

**Sara Evelynn Matteson, Psy.D.**

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Sleep Research Laboratory  
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**Education**

9/95 – 8/00                      Indiana University of Pennsylvania (APA Approved)  
Psy.D., Clinical Psychology (8/00)  
M.A., Clinical Psychology (12/97)  
GPA: 3.94/4.0

9/89 - 5/93                      University of Rochester  
B.A., Psychology and Religion (5/93)  
Cumulative GPA: 3.8/4.0  
Psychology GPA: 3.94/4.0

**Professional Credentials**

Licensed Psychologist, New York State, 2002 License

**Honors and Awards**

National Institute of Health Loan Repayment Program Recipient (7/03)  
Discovery Seed Grant, James P. Wilmot Cancer Center (3/01)  
Phi Beta Kappa (5/93)  
Magna Cum Laude (5/93)

**Professional Societies**

American Psychological Association  
Sleep Research Society

**Research and Clinical Experience**

5/04 – Present    **Senior Instructor**  
Department of Psychiatry, University of Rochester  
Rochester, NY  
Supervised by Michael L. Perlis, Ph.D.

Provide Cognitive-Behavioral Therapy for Insomnia for an NIH-funded study assessing the impact of treatment for insomnia on recurrent depression; recruit for, administer study measures, and coordinate an American Cancer Society-funded project exploring the impact of chemotherapy on sleep architecture in individuals diagnosed with cancer; coordinate and recruit for an NINR funded study examining effect of Cognitive-Behavioral Therapy for Insomnia on the pain and sleep in those with chronic back/neck pain. Submit grant proposals to fund additional project related to sleep and medical health conditions; assist with manuscript preparation and grant submission.

5/04 – 5/05      **Assistant Director, Behavioral Sleep Medicine Service**  
Department of Psychiatry, University of Rochester  
Rochester, NY  
Supervised by Michael L. Perlis, Ph.D.

Manage the day-to-day operations of the Behavioral Sleep Medicine Service, train new providers, and continue to provide treatment to outpatients with sleep disorders in the Behavioral Sleep Medicine Service.

1/03 – 5/04      **Senior Clinician**  
Behavioral Sleep Medicine Service  
Department of Psychiatry, University of Rochester  
Rochester, NY  
Supervised by Michael L. Perlis, Ph.D.

Provide Cognitive Behavioral Therapy- Insomnia for adult outpatients experiencing chronic insomnia and conduct evaluations of patients with sleep complaints to facilitate referral to appropriate treatment. Coordinate care with other health providers and maintain appropriate patient files. Attend weekly case conferences, and facilitate the intake process of new clients.

8/02 – 5/04      **Instructor in Radiation Oncology**  
Behavioral Medicine Unit  
James P. Wilmot Cancer Center, University of Rochester  
Rochester, NY  
Supervised by Gary R. Morrow, Ph.D., M.S.

Assist with preparation of manuscripts and new study protocols (as performed during post-doctoral fellowship) designed to examine methods of diminishing side effects of treatment for cancer. Conduct/coordinate pilot studies examining the use of Polarity Therapy to alleviate fatigue in patients receiving radiation treatment and exploring possible sleep architecture changes in breast cancer patients undergoing chemotherapy. Coordinate study examining the use of modafinil to combat persistent fatigue in patients who are greater than one month post-treatment for any type of cancer. Recruit/screen subjects, follow participants through the study schedule; train other study personnel.

8/00 – 7/02      **Post-Doctoral Fellow**  
Behavioral Medicine Unit  
James P. Wilmot Cancer Center, University of Rochester  
Rochester, NY  
Supervised by Gary R. Morrow, Ph.D., M.S.

Participate in cancer control research projects utilizing clinical, hypnosis, and supervisory skills. Coordinate studies of alternative/complementary interventions to control chemotherapy-induced nausea. Develop and conduct a grant-funded study of cognitive functioning in women who received chemotherapy for breast cancer. Assess applications for nationally competitive grants, including those to the National Institute of Health and the American Cancer Society. Contribute to manuscript preparation for publication of study results. Participate in the development of new study protocols and grant applications.

7/99 - 6/00 **Psychology Intern** (APA Accredited Internship)  
Robert C. Byrd Health Sciences Center  
West Virginia University  
Charleston, WV  
Training Director: John C. Linton, Ph.D.

*Psychiatry Outpatient Rotation* (7/99 - 6/00)  
Supervised by John C. Linton, Ph.D. & Gail L. Lehman, Ph.D.

Provide individual psychotherapy to clients experiencing distressing life events and/or coping with chronic pain or illness. Caseload of individuals with diagnoses such as major depressive disorder, panic disorder with agoraphobia, adjustment disorder and mood disorder due to a general medical condition. Complete paperwork necessary for insurance reimbursement. Coordinate care with treating psychiatrist. Participate in individual supervisory sessions.

*Cancer Patient Support Program* (3/00 - 6/00)  
Supervised by Shelley A. Johns, Psy.D.

Participate in various aspects of care designed to help patients and families cope with a diagnosis of cancer throughout the course of the disease. Round on hospitalized patients, provide psychological consultation, and conduct supportive follow-up psychotherapy. Perform intake evaluations and provide psychotherapy for outpatients with cancer. Design and co-facilitate a psycho-educational support group for women newly diagnosed with gynecological cancers.

*Cardiac Rehabilitation* (3/00 - 6/00)  
Supervised by Matthew L. Herridge, Ph.D.

Member of an interdisciplinary treatment team working with individuals recovering from a variety of cardiac conditions. Co-lead psycho-educational groups addressing barriers to healthy eating and exercise, and the emotional factors of living with chronic illness. Conduct psychological evaluations of patients newly admitted to the program to screen for emotional disturbance or difficulty adjusting to their health condition, and provide psychotherapy for those in need of such care. Provide psychological consultation services to hospitalized cardiac patients in need of stress management or treatment for mood and anxiety difficulties.

*Inpatient Psychiatry* (1/00 - 2/00)  
Supervised by Peter Edelman, M.D. & Gail L. Lehman, Ph.D.

Serve as part of an interdisciplinary treatment team on a 20-bed inpatient psychiatric unit. Participate in treatment team meetings, co-facilitate group psychotherapy, and provide individual psychotherapy. Conduct diagnostic assessments in the emergency department for patients in psychiatric crisis.

*Medical Consultation/Liaison Service* (10/99 - 1/00)  
Supervised by Glen Wright, M.D., Veena Bhanot, M.D. & John C. Linton, Ph.D.

Member of consultation/liason team serving the three divisions of Charleston Area Medical Center and an affiliated nursing care facility. Perform brief psychological evaluations and mental status examinations of medically hospitalized patients experiencing behavioral or psychological difficulties including depression, anxiety, psychosis, delirium, or problems related to substance abuse. Present findings to attending physician, make treatment recommendations, and provide follow-up care during the course of the hospitalization.

*Assessment Rotation (7/99 - 9/99)*  
Supervised by Paul D. Blanton, Ph.D.

Administer various neuropsychological assessments, interpret results, and compose reports of findings for individuals referred for a variety of reasons. Populations tested included older adults from the community screened for cognitive impairment and depression; individuals hospitalized for psychiatric reasons who displayed evidence of decreased mental functioning; and individuals with cerebral vascular accidents, alcohol abuse, and other medical conditions that may have a neuropsychological component.

9/98 - 5/99    **Practicum Student**  
Indiana County Guidance Center  
Indiana, PA  
Supervised by Ralph M. May, Psy.D.

Provide psychological assessment and individual psychotherapy services to a broad range of clients, including those with chronic pain and medical concerns. Participate in weekly individual supervision meetings; consult with other clinical staff; complete required managed care/insurance documentation.

1/98 - 5/99    **Practicum Student**  
Assessment Clinic  
Center for Applied Psychology  
Indiana University of Pennsylvania  
Indiana, PA  
Supervised by David J. LaPorte, Ph.D.

Conduct a variety of assessments including learning disability, diagnostic, child custody evaluation, and police academy admittance. Administer, score and interpret numerous assessment measures and prepare reports of the examination results. Participate in weekly group supervision and individual supervision as needed.

9/96 - 12/98    **Student Therapist**  
Adult Treatment Clinic  
Center for Applied Psychology  
Indiana University of Pennsylvania  
Indiana, PA  
Supervised by Alexander Rich, Ph.D., Ralph M. May, Psy.D. & Marna S. Barrett, Ph.D.

Provide individual psychotherapy to clients experiencing difficulties in living because of anxiety, depression, interpersonal conflicts, etc. Conduct clinical case presentations; supervise other student therapists; attend bi-weekly individual supervision meetings.

9/97 - 12/97 **Practicum Student**  
Pathways Program  
Bon Secours Holy Family Hospital  
Altoona, PA  
Supervised by Catherine S. Spayd, Ph.D.

Administer initial psychological evaluations and mental status exams to patients newly admitted to this geropsychiatric inpatient unit. Co-lead social skills and coping groups; conduct neuropsychological assessments; participate in weekly supervision sessions and bi-weekly in-service training programs focusing on such topics as non-violent crisis intervention and facets of informed consent.

1/97 - 8/98 **Student Therapist**  
Family Clinic  
Center for Applied Psychology  
Indiana University of Pennsylvania  
Indiana, PA  
Supervised by Richard D. Magee, Ph.D. & Donald U. Robertson, Ph.D.

Provide psychotherapy to families experiencing distress and coping with such issues as adjustment to divorce, peer pressure, and poor communication. Supervise other student therapists; attend weekly individual and group supervision meetings.

9/95 - 5/99 **Graduate Assistant**  
Psychology Department  
Indiana University of Pennsylvania  
Indiana, PA  
Supervised by Catherine Raeff, Ph.D.

Assist with various aspects of research projects examining child development and parent-child interaction, including recruitment of research participants, data collection, and coding of videotapes.

10/94 - 7/95 **Research Assistant**  
Rochester Psychiatric Center and Strong Memorial Hospital  
Rochester, NY  
Supervised by John Crilly, C.S.W.

Screen and recruit inpatients for participation in experimental trials of neuroleptic medications. Monitor and assess patients on the protocol via weekly administration of the Brief Psychiatric Rating Scale, conducting more extensive assessments every six weeks.

6/93 - 7/95 **Research Assistant**  
University of Rochester Medical Center  
Department of Pediatrics, Division of Adolescent Medicine  
Rochester, NY  
Supervised by Jonathan D. Klein, M.D., M.P.H.

Organize and maintain data in various research projects pertaining to delivery and use of adolescent

health services both locally and nationwide. Supervise students conducting phone interviews.

5/93 - 2/95 **Project Director**  
Rochester Psychiatric Center and Strong Memorial Hospital  
Rochester, NY  
Supervised by Steven M. Silverstein, Ph.D.

Administer neuropsychological tests, perceptual organization tasks, and structured clinical interviews on a rehabilitation unit to patients with schizophrenia to evaluate cognitive deficits and assess the efficacy of social skills training interventions. Recruit patients on an acute-care ward for participation in research projects exploring cognitive deficits. Manage assessment data; train interns to administer various tasks.

9/92 - 5/93 **Research Assistant**  
Mt. Hope Family Center  
University of Rochester  
Rochester, NY  
Supervised by Seth Pollock, M.A.

Conduct research utilizing a psycho-physiological measure to explore the cognitive processing of emotional stimuli by maltreated pre-school children.

4/92 - 5/93 **Research Assistant**  
Infant Perception Lab  
University of Rochester  
Rochester, NY  
Supervised by Richard Aslin, Ph.D.

Contact and recruit participants for various research projects examining infant speech and visual development. Assist with experimental procedures and data management.

1/92 - 5/92 **Research Assistant**  
Center for Community Study  
University of Rochester  
Rochester, NY  
Supervised by Lynn Hoyt-Meyers, M.A.

Administer WISC-3 subscales and self-perception assessment tests to inner-city children, ages 7-10, to examine resiliency to stressful life events. Organize data and attend weekly research meetings.

1/91 - 12/91 **Research Assistant**  
Infant Perception Lab  
University of Rochester  
Rochester, NY  
Supervised by Jody Ganiban, M.A.

Conduct experiments, review findings, and analyze data in a study assessing emotion regulation,

temperament, and parenting of premature infants. Code tapes of Strange Situation scenarios.

## Supervisory Experience

2/99 - 5/99 **Student Supervisor**  
2/98 - 5/98 Department of Psychology  
Indiana University of Pennsylvania  
Indiana, PA  
Supervised by Susan Shopland, Psy.D.

Assist first year graduate students in the development of therapeutic techniques, treatment planning, and conceptualization skills through live supervision and weekly consultation; monitor student's record keeping. Participate in weekly group supervision with Dr. Shopland.

9/98 - 12/98 **Student Supervisor**  
Adult Treatment Clinic  
Center for Applied Psychology  
Indiana University of Pennsylvania  
Indiana, PA  
Supervised by Marna S. Barrett, Ph.D.

Assist students in this university based outpatient clinic with development of intervention, treatment planning, case conceptualization, and file maintenance skills through live supervision and feedback. Attend biweekly supervision meetings.

## Related Experience

8/01 – Present **Genesee Valley Psychological Association**, Rochester, NY  
Membership Chair (Volunteer)

Maintain membership roster, assist program coordinator in planning events to promote interest in the association, and answer questions from prospective members about this professional organization.

11/90 - 7/95 **Compeer Inc.**, Rochester, NY  
Volunteer

One-on-one involvement with an emotionally disturbed woman to assist her in overcoming anxiety and adapting to social situations. Additional Compeer volunteer services included helping adult inpatients at Rochester Psychiatric Center to improve social skills, self-esteem, motor coordination, and adjustment to community socialization.

## Publications, Abstracts, and Presentations

### Papers:

Perlis, M., McCall, W.V., Jungquist, C., Pigeon, W. & Matteson, S. (in press). Placebo effects in primary insomnia. *Sleep Medicine Reviews*.

Perlis, M., Smith, L.J., Lyness, J.M., Matteson, S., Pigeon, W.R. Jungquist, C. & Tu, X. (in press). Insomnia as a risk factor for onset of depression in the elderly. *Journal of Behavioral Sleep Medicine*.

Roscoe, J.A., Matteson, S.E., Mustian, K.M., Padmanaban, D. & Morrow, G.R. (2005). Treatment of radiotherapy- induced fatigue through a non-pharmacological approach, *Integrative Cancer Therapies*, 4:8-13.

Roscoe, J.A., Morrow, G.R., Hickok, J.T., Mustian, K.M., Griggs, J.J., Matteson, S.E., Bushunow, P., Qazi, R. & Smith, B. (2005). Effect of Paroxetine Hydrochloride (Paxil®) on Fatigue and Depression in Breast Cancer Patients Receiving Chemotherapy. *Breast Cancer Research and Treatment*, 89:243-249.

Roscoe, J.A., Matteson, S.E., Morrow, G.R., Hickok, J.T., Bushunow, P., Griggs, J.J., Qazi, R., Smith, B., Kramer, Z. & Smith, J. (2005). Acustimulation Wrist Bands Are Not Effective for the Control of Chemotherapy-Induced Nausea in Women with Breast Cancer. *Journal of Pain & Symptom Management*, 29:376-384.

Morrow, G.R., Hickok, J.T., Roscoe, J.A. & Matteson, S.E. (2003). Theory, hypothesis development, and randomized clinical trials in complementary and alternative medicine: A beginning at separating science from political science. In: Expert Opinions on Methodology: Development of Cancer CAM Symptom Research. Bethesda: NCI Publication Number 03-5427, 91-104.

Roscoe, J.A., Morrow, G.R., Bushunow, P., Tian, L. & Matteson, S. (2002). Acustimulation wrist bands for the relief of chemotherapy-induced nausea. *Alternative Therapies in Health & Medicine*, 8 (4), 56-63.

Morrow, G.R., Andrews, P.L.R., Hickok, J.T., Roscoe, J.A. & Matteson, S. (2002). Fatigue associated with cancer and its treatment. *Supportive Care in Cancer*, 10, 389-398.

Matteson, S., Roscoe, J., Hickok, J. & Morrow, G. (2002). The role of behavioral conditioning in the development of nausea. *American Journal of Obstetrics & Gynecology*, 186, S239-S243.

Roscoe, J.A., Matteson, S. Acupressure and acustimulation bands for control of nausea: A brief review. (2002). *American Journal of Obstetrics & Gynecology*, 186, S244-S247.

Morrow, G.R., Roscoe J.A., Hickok, J.T., Andrews, P.L.R., Matteson, S. (2002). Nausea and emesis: Evidence for a biobehavioral perspective. *Supportive Care in Cancer*, 10, 96-105.

Roscoe, J.A., Morrow, G.R., Hickok, J.T., Bushunow, P., Matteson, S., Rakita, D., Andrews, P.L. (2002). Temporal interrelationships among fatigue, circadian rhythm and depression in breast cancer patients undergoing chemotherapy treatment. *Supportive Care in Cancer*, 12, 329-336.

Silverstein, S.M., Matteson, S., & Knight, R.A. (1996). Reduced top-down influence in auditory perceptual organization in schizophrenia. *Journal of Abnormal Psychology*, 105 (4), 663-667.

#### **Book Chapters:**

Morrow, G.R., Hickok, J.T., Roscoe, J.A., Matteson, S. (2005) *A Biobehavioral Perspective of Nausea and Emesis*. In Hesketh, PJ(Ed). Management of Nausea and Vomiting in Cancer and Cancer Treatment. Caritas St. Elizabeth's Medical Center of Boston/Tufts University School of Medicine.

**Presentations:**

Matteson, S (October, 2003, April, 2004, October, 2004, May, 2005)

“Basics of Sleep and Sleep Disorders”

Presentation to family medicine residents, Highland Family Medicine Center  
University of Rochester

Matteson, S. (March, 2003)

“Sleep Architecture and Chemotherapy-related Fatigue”

Presentation in the Department of Psychiatry, University of Rochester

Matteson, S. & Yates, J. (October, 2002)

“Stressed out? How to live with stress”

Presentation to the faculty at Allen’s Creek Elementary School, Pittsford, NY.

Matteson, S. (March 2000)

“Overview of Assessment Instruments”

Presentation in the Department of Behavioral Medicine and Psychiatry at the Robert C. Byrd Health Sciences Center of West Virginia University

Matteson, S. (January 2000)

“Issues in the Assessment of Chronic Pain”

Presentation in the Department of Behavioral Medicine and Psychiatry at the Robert C. Byrd Health Sciences Center of West Virginia University

**Abstracts:**

Phillips, C., Pigeon, W., Garrick, I., Matteson, S., Jungquist, C., Leonard, M., & Perlis, M.L. (June 2005). *Do the Effects of CBT-I Vary with Insomnia Subtype?* Poster presented at the 19<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, Denver, Colorado.

Perlis, M.L., Phillips, C., Garrick, I., Pigeon, W., Matteson, S., Jungquist, C., Rodgers-Rawden, A., Plotkin, K., & Salamone, C. (June 2005). *The temporal patterning of poor sleep in patients with primary insomnia.* Poster presented at the 19<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies, Denver, Colorado.

Hofman, M., Roscoe, J.A., & Matteson, S.E. (June 2004). Patient reliability rating of information sources: A URCC CCOP study. *Supportive Care in Cancer*, 12:377.

Roscoe, J.A., Matteson, S.E., & Morrow, G.R. (June 2004). Polarity Therapy found helpful in controlling fatigue in patients receiving radiation treatment. In: *Proceedings of the Society of Behavioral Medicine’s 25<sup>th</sup> Annual Meeting, Baltimore, Maryland.*

Matteson, S.E., Roscoe, J., Morrow, G.R., Hickok, J.T., Shelke, A., & Lindke, J. (June 2003). Patient acceptance of enhanced acupuncture for control of intractable nausea. In: *Proceedings of the 40<sup>th</sup> Annual Meeting of the American Society of Clinical Oncology, Chicago, Illinois.*

Shelke, A.R., Roscoe, J.A., Morrow, G.R., Hickok, J.T., Bushunow, P., Matteson, S., Pierce, H.I., Kirshner, J.J. (June 2003). Patient’s Pre-Clinic Expectancy of Nausea Predicts the Likelihood of Severe Nausea from Chemotherapy. *Supportive Care in Cancer*, 11:392.

- Shelke, A.R., Roscoe, J.A., Morrow, G.R., Hickok, J.T., Bushunow, P., Matteson, S., Atkins, J.N., Pierce, H.I. (June 2003). Different Expectancies for Chemotherapy-Induced Severe Nausea Held by Patients and Professional Staff. *Supportive Care in Cancer*, 11:393.
- Hickok, J.T., Roscoe, J.A., Morrow, G.R., Bushunow, P., Shelke, A.R., Matteson, S., Dakhil, S.R., Flynn P.J. (June 2003). Occurrence of Severe Nausea in 194 Women Treated with Doxorubicin for Breast Cancer. *Supportive Care in Cancer*, 11:393-4.
- Matteson, S. E., Morrow, G.R., & Roscoe, J.A. (June 2002). Methods of assessing cognitive dysfunction in women treated for breast cancer: A pilot study. *Supportive Care in Cancer*, 10:357.
- Matteson, S.E., Morrow, G.R., Roscoe, J.A., & Griggs, J.J. (June 2002). *Can an SSRI given during chemotherapy protect cognitive functioning? Preliminary results of a pilot study.* Poster presented at the National Cancer Institute and American Cancer Society sponsored conference Cancer Survivorship: Resilience Across the Lifespan, Washington, DC.
- Matteson, S. & Thornton, G. (April 2002). *College Students' Perception of Responsibility for HIV Infection and Social Stigma.* Poster presented at the annual conference of the Association for Death Education and Counseling, Portland, Oregon.
- Morrow, GR, Roscoe, JA, Hickok, JT and Matteson, S. (2001) Effect of an SSRI antidepressant on fatigue and depression in breast cancer patients treated with chemotherapy. In: *Proceedings of the Society of Behavioral Medicine's 22<sup>nd</sup> Annual Meeting, Seattle, Washington.*
- Roscoe, J. A., Morrow, G.R., Bushunow, P., & Matteson, S. (June 2001). Circadian rhythm, fatigue and depression in breast cancer patients receiving chemotherapy. In: *Proceedings of the 38<sup>th</sup> Annual Meeting of the American Society of Clinical Oncology*, San Francisco, California.
- Matteson, S., Thornton, G., & Dana, J. (April 2000). *Knowledge about HIV in college students.* Poster presented at the annual conference of the Association for Death Education and Counseling, Charlotte, North Carolina
- Klein, J.D., Allan, M.J., Flatau, C.N., & Matteson, S. (1996). Growth and Stability of Adolescent Health Programs. *Pediatric Research*, 39 (2), 5a.
- Silverstein, S.M., Matteson, S., Knight, R.A., Light, G.A., O'Connor, B., Schenkel, L., & Schwarzkopf, S.B. (October 1995). *Reduced top-down influence in auditory perceptual organization in schizophrenia.* Presented at the annual meeting of the Society for Research in Psychopathology.
- Osborn, L.M., Silverstein, S.M., Matteson, S., West, L., Kamin, D., & Schwarzkopf, S. (1994). Visual organization, memory and thought disorder in schizophrenics. *Biological Psychiatry*, 35, 633.
- Silverstein, S.M., Knight, R.A., Osborn, L.M., Matteson, S., West, L.L., & Schwarzkopf, S.B. (October 1994). *Perceptual organization dysfunction in schizophrenia reflects predisposition towards serial processing.* Presented at the annual meeting of the Society for Research in Psychopathology.