 (Lecture)
61. "Delayed School Start Times", League of Women Voters, New Canaan, January 2007 (Lecture)

62. "Delayed School Start Times", Board of Education, Simsbury, January 2007 (Lecture)
63. "Review of Practice Parameters of Circadian Rhythm Disorders", Sleep Disorder Center, New Britain General Hospital, New Britain, January 2007 (Lecture)
64. "Review of Practice Parameters of Insomnia", Sleep Disorder Center, New Britain General Hospital, New Britain, January 2007 (Lecture)
65. "Circadian Rhythm Issues and OSA", CPAP Support Group, The Hospital of Central Connecticut, New Britain, January 2008 (Lecture)
66. "'Falling Back' to Sleep: Managing Sleep in Daylight Savings Time", CPAP Support Group, The Hospital of Central Connecticut, New Britain, January 2009 (Lecture)
67. "Sleep and its Disorders", Association of Jewish Registered Nurses, Hartford, January 2009 (Lecture)
68. "Behavioral sleep medicine", Psychological Health Associates, West Hartford, January 2011 (Lecture)
69. "Review of Practice Parameters of Periodic Limb Movements in Sleep", Sleep Disorders Center, Hospital of Central Connecticut, New Britain, January 2011 (Lecture)
70. "Things That Go Bump in the Night", CPAP Support Group, The Hospital of Central Connecticut, New Britain, January 2011 (Lecture)
71. "Sleep Behaviors", West Hartford Community Center, West Hartford, January 2013 (Lecture)
72. "When to intervene: Normal vs troubled sleep", Community Health Network Administration, Wallingford, January 2014 (Lecture)
73. "School Start Times; A summary of the research.", West Hartford Board of Education, West Hartford, January 2017 (Lecture)
74. "School Start Times; A summary of the research.", Wilton Board of Education, Wilton, January 2017 (Lecture)
75. "Sleep, Sports Performance and Injuries", CCSU 32nd Annual Sports Medicine Symposium, New Britain, January 2017 (Address)
76. "Sleep, Sleepiness and Countermeasures", Waterbury Hospital Department of Surgery, Waterbury, January 2017 (Address)
77. "BBTI; Optimizing Sleep and Keeping Negative Impact of Shift Work to a Minimum", Yale Psychiatric Institute, New Haven, January 2018 (Lecture)
78. "Toward a better understanding of the decision making of the unaffiliated living organ donor", Yale New Haven Hospital, Department of Social Work, New Haven, January 2019 (Lecture)
79. "Insomnia assessment and treatment", UConn School of Medicine, Farmington, January 2020 (Lecture)
80. "Yale Department of Psychiatry Stress and Resilience Town Hall--multiple episodes as the group facilitator", Yale School of Medicine, New Haven, January 2020 (Other)
81. "Yale School of Medicine Department of Psychiatry Stress and Resilience Town Hall--Sleep and Dreams in the Time of COVID", Yale School of Medicine, New Haven, January 2020 (Other)
82. "Yale School of Medicine Department of Psychiatry Stress and Resilience Town Hall--Better Sleep Guidelines", Yale School of Medicine, New Haven, January 2020 (Other)

Peer-Reviewed Presentations & Symposia Given at Meetings Not Affiliated With Yale: International/National

1. "Paranoia: A board game. Nydegger, R.V. & Rubman, S.", Western Psychological Association, Los Angeles, January 1984 (Poster)
2. "Sex differences in psychophysiology with the sex of the experimenter controlled. Rubman, S., Waters, W.F. & Dobbins, G.H.", Southeastern Psychological Association, Atlanta, January 1987 (Other)
3. "Personality variables do not explain the association between stress and physical symptoms: They moderate in a complex fashion. Rubman, S., Jones, G.N. & Brantley, P.J.", Southeastern Psychological Association,, New Orleans, January 1988 (Poster)
4. "Stress ratings and the influence of personality variables. Brantley, P.J., Waters, W.F., Rubman, S., & Jones, G.N.", Society of Behavioral Medicine, Boston, January 1988 (Poster)
5. "Daily minor stressors and their relation to sleep disturbances. Rubman, S., Brantley, P.J. & Jones, G.N.", American Psychological Association, Atlanta, January 1988 (Poster)
6. "Daily stress and high risk behaviors in a college population. Rubman, S., Brantley, P.J. & Jones, G.N.", Louisiana Psychological Association, Baton Rouge, January 1988 (Other)
7. "Stress, Trait, Anxiety and their relation to physical symptoms. Rubman, S., Brantley, P.J., Jones, G.N., Catlin, R.J.O., & Gilchrist, J.C.", Society of Behavioral Medicine, San Francisco, January 1989 (Poster)
8. "The relation between daily stress and sleep disturbances. Rubman, S., Brantley, P.J. & Jones, G.N.", Southeastern Psychological Association, Washington, January 1989 (Poster)
9. "Veridicality of Self-Reported Headache Medication Use. Johnson, C.A, Penzien, D.B., Carpenter, D.E., Mosley, T.H., Payne, T.J., Knowlton, G.E., Wittrock, D.A., Van Dorsten, B., Rubman, S., & Seville, J.L.", Association for the Advancement of Behavior Therapy, San Francisco, January 1990 (Poster)
10. "Daily stress and sleep in insomniacs. Rubman, S., Brantley, P.J., Jones, G.N., Constans, J.I., Findlay, J.C., & Waters, W.F.", Society of Behavioral Medicine, Chicago, January 1990 (Poster)
11. "Coping with stress in headache sufferers and no-headache controls. Mosely, T.H., Jr., Penzien, D.B., Johnson, C.A., Wittrock, D., Rubman, S., Payne, T.J., & Holroyd, K.A.", Society of Behavioral Medicine, Chicago, January 1990 (Poster)
12. "Psychometric properties of the Weekly Stress Inventory. Mosley, T.H., Jr., Seville, J.L., Johnson, C.A., Brantley, P.J., Penzien, D.B., Wittrock, D.A., & Rubman, S.", Society of Behavioral Medicine, Washington, January 1991 (Poster)
13. "The Relations Between Stress, Mood and Insomnia. Rubman, S., Brantley, P.J., Catlin, R.J.O., Waters, W.F., Jones, G.N., Constans, J.I., & Findlay, J.C.", Society of Behavioral Medicine, Washington, January 1991 (Poster)
14. "Insomnia", UICOM-P, Peoria, January 1992 (Oral Presentation)
15. "Evaluation of sleep in patients with chronic fatigue. Castriotta, R.J., Rubman, S. & Kass, J.E.", Association of Professional Sleep Societies, Phoenix, January 1992 (Other)
16. "Effect of liver disease, neurological disease and mental health issues on quality of life in patients with Wilson disease", AASLD, Boston, January 2019 (Poster)
17. "Major depressive disorder in patients with Wilson's disease: correlations with liver disease, neurological disease and quality of life", American Association for the Study of Liver Disease, Boston, January 2019 (Poster)

18. "Major Depressive Disorder in patients with Wilson Disease and correlation with liver disease severity", Wilson Disease Symposium, Aarhus, January 2019 (Oral Presentation)
19. "Major Depressive Disorder in patients with Wilson's disease: Relationship with liver disease, Neurological disease and quality of life", European Association for the study of the liver---program converted to digital event secondary to COVID pandemic conditions, London, January 2020 (Poster)

Regional

20. "Sex differences in the attribution for the responsibility for rape. Rubman, S. & Ruggiero, P.G.", Annual Undergraduate psychology Conference, Oswego, January 1983 (Other)
21. "Reported Causes of Nocturnal Awakenings: Things That Go Bump in the Night. Rubman, S., Brantley, P.J., Catlin, R.J.O., Waters, W.F., Jones, G.N., Constans, J.I., & Findlay, J.C.", Association for the Advancement for Behavior Therapy, New York, January 1991 (Poster)
22. "Daily Stress, Mood and Sleep in Insomniacs and Normal Sleepers. Rubman, S., Brantley, P.J., Catlin, R.J.O., Waters, W.F., Jones, G.N., Constans, J.I., & Findlay, J.C.", Northeastern Sleep Society, Albany, January 1991 (Other)
23. "Evaluation of Sleep in Patients with Chronic Fatigue. Castriotta, R.J., Kass, J.E. & Rubman, S.", Northeastern Sleep Society, Albany, January 1991 (Other)
24. "Operationalizing Fatigue Management in the Workplace: Defining the Problems and Developing Effective Solutions", Northeast Sleep Society Annual Meeting, Windsor, January 2003 (Lecture)
25. "Psychology and Sleep Medicine", Connecticut Psychological Association, Hartford, January 2006 (Oral Presentation)

Professional Service:

Journal Services

Reviewer

- | | |
|----------------|---|
| 2003 - 2005 | Reviewer, Journal of Cognition and Behavior |
| 2022 - Present | Reviewer, American Journal of Transplantation |

Professional Organizations

American Society of Transplantation Living Donor Community of Practice Mental Health Working Group

- | | |
|----------------|--|
| 2020 - Present | Member, American Society of Transplantation Living Donor Community of Practice Mental Health Working Group, AST LDCoP is a special interest group of the American Transplantation Society. The Mental Health Working Group is undertaking the creation of living donor mental health assessment practice guidelines and a living donor registry program. |
|----------------|--|

Hospital for Special Care

- | | |
|-------------|---|
| 1995 - 2003 | Member, Hospital for Special Care, Member IRB, QI Steering Committee, Rehab Committee, Stroke Committee |
|-------------|---|

North American Living Liver Donor Innovation Group (NALLDIG)

2019 - Present Member, North American Living Liver Donor Innovation Group (NALLDIG), Multidisciplinary team which serves as a resource to Living Liver Donor programs for clinical support and research queries.

Yale University / Hospital System

Department

2020 Member, Department of Psychiatry, Stress and Resilience Town Halls-Multiple episodes as group facilitator
2020 Presenter/Speaker, Department of Psychiatry, Stress and Resilience Town Hall-- "Sleep and Dreams in the Time of COVID"
2020 Presenter/Speaker, Department of Psychiatry, Stress and Resilience Town Hall-- "Better Sleep Guidelines"

Hospital

2017 - Present Member, Yale New Haven Hospital Living Liver Donor Program Committee
2017 - Present Member, YNHH Psychology Internship Training Committee
2020 - Present Member, Yale School of Medicine/YNHH Division of Digestive Health Committee for Behavioral Health Program, Member of multidisciplinary leadership team developing a Behavioral Health Program for the Digestive Diseases Program in Division of Digestive Health

Public Service / Media Presence

2017 - Present Board Member, Hartford Chorale

Bibliography:

Peer-Reviewed Original Research

1. Waters WF, **Rubman S**, Hurry MJ. The prediction of somatic complaints using the Autonomic Nervous System Response Inventory (ANSRI) and the Daily Stress Inventory (DSI). *Journal Of Psychosomatic Research* 1993, 37: 117-26. [PMID: 8463988](#), [DOI: 10.1016/0022-3999\(93\)90078-t](#).
2. Batra RK, **Rubman S**. Absence of Evidence Is Not Evidence of Absence. *The American Journal Of Bioethics : AJOB* 2019, 19: 29-31. [PMID: 31661403](#), [DOI: 10.1080/15265161.2019.1665738](#).
3. Zimbrea, P & **Rubman, S**. & Maciejewski, K. & Coskun, & Nalamada, K. & Camarata, M. & Tomlin, R. & Patel, A. & To, U. & Ala, A. & Gonzalez-Peralta, R. & Deng, Y. & Schilsky, M.. (2020). Bipolar disorder in patients with Wilson disease. *Journal of Psychosomatic Research*. 133. 110055. [10.1016/j.jpsychores.2020](#).
4. Camarata MA, Ala A, Coskun AK, Deng Y, Gonzalez-Peralta R, Maciejewski KR, Patel A, **Rubman S**, To U, Tomlin R, Schilsky ML, Zimbrea PC. The Effect of Mental Health, Neurological Disease, and Liver Disease on Quality of Life in Patients With Wilson Disease. *Journal Of The Academy Of Consultation-Liaison Psychiatry* 2021, 62: 528-537. [PMID: 34044196](#), [DOI: 10.1016/j.jaclp.2021.04.004](#).

5. Fox AN, Liapakis A, Batra R, Bittermann T, Emamaullee J, Emre S, Genyk Y, Han H, Jackson W, Pomfret E, Raza M, Rodriguez-Davalos M, Rubman Gold S, Samstein B, Shenoy A, Taner T, Roberts JP. The use of nondirected donor organs in living donor liver transplantation: Perspectives and guidance. *Hepatology (Baltimore, Md.)* 2022, 75: 1579-1589. [PMID: 34859474](#), [DOI: 10.1002/hep.32260](#).
6. Adams MA, Andacoglu O, Crouch CE, de Santibañes M, Jackson WE, Jalal A, Montasser IF, **Rubman S**, Spiro M, Raptis DA, Miller C, Pomfret E. Does pre-operative counselling of the donor improve immediate and short-term outcomes after living liver donation? - A review of the literature and expert panel recommendations. *Clinical Transplantation* 2022, e14636. [PMID: 35343601](#), [DOI: 10.1111/ctr.14636](#).
7. Tebes JK, Awad MN, Connors EH, Fineberg SK, Gordon DM, Jordan A, Kravitz R, Li L, Ponce AN, Prabhu M, **Rubman S**, Silva MA, Steinfeld M, Tate DC, Xu K, Krystal JH. The Stress and Resilience Town Hall: A systems response to support the health workforce during COVID-19 and beyond. *General Hospital Psychiatry* 2022, 77: 80-87. [PMID: 35569322](#), [PMCID: PMC9033303](#), [DOI: 10.1016/j.genhosppsy.2022.04.009](#).

Peer-Reviewed Case Reports and Technical Notes

8. Castriotta, R.J., **Rubman, S.** & Kass, J.E. (1992). Evaluation of sleep in patient with chronic fatigue. *Sleep Research*, 21, 286.

Books

9. **Rubman, S.** Psychological adaptation post transplantation. In: Zimbrea, P, Sher, E, Crone C, DiMartini, A. *Transplant Psychiatry: A Case-Based Approach to Clinical Challenges*. Springer Publications
10. Zimbrea, P, Hammers, L, **Rubman, S.** Who are the members of my transplant team? In: Sher, Y, Stern, T. *Facing Transplantation: A guide for patients and their families*. The Massachusetts General Hospital Psychiatry Academy.
11. **Rubman, S.**, Schneeberg, L. *Cognitive Behavioral Therapy for Insomnia*. In Won, C, Kryger, M. *Principles and Practice of Sleep Telemedicine*. Elsevier