

JUSTIN VERLINDEN

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EDUCATION

PhD	Experimental Psychology, University of Kentucky Cognitive Neuroscience Program Mentors: Jessica Weafer, Ph.D; Lauren Whitehurst, Ph.D	2026 (anticipated)
MS	Experimental Psychology, University of Kentucky Cognitive Neuroscience Program Mentor: Jessica Weafer, Ph.D. Thesis: <i>Effects of an online insomnia intervention on sleep and alcohol consumption</i>	2022
BA	Majors in Biology and Neuroscience, Augustana College Minor in Creative Writing Honors: <i>Summa Cum Laude, Phi Beta Kappa</i>	2020

HONORS AND AWARDS

2025	ASCS Sleep and Circadian Science Scholar Award , Sleep Research Society
2024	ACER Journal Award for Early Career Investigator Outstanding Paper
2024	Sex & Gender Satellite Meeting Travel Award , Research Society on Alcohol
2023	NIAAA R13 Early Career Investigator Travel Award , American Psychological Association Division 28
2023	Student Merit Travel Award , Research Society on Alcohol
2023	Enoch Gordis Research Recognition Award , Research Society on Alcohol
2023-25	NIAAA T32 Predoctoral Fellowship , University of Kentucky
2022, 2024	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

Peer-reviewed publications

1. **Verlinden, J.J.**, Moloney, M.E., Vsevolozhskaya, O.A., Whitehurst, L.N. and Weafer, J., 2025. Indirect effects of perceived stress and depression on the relationship between insomnia symptoms and hazardous drinking. *Alcohol* 123: 1-9.
<https://doi.org/10.1016/j.alcohol.2025.01.001>
2. **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.
<https://doi.org/10.1111/acer.15209>
3. 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., Hipkind, E., Feng, A., Iheanacho, C., Wang, A., and Pautler, R.G. 2022. A mouse holder for awake functional imaging in unanesthetized mice: Applications in ³¹P spectroscopy, manganese-enhanced magnetic resonance imaging studies, and resting-state functional magnetic resonance imaging. *Biosensors* 12(8): 616.
<https://doi.org/10.3390/bios12080616>
4. **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.
<https://doi.org/10.3389/fnbeh.2022.875168>

CONFERENCE PRESENTATIONS

Oral Presentations

1. **Verlinden, J.J.**, Moloney, M.E., Whitehurst, L.N., and Weafer, J. (2025) Sex differences in the association between circadian preference and alcohol-related problems. In *Craving Sleep and Rhythmicity*. Symposium presented at the Advances in Sleep and Circadian Science (ASCS) Conference, Clearwater, FL.
2. **Verlinden, J.J.** (2025) Sex differences in inhibitory control among binge drinkers in a naturalistic setting. In *Interdisciplinary Training in Alcohol Research T32 Data Blitz*. Symposium presented at the Substance Use Research Event (SURE), Lexington, KY.
3. **Verlinden, J.J.** (2024) Prevalence of alcohol use as a sleep aid among heavy drinkers with insomnia. In *Interdisciplinary Training in Alcohol Research T32 Data Blitz*. Symposium presented at the Substance Use Research Event (SURE), Lexington, KY.
4. **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.

5. **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., and Weafer, J. (2024) Depression symptom severity and global stress levels moderate the relationship between insomnia and alcohol-related problems. Research Society on Alcohol, Minneapolis, MN.
2. **Verlinden, J.J.**, Moloney, M.E., and Weafer, J. (2024) Preliminary evidence for sex differences in drinking and sleep outcomes following digital cognitive behavioral therapy for insomnia in heavy drinkers with insomnia. Research Society on Alcohol Sex & Gender Satellite Meeting, Minneapolis, MN.
3. **Verlinden, J.J.**, Moloney, M.E., and Weafer, J. (2024) Moderating factors in the relationship between insomnia and alcohol use. Meeting of the Associated Professional Sleep Societies (SLEEP), Houston, TX.
4. Moloney, M.E., **Verlinden, J.J.**, Ritterband, L.M., Ingersoll, K.S., and Weafer, J. (2024) “I never really connected drinking with sleeping”: A qualitative assessment of digital cognitive behavioral therapy for insomnia in heavy drinkers with insomnia. Meeting of the Associated Professional Sleep Societies (SLEEP), Houston, TX.
5. **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 on Alcohol, Bellevue, WA.
6. **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 on Alcohol, Orlando, FL.
7. Hoey, T., Cassani, A., Haebeger, C., **Verlinden, J.**, and Gordon, R.G. (2020) Physiological synchrony during competition and cooperation. Midwestern Psychological Association, Chicago, IL.
8. **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.

PROFESSIONAL AFFILIATIONS

The College on Problems of Drug Dependence, 2024-Present
Member-in-Training

Sleep Research Society, 2024-Present
Student Member

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

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

Research Society on Alcohol, 2022-Present
Student Member

PROFESSIONAL SERVICE

2025 Professional Development Seminars Co-Coordinator, University of Kentucky Cognitive Neuroscience Program
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

Ad Hoc Reviewer for

Alcohol: Clinical and Experimental Research

Journal of Clinical Sleep Medicine

TEACHING EXPERIENCE

Certifications

College Teaching & Learning, University of Kentucky May 2023

Courses Taught

Intro to Psychology, Eastern Kentucky University Spring 2025
(PSY 200, 8 credit hours, 59 students)

Intro to Psychology, Eastern Kentucky University Fall 2024
(PSY 200, 8 credit hours, 60 students)

Cognitive Psychology, Eastern Kentucky University Spring 2024
(PSY 317, 8 credit hours, 27 students)

Cognitive Psychology, Eastern Kentucky University Fall 2023
(PSY 317, 4 credit hours, 16 students)

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

Spring 2023

MENTORSHIPS

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, 2022-24; Julie Saldana, University of Kentucky, 2024-Present

*Denotes at least one publication with this student