

# JUSTIN VERLINDEN

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Office: Kastle Hall 207O

## EDUCATION

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- PhD** Experimental Psychology, University of Kentucky 2025 (anticipated)  
Cognitive Neuroscience Program  
Mentor: Jessica Weafer, Ph.D.
- MS** Experimental Psychology, University of Kentucky 2022  
Cognitive Neuroscience Program  
Mentor: Jessica Weafer, Ph.D.  
Thesis: *Effects of an online insomnia intervention on sleep and alcohol consumption*
- BA** Majors in Biology and Neuroscience, Augustana College 2020  
Minor in Creative Writing  
Honors: *Summa Cum Laude, Phi Beta Kappa*

## HONORS AND AWARDS

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- 2023** **NIAAA R13 Early Career Investigator Travel Award**, American Psychological Association Division 28
- 2023** **Student Merit Travel Award**, Research Society for Alcohol
- 2023** **Enoch Gordis Research Recognition Award**, Research Society for Alcohol
- 2023-24** **NIAAA T32 Traineeship**, University of Kentucky (T32AA027488)
- 2022** **GSC Travel Award**, University of Kentucky Graduate Student Congress
- 2020-21** **Psychology Departmental Fellowship**, University of Kentucky
- 2020** **Outstanding Student Leader Award**, Augustana College Student Government Association
- 2020** **Graduation with Distinction**, Augustana College Biology Department
- 2019** **Dahl Leadership Award – Honorable Mention**, Augustana College
- 2019** **Excellence in the Liberal Arts Award**, Augustana College
- 2018-19** **Speaker of the Senate**, Augustana College Student Government Association
- 2016-20** **Dean's List**, Augustana College
- 2016-20** **Presidential Scholarship**, Augustana College
- 2016** **Board of Trustees Fellowship Award**, Augustana College

## PUBLICATIONS

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*Peer-reviewed publications*

1. **Verlinden, J.J.**, Moloney, M.E., Vsevolozhskaya, O.A., Ritterband, L.M., Winkle, F., and Weafer, J. 2023. Effect of a digital cognitive behavioral therapy for insomnia on sleep and alcohol consumption in heavy drinkers: A randomized pilot study. *Alcohol Clinical and Experimental Research* 47(12):2354-2365.
2. Fadel, L.C., Patel, I.V., Romero, J., Tan, I., Kesler, S.R., Rao, V., Subasinghe, S.A., Ray, R.S., Yustein, J.T., Allen, M.J., Gibson, B.W., **Verlinden, J.J.**, Fayn, S., Ruggiero, N., Ortiz, C., Hipskind, E., Feng, A., Iheanacho, C., Wang, A., and Pautler, R.G. 2022. A mouse holder for awake functional imaging in unanesthetized mice: Applications in <sup>31</sup>P spectroscopy, manganese-enhanced magnetic resonance imaging studies, and resting-state functional magnetic resonance imaging. *Biosensors* 12(8): 616.
3. **Verlinden, J.J.**, Moloney, M.E., Whitehurst, L.N., and Weafer, J. 2022. Sex differences in the association between poor sleep quality and alcohol-related problems among heavy drinkers with insomnia. *Frontiers in Behavioral Neuroscience* 16:875168.

### *Manuscripts In Preparation*

1. **Verlinden, J.J.**, Moloney, M.E., and Weafer, J. Effects of depression and stress on the relationship between insomnia and alcohol-related problems in heavy drinkers with insomnia. (in prep).
2. **Verlinden, J.J.**, Moloney, M.E., Ritterband, L.M., Robinson, L., and Weafer, J. Daily diary outcomes from a randomized pilot study of digital cognitive behavioral therapy for insomnia in heavy drinkers. (in prep).

## CONFERENCE PRESENTATIONS

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### *Oral Presentations*

1. **Verlinden, J.J.**, Moloney, M.E., Vsevolozhskaya, O.A., Ritterband, L.M., Winkle, F., and Weafer, J. (2023) An online insomnia treatment for heavy drinkers: Preliminary evidence and future directions. In **J.J. Verlinden** and J. Weafer (Co-Chairs) *Sleep as a treatment target for SUDs*. Symposium presented at the American Psychological Association Convention, Washington, District of Columbia.
2. **Verlinden, J.J.**, Moloney, M.E., Vsevolozhskaya, O.A., Ritterband, L.M., Winkle, F., and Weafer, J. (2023) Improvements in sleep and drinking outcomes among heavy drinkers following a digital cognitive behavioral therapy for insomnia program. In *Digital and novel applications of behavioral therapies for insomnia in comorbid and special populations*. Symposium presented at the Meeting of the Associated Professional Sleep Societies (SLEEP), Indianapolis, IN.

### *Poster presentations*

1. **Verlinden, J.J.**, Moloney, M.E., Vsevolozhskaya, O.A., Ritterband, L.M., Winkle, F., and Weafer, J. (2023) Reductions in drinking following online cognitive

- behavioral therapy for insomnia in heavy drinkers with insomnia. Research Society for Alcoholism, Bellevue, WA.
2. **Verlinden, J.J.**, Moloney, M.E., Whitehurst, L.N., and Weafer, J. (2022) Sex differences in the association between poor sleep quality and alcohol-related problems among heavy-drinkers with insomnia. Research Society for Alcoholism, Orlando, FL.
  3. Hoey, T., Cassani, A., Haebeger, C., **Verlinden, J.**, and Gordon, R.G. (2020) Physiological synchrony during competition and cooperation. Midwestern Psychological Association, Chicago, IL.
  4. **Verlinden, J.** and Pautler, R.G. (2019) Imaging Alzheimer’s disease: Searching for amyloid beta peptides and other abnormalities in young mice. MidBrains Midwest Regional Neuroscience Conference, Rock Island, IL.

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### PROFESSIONAL AFFILIATIONS

University of Kentucky Mobile Health Application Modernization and Mobilization Alliance (MAMMA), 2023-Present

American Psychological Association, 2023-Present  
Student Member, Division 28

Research Society of Alcoholism, 2022-Present  
Student Member

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### PROFESSIONAL SERVICE

2024-25	Program Committee Member, 2025 Research Society for Alcohol/International Society for Biomedical Research on Alcoholism Joint-Meeting
2023-24	Program Coordinator, University of Kentucky Neuroscientists Interested in Drug Abuse (Local NIDA)
2023-24	Experimental Psychology Representative, University of Kentucky Graduate Student Congress
2020-21	Brown Bag Co-Coordinator, University of Kentucky Cognitive Neuroscience Program

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### COMMUNITY OUTREACH

2022            **Elevate Yourself Podcast**, “Stress: The Good, The Bad, and the Ugly with Neuropsychologist Justin Verlinden!”

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### TEACHING EXPERIENCE

*Certifications*

College Teaching & Learning, University of Kentucky

May 2023

***Courses Taught***

Cognitive Psychology, Eastern Kentucky University  
(PSY 317, 8 credit hours, 27 students)

Spring 2024

Cognitive Psychology, Eastern Kentucky University  
(PSY 317, 4 credit hours, 16 students)

Fall 2023

Experimental Psychology (Co-Instructor), University of Kentucky  
(PSY 215, 4 credit hours, 113 students)

Spring 2023

**MENTORSHIPS**

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Undergraduates – Fiona Winkle\*, University of Kentucky, 2020-21; Jasmine Ahmad, University of Kentucky, 2021; Layne Robinson, University of Kentucky, 2021-22; Avrie Barthel, University of Kentucky, 2022-Present

\*Denotes at least one publication with this student