

# EDUCATION AND CONSULTATIVE SERVICES

of UPMC Western Psychiatric Hospital

## PRESENTATION FORM

### Presenter Bio

Please include your full name, credentials, degrees and information about your position and place of employment. **Please send a copy of your CV along with this completed form.**

Stephen F. Smagula, PhD, is an Associate Professor of Psychiatry at the University of Pittsburgh. An epidemiologist by training, Dr. Smagula conducts observational studies and clinical trials investigating the mechanisms and modifiability of links between sleep-wake patterns and mood. His research leverages existing pragmatic behavioral interventions as well as novel wearable technology. Dr. Smagula has published over 50 peer-reviewed empirical papers including articles appearing in his field's top journals.

### Name and Narrative Description of your Presentation

**Please determine if it is introductory, intermediate, or advanced.**

Name: Behavioral approaches to improve sleep and health in older adults

Narrative: This introductory presentation will review how sleep-wake patterns can be characterized across 24-hour using wearable actigraphy. We then cover evidence regarding which sleep-wake patterns are associated with worse health outcomes, in particular, depression in older adults. We conclude with a discussion of evidence that behavioral interventions, specifically developed to modify sleep-wake factors, improve health.

### Three (3) learning objectives

By the completion of this session, participants should be able to:

- (1) understand how 24-hour sleep-wake characteristic are measured;
- (2) identify which sleep-wake patterns are associated with depression and cognitive performance deficits in older adults;
- (3) describe behavioral approaches used to modify sleep-wake disruption.

### Three (3) current (within the past 10 years) peer-reviewed publications that support the evidencebase for the content of your presentation

Publications must be listed in American Psychological Association (APA) Style (see [www.apastyle.org](http://www.apastyle.org) for more information).

APA format for journal article citation:

Author last name, Author First Initial. Author Second Initial. (Publication Year). Title of article. *Title of Journal*. volume(issue) (if issue numbered), pages.

Smagula, S. F., Capps, C. S., & Krafty, R. T. (2021). Evaluating the timing of differences in activity related to depression symptoms across adulthood in the United States. *J Affect Disord*, 284, 64-68. doi:10.1016/j.jad.2021.01.069

Smagula, S. F., Isenberg, A. S., Stahl, S. T., Alexopoulos, G. S., Reynolds, C. F., 3rd, & Rodakowski, J. (2022). Adaptation and Pilot Study of a Behavioral Intervention Targeting Morning Activation Deficits in Dementia Caregivers: Scheduling Activity and Monitoring Mornings (SAMM). *Am J Geriatr Psychiatry*, 30(4), 494-503. doi:10.1016/j.jagp.2021.09.017

Smagula, S. F., Zhang, G., Gujral, S., Covassin, N., Li, J., Taylor, W. D., . . . Krafty, R. T. (2022). Association of 24-Hour Activity Pattern Phenotypes With Depression Symptoms and Cognitive Performance in Aging. *JAMA Psychiatry*, 79(10), 1023-1031. doi:10.1001/jamapsychiatry.2022.2573