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EDUCATION AND TRAINING

University of Pennsylvania, Philadelphia, PA

Postdoctoral Researcher, Behavioral Sleep Medicine Program, July 2016 – July 2019

Postdoctoral Researcher, Center for Sleep and Circadian Neurobiology, July 2016 – July 2019

Mentor: Michael Perlis, Ph.D.

University of Michigan, Ann Arbor, MI

Ph.D. Clinical Science, Department of Psychology, September 2010 – April 2016

APA Accredited Internship, Univ. of Michigan Internship Consortium, September 2014 – August 2015

M.S. Clinical Science, Department of Psychology, September 2010 – December 2012

Mentor: Nestor Lopez-Duran, Ph.D.

University of Notre Dame, Notre Dame, IN

B.A. Psychology, Department of Psychology, August 2006 – May 2010

B.A. Sociology, Department of Sociology, August 2006 – May 2010

Mentor: Gerald Haeffel, Ph.D.

EMPLOYMENT

University of Arkansas, Fayetteville, AR

Assistant Professor, Department of Psychological Sciences, August 2019 – Present

Indiana University Northwest, Gary, IN

Adjunct Faculty, Department of Psychology, Jan. 2016 – May 2016

HONORS AND AWARDS

- 2021 Arthur Spielman Early Career Distinguished Scientific Achievement Award (SBSM)
- 2021 National Institute of Aging – NIH Loan Repayment Programs (Clinical Research- Renewal)
- 2020 Programs to Increase Diversity Among Individuals Engaged in Health-Related Research (PRIDE)
- 2019 Sleep Research Society – TEAC Leadership Workshop Award
- 2018 National Institute of Aging – NIH Loan Repayment Programs (Clinical Research)
- 2018 Sleep Research Society – TEAC Grant Writing Workshop Award
- 2017 CSCN/Penn Chronobiology Collaborative Research Retreat – Best Clinical Featured Talk
- 2017 Sleep Research Society - Trainee Merit Based Award

- 2015 University of Michigan - Rackham-CRLT Graduate Teacher Certificate
- 2015 Pat Gurin Distinguished Lecture Series Presenter
- 2014 Blue Cross Blue Shield of Michigan (BCBSM) Foundation Research Award
- 2014 ISPNE Young Investigator Travel Fellowship
- 2014 University of Michigan Department of Psychology Dissertation Grant
- 2013 APAGS Basic Psychological Science Research Grant
- 2013 University of Michigan – Rackham Graduate Student Research Grant
- 2013 University of Michigan Department of Psychology - Pillsbury Graduate Research Award
- 2013 Sleep Research Society - Abstract Honorable Mention Award
- 2012 National Science Foundation Fellowship, Honorable Mention
- 2012 Sleep Research Society First Time Attendee Trainee Travel Award
- 2011 University of Michigan – Rackham Graduate Student Research Grant
- 2010 University of Michigan – Rackham Merit Fellowship
- 2010 University of Notre Dame – Learning Beyond the Classroom Travel Award
- 2009 University of Notre Dame – McGrath Scholars Award
- 2009 University of Notre Dame – UROP Interim Research and Materials Grant

RESEARCH AND PUBLICATIONS

Refereed articles and book chapters (reverse chronological order):

- 33. Muench, A., **Vargas, I.**, Posner, D., & Perlis, M.L. (In Press). Standard CBT-I: When is the adaptation of CBT-I warranted? In Nowakowski, Garland, Grandner, & Cuddihy (Ed.), *Adapting Cognitive Behavioral Therapy for Insomnia, 1st edition*.
- 32. Perlis, M.L., Morales, K.H., **Vargas, I.**, Muench, A., Seewald, M., Gooneratne, N., Grandner, M., Thase, M.E. & Kaptchuk, T.J. (In Press). Durability of Treatment Response to Zolpidem using a Partial Reinforcement Regimen: Does this strategy require priming? *Sleep Medicine*
- 31. Perlis, M.L., Morales, K.H., **Vargas, I.**, Posner, D., Grandner, M., Muench, A., Seewald, M., Gooneratne, N., Kloss, J., Gencarelli, A., Khader, W., Thase, M., & Ellis, J. (2021). The Natural History of Insomnia: Does Sleep Extension Differentiate Between Those That Do and Do Not Develop Chronic Insomnia? *Journal of Sleep Research*.
- 30. Boyle, J.T., **Vargas, I.**, Rosenfield, B., Grandner, M., & Perlis, M.L. (2021). Illness Severity And Degree Dysfunction: What Is To Be Learned When These Domains Are Discordant? *Behavioral Sleep Medicine*.
- 29. Haeffel, G.J., Jeronimus, B.F., Kaiser, B.N., Weaver, L.J., Soyster, P.D., Fisher, A.J., **Vargas, I.**, Goodson, J.T., & Lu, W. (2021). Folk Classification and Factor Rotations: Whales, Sharks, and the Problems with HiTOP. *Clinical Psychological Science*.
- 28. Perlis, M.L., **Vargas, I.**, Grandner, M., Bastien, C., & Posner, D. (2021). The Assessment of Insomnia. In Kryger (Ed.), *Principles and Practice of Sleep Medicine, 7th edition*. Elsevier.

27. Kuhlman, K.R., Mayer, S., **Vargas, I.**, & Lopez-Duran, N.L. (2021). Early life stress sensitizes adolescents to the influence of stress-induced cortisol on affective memory. *Developmental Psychobiology*.
26. **Vargas, I.**, Nguyen, A., Haefel G.J., & Drake, C.L. (2020). A Negative Cognitive Style Is Associated with Greater Insomnia and Depression Symptoms: The Mediating Role of Sleep Reactivity. *Journal of Affective Disorders Reports*.
25. Gorman, E.L., Burke, H.H., Rubino, L.G., **Vargas, I.**, & Haefel, G.J. (2020). Anxiety Specific Symptoms, But Not Depression Specific Symptoms, Predict Poor Academic Outcomes. *Clinical Psychology and Special Education*.
24. **Vargas, I.**, Nguyen, A.M., Muench, A., Bastien, C., Ellis, J., & Perlis, M.L. (2020). Acute and Chronic Insomnia: What's time and/or hyperarousal got to do with it? *Brain Sciences*. doi: 10.3390/brainsci10020071
23. **Vargas, I.**, Haefel, G.J., Jacobucci, R., Boyle, J., Mayer, S., & Lopez-Duran, N.L., (2020). Negative Cognitive Style And Cortisol Reactivity To A Laboratory Stressor: A Preliminary Study. *International Journal of Cognitive Therapy*. doi: 10.1007/s41811-019-00052-8
22. Perlis, M.L., **Vargas, I.**, Ellis, J., Morales, K., Gencarelli, A., Khader, W., Kloss, J.D., & Grandner, M.A. (2019). The Natural History of Insomnia: The Incidence of Acute Insomnia and Subsequent Progression to Chronic Insomnia or Recovery in Good Sleeper Subjects. *Sleep*.
21. **Vargas, I.**, & Perlis, M.L. (2019). Insomnia and depression: Clinical associations and possible mechanistic links. *Current Opinion in Psychology*.
20. **Vargas, I.**, Perlis, M.L., Gencarelli, A., Khader, W., Zandberg, L., Klingaman, E., Goldschmied, J., Gehrman, P., Brown, G., & Thase, M. (2019). Insomnia Symptoms and Suicide-Related Ideation in U.S. Army Service Members. *Behavioral Sleep Medicine*. doi: 10.1080/15402002.2019.1693373
19. **Vargas, I.**, Payne, J., Kuhlman, K.R., Muench, A., & Lopez-Duran, N.L. (2019). Acute Sleep Deprivation and the Selective Consolidation of Emotional Memories. *Learning & Memory*, 26, 176-181. doi: 10.1101/lm.049312.119.
18. **Vargas I.**, Garland, S., Kloss, J.D. & Perlis, M.L. (2019). Insomnia and Psychiatric Disorders. In Grandner (Ed.), *Sleep and Health*. Elsevier.
17. Garland, S., **Vargas I.**, Grandner M., & Perlis, M.L. (2019). Insomnia – Behavioral Treatments. In Chopra, Das, & Doghramji (Eds.), *Management of Sleep Disorders in Psychiatry*. New York, NY: Oxford University Press USA.
16. **Vargas, I.**, Vgontzas, A., Abelson, J.L., Faghih, R., Morales, K.H. & Perlis, M.L. (2018). Altered ultradian cortisol rhythmicity as a potential neurobiologic substrate for chronic insomnia. *Sleep Medicine Reviews*.

15. Garland, S., **Vargas I.**, Grandner M., & Perlis, M.L. (2018). Treating Insomnia in Patients with Comorbid Psychiatric Disorders: A Focused Review. *Canadian Psychology*, 59(2), 176-186.
14. **Vargas, I.** & Lopez-Duran, N.L. (2017). The cortisol awakening response (CAR) after sleep deprivation: is CAR a “response” to awakening or a circadian process? *Journal of Health Psychology*, 1-13. <https://doi.org/10.1177/1359105317738323>
13. **Vargas, I.**, Drake, C.L., & Lopez-Duran, N.L. (2017). Insomnia symptom severity modulates the impact of sleep deprivation on attentional biases to emotional information. *Cognitive Therapy and Research*, 1-11. <https://doi.org/10.1007/s10608-017-9859-4>
12. Kuhlman, K.R., Geiss, E.G., **Vargas, I.**, & Lopez-Duran, N.L. (2017). HPA-axis activation as a key moderator of childhood trauma exposure and adolescent mental health. *Journal of Abnormal Child Psychology*, 1-9. <https://doi.org/10.1007/s10802-017-0282-9>
11. **Vargas, I.**, & Lopez-Duran, N.L. (2017). Investigating the effect of acute sleep deprivation on hypothalamic-pituitary-adrenal-axis response to a psychosocial stressor. *Psychoneuroendocrinology*, 79, 1-8. doi: 10.1016/j.psyneuen.2017.01.030
10. Shull, A., Mayer, S., McGinnis, E.G., Geiss, E.G., **Vargas, I.**, & Lopez-Duran, N.L. (2016). Trait and State Rumination Interact to Prolonged Cortisol Activation to Psychosocial Stress in Females. *Psychoneuroendocrinology*, 74, 324-332. doi: 10.1016/j.psyneuen.2016.09.004
9. **Vargas, I.**, Mayer, S., & Lopez-Duran, N.L. (2016). The cortisol awakening response and depressive symptomatology: The moderating role of sleep and gender. *Stress and Health*. doi: 10.1002/smi.2691.
8. Kuhlman, K.R., **Vargas, I.**, Geiss, E.G., & Lopez-Duran, N.L. (2015). Age of trauma onset and HPA-axis dysregulation among trauma-exposed youth. *Journal of Traumatic Stress*, 28(6), 572-579. doi: 10.1002/jts.22054
7. Lopez-Duran, N.L., McGinnis, E., Kuhlman, K.R., Geiss, E.G., **Vargas, I.**, & Mayer, S. (2015). HPA-axis stress reactivity in youth depression: Evidence of impaired regulatory processes in depressed boys. *Stress*, 18(5), 545-553. doi: 10.3109/10253890.2015.1053455
6. Kuhlman, K.R., Geiss, E.G., **Vargas, I.**, & Lopez-Duran, N.L. (2015). Differential associations between childhood trauma subtypes and adolescent HPA-axis functioning. *Psychoneuroendocrinology*, 54(1), 103-114. doi: 10.1016/j.psyneuen.2015.01.020
5. **Vargas, I.**, Friedman, N.P., & Drake, C.L. (2015). Vulnerability to Stress-Related Sleep Disturbance and Insomnia: Investigating the Link with Comorbid Depressive Symptoms. *Translational Issues in Psychological Sciences*, 1(1), 57-66. doi: 10.1037/tps0000015

4. Simoncic T.E., Kuhlman K.R., **Vargas, I.**, Houchins S.C., & Lopez-Duran N.L. (2014). Facebook use and depressive symptomatology: Investigating the role of neuroticism and extraversion among young adults. *Computers in Human Behavior*, 40, 1-5. doi: 10.1016/j.chb.2014.07.039
3. Drake, C.L., **Vargas, I.**, Roth, T., & Friedman, N.P. (2014). Quantitative measures of nocturnal insomnia symptoms predict greater deficits across multiple daytime impairment domains. *Behavioral Sleep Medicine*, 12, 1-15. doi: 10.1080/15402002.2014.880345
2. **Vargas, I.**, & Lopez-Duran, N.L. (2014). Dissecting the impact of sleep and stress on the cortisol awakening response among healthy young adults. *Psychoneuroendocrinology*, 40(1), 10-16. doi: 10.1016/j.psyneuen.2013.10.009
1. Haefl, G.J. & **Vargas, I.** (2011). Resilience to Depressive Symptoms: The Buffering Effects of Enhancing Cognitive Style and Positive Life Events. *Journal of Behavior Therapy and Experimental Psychiatry*, 42(1), 13-18. doi 10.1016/j.jbtep.2010.09.003

Manuscripts and book chapters under peer-review:

3. Walker, J., Muench, A., Perlis, M., & **Vargas, I.** (Under Review). Cognitive Behavioral Therapy for Insomnia (CBT-I): A Primer.
2. **Vargas, I.**, Howie, E., Muench, A., & Perlis, M.L. (Under Review). Measuring the Effects of Social Distancing on Depressive Symptoms During COVID-19: The Moderating Role of Sleep and Physical Activity.
1. Muench, A.M., **Vargas, I.**, Grandner, M., Ellis, J., Posner, D., Bastien, C., Drummond, S., & Perlis, M.L. (Under Review). We Know CBT-I Works, Now What?

Published abstracts and conference presentations (reverse chronological order):

49. Walker, J., Muench, A., Perlis, M., & **Vargas, I.** (2021) Insomnia Mediates the Association between Anxiety and Depression: Results from a Longitudinal Study Conducted During the COVID-19 Pandemic. Poster presentation given at the virtual Society for Behavioral Sleep Medicine (SBSM) Conference*.
48. Thudi, K., & **Vargas, I.** (2021). Racial and Ethnic Differences in Sleep During the COVID-19 Pandemic. Poster presentation given at the virtual Society for Behavioral Sleep Medicine (SBSM) Conference*.
47. **Vargas, I.**, Muench, A., Livesey, C., Oslin, D., & Perlis, M. (2021). The Prevalence of Insomnia and Depression in a Psychiatric Population: Do Co-Occurrence Rates Vary By Insomnia Subtype? Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS)*.
46. **Vargas, I.**, Muench, A., Grandner, M., & Perlis, M. (2021). Potential Longitudinal Association Between COVID-19 Infection Outcomes and Insomnia Symptoms. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS)*.

45. Walker, J., Campbell, R., & **Vargas, I.** (2021). Do Depressive Symptoms Mediate the Association Between Insomnia and Physical Activity? Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS)*.
44. Hire, V., Thurmon, C., Snyder, H., Harra, R., Walker, J., & **Vargas, I.** (2021). Are Daily Variations in Sleep Quality and Quantity Related to General Stress and COVID-19-Related Anxiety? Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS)*.
43. Harra, R., Snyder, H., Thurmon, C., Hire, V., Walker, J., & **Vargas, I.** (2021). Racial Disparities in Sleep During the COVID-19 Pandemic. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS)*.
42. Campbell, R.L., Walker, J., Makhanova, A., & **Vargas, I.** (2021). The Role of Insomnia Symptoms in the Relation between Perceived Vulnerability to Disease and COVID-19 Anxiety. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS)*.
41. **Vargas, I.** (2021). Cognitive Vulnerability to Depression: Beyond Cognition. Symposium presentation given at the virtual Anxiety and Depression Association of America (ADAA) Conference*.
40. **Vargas, I.**, & Nguyen, A. (2020). A Negative Cognitive Style Is Associated with Greater Insomnia and Depression Symptoms: The Mediating Role of Sleep Reactivity. Poster presentation given at the virtual Society for Behavioral Sleep Medicine (SBSM) Conference*.
39. **Vargas, I.**, Drake, C.L., Muench, A., Boyle, J.T., Morales, K., Grandner, M.A., Ellis, J., & Perlis, M.L. (2020). Natural history of insomnia: sleep reactivity predicts new-onset acute insomnia. Oral presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Philadelphia, PA*.
38. Perlis, M.L., Boyle, J.T., **Vargas, I.**, Giller, J., Seewald, M., D'Antonio, B., Muench, A., Williams, N.J., Rosenfield, B., & Klingman, K., (2020). Insomnia Severity and Daytime Complaints: What is to be Learned When These Domains are Discordant? Oral presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Philadelphia, PA*.
37. D'Antonio, B., Boyle, J.T., Seewald, M., Giller, J., Muench, A., **Vargas, I.**, Williams, N.J., Klingman, K., & Perlis, M.L. (2020). Patient-Defined Insomnia Severity: How Much Wakefulness is Problematic? Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Philadelphia, PA*.
36. Boyle, J.T., Rosenfield, B., DiTomasso, R.A., **Vargas, I.**, Grandner, M., & Perlis, M.L. (2020). Sleep Continuity, Sleep-Related Daytime Dysfunction, and Problem Endorsement: Do These Vary Concordantly by Age? Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Philadelphia, PA*.

35. **Vargas, I.**, Gencarelli, A., Khader, W., Muench, A., Boyle, J.T., Morales, K., Grandner, M.A., Ellis, J., Kloss, J.D., & Perlis, M.L. (2019). The Temporal Dynamics of the Association Between Sleep Continuity Disturbance and Depressive Symptoms (The NITES Study). Oral presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), San Antonio, TX.
34. D'Antonio, B., Boyle, J.T., **Vargas, I.**, Seewald, M., Gencarelli, A., Muench, A., & Perlis, M.L. (2019). Do Low vs. Normal BMI Subjects Differ with Respect to Sleep Disorders Symptoms. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), San Antonio, TX.
33. Boyle, J.T., Williams, N., Grandner, M.A., **Vargas, I.**, D'Antonio, B., Seewald, M., Muench, A., Ellis, J., Posner, D., Rosenfield, B., DiTomasso, R., & Perlis, M.L. (2019). Is Sleep Continuity Disturbance and Problem Endorsement Uniformly Worse with Age? Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), San Antonio, TX.
32. Boyle, J.T., Williams, N., Grandner, M.A., **Vargas, I.**, D'Antonio, B., Seewald, M., Muench, A., Ellis, J., Posner, D., Rosenfield, B., DiTomasso, R., & Perlis, M.L. (2019). Sleep Disorder Symptom Endorsement by Age. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), San Antonio, TX.
31. Bremer, E., Morales, K., **Vargas, I.**, Grandner, M.A., Ellis, J., Posner, D., Kloss, J.D., & Perlis, M.L. (2019). Do Patients Change TIB When Starting Hypnotics and Does This Affect Outcomes? Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), San Antonio, TX.
30. Perlis, M.L., Morales, K., Grandner, M.A., Ellis, J., Posner, D., **Vargas, I.**, Kloss, J.D., Seewald, M., & D'Antonio, B. (2019). Does "TIB" Differentiate Between Good Sleepers and Subjects That Develop Acute or Chronic Insomnia? Oral presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), San Antonio, TX.
29. Gencarelli, A., **Vargas, I.**, Muench, A., Boyle, J.T., Khader, W., Morales, K., Ellis, J., & Perlis, M.L. (2019). Chronic Stress and Insomnia: Exploring the Transition from Acute to Chronic Insomnia. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), San Antonio, TX.
28. Gencarelli, A., **Vargas, I.**, Khader, W., Muench, A., Boyle, J.T., Morales, K., Grandner, M.A., Ellis, J., Kloss, J.D., & Perlis, M.L. (2018). Evaluating the Association Between Life Events, Perceived Stress, and Insomnia Status: Data from a National Cohort of Good Sleepers (The NITES Study). Oral presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Baltimore, MD.
27. **Vargas, I.**, Gencarelli, A., Khader, W., Boyle, J.T., Muench, A., Ellis, J., & Perlis, M.L. (2018). The Cortisol Awakening Response and Insomnia: Exploring the Transition from Acute Insomnia to Recovery, Persistent Poor Sleep, or Chronic Insomnia. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Baltimore, MD.

26. Muench, A., **Vargas, I.**, Gencarelli, A., Khader, W., Boyle, J.T., Ellis, J., & Perlis, M.L. (2018). Early Morning Alpha Amylase Activity and Insomnia: Exploring the Transition from Acute Insomnia to Recovery, Persistent Poor Sleep, or Chronic Insomnia. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Baltimore, MD.
25. Boyle, J.T., **Vargas, I.**, Muench, A., Gencarelli, A., Khader, W., Ellis, J., & Perlis, M.L. (2018). 24-hour Ambulatory Blood Pressure and Insomnia: Exploring the Transition from Acute Insomnia to Recovery, Persistent Poor Sleep, or Chronic Insomnia. Poster presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Baltimore, MD.
24. **Vargas, I.** (2018). Negative Cognitive Style And Cortisol Reactivity To A Laboratory Stressor: A Pilot Study. Oral presentation to be given at the Anxiety and Depression Association of America (ADAA) Conference, Washington, D.C.
23. **Vargas, I.**, Gencarelli, A., Khader, W., DiGuiseppe, A., Boyle, J.T., Muench, A., & Lopez-Duran, N.L. (2017). Investigating the effect of acute sleep deprivation on hypothalamic-pituitary-adrenal-axis response to a psychosocial stressor. Oral presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Boston, MA.
22. Gencarelli, A., Khader, W., DiGuiseppe, A., **Vargas, I.**, Goldschmied, J., Boland, E., Gehrman, P., & Perlis, M.L. (2017). Evaluating the association between insomnia subtypes and suicidal ideation among Army servicemembers. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies, Boston, MA.
21. **Vargas, I.**, Gencarelli, A., Muench, A., Boland, E., Goldschmied, J., Gehrman, P., & Perlis, M.L. (2017). Insomnia predicts multiple dimensions of suicidal ideation among Army servicemembers. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies, Boston, MA.
20. Muench, A., Gencarelli, A., Boyle, J.T., **Vargas, I.**, Payne, J., & Lopez-Duran, N.L. (2017). Effect of acute sleep deprivation on selective memory for emotional scenes: An experimental study. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Boston, MA.
19. Culnan, E., Khader, W., Morales, K., Kloss, J.D., Baglioni, C., Gencarelli A., Muench, A., **Vargas, I.**, Riemann, D., & Perlis, M.L. (2017). Objective and subjective effects of four classes of hypnotics on sleep continuity in patients with chronic insomnia. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Boston, MA.
18. Khader, W., Culnan, E., Morales, K., Kloss, J.D., Baglioni, C., Gencarelli A., Muench, A., **Vargas, I.**, Riemann, D., & Perlis, M.L. (2017). A meta-analysis of placebo effects across hypnotic RCTs. Oral presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Boston, MA.
17. Culnan, E., Khader, W., Morales, K., Kloss, J.D., Baglioni, C., Gencarelli A., Muench, A., **Vargas, I.**, Riemann, D., & Perlis, M.L. (2017). Subjective-objective discrepancies in treatment outcome with four

types of hypnotics. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Boston, MA.

16. **Vargas, I.**, Gencarelli, A., Muench, A., Boland, E., Goldschmied, J., Gehrman, P., & Perlis, M.L. (2017). Insomnia predicts multiple dimensions of suicidal ideation among Army servicemembers. Oral presentation given at the Annual Center for Sleep and Circadian Neurobiology and Penn Chronobiology Program Joint Research Retreat, University of Pennsylvania, Philadelphia, PA.

15. Kuhlman, K.R., Geiss, E.G., **Vargas, I.**, & Lopez-Duran, N.L. (2016). HPA-axis activation as a key moderator of childhood trauma exposure and adolescent mental health. Poster presented at the International Society of Psychoneuroendocrinology (ISPNE) Annual Conference, Miami, FL.

14. Fawaz, L., Jawad, N., Martindale, J., **Vargas, I.** & Lopez-Duran, N.L. (2016). Insomnia symptoms moderate the impact of sleep deprivation on attentional biases to emotional information. Poster presented at the Association of Psychological Sciences (APS) Conference, Chicago, IL.

13. **Vargas, I.** & Lopez-Duran, N.L. (2014). Total sleep time and sex moderate the relationship between depressive symptoms and the cortisol awakening response. Oral presentation given at the International Society of Psychoneuroendocrinology (ISPNE) Annual Conference, Montreal, ON.

12. **Vargas, I.**, Drake, C., Roth, T., Friedman, N.P. (2014). Vulnerability to stress-related sleep disturbance and insomnia: Investigating the link with comorbid depressive symptoms. Poster presentation presented at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Minneapolis, MN.

11. Kuhlman, K.R., Price, E., **Vargas, I.**, & Lopez-Duran, N. (2014). Age of onset as a moderator between physical abuse & HPA-axis dysregulation. Poster presented at the Association of Psychological Sciences (APS) Conference, San Francisco, CA.

10. **Vargas, I.** & Lopez-Duran, N. (2014). The link between depressive symptoms and the cortisol awakening response (CAR): Different analytical approaches tell us different stories. Poster presented at the Anxiety and Depression Association of America (ADAA) Conference, Chicago, IL.

9. **Vargas, I.** & Lopez-Duran, N. (2013). Sleep's impact on neuroendocrine functioning: The role of morning affect and anticipatory stress. Oral presentation given at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Baltimore, MD.

8. Garton, A., Galecki, P., **Vargas, I.**, & Lopez-Duran, N. (2012) Understanding the impact of sleep duration on the cortisol awakening response during early adulthood. Poster presented at the International Society of Psychoneuroendocrinology (ISPNE) Annual Conference, New York, NY.

7. **Vargas, I.**, Olson, S., & Lopez-Duran, N. (2012). Longitudinal effects of sleep quality on neuroendocrine stress reactivity in middle childhood. Poster presented at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Boston, MA.

6. Wang, A.L., **Vargas, I.**, & Lopez-Duran, N. (2012). Sex differences in the impact of sleep on positive and negative affect. Poster presented at Association of Psychological Sciences (APS) Conference, Chicago, IL.
5. Houchins S., Kuhlman, K.R., **Vargas, I.**, & Lopez-Duran, N.L. (2012) Emotional valence and cortisol impact word memory in youth with mood disorders. Poster presented at the Association of Psychological Sciences (APS) Conference, Chicago, IL.
4. Price, E., **Vargas, I.**, Diaz, V., Duemling, K., & Lopez-Duran, N. (2011). Sex differences in the association between body esteem and depressive symptoms. Poster presented at the Association of Psychological Sciences (APS) Conference, Washington, D.C.
3. **Vargas, I.**, Doom, J.R., & Haeffel, G.J. (2010). Resilience to depressive symptoms: The buffering effects of enhancing cognitive style and positive life events. Poster presented at the Association of Psychological Science (APS) Conference, Boston, MA.
2. **Vargas, I.**, Technow, J., Eardley, M.P., Heiss, S.M., & Haeffel, G.J. (2009). After further deliberation: Cognitive vulnerability predicts changes in event-specific inferences for a poor midterm grade. Poster presented at the Society for Research in Psychopathology (SRP) Conference, Minneapolis, MN.
1. Haeffel, G.J., Hames, J.L., & **Vargas, I.** (2009). Cognitive vulnerability to depression: A comparison of traditional, weakest-link, and flexibility operationalizations. Poster presented at the Association of Psychological Science (APS) Conference, San Francisco, CA.

**Note: In-person conference was cancelled due to COVID-19 pandemic.*

Participation in Funded Research & Grant Submissions:

Ongoing Research Support:

Circadian and Ultradian Cortisol Rhythms in Chronic Sleep Continuity Disturbance

Principal Investigator: Ivan Vargas, Ph.D.

NIH Loan Repayment Programs (LRP)

Role: Principal Investigator

Funding Year: 2021 - 2023

Circadian and Ultradian Cortisol Rhythms in Chronic Sleep Continuity Disturbance

Principal Investigator: Ivan Vargas, Ph.D.

NIH Mentored Patient-Oriented Research Career Development Award (**K23HL141581**)

Role: Principal Investigator

Funding Year: 2019 - 2024

Programs to Increase Diversity in Faculty Engaged in Behavioral and Sleep Medicine

Principal Investigator: Girardin Jean-Louis, Ph.D.

NIH Research Education Program (**R25HL10544**)

Role: Mentee
Funding Year: 2020 - 2022

The Effectiveness of a Single Session of Cognitive Behavioral Therapy for Insomnia (CBT-I) in a Primary Care Setting.

Principal Investigator: Ivan Vargas, Ph.D. & Ana Bridges, Ph.D.
University of Arkansas Department of Psychological Science - Howells Faculty Research Grant
Role: Co-Principal Investigator
Funding Year 2020 - 2021

Multiple health behavior changes and novel measure of cognitive function: A COVID-19 Natural Experiment

Principal Investigator: Erin Howie Hickey, Ph.D.
University of Arkansas Provost's Collaborative Research Grant
Role: Co-Investigator
Funding Year: 2021

Completed Research Support:

Neuropsychological And Biological Risk Factors For The Transition From Acute To Chronic Insomnia

Principal Investigator: Ivan Vargas, Ph.D.
NIH Loan Repayment Programs (LRP)
Role: Principal Investigator
Funding Year: 2018 - 2020

Training Program In Respiratory Neurobiology And Sleep

Principal Investigator: Allan Pack, MB.Ch.B., Ph.D.
NIH T32 HL007713 (Institutional National Research Service Award)
Role: Postdoctoral Researcher
Funding Year: 2016 - 2019

Prospective Assessment Of The Etiology Of Insomnia In Middle Aged And Elder Adults

Principal Investigator: Michael Perlis, Ph.D.
NIH NIA R01 Supplement R01AG041783
Goal: Evaluated the factors that may mediate and moderate the transition from good sleep to acute insomnia and from acute insomnia to chronic insomnia among older adults.
Role: Co-Investigator
Funding Year: 2016-2017

Investigating The Effect Of Sleep Deprivation On HPA-Axis Functioning: Implications For Affective And Cognitive Functioning.

Principal Investigator: Ivan Vargas, Ph.D.
Funded through multiple small grants at University of Michigan
Goal: Examine the physiological and psychological consequences of acute sleep deprivation.

Role: Primary Investigator
Funding Year: 2014-2016

TEACHING EXPERIENCE

University of Arkansas, Department of Psychological Sciences, Fayetteville, AR

Lead Instructor, *Abnormal Psychology, PSYC 3023*

Spring 2021 – present

Responsibilities: Developed course material, such as syllabus, reading selections, and lecture slides. Provided weekly lectures on topics related to abnormal psychology and psychopathology. The overall course objective was to be able to provide a scientific framework upon which students can learn about the causes, phenomenology, and treatment of psychological disorders.

Course Size: One section, approximately 65 undergraduate students.

Lead Instructor, *Introduction to Clinical Science: Research Design & Ethical Guidelines, PSYC 5313*

Fall 2019 - present

Responsibilities: Developed course material, such as syllabus, reading selections, and writing assignments. Led weekly discussions on topics related to clinical psychological science. The overall student objective in this course was to be able to discuss and conduct methodologically rigorous clinical research. Included in this section of the course is a detailed discussion of the legal and ethical aspects of being a scientist-practitioner.

Course Size: One section, 4-8 students (first-year clinical psychology graduate students)

Indiana University Northwest, Department of Psychology, Gary, IN

Lead Instructor, *Science of Sleep, PSY 388*

Jan. 2016 – May 2016

Responsibilities: Developed course material, such as syllabus, examinations, and writing assignments. Delivered weekly lectures on topics related to sleep research and medicine, such as the history of sleep research/medicine, neurobiology of sleep, methods and assessment of sleep, and overview of the diagnosis, etiology, and treatment of sleep disorders. Graded student exams and writing projects, and held weekly office hours.

Course Size: One section, 25 students

Lead Instructor, *Introduction to Psychology, PSY 101*

Jan. 2016 – May 2016

Responsibilities: Developed course material, such as syllabus, examinations, and writing assignments. Delivered weekly lectures on topics related to general psychology, such as psychobiology, cognition, development, psychopathology, and psychotherapy. Graded student exams and writing projects, and held weekly office hours.

Course Size: One section, 40 students

University of Michigan, Department of Psychology, Ann Arbor, MI

Graduate Student Instructor, *Introduction to Psychology, PSY 111*

Sept. 2015 – Dec. 2015

Responsibilities: Led weekly discussion sections that focused on strengthening writing skills and understanding psychology as a science. Developed interactive activities, such as class debates and discussion exercises. Graded exams and writing assignments.

Course Size: Three sections, 25 students each

Lead Instructor: Brian Malley, Ph.D.

Grader and Proctor, *Perception, PSY 347*; Jan. 2015 – April 2015

Responsibilities: Proctored and graded exams.

Course Size: One section, 40 students

Lead Instructor: John Snodgrass, Ph.D.

Graduate Student Instructor, *Introduction to Psychopathology, PSY 270*

Jan. 2013 – April 2013

Responsibilities: Led weekly discussion sections that focused on strengthening writing skills and understanding topics related to psychopathology. Developed interactive activities, such as class debates and discussion exercises. Graded exams and writing assignments.

Course Size: Two sections, 30 students each

Lead Instructor: Nestor Lopez-Duran, Ph.D.

Graduate Student Instructor, *Introduction to Psychology, PSY 111*

Sept. 2012 – December 2012

Responsibilities: Led weekly discussion sections that focused on strengthening writing skills and understanding psychology as a science. Developed interactive activities, such as class debates and discussion exercises. Graded exams and writing assignments.

Course Size: Three sections, 25 students each

Lead Instructor: Marion Perlmutter, Ph.D.

Graduate Student Instructor, *Introduction to Psychopathology, PSY 270*

Jan. 2012 – April 2012

Responsibilities: Led weekly discussion sections that focused on strengthening writing skills and understanding topics related to psychopathology. Developed interactive activities, such as class debates and discussion exercises. Graded exams and writing assignments.

Course Size: Two sections, 30 students each

Lead Instructor: Nestor Lopez-Duran, Ph.D.; Joseph Gone, Ph.D.; Patricia Deldin, Ph.D.

Graduate Student Instructor, *Introduction to Psychology, PSY 111*

Sept. 2011 – December 2011

Responsibilities: Led weekly discussion sections that focused on strengthening writing skills and understanding psychology as a science. Developed interactive activities, such as class debates and discussion exercises. Graded exams and writing assignments.

Course Size: Three sections, 25 students each

Lead Instructor: Marion Perlmutter, Ph.D.

CLINICAL EXPERIENCE

University of Arkansas, Fayetteville, AR

Assistant Professor, Department of Psychological Science; January 2020 – Present.

Responsibilities: Supervise psychology PhD student clinicians at in-house psychological clinic.

Orientation: Practicum focused on Behavioral Sleep Medicine and Cognitive Behavioral Therapy for Insomnia (CBT-I).

Supervisor: Jennifer Veilleux, Ph.D.

University of Pennsylvania, Philadelphia, PA

Postdoctoral Fellow, *Behavioral Sleep Medicine Program*; April 2017 – July 2019.

Responsibilities: Provided short-term evidence based psychotherapy for insomnia.

Orientation: Cognitive Behavioral Therapy for Insomnia (CBT-I)

Supervisors: Erin O'Brien-Veara, Ph.D., Laura Zandberg, Psy.D.; Michael Perlis, Ph.D.

University of Michigan Consortium Internship (APA-accredited), Ann Arbor, MI

Psychology Intern, *University Center for the Child and the Family*; Sept. 2014 – Aug. 2015.

Responsibilities: Provided individual and group therapy services to children and families.

Orientation: Cognitive Behavioral Therapy for Depression and Anxiety; Acceptance and Commitment Therapy; Parent Management Training; Psychological Testing

Supervisors: Cindy Ewell-Foster, Ph.D.; Erin Hunter, Ph.D.

Psychology Intern, *University of Michigan Psychological Clinic*; Sept. 2014 – Aug. 2015.

Responsibilities: Provided individual and group therapy services to adults in an outpatient setting.

Orientation: Cognitive Behavioral Therapy for Depression and Anxiety; Acceptance and Commitment Therapy; Cognitive Processing Therapy; Psychological Testing

Supervisors: Todd Favorite, Ph.D.; Jody Hoffman, Ph.D.

University of Michigan, Ann Arbor, MI

Senior Clinical Technician, *University Center for the Child and the Family*; Sept. 2015 – July 2016.

Responsibilities: Provided psychological testing with children and adolescents.

Orientation: Psychological Testing (Wechsler Intelligence Scale for Children (WISC-IV)

Supervisors: Cindy Ewell-Foster, Ph.D.

Practicum Student, *University of Michigan Behavioral Sleep Medicine Clinic*; Sept. 2013 – Aug. 2014.

Responsibilities: Provided short-term evidence based psychotherapy for insomnia.

Orientation: Cognitive Behavioral Therapy for Insomnia (CBT-I)

Supervisors: Dierdre Conroy, Ph.D.; J. Todd Arnedt, Ph.D.

Practicum Student, *University of Michigan Perinatal Clinic*; Sept. 2012 – Aug. 2013

Responsibilities: Provided short-term evidence based psychotherapy for depression.

Orientation: Interpersonal Psychotherapy (IPT)

Supervisors: Leslie Swanson, Ph.D.

Practicum Student, *Univ. of Michigan/Hurley Medical Center*, May 2012 – Aug. 2012.

Responsibilities: Conducted suicide risk assessments for CDC-funded effectiveness trial on adolescent mental health in an emergency department setting.

Orientation: Clinical Interview and Risk Assessment; Columbia Suicide Severity Rating Scale

Supervisors: Cheryl King, Ph.D.

Practicum Student, *University Center for the Child and the Family*; Sept. 2011 – Aug. 2012

Responsibilities: Provided individual and group therapy services to children and families.

Orientation: Cognitive Behavioral Therapy for Depression and Anxiety; Parent Management Training

Supervisors: Polly Gipson, Ph.D.

SEMINARS AND INVITED LECTURESHIPS (AS LECTURER)

Understanding the insomnia-depression link: from symptom to risk factor. Society of Behavioral Sleep Medicine Science and Research Committee Webinar, August 2021.

Promoting Healthy Sleep Habits to Improve Focus and Productivity at Work. University of Arkansas Global Campus, January 2021.

Circadian and Ultradian Cortisol Rhythms in Chronic Sleep Continuity Disturbance. Penn State Hershey Sleep Research & Treatment Center, Department of Psychiatry, Penn State College of Medicine. November 2020.

Examining the psychological and physiological consequences of acute sleep deprivation among healthy young adults. Center for Sleep and Circadian Neurobiology, Department of Psychiatry, University of Pennsylvania. November 2015.

Investigating the effect of sleep deprivation on HPA-axis functioning: implications for affective and cognitive functioning. Pat Gurin Distinguished Lecture Series, Department of Psychology, University of Michigan. February 2015.

Investigating the physiological and psychological consequences of sleep deprivation: An experimental design. Department of Psychology, University of Michigan. November 2013.

The Cortisol Awakening Response (CAR): Impact of self-reported stress and sleep patterns among healthy young adults. Trauma, Stress, and Anxiety Research Group, Department of Psychiatry, University of Michigan. April 2013.

Sleep and HPA-Axis Functioning: Implication for Adolescent Psychopathology. Sleep Disorders Center, Henry Ford Hospital. October 2012.

The Feeling Mind: Emotion. Department of Psychology, University of Michigan. October 2012.

Longitudinal Effects of Sleep Quality on Neuroendocrine Stress Reactivity in Middle Childhood. Clinical Brown Bag Seminar. Department of Psychology, University of Michigan. April 2012.

Emotion. Department of Psychology, University of Michigan. October 2011.

SPECIALIZED TRAINING: SEMINARS, WORKSHOPS, & CONFERENCES (AS ATTENDEE)

The Future of CBTI: Where Do We Go From Here?, webinar hosted by University of Arizona Behavioral Sleep Medicine Seminar Series, May 2021.

Programs to Increase Diversity Among Individuals Engaged in Health-Related Research (PRIDE) Summer Institute, hosted by PRIDE, virtual conference, July 2021.

Programs to Increase Diversity Among Individuals Engaged in Health-Related Research (PRIDE) Annual Meeting, hosted by PRIDE, virtual conference, April 2021

Programs to Increase Diversity Among Individuals Engaged in Health-Related Research (PRIDE) Summer Institute, hosted by PRIDE, virtual conference, July 2020.

Facing Bias: Exposing Blind Spots/Engaging in Action, virtual workshop hosted by the IDEALS Institute and the University of Arkansas Division of Diversity, Equity and Inclusion, June 2020.

SRS Leadership Workshop, held at the Annual Meeting of the Associated Professional Sleep Societies (APSS), San Antonio, TX by the Sleep Research Society, June 2019.

SRS Grant Writing Workshop, held at the Annual Meeting of the Associated Professional Sleep Societies (APSS), Baltimore, MD by the Sleep Research Society, June 2018.

Mini-Fellowship in Behavioral Sleep Medicine, Behavioral Sleep Medicine Program, Department of Psychiatry, School of Medicine, University of Pennsylvania, April 2018.

Salivary α -amylase Kinetic Enzyme Assay, Radioimmunoassay and Biomarkers Core, Institute for Diabetes, Obesity & Metabolism, University of Pennsylvania, November 2017.

Sleep, Circadian Rhythms, and Mental Health Workshop, Department of Psychiatry, School of Medicine, University of Pennsylvania, November 2017.

Advanced CBT-I Conference, Department of Psychiatry, School of Medicine, University of Pennsylvania, April 2017.

Enzyme-linked Immunosorbent Assay (ELISA) for Salivary Cortisol. Radioimmunoassay and Biomarkers Core, Institute for Diabetes, Obesity & Metabolism, University of Pennsylvania, February 2017.

Polysomnography (PSG) Training Seminar, Penn Sleep Center, Hospital of the University of Pennsylvania, January 2017.

Principles and Practice of Cognitive Behavioral Therapy for Insomnia (CBT-I) Conference, Department of Psychiatry, School of Medicine, University of Pennsylvania, October 2016.

A-STEP Sleep Training Program, Allegiance Sleep Health Center, Allegiance Health, April 2012.

SERVICE

Professional/Societal Affiliations:

2020 – Present	International Society of Psychoneuroendocrinology
2020 – Present	Society of Behavioral Sleep Medicine
2011 – Present	Sleep Research Society

Committee Membership:

2021 – Present	Society of Behavioral Sleep Medicine Science and Research Committee (Member)
2021 – Present	Howell's Committee (Member)
2020 – Present	Sleep Research Society Scientific Review Committee (Member)
2019 – Present	Clinical Training Committee (Member)
2015	Consortium Internship Committee (Member)
2012-2014	Clinical Area Executive Committee (Member)
2013	Trainee Education Advisory Committee, Sleep Research Society (Member)
2011-2012	Clinical Area Faculty Search Committee (Member)
	Graduate Student Council (Member)
2010-2011	Graduate Student Council (Member)

Peer Review Assignments:

Ad-Hoc:

Behaviour Research and Therapy
Behavioral Sleep Medicine
BMC Psychiatry
Depression & Anxiety
Journal of Affective Disorders
Journal of Clinical Child and Adolescent Psychology

Journal of Experimental Psychology: General
Journal of Psychiatric Research
Journal of School Psychology
Journal of Sleep Research
Neuroscience & Biobehavioral Reviews
Psychiatry Research
Psychoneuroendocrinology
Scientific Reports
SLEEP
Sleep Health
Sleep Medicine Reviews
Stress & Health