

University of Alabama at Birmingham
School of Medicine Faculty
Department of Psychiatry & Behavioral Neurobiology

Date: November 1, 2018

PERSONAL INFORMATION:

Name: S. Justin Thomas, PhD

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HOSPITAL AND OTHER (NON ACADEMIC) APPOINTMENTS:

2017-Present University of Alabama at Birmingham (UAB) Health Services Foundation and
UAB Hospital, Birmingham, AL

2017-Present UAB Sleep/Wake Disorders Center

2014-2015 Staff Psychologist, Birmingham VA Medical Center, Birmingham, AL

EDUCATION:

2014 Doctorate of Philosophy, Clinical Psychology, University of Alabama

2011 Master of Arts, Clinical Psychology, University of Alabama

2008 Bachelor of Science, Psychology with Honors, UAB

2004 Bachelor of Science, Biology, UAB

LICENSURE:

2015-Present Alabama Board of Examiners in Psychology

POSTDOCTORAL TRAINING:

2015-2017 UAB Hypertension Research Center, Department of Epidemiology, UAB

2014-2015 Clinical Fellowship, Birmingham VA Medical Center

ACADEMIC APPOINTMENTS: (In reverse chronological order)

2017-Present Assist Professor, University of Alabama at Birmingham

AWARDS/HONORS:

2019 Meritorious Abstract Travel Award, Sleep Research Society/Society for Research on
Biological Rhythms, *Advances in Sleep and Circadian Science*

2016 Sleep Research Network Travel Award, Sleep Research Network

- 2016 Young Investigator Research Forum, American Academy of Sleep Medicine
- 2014 Research Travel Award, Graduate School, University of Alabama
- 2014 Research Travel Award, Department of Psychology, University of Alabama
- 2011 Meritorious Abstract Travel Award, Sleep Research Society
- 2011 Research Travel Award, Graduate School, University of Alabama
- 2011 Research Travel Award, Department of Psychology, University of Alabama
- 2010 Research Travel Award, Graduate School, University of Alabama
- 2010 Research Travel Award, Department of Psychology, University of Alabama
- 2009 Research Travel Award, Department of Psychology, University of Alabama
- 2008 Ost Undergraduate Research Award, 1st Place, Department of Psychology, UAB

PROFESSIONAL SOCIETIES:

- 2018-Present Society for Research on Biological Rhythms
- 2015-Present American Heart Association
- 2011-Present Society of Behavioral Sleep Medicine, Founding Member
- 2010-Present American Academy of Sleep Medicine
- 2001-Present Sleep Research Society

COUNCILS AND COMMITTEES:

- 2018-Present Chair, Practice Committee, Society of Behavioral Sleep Medicine
- 2018-2019 Co-Chair, Society of Behavioral Sleep Medicine 2019 1st Annual Scientific Meeting
- 2017-2018 Co-Chair, Society of Behavioral Sleep Medicine 2018 Fall Course
- 2016-2018 Practice Committee, Society of Behavioral Sleep Medicine
- 2016-Present Education Subcommittee, Society of Behavioral Sleep Medicine
- 2015-Present Hypertension Council, American Heart Association
- 2009-2011 Trainee Symposium Series Subcommittee, Trainee Education Advisory Committee, Sleep Research Society

UNIVERSITY ACTIVITIES:

- 2018- Psychology Training Consortium Committee, University of Alabama at Birmingham
- 2017- Center for Clinical and Translational Science (CCTS) Grant Review Panels
- 2017- Graduate School Admissions Committee, Department of Psychology, University of Alabama at Birmingham
- 2016-2017 Scientific Peer-Mentoring and Advisory Program for Renal and Cardiovascular Fellows (SPARC)
- 2012-2013 Research Mentor for Undergraduate Psychology Honors Thesis titled *Impact of Social Media on Sleep*, Department of Psychology, University of Alabama
- 2012 Graduate Teaching Fellow, Department of Psychology, University of Alabama
- 2011-2013 Clinical Speaker Committee, Department of Psychology, University of Alabama
- 2011-2012 Student Representative, Faculty Search Committee, Department of Psychology, University of Alabama
- 2010-2012 Psychology Clinic Advisory Committee, Department of Psychology, University of Alabama

EDITORIAL BOARD MEMBERSHIPS:

2017-Present Sleep Section Editor, Current Hypertension Reports

2019-Present Editorial Board, Current Hypertension Reports

MAJOR RESEARCH INTERESTS:

Sleep, sleep disorders, and mental/physical health outcomes

Circadian rhythms and circadian rhythm sleep disorders

Cardiovascular disease outcomes related to sleep

TEACHING EXPERIENCE:

2018 Behavioral Sleep Medicine Training Program, Department of Psychiatry and UAB Sleep/Wake Disorders Center, Director

2018 Advanced CBT, Department of Psychiatry, UAB, Co-Course Director

2018 Behavioral Sleep Medicine lecture – Health Psychology (PY 731), Department of Psychology, UAB

2017 Sleep Medicine Medical Student Elective

2017 Psychiatry Residents CBT Course – CPT and CBT-I

2012 Practicum in Psychology Peer Mentor (PY 631), Department of Psychology, University of Alabama

2012 Psychology of Learning (PY 361), Department of Psychology, University of Alabama

2011 Practicum in Psychology Peer Mentor (PY 631), Department of Psychology, University of Alabama

2011 Introduction to Psychology (PY 101), Department of Psychology, University of Alabama

MAJOR LECTURES AND VISITING PROFESSORSHIPS:

2018 Veteran's Affairs, Advanced Cognitive-Behavioral Therapy for Insomnia, *Applying Circadian Biology to Clinical Populations*, 67 attendees

2018 American Heart Association Strategically Focused Research Network Training Program, *Experience as an SFRN Fellow: Before, During, and After*, 80 attendees

2018 Visiting Faculty, Columbia University Medical Center

2018 Session Chair, *Current Issues in the Delivery of Cognitive Behavioral Therapy for Insomnia*, 32nd Annual Meeting of the Associated Professional Sleep Societies

2018 12th Annual Research Symposium, *Sleep as a Target to Reduce Racial Disparities in Hypertension*, Department of Psychiatry, UAB

2018 6th Annual UAB Innovations in Wellness Conference

2017 Society of Behavioral Sleep Medicine, Panel Discussion on Telemedicine

2017 Vascular Biology & Hypertension Symposium, *Sleep More and Stress Less: An Opportunity for Intervention*

2016 Vascular Biology & Hypertension Seminar Series, *Sleep and Hypertension*

2016 Health Psychology Seminar Series, *Hypertension: Diagnosis and Intervention*, Department of Psychology, University of Alabama

2016 Nephrology Research & Training Center Noon Conference, *Overview and Update of the AHA SFRN UAB Hypertension Center*, Division of Nephrology

2016 Core Concepts in Kidney Research, *Circadian Rhythms in Blood Pressure: Potential Mechanisms and Clinical Implications*, Division of Nephrology

COMMUNITY LECTURES:

- 2018 Neuroscience Café, *You are when you sleep: how sleep deprivation affects the brain* (100 attendees)
- 2016 Alabama Association of Sleep Professionals, *Circadian rhythms, sleep, and your health* (150 attendees)
- 2015 Alabama Association of Sleep Professionals, *Assessment and treatment of insomnia* (150 attendees)

GRANT SUPPORT:

- 2017-2019 American Heart Association Hypertension Strategically Focused Research Network, David Calhoun (PI), Co-Investigator
- 2015-2017 American Heart Association Hypertension Strategically Focused Research Network, David Calhoun (PI), Postdoctoral Scholar
- 2012-2013 National Institute of Mental Health, Kenneth Lichstein & Forrest Scogin (Co-PI), Graduate Research Assistant
- 2012 Department of Psychology & Graduate School, University of Alabama, \$1000, S. Justin Thomas (PI)
- 2008-2010 National Institute of Drug Abuse, Kenneth Lichstein (PI), Graduate Research Assistant

OTHER:

- 2017-Present Section Editor, Current Hypertension Reports
- 2017-Present Reviewer for Ethnicity & Disease
- 2017-Present Reviewer for NPJ Schizophrenia
- 2017-Present Reviewer for Journal of Clinical Hypertension
- 2017-Present Reviewer for Journal of Human Hypertension
- 2017-Present Reviewer for Clinical Gerontologist
- 2016-Present Reviewer for American Journal of Hypertension
- 2016-Present Reviewer for Behavioral Sleep Medicine
- 2010-2011 Behavioral Sleep Medicine Clinical Fellowship, University of Alabama

BIBLIOGRAPHY

MANUSCRIPTS:

Published

1. Sakuja S, Booth III JN, Lloyd-Jones DM, Lewis CE, **Thomas SJ**, Schwartz JE, et al. Health behaviors, nocturnal hypertension and non-dipping blood pressure: the Coronary Artery Risk Development in Young Adults and Jackson Heart Study. *Am J Hypertens*. 2018. In Press.
2. Johnson DA, **Thomas SJ**, Abdalla M, Guo N, Yano Y, Rueschman M, et al. Association between sleep apnea and blood pressure control among African Americans: the Jackson Heart Sleep Study. *Circulation*. 2018. In Press.
3. Booth III JN, Anstey DE, Bello NA, Jaeger B, Pugliese D, **Thomas SJ**, et al. Race and sex differences in sleep blood pressure: The Coronary Artery Risk Development in Young Adults (CARDIA) Study. *J Clin Hypertens*. 2018. In Press.

4. **Thomas SJ**, Booth III JN, Dai C, Li X, Allen N, Calhoun D, et al. Cumulative incidence of hypertension by 50 years of age: the CARDIA study. *J Am Heart Assoc.* 2018;7(14). doi:10.1161/JAHA.117.007988.
5. Scogin F, Lichstein K, DiNapoli EA, Woosley J, **Thomas SJ**, LaRocca MA, et al. Effects of integrated, telehealth delivered cognitive-behavioral therapy for depression and insomnia in rural, older adults. *J Psychother Integr.* 2018;28(3):292-309. doi:10.1037/int0000121.
6. Bromfield SG, Booth III JN, Loop M, Schwartz JE, Seals SR, **Thomas SJ**, et al. Evaluating different criteria for defining a complete ambulatory blood pressure monitoring reading: data from the Jackson Heart Study. *Blood Press Monit.* 2018;23(2):103-111. doi:10.1097/MBP.0000000000000309.
7. **Thomas SJ**, Gamble K. Overview of actigraphy. *UpToDate.* 2017.
8. **Thomas SJ**, Booth III JN, Bromfield S, Seals S, et al. Prevalence of ambulatory blood pressure monitoring phenotypes in a community-based sample of African Americans: the Jackson Heart Study. *J Am Soc Hypertens.* 2017;11(4):204-212. doi:10.1016/j.jash.2017.02.001.
9. **Thomas SJ**, Calhoun DA. Sleep, insomnia, and hypertension: Current findings and future directions. *J Am Soc Hypertens.* 2017;11(2):122-129. doi:10.1016/j.jash.2016.11.008.
10. Muntner P, Becker RC, Calhoun D, **et al.** Introduction to the American Heart Association's hypertension strategically focused research network. *Hypertension.* 2016;67(4):674-680. doi:10.1161/HYPERTENSIONAHA.115.06433.
11. Lichstein KL, Scogin FR, **Thomas SJ**, DiNapoli EA, Dillon HR, McFadden A. Telehealth cognitive behavior therapy for co-occurring insomnia and depression symptoms in older adults. *J Clin Psychol.* 2013;69:1056-65.
12. Lichstein KL, **Thomas SJ**, Woosley JA. Co-occurring insomnia and obstructive sleep apnea. *Sleep Med.* 2013;14:824-9.
13. **Thomas SJ**, Lichstein KL, Taylor DJ, Reidel BW, Bush AJ. Epidemiology of bedtime, arising time, and time in bed: Analysis of age, gender, and ethnicity. *Behav Sleep Med.* 2013;12:169-82.
14. Dillon HA, **Thomas SJ**, Lichstein KL. Cognitive arousal and sleep complaints in chronic pain. *Cognit Ther Res.* 2012;36:149-55.
15. Gaddam K, Pimenta E, **Thomas SJ**, Cofield SS, et al. Spironolactone reduces severity of obstructive sleep apnea in patients with resistant hypertension: A preliminary report. *J Hum Hypertens.* 2010;24:532-37.
16. Gonzaga CC, Gaddam K, Ahmed MI, Pimenta E, **et al.** Severity of obstructive sleep apnea is related to aldosterone status in subjects with resistant hypertension. *J Clin Sleep Med.* 2010;6:363-68.
17. **Thomas SJ.** The basic principles of polysomnography including electrical concepts. *Respir Care Clin N Am.* 2005;11:587-95.

Submitted/Under Review

1. Spruill TM, Butler MJ, **Thomas SJ**, Tajeu GS, Kalinowski J, Cataneda SF, et al. Chronic stress and incident hypertension in African Americans: Findings from the Jackson Heart Study. 2018. Under JHS P&P Committee review.

In Preparation

1. **Thomas SJ**, Johnson D, et al. Association of objective sleep characteristics with nocturnal hypertension and non-dipping blood pressure in African Americans: the Jackson Heart Study. 2018.
2. **Thomas SJ**, Booth III JN, et al. Association of sleep characteristics with nocturnal hypertension and non-dipping blood pressure in the Coronary Artery Risk Development in Young Adults (CARDIA) study. 2017.
3. Abdalla M, **et al**. Abnormal sleep duration and nocturnal hypertension: Data from the Coronary Artery Risk Development In Young Adults (CARDIA) study. 2017.
4. Jackson CL, **et al**. Poor sleep efficiency combined with short sleep duration as a mediator between obesity and cardiovascular health among African Americans: Findings from the Jackson Heart Study. 2017.

BOOK CHAPTERS:

1. **Thomas SJ**, Avis KT, Lichstein KL. *Behavioral sleep medicine: Training, credentialing, and the role in sleep laboratories*. In A. Wolfson & H. Montgomery-Downs (Eds.), *The Oxford Handbook of Infant, Child, and Adolescent Sleep: Development and Problems*. Oxford Press. 2013.
2. Moore D, **Thomas SJ**. *Multiple sleep latency test and maintenance of wakefulness test*. In C. Mattice, R. Brooks, & T. Lee-Chiong (Eds.), *Fundamentals of Sleep Technology*, 2nd Edition (pp. 467-473). Philadelphia, PA: Wolters Kluwer/Lippincott Williams & Wilkins. 2012.
3. Lichstein KL, Taylor DJ, McCrae CM, **Thomas SJ**. *Relaxation for insomnia*. In M. Perlis, M. Aloia, & B. Kuhn (Eds.), *Behavioral treatments for sleep disorders: A comprehensive primer of behavioral sleep medicine interventions*. (pp. 45-54). Burlington, MA: Academic Press. 2011.
4. Lichstein KL, **Thomas SJ**, McCurry SM. *Sleep compression*. In M. Perlis, M. Aloia, & B. Kuhn (Eds.), *Behavioral treatments for sleep disorders: A comprehensive primer of behavioral sleep medicine interventions*. (pp. 45-54). Burlington, MA: Academic Press. 2011.
5. **Thomas SJ**. *Multiple sleep latency test and maintenance of wakefulness test*. In N. Butkov & T. Lee-Chiong (Eds.), *Fundamentals of Sleep Technology* (pp. 406-412). Philadelphia, PA: Wolters Kluwer/Lippincott Williams & Wilkins. 2007.

PUBLISHED ABSTRACTS:

1. **Thomas SJ**, Siddiqui M, Harding SM, Oparil SS, Calhoun DA. Anxiety and sleep as potential mechanisms underlying heightened sympathetic tone in patients with refractory hypertension. *J Am Soc Hypertens*. 2016.

POSTER EXHIBITS:

1. **Thomas SJ**, Siddiqui M, Harding SM, Oparil SS, Calhoun DA. Polysomnographic characteristics of patients with refractory hypertension compared with controlled resistant hypertension. 2017. Poster presented at the Meeting of the Professional Sleep Societies (SLEEP), Boston, MA.

2. **Thomas SJ**, Booth JN 3rd, Bromfield S, Seals SR, Spruill T, Ogedegbe G, Kidambi S, Shimbo D, Calhoun DA, Muntner P. Prevalence of Ambulatory Blood Pressure Monitoring Phenotypes in a Population-Based Sample of African Americans: the Jackson Heart Study. 2016. Poster presented at the American Heart Association's Council on Hypertension Scientific Sessions, Orlando, FL.
3. **Thomas SJ**, Siddiqui M, Harding SM, Oparil SS, Calhoun DA. Anxiety and sleep as potential mechanisms underlying heightened sympathetic tone in patients with refractory hypertension. 2016. Poster presented at the American Society of Hypertension, New York City, NY.
4. **Thomas SJ**, Siddiqui M, Harding SM, Oparil SS, Calhoun DA. The role of obstructive sleep apnea in refractory hypertension: preliminary findings. 2015. Poster presented at the Vascular Biology & Hypertension Symposium, Birmingham, AL.
5. LaRocca M, Scogin F, Lichstein KL, Woosley JA, et al. Predictors of sleep symptoms in quality of life among rural older adults. 2014. Poster presented at the Gerontological Society of America's 67th Annual Scientific Meeting, Washington DC.
6. **Thomas SJ**, Lichstein KL. The prevalence and impact of sleep disorders in college students. 2014. Poster presented at the Meeting of the Professional Sleep Societies (SLEEP), Minneapolis, MN.
7. Neuhauser AM, **Thomas SJ**, Lichstein KL. Technology use and sleep in college students. 2013. Poster presented at the Meeting of the Association of Behavioral and Cognitive Therapies (ABCT), Nashville, TN.
8. **Thomas SJ**, Lichstein KL. Sleep disorders and mental health, physical health, and academic outcomes in college students. 2013. Poster presented at the Meeting of the Association of Behavioral and Cognitive Therapies (ABCT), Nashville, TN.
9. DiNapoli EA, **Thomas SJ**, Dillon HR, Woosley JA, Scogin FR, Lichstein KL. Impact of using teleconferencing cognitive behavior therapy on working alliance and treatment outcomes for co-occurring insomnia and depression in older adults. 2013. Poster presented at the Gerontological Society of America's 66th Annual Scientific Meeting, New Orleans, LA.
10. Lichstein KL, **Thomas SJ**, Woosley JA, Geyer JD. Presentation of insomnia alone compared to insomnia comorbid with obstructive sleep apnea. 2013. Poster presented at the Meeting of the Professional Sleep Societies (SLEEP), Baltimore, MD.
11. **Thomas SJ**, Lichstein KL, Taylor DJ, Reidel BW, Bush AJ. Sleep, daytime functioning, and pain in older adults. 2012. Poster presented at the Meeting of the Association of Behavioral and Cognitive Therapies (ABCT), National Harbor, MD.
12. **Thomas SJ**, Lichstein KL, Sellbom M, Taylor DJ, Reidel BW, Bush AJ. The relationship between sleep quality, psychopathology, and daytime functioning. 2012. Poster presented at the Meeting of the Professional Sleep Societies (SLEEP), Boston, MA.
13. **Thomas SJ**, Lichstein KL, Taylor DJ, Reidel BW, Bush AJ. Epidemiology of bedtime, arising time, and time in bed: Analysis of age, ethnicity, and gender. 2011. Poster presented at the Meeting of the Professional Sleep Societies (SLEEP), Minneapolis, MN.
14. Woosley JA, Lichstein KL, **Thomas SJ**, Taylor DJ, Reidel BW, Bush AJ. Sleep variables related to sleep quality rating. 2011. Poster presented at the Meeting of the Professional Sleep Societies (SLEEP), Minneapolis, MN.

15. Lichstein KL, Geyer JD, **Thomas SJ**, Woosley JA. Co-occurring insomnia and obstructive sleep apnea. 2010. Poster presented at the Meeting of the Professional Sleep Societies (SLEEP), San Antonio, TX.
16. **Thomas SJ**, Lichstein KL, Taylor DJ, Reidel BW, Bush AJ. Epidemiology of bedtime, arising time, and time in bed: Analysis of age, ethnicity, and gender. 2010. Poster presented at the Meeting of the Professional Sleep Societies (SLEEP), San Antonio, TX.
17. **Thomas SJ**, Lichstein KL, Taylor DJ, Reidel BW, Bush AJ. Epidemiology of bedtime, arising time, and time in bed: Analysis of age, ethnicity, and gender. 2009. Poster presented at the Meeting of the Professional Sleep Societies (SLEEP), Seattle, WA.
18. **Thomas SJ**, DeWolfe JL. Sleep behaviors in people with epilepsy. 2008. Poster presented at the Meeting of the American Epilepsy Society (AES), Seattle, WA.

Oral Presentations

1. Muntner P, **et al.** Racial differences in nocturnal hypertension and non-dipping blood pressure: The Coronary Artery Risk Development in Young Adults (CARDIA) Study. 2017. Presented at the Joint Scientific Sessions, a collaborative effort with the American Heart Association's Council on Hypertension, Council on the Kidney in Cardiovascular Disease and the American Society of Hypertension, San Francisco, CA.
2. **Thomas SJ**, et al. Mechanisms of nocturnal hypertension and non-dipping blood pressure. 2016. Presented at the Annual Meeting of the American Heart Association's Strategically Focused Research Network, Orlando, FL.
3. **Thomas SJ**, Siddiqui M, Harding SM, Oparil SS, Calhoun DA. Anxiety and sleep as potential mechanisms underlying heightened sympathetic tone in patients with refractory hypertension.
4. Lichstein KL, Scogin F, Dillon HR, DiNapoli E, **Thomas SJ**. Innovative dissemination strategies for CBT for insomnia. 2012. Symposium presented at the Meeting of the Association of Behavioral and Cognitive Therapies (ABCT), National Harbor, MD.

MISCELLANEOUS:

Press Coverage

<https://www.uab.edu/news/youcanuse/item/9641-melatonin-supplements-the-skinny-on-how-to-help-get-a-good-night-s-sleep>

<https://newsroom.heart.org/news/most-black-adults-have-high-blood-pressure-before-age-55>

<http://www.wbrc.com/2019/02/13/delaying-school-start-times-could-help-your-student>