

CURRICULUM VITAE

Susan Rubman , PhD

Version Date: 9/27/2026

Contact Information:

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School: Yale School of Medicine

Education:

09/1980 - 06/1984 BS, Union College, Psychology, Schenectady, NY
08/1984 - 08/1986 MA, Louisiana State University, Clinical Psychology, Baton Rouge, LA
08/1986 - 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 - 06/2023 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 - 06/2025 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
07/2024 - 06/2029 Associate Professor on Term, Psychiatry, Yale School of Medicine, New Haven, 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 - 2023	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
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Advanced Training/Certification:

08/2018 - 12/2028	Diplomate in Behavioral Sleep Medicine, Board of Behavioral Sleep Medicine, Lexington, KY
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Professional Honors & Recognition:

Yale University/Yale School of Medicine/Hospital System

2024	2023-2024 Distinguished Faculty Award for Outstanding Contributions as a Teacher, Psychology Section, Department of Psychiatry
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Other

2018	Diplomate in Behavioral Sleep Medicine, Board of Behavioral Sleep Medicine
2023	Diplomate in Behavioral Sleep Medicine, Board of Behavioral Sleep Medicine

Grants/Clinical Trials History:

Current Clinical Trials

Agencies:	Yale University School of Medicine
I.D.#:	2000028982
Title:	Striking a balance for ethical and shared decision-making in living liver donation, a step towards the double equipoise in living donor liver transplantation
Role:	Sub-Investigator
Percent effort:	N/A
Total costs:	-
Project period:	10/10/2020 - ongoing

Agencies: Vivet Therapeutics, SAS
 I.D.#: 2000028887
 Title: A Phase I/II Study of VTX-801 in Adult Patients With Wilson's Disease (GATEWAY)
 P.I.: Michael Schilsky
 Role: Sub-Investigator
 Percent effort: N/A
 Total costs: -
 Project period: 02/12/2021 - ongoing

Agencies: Yale University School of Medicine
 I.D.#: 2000033707
 Title: Immune markers in kidney transplant recipients: relation with depression and cognitive function
 P.I.: Paula Zimbrea
 Role: Sub-Investigator
 Percent effort: N/A
 Total costs: -
 Project period: 10/17/2022 - ongoing

Past Clinical Trials

Agencies: 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: 0.0000/patient
 Project period: 10/26/2017 - 10/09/2020

Agencies: 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: 0.0000
 Project period: 11/07/2017 - 10/09/2020

Invited Speaking Engagements, Presentations & Workshops Not Affiliated With Yale: International/National

1. "Stress Management Seminars". BASF, Stress Management Seminars, Baton Rouge, LA, January 1988. (Lecture)
2. "Professional Burnout - Stress Recognition and Management". University of Mississippi Medical Center, Professional Burnout - Stress Recognition and Management, Jackson, MS, January 1989. (Lecture)
3. "Stress and Illness". Annual Family Practice Update meeting, Stress and Illness, New Orleans, LA, January 1989. (Address)
4. "Daily Stress and Insomnia". VAMC, Daily Stress and Insomnia, Jackson, MS, January 1990. (Address)
5. "Minor Stress and Illness". Society of Teachers of Family Medicine Annual Meeting, Minor Stress and Illness, Seattle, WA, January 1990. (Lecture)
6. "Sleep and Its Disorders". Illinois Institute of Technology, Sleep and Its Disorders, Chicago, IL, January 1992. (Address)
7. "The Role of the Family Physician in Insomnia". St. Francis Hospital, The Role of the Family Physician in Insomnia, Peoria, IL, January 1992. (Address)
8. "Stress Management: Is it the little things that get you?". Teachers Association, Stress Management: Is it the little things that get you?, Peoria, IL, January 1992. (Address)
9. "Hosted Conversation hour, Division 38 Committee on sleep research and practice". American Psychological Association, Hosted Conversation hour, Division 38 Committee on sleep research and practice, Toronto, ON, January 1993. (Other)
10. "Daily Stress and sleep: is it the little things that get you?". University of Illinois College of Medicine, Daily Stress and sleep: is it the little things that get you?, Peoria, IL, January 1993. (Lecture)
11. "Managing Stress in Everyday Life". American Business Women's Association, Managing Stress in Everyday Life, Peoria, IL, January 1993. (Address)
12. "Does pre-operative counselling of the donor improve immediate and short-term outcomes after living liver donation?". ILTS - ERAS4OLT.org Consensus Conference on Enhanced Recovery for Liver Transplantation, Conference scheduled for Valencia, Spain. Became virtual because of pandemic conditions, January 2022. (Oral Presentation)
13. "Managing Sleepless Nights". Yale Department of Sleep Medicine, National Sleep Week, Pre-recorded video presentation, March 2023. (Oral Presentation)
14. "Sleep and Wilson Disease". Wilson Disease Association Annual Conference, US, November 2023. (Oral Presentation)
15. "Sleep hygiene: Tips for a better night's sleep". AARP and Alzheimer's Association Webinar, Webinar for Northeast region of the organizations, June 2024. (Lecture)

Regional

1. "Treatments of Insomnia". Mount Sinai Hospital, Treatments of Insomnia, Hartford, CT, January 1991. (Address)
2. "Sleep Disorders". University of Connecticut Internal Medicine Residency Program, Sleep Disorders, Farmington, CT, January 1992. (Lecture)

3. "Insomnia; a partnership for education". Tufts University, Insomnia; a partnership for education, Hartford, CT, January 1993. (Address)
4. "An Update on Insomnia". Mount Sinai Hospital, An Update on Insomnia, Hartford, CT, January 1993. (Lecture)
5. "Sleep As We Grow Older". Chatfield Retirement Community, Sleep As We Grow Older, West Hartford, CT, January 1993. (Lecture)
6. "Daily Stress and Stress Management". Hartford Rotary Club, Daily Stress and Stress Management, Hartford, CT, January 1993. (Address)
7. "Sleep and Its Disorders". Series on Women's Health Issues at St. Francis Hospital's Center for Behavioral Health, Sleep and Its Disorders, Enfield, CT, January 1993. (Address)
8. "An Update on Insomnia Treatments". Bradley Memorial Hospital., An Update on Insomnia Treatments, Southington, CT, January 1994. (Lecture)
9. "Sleep Disorders in Hospitalized Non-Acute Patients". Hospital for Special Care, Sleep Disorders in Hospitalized Non-Acute Patients, New Britain, CT, January 1994. (Lecture)
10. "Insomnia in Fibromyalgia". Fibromyalgia Support Group, Bradley Memorial Hospital, Insomnia in Fibromyalgia, Southington, CT, January 1994. (Lecture)
11. "Post-Stroke Depression". Hospital for Special Care Pulmonary Support Group, Post-Stroke Depression, New Britain, CT, January 1994. (Lecture)
12. "Behavior Management in a Rehabilitation Setting". Buckley Convalescent Home, Behavior Management in a Rehabilitation Setting, Hartford, CT, January 1994. (Address)
13. "Sleep and Its Disorders". LifeLearn Community Education Seminar, West Hartford Senior Center, Sleep and Its Disorders, West Hartford, CT, January 1994. (Lecture)
14. "The Role of Psychology in Rehab". Sacred Heart University, The Role of Psychology in Rehab, Fairfield, CT, January 1995. (Lecture)
15. "Sleep and Parkinson's Disease". Hospital for Special Care Parkinson's Support Group, Sleep and Parkinson's Disease, New Britain, CT, January 1995. (Lecture)
16. "Moderator of panel discussion 'Life After Stroke'". Hospital for Special Care's Stroke Wellness Program, Moderator of panel discussion "Life After Stroke", New Britain, CT, January 1995. (Other)
17. "Psychological Aspects of Guillain-Barre Syndrome". Guillain Barre Workshop, Hospital for Special Care, Psychological Aspects of Guillain-Barre Syndrome, New Britain, CT, January 1996. (Lecture)
18. "Effects of Stroke on Sleep". Stroke Support Group, Hospital for Special Care, Effects of Stroke on Sleep, New Britain, CT, January 1996. (Lecture)
19. "When Counting Sheep Doesn't Work". Manchester Memorial Hospital, When Counting Sheep Doesn't Work, Manchester, CT, January 1996. (Lecture)
20. "Sleep Disorders". Hartford Rotary, Sleep Disorders, Hartford, CT, January 1996. (Lecture)
21. "Case Studies in Insomnia". Sleep Disorder Center, New Britain General Hospital, Case Studies in Insomnia, New Britain, CT, January 1997. (Lecture)
22. "Coping with Lung Disease". Hospital for Special Care Pulmonary Support Group, Coping with Lung Disease, New Britain, CT, January 1997. (Lecture)
23. "Sleep Disorders". New Britain General Hospital, Sleep Disorders, New Britain, CT, January 1997. (Lecture)
24. "Coping with Lung Disease". American Lung Association, Coping with Lung Disease, New Haven, CT, January 1997. (Lecture)

25. "Adjustment Issues with Rehab Patients". Hospital for Special Care, Adjustment Issues with Rehab Patients, New Britain, CT, January 1998. (Lecture)
26. "Treatment Options in Insomnia". Manchester Memorial Hospital, Treatment Options in Insomnia, Manchester, CT, January 1999. (Lecture)
27. "Sleep: Do You Feel Rested?". Well Conference, Hospital for Special Care, Sleep: Do You Feel Rested?, New Britain, CT, January 1999. (Lecture)
28. "Anxiety and Panic in Lung Disease". Hospital for Special Care Pulmonary Support Group, Anxiety and Panic in Lung Disease, New Britain, CT, January 1999. (Lecture)
29. "Sleep in Older People". Salvation Army Senior Center, Sleep in Older People, Hartford, CT, January 1999. (Lecture)
30. "Sleep As We Age". New Britain Senior Center, Sleep As We Age, New Britain, CT, January 1999. (Lecture)
31. "Sleep Apnea". Association of Jewish Registered Nurses, Sleep Apnea, Hartford, CT, January 2000. (Lecture)
32. "Sleep in Pregnancy". Sleep Disorders Center, New Britain General Hospital, Sleep in Pregnancy, New Britain, CT, January 2000. (Lecture)
33. "Shaping Behavior in an Inpatient Setting". Hospital for Special Care, AASM Practice Parameters for Insomnia, New Britain, CT, January 2000. (Lecture)
34. "Sleep As We Grow Older". Chatfield Center, Sleep As We Grow Older, West Hartford, CT, January 2000. (Lecture)
35. "Coping with trauma". Hospital for Special Care, Coping with trauma, New Britain, CT, January 2001. (Lecture)
36. "Psychosocial aspects of end of life decision making". Hospital for Special Care, Psychosocial aspects of end of life decision making, New Britain, CT, January 2001. (Lecture)
37. "Sleep Disordered Breathing in Post-Menopausal Women". Sleep Disorder Center, New Britain General Hospital, Sleep Disordered Breathing in Post-Menopausal Women, New Britain, CT, January 2002. (Lecture)
38. "Sleep in Obesity". Hospital for Special Care, Sleep in Obesity, New Britain, CT, January 2002. (Lecture)
39. "Sleep Restriction and MVA". Sleep Disorder Center, New Britain General Hospital, Sleep Restriction and MVA, New Britain, CT, January 2003. (Lecture)
40. "Coping with Shift Work". New Britain General Hospital, Coping with Shift Work, New Britain, CT, January 2003. (Lecture)
41. "Delayed School Start Times". Board of Education, Delayed School Start Times, West Hartford, CT, January 2005. (Lecture)
42. "Delayed School Start Times". Board of Education, Delayed School Start Times, Mansfield, CT, January 2006. (Lecture)
43. "Managing shiftwork and sleep concerns". The Hospital of Central Connecticut, Managing shiftwork and sleep concerns, New Britain, CT, January 2007. (Lecture)
44. "Delayed School Start Times". League of Women Voters, Delayed School Start Times, New Canaan, CT, January 2007. (Lecture)
45. "Review of Practice Parameters of Circadian Rhythm Disorders". Sleep Disorder Center, New Britain General Hospital, Review of Practice Parameters of Circadian Rhythm Disorders, New Britain, CT, January 2007. (Lecture)

46. "Review of Practice Parameters of Insomnia". Sleep Disorder Center, New Britain General Hospital, Review of Practice Parameters of Insomnia, New Britain, CT, January 2007. (Lecture)
47. "Circadian Rhythm Issues and OSA". CPAP Support Group, The Hospital of Central Connecticut, Circadian Rhythm Issues and OSA, New Britain, CT, January 2008. (Lecture)
48. "'Falling Back" to Sleep: Managing Sleep in Daylight Savings Time". CPAP Support Group, The Hospital of Central Connecticut, "Falling Back" to Sleep: Managing Sleep in Daylight Savings Time, New Britain, CT, January 2009. (Lecture)
49. "Sleep and its Disorders". Association of Jewish Registered Nurses, Sleep and its Disorders, Hartford, CT, January 2009. (Lecture)
50. "Behavioral sleep medicine". Psychological Health Associates, Behavioral sleep medicine, West Hartford, CT, January 2011. (Lecture)
51. "Review of Practice Parameters of Periodic Limb Movements in Sleep". Sleep Disorders Center, Hospital of Central Connecticut, Review of Practice Parameters of Periodic Limb Movements in Sleep, New Britain, CT, January 2011. (Lecture)
52. "Things That Go Bump in the Night". CPAP Support Group, The Hospital of Central Connecticut, Things That Go Bump in the Night, New Britain, CT, January 2011. (Lecture)
53. "Sleep Behaviors". West Hartford Community Center, Sleep Behaviors, West Hartford, CT, January 2013. (Lecture)
54. "When to intervene: Normal vs troubled sleep". Community Health Network Administration, When to intervene: Normal vs troubled sleep, Wallingford, CT, January 2014. (Lecture)
55. "School Start Times; A summary of the research.". West Hartford Board of Education, School Start Times; A summary of the research., West Hartford, CT, January 2017. (Lecture)
56. "Sleep, Sports Performance and Injuries". CCSU 32nd Annual Sports Medicine Symposium, Sleep Sports Performance and Injuries, New Britain, CT, January 2017. (Address)
57. "Sleep, Sleepiness and Countermeasures". Waterbury Hospital Department of Surgery, Sleep, Sleepiness and Countermeasures, Waterbury, CT, January 2017. (Address)
58. "BBTI; Optimizing Sleep and Keeping Negative Impact of Shift Work to a Minimum". Yale Psychiatric Institute, BBTI; Optimizing Sleep and Keeping Negative Impact of Shift Work to a Minimum, New Haven, CT, January 2018. (Lecture)
59. "Toward a better understanding of the decision making of the unaffiliated living organ donor". Yale New Haven Hospital, Department of Social Work, Toward a better understanding of the decision making of the unaffiliated living organ donor, New Haven, CT, January 2019. (Lecture)
60. "Insomnia assessment and treatment". UConn School of Medicine, UConn Department of Medicine Grand Rounds, Farmington, CT, January 2020. (Lecture)
61. "Yale Department of Psychiatry Stress and Resilience Town Hall--multiple episodes as the group facilitator". Yale School of Medicine, Yale Department of Psychiatry Stress and Resilience Town Hall--multiple episodes as the group facilitator, New Haven, CT, January 2020. (Other)
62. "Yale School of Medicine Department of Psychiatry Stress and Resilience Town Hall--Sleep and Dreams in the Time of COVID". Yale School of Medicine, Yale School of Medicine Department of Psychiatry Stress and Resilience Town Hall--Sleep and Dreams in the Time of COVID, New Haven, CT, January 2020. (Other)
63. "Yale School of Medicine Department of Psychiatry Stress and Resilience Town Hall--Better Sleep Guidelines". Yale School of Medicine, Yale School of Medicine Department of Psychiatry Stress and Resilience Town Hall--Better Sleep Guidelines, New Haven, CT, January 2020. (Other)

64. "Digital Therapeutics for Chronic Insomnia". Yale Health Psychology Virtual Forum: Transforming Chronic Disease Care Through Digital Behavioral Health, New Haven, CT, January 2026. (Lecture)
65. "Talking Tips for Sleep Technology". Being Well At Yale Lecture Series, New Haven, CT, March 2026. (Lecture)

Peer-Reviewed Presentations Given at Meetings Not Affiliated With Yale:

International/National

1. Paranoia: A board game. Nydegger, R.V. & Rubman, S.. Western Psychological Association, Paranoia: A board game. Nydegger, R.V. & Rubman, S., Los Angeles, CA, January 1984. (Poster Presentation)
2. Sex differences in psychophysiology with the sex of the experimenter controlled. Rubman, S., Waters, W.F. & Dobbins, G.H.. Southeastern Psychological Association, Sex differences in psychophysiology with the sex of the experimenter controlled. Rubman, S., Waters, W.F. & Dobbins, G.H., Atlanta, GA, 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,, 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., New Orleans, LA, January 1988. (Poster Presentation)
4. Stress ratings and the influence of personality variables. Brantley, P.J., Waters, W.F., Rubman, S., & Jones, G.N.. Society of Behavioral Medicine, Stress ratings and the influence of personality variables. Brantley, P.J., Waters, W.F., Rubman, S., & Jones, G.N., Boston, MA, January 1988. (Poster Presentation)
5. Daily minor stressors and their relation to sleep disturbances. Rubman, S., Brantley, P.J. & Jones, G.N.. American Psychological Association, Daily minor stressors and their relation to sleep disturbances. Rubman, S., Brantley, P.J. & Jones, G.N., Atlanta, GA, January 1988. (Poster Presentation)
6. Daily stress and high risk behaviors in a college population. Rubman, S., Brantley, P.J. & Jones, G.N.. Louisiana Psychological Association, Daily stress and high risk behaviors in a college population. Rubman, S., Brantley, P.J. & Jones, G.N., Baton Rouge, LA, 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, Stress, Trait, Anxiety and their relation to physical symptoms. Rubman, S., Brantley, P.J., Jones, G.N., Catlin, R.J.O., & Gilchrist, J.C., San Francisco, CA, January 1989. (Poster Presentation)
8. The relation between daily stress and sleep disturbances. Rubman, S., Brantley, P.J. & Jones, G.N.. Southeastern Psychological Association, The relation between daily stress and sleep disturbances. Rubman, S., Brantley, P.J. & Jones, G.N., Washington, DC, January 1989. (Poster Presentation)
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, 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., San Francisco, CA, January 1990. (Poster Presentation)

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, Daily stress and sleep in insomniacs. Rubman, S., Brantley, P.J., Jones, G.N., Constans, J.I., Findlay, J.C., & Waters, W.F., Chicago, IL, January 1990. (Poster Presentation)
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, 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., Chicago, IL, January 1990. (Poster Presentation)
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, 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., Washington, DC, January 1991. (Poster Presentation)
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, 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., Washington, DC, January 1991. (Poster Presentation)
14. Insomnia. UICOM-P, Insomnia, Peoria, IL, 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, Evaluation of sleep in patients with chronic fatigue. Castriotta, R.J., Rubman, S. & Kass, J.E., Phoenix, AZ, January 1992. (Other)
16. Effect of liver disease, neurological disease and mental health issues on quality of life in patients with Wilson disease. AASLD, Effect of liver disease, neurological disease and mental health issues on quality of life in patients with Wilson disease, Boston, MA, January 2019. (Poster Presentation)
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, Major depressive disorder in patients with Wilson's disease: correlations with liver disease, neurological disease and quality of life, Boston, MA, January 2019. (Poster Presentation)
18. Major Depressive Disorder in patients with Wilson Disease and correlation with liver disease severity. Wilson Disease Symposium, Major Depressive Disorder in patients with Wilson Disease and correlation with liver disease severity, 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, Major Depressive Disorder in patients with Wilson's disease: Relationship with liver disease, Neurological disease and quality of life, London, England, January 2020. (Poster Presentation)
20. Zimbrea PC, Schilsky M, Ulcay A, Maras H, **Rubman S**. Longitudinal trajectory of psychiatric syndromes in Wilson Disease. Wilson Aarhus Symposium, Aarhus, Central Jutland, May 2026. (Oral Presentation)
21. Hattice Maras, Ulcay A, Schilsky M, Zimbrea PC, **Rubman S**. Psychometric Development and SF-12 Validation of a Brief Cross-Diagnostic Mental Health Assessment for Wilson Disease using Item

Response Theory. Wilson Aarhus Symposium, Aarhus, Central Jutland, May 2026. (Poster Presentation)

Regional

1. Sex differences in the attribution for the responsibility for rape. Rubman, S. & Ruggiero, P.G.. Annual Undergraduate psychology Conference, Sex differences in the attribution for the responsibility for rape. Rubman, S. & Ruggiero, P.G., Oswego, NY, January 1983. (Other)
2. 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, 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., New York, NY, January 1991. (Poster Presentation)
3. 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, 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., Albany, NY, January 1991. (Other)
4. Evaluation of Sleep in Patients with Chronic Fatigue. Castriotta, R.J., Kass, J.E. & Rubman, S.. Northeastern Sleep Society, Evaluation of Sleep in Patients with Chronic Fatigue. Castriotta, R.J., Kass, J.E. & Rubman, S., Albany, NY, January 1991. (Other)
5. Operationalizing Fatigue Management in the Workplace: Defining the Problems and Developing Effective Solutions. Northeast Sleep Society Annual Meeting, Operationalizing Fatigue Management in the Workplace: Defining the Problems and Developing Effective Solutions, Windsor, CT, January 2003. (Lecture)
6. Psychology and Sleep Medicine. Connecticut Psychological Association, Psychology and Sleep Medicine, Hartford, CT, January 2006. (Oral Presentation)

Professional Service:

Advisory Boards

2023 - Present	Expert Panel Member, Mental Health Committee, JFS Hartford, Expert member of panel to develop community based mental health educational programs for youth and families in the greater Hartford, CT area
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Journal Services

Reviewer

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

Professional Organizations

American Academy of Sleep Medicine

1991 - Present	Member, American Academy of Sleep Medicine
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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.
- 2024 - Present Co-Chair, American Society of Transplantation Living Donor Community of Practice Mental Health Working Group, As Co-Chair of the Mental Health Working Group I am leading this multidisciplinary, national group's next project, investigating the care declined living organ donors, and working toward developing practical guidelines.

American Society of Transplantation Psychosocial and Ethics Community of Practice

- 2022 - Present Member, American Society of Transplantation Psychosocial and Ethics Community of Practice

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.

Society of Behavioral Sleep Medicine

- 2018 - Present Member, Society of Behavioral Sleep Medicine

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

Public Service

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. Penzien, D. B., Johnson, C. A., Seville, J. L., Rubman, S., et al. (1994). Interrelationships among daily and global self-report measures of headache. *Headache Quarterly*, 5(1), 27–33.
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](#).
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