

University of California, San Francisco

CURRICULUM VITAE

Name: Thomas Coogan Neylan, M.D.

Position: Associate Professor in Residence, Step 3
(Promotion to Professor approved- effective July 1, 2009)
Department of Psychiatry
School of Medicine

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EDUCATION:

1975 – 1979	Vanderbilt University, Nashville, Tennessee	B.A.	General Biology
1979 – 1984	Rush Medical College, Chicago, Illinois	M.D.	
1984 – 1986	Hospital of the University of Pennsylvania Philadelphia, Pennsylvania	Resident, PGY-I&II	Psychiatry
1986 – 1988	Western Psychiatric Institute and Clinic University of Pittsburgh	Resident, PGY-III&IV	Psychiatry
1987 – 1988	Western Psychiatric Institute and Clinic University of Pittsburgh	Research Fellow	Psychiatry

LICENSES, CERTIFICATION:

1988 - present State of California #G062244
1986 - 1994 Commonwealth of Pennsylvania #035765-E
1989 Diplomate, National Board of Psychiatry and Neurology
1989 Diplomate, American Board of Sleep Disorders Medicine

PRINCIPAL POSITIONS HELD:

1993-1998 University of California, San Francisco
Assistant Clinical Professor of Psychiatry

1998-2003 University of California San Francisco
Department of Psychiatry
Assistant Professor in Residence

2003-present University of California San Francisco
Department of Psychiatry
Associate Professor in Residence

OTHER POSITIONS HELD CONCURRENTLY:

1988-1990 Highland Drive Veterans Affairs Medical Center
Medical Director, Sleep Diagnostic Center

1989-1990 University of Pittsburgh School of Medicine
Pittsburgh, Pennsylvania
Assistant Professor of Psychiatry

1990-1993 California Pacific Medical Center, San Francisco
Department of Psychiatry
Medical Director, Inpatient Psychiatry

1993-1994 California Pacific Medical Center, San Francisco
Department of Psychiatry
Program Director, Psychiatry Residency Training

1994-1996 Veterans Affairs Medical Center, San Francisco
Chief, Post-Traumatic Stress Disorders Inpatient Subunit

1996-2006 Veterans Affairs Medical Center, San Francisco
Medical Director, Post-Traumatic Stress Disorders Program

2006-present Veterans Affairs Medical Center, San Francisco
Director, Post-Traumatic Stress Disorders Program

HONORS AND AWARDS:

- 1976 -1978 Summer Research Award
Department of Immunology, Rush University
- 1981-1982 Post-Sophomore Fellowship in Psychiatry and Preventive Medicine/ Studied leprosy and psychiatry in Chiang Mai, Thailand; Funding Awarded by:
Dept. of Preventive Medicine: Rosenmutter Scholarship
Dept. of Psychiatry Research Fellowship
Dean's Research Grant, Rush University
- 1983 Rock Sleyster Scholarship: A. M. A. scholarship awarded to medical students interested in psychiatry and research
- 1984 Sandoz Prize: Outstanding undergraduate work in psychiatry -
Department of Psychiatry, Rush University
- 1988 Public health Service, National Research Service Award,
#5 T32 - MH16804-08
- 1992 Outstanding Teacher of the Year Award,
Department of Psychiatry,
California Pacific Medical Center
- 1994 National Alliance for Research in Schizophrenia and Depression (NARSAD)
Young Investigator Award
- 1996, 1998, "Best Doctors in America" citation
2002, 2003,
2004, 2005,
2006, 2007
- 1999, 2001 Nominee, Outstanding Lecturer, Second Year Medical School Class,
University of California, San Francisco
- 2001 Nominee, Outstanding Lecture Series, Second Year Medical School Class,
University of California, San Francisco

KEYWORDS/AREAS OF INTEREST:

Sleep, psychopharmacology, posttraumatic stress disorder, hypnotic medications, cortisol, corticotropin releasing factor, fatigue, hippocampus, magnetic resonance imaging, memory, attention, electrophysiology, RNA microarray

PROFESSIONAL ACTIVITIES

SUMMARY OF CLINICAL ACTIVITIES

I have been an attending psychiatrist in the PTSD program at the San Francisco Department of Veterans Affairs Medical Center since December of 1994. I became the Director of the PTSD program in 2006. Since that time, the PTSD program has rapidly expanded to meet the needs of a large number of veterans returning from combat service. The program currently has 18 full and part time staff and is a major teaching site for over 20 clinical and research trainees in psychiatry, psychology, and neurology. I have overall responsibility for the clinical, education, and research activities of this program. I provide direct patient care to patients with PTSD and provide consultations to other patients with sleep disorders.

PROFESSIONAL ORGANIZATIONS

Memberships

1984-present American Psychiatric Association
1984-1989 Pennsylvania Psychiatric Society
1988-present American Sleep Disorders Association, Fellow
1990-present Northern California Psychiatric Society
1993-present The American College of Psychiatrists, Fellow
1995-present International Society for Traumatic Stress Studies
1996-present Society of Biological Psychiatry
1996-present American Neuropsychiatric Association
1997-present International Society of Psychoneuroendocrinology

SERVICE TO PROFESSIONAL PUBLICATIONS:

1993-present Editorial Board, Journal of Neuropsychiatry and Clinical Neurosciences-Section Editor

Reviewer, American Journal of Geriatric Psychiatry
Reviewer, American Journal of Psychiatry
Reviewer, Archives of General Psychiatry
Reviewer, Biological Psychiatry
Reviewer, Clinical Neurophysiology
Reviewer, Experimental Aging Research
Reviewer, Journal of Clinical Psychology
Reviewer, Journal of Neuropsychiatry and Clinical Neurosciences
Reviewer, Journal of the International Neuropsychological Society
Reviewer, Journal of Psychosomatic Research
Reviewer, Journal of Psychiatric Research
Reviewer, Journal of Traumatic Stress
Reviewer, Neurocase
Reviewer, Neuropsychopharmacology
Reviewer, Progress in Neuro-Psychopharmacology & Biological Psychiatry
Reviewer, Psychoneuroendocrinology

Reviewer, Psychophysiology
Reviewer, Sleep
Reviewer, Sleep Medicine Reviews

INVITED PRESENTATIONS

INTERNATIONAL

- 1998 Invited Lecturer, 8th Congress of the Italian Association of Sleep Medicine, Pavia, Italy
- 2005 Invited Lecturer, 13th Congress of the Association of European Psychiatry, Munich, Germany
- 2007 Invited Lecturer, 5th Congress of the World Federation of Sleep Research and Sleep Medicine Societies, Cairns, Australia
- 2008 Invited Lecturer, First International Symposium of Violence and Mental Health Sao Paulo, Brazil

NATIONAL

- 2004 Invited Lecturer, Workshop on Police Fatigue and Long Work Hours National Institute of Justice
- 2004 Invited Lecturer, Research on Police Fatigue Workshop, Institute for Law and Justice
- 2006 Invited Lecturer, American Society of Criminology Annual Meeting

REGIONAL AND OTHER INVITED PRESENTATIONS

- 2002 Sleep Grand Rounds, Department of Psychiatry Stanford University
- 2002 Grand Rounds, Department of Psychiatry UCSF
- 2003 Invited Lecturer, Department of Psychiatry UCSF Symposium, Psychiatry for Primary Care
- 2005 Grand Rounds. Veterans Affairs Medical Center, UCSF
- 2007 Grand Rounds, Department of Occupational Medicine UCSF

- 2007 Lecturer, PTSD: In an Age of Violence, Terror and Disaster
UCSF CME Conference
- 2008 Grand Rounds, San Francisco General Hospital, Department of Psychiatry
UCSF
- 2008 Grand Rounds, SRI International, Menlo Park, CA
- 2009 Sleep Grand Rounds, Department of Psychiatry
Stanford University

GOVERNMENT and OTHER PROFESSIONAL SERVICE:

- 1994 Part II Examiner, American Board of Psychiatry and Neurology
- 1995 Epidemiology Panel, Gulf War Illnesses Study Section,
Department of the Army
- 1998 Consultant, National Institute of Mental Health, Workshop On Arousal and Anxiety
- 1999 Reviewer, National Institutes of Health, Special Review
Committee
- 2000- 2004 Regular Reviewer, National Institutes of Health, Center for
Scientific Review, Adult Psychopathology and Disorders of
Aging (Formerly BBBP5) Study Section
- 2001, 2006 Ad Hoc Reviewer, National Institutes of Mental Health,
Behavioral Science Track Award for Rapid Transition Program
- 2002 Reviewer, Department of Veterans Affairs Medical Research
Program, External Reviewer, VA Merit Review
- 2002 Scientific Advisory Committee Member, VISN 20 Northwest
Network Mental Illness Research, Education and Clinical Center
- 2003 Program Committee, International Society for Traumatic Stress
Studies Pre-Meeting Institutes
- 2003 Program Committee, American College of Psychiatrists
Annual Meeting
- 2003 Ad Hoc Reviewer, National Institutes of Mental Health,
Translational Research and Behavior Science Study Section

- 2004 Consultant, American Psychiatric Association Committee
On Practice Guideline for the Treatment of Patients with Acute
Stress Disorder and Posttraumatic Stress Disorder

- 2004 Reviewer, Department of Veterans Affairs Medical Research
Program, External Reviewer, VA Advanced Research Career
Development Award

- 2005 Chair, Program Committee, American College of Psychiatrists
Annual Meeting

- 2007 Ad Hoc Reviewer, National Institutes of Health, Center for
Scientific Review, Adult Psychopathology and Disorders of
Aging Study Section

- 2008 Ad Hoc Reviewer, National Institutes of Health, Center for
Scientific Review, Special Emphasis Panel

- 2008-present Chair, National Data Monitoring Committee, VA Cooperative
Studies Project CSP #563, “Prazosin and Combat Trauma PTSD”

- 2008-present Study Group Advisor, Sleep Disorders Work Group, DSM-V
American Psychiatric Association

- 2008 Program Chair, Department of Defense/NCIRE Workshop on Novel Approaches to
Optimizing Human Performance, Oct 30-31

UNIVERSITY and PUBLIC SERVICE

UNIVERISTY SERVICE

UCSF CAMPUS-WIDE

- 1999-present Advisory Committee to the UCSF Clinical and Translational
Science Institute (formerly GCRC at Moffitt)

SCHOOL OF MEDICINE

- 1997-2002 UCSF School of Medicine:
Second Year Course Committee

- 2000-2001 Strategic Planning Committee, Metabolism Block, UCSF

School of Medicine New Curriculum

2004-present Research and Development Committee,
SF-DVA

DEPARTMENTAL SERVICE:

1994-present Psychiatry Service, San Francisco Veterans Affairs Medical Center:
Member, PTSD Executive Committee

1999-2000 Search Committee, Psychopharmacology and Genetics of
Substance Abuse

2002-present Ethnic, Cultural, and Gender Diversity Committee,
UCSF Department of Psychiatry

2002-2003 Search Committee, Research Scientist, Drug Dependence
Research Lab

2003-2004 Search Committee, Psychiatrist, Posttraumatic Stress Disorder
Program, SF-DVA

2003-2004 Search Committee, Psychologist, Mental Health Service,
SF-DVA

2004-2006 Wetware Subcommittee, New Horizons Committee,
UCSF Department of Psychiatry

2004-2005 Search Committee, Health Psychologist, UCSF Department
of Psychiatry

2005-2006 Search Committee, Psychiatric Geneticist, UCSF Department
of Psychiatry

2007 Program Committee, UCSF CME Conference, PTSD: In an Age
of Violence, Terror and Disaster

2006-present Psychiatry Service, San Francisco Veterans Affairs Medical Center:
Member, Service Chief Committee

2007-2008 Search Committee, Psychiatrist, Posttraumatic Stress Disorder
Program, SF-DVA

2007-2008 Search Committee, Psychiatric Geneticist, UCSF Department
of Psychiatry

PUBLIC SERVICE:

VOLUNTEER LECTURES

- Nov 1990 "Sleep Disturbances in Chronic Lung Disease", American Lung Association, San Francisco, California
- May 1991 "Sleep Disorders in the Elderly." Aging and Well-Being Conference, Pacific Presbyterian Medical Center, San Francisco, California
- June 1991 "Strategies for Healthy Sleep." Emeritus Program, Burlingame, California
- Sept 1991 "Update on the Biology of Schizophrenia", National Alliance of the Mentally Ill, Berkeley, California
- Mar 1992 "Sleep Physiology in Mood Disorders", San Francisco Manic Depressive and Manic-Depressive Association
- 1992-present (yearly) "Sleep Related Problems with HIV", Davies Medical Center, San Francisco
- Nov 1992 "Understanding Insomnia and Excessive Sleepiness", Second Annual San Francisco Seminar on Stress Management
- May 1995 "Strategies for Insomnia Sleep." Emeritus Program, Burlingame, California
- 1992-1994 Volunteer Consultant: San Francisco Narcolepsy Support Group:
- Jan 1997 Discussant on KQED FM "Forum" radio program on sleep disorders
- July 2001 Discussant on "Psychology Today Live" Webcast/Radio program
- March 2004 Discussant on KQED "California Report: Health Dialogues on Posttraumatic Stress Disorder
- April 2007 Discussant on KGO program on Posttraumatic Stress Disorder
- 2007-present Volunteer, Bread and Roses
- July 2008 Discussant on Capitol Public Radio (Sacramento, NPR) radio program on PTSD
- Aug 2008 Discussant on Los Angeles Times Public Web Chat Regarding article "Sleep is the enemy"

SERVICE TO ELEMENTARY AND SECONDARY EDUCATION:

- 1996-2004 Meet with K-4 grades regarding sleep and health, Old Mill Elementary School, Mill Valley
- Neylan Sept 2008

1999, 2000, & 2002 Marin County Outdoor School, Fifth Grade Chaperone, Old Mill Elementary School, Mill Valley

2003 Lecture to sixth grade on sleep, Mill Valley Middle School

SUMMARY OF SERVICE ACTIVITIES

The emphasis of my service activities has been in the area of scientific review of research protocols. This includes longstanding membership on the Advisory Committee to the UCSF Clinical and Translational Science Institute and the Research and Development Committee at the San Francisco VAMC. I have served on multiple review panels for the NIH and Department of Veterans Affairs. I am a section editor for the Journal of Neuropsychiatry and have conducted manuscript reviews for a large number of scientific journals. I have served for the past six years on the Ethnic, Cultural, and Gender Diversity Committee in the Department of Psychiatry. I was recently appointed Chair of the National Data Monitoring Committee for a multi-site clinical trial funded by the VA Cooperative Studies Program. Finally, I was recently appointed to serve on the national work group that will revise the Sleep Disorders section of the Diagnostic and Statistical Manual of Mental Disorders 5th Edition (DSM-V).

TEACHING and MENTORING:

FORMAL SCHEDULED CLASSES FOR UCSF STUDENTS:

Qtr	Academic Yr	Course No. & Title	Teaching Contribution	Class Size
Spring	2003-present	Brain, Mind, and Behavior	Lecturer	130
Spring	1996-2002	Introduction to Clinical Psychiatry 131B	Course Director	130
Spring	1995-2002	Psychiatry 101 and 131B	Lecturer	130
Spring	1993-1995	Introduction to Clinical Psychiatry 131A and 131B	Small Group Leader	130

POSTGRADUATE AND OTHER COURSES

1994-present Supervision of UCSF psychiatric residents, Post-Traumatic Stress Disorders Program, SFVAMC

1990-present Lectures on sleep disorders to psychiatry residents
UCSF- Langley Porter Psychiatric Institute

1995-present Lectures on sleep disorders & PTSD
PGY-II UCSF Psychiatry Residents, SFVAMC

1996-present Supervision of UCSF medical student electives, Post-Traumatic Stress Disorders Program, SFVAMC

- 1999-2001 Lecture on the management of insomnia to Primary Medicine residents, UCSF
- 2000-2001 Lecture on stress and sleep. UC Berkeley Department Department of Molecular and Cell Biology, IDS 114A: Advances in Aging
- 2001-2005 Small Group Leader- UCSF Medical Student Course: Intersession: “Reflections”
- 2006-present Supervision of UCSF neurology residents, Post-Traumatic Stress Disorders Program, SFVAMC

POSTDOCTORAL FELLOWS AND RESIDENTS DIRECTLY SUPERVISED OR MENTORED

Residents Directly Supervised:

See attached list for most recent residents directly supervised.

Dates	Name	Fellow	Faculty Role	Current Position
1998-2000	Alain Brunet, Ph.D.	Psych. Research	Mentor	Assoc. Prof., McGill U.
2001-2002	Evelyn Cumberbatch	Clinical Fellow	Mentor	Private Practice, Psych
2001-2003	Nnamdi Pole, Ph.D.	Psych. Research	Mentor	Assoc. Prof., Univ. Mich
2002-2004	Christian Otte, M.D.	Psych. Research	Mentor	Psychiatry Faculty, U. of Hamburg
2004-2007	Sabra Inslicht, Ph.D.	Psych. Research	Mentor	Asst. Prof., UCSF
2004-2005	Akhil Mehra, M.D.	Psych. Research	Mentor	Currently in Ph.D. program, UC Berkeley
2005-2006	Ellen Herbst, M.D.	Psych. Research	Mentor	Clinical Faculty
2007-present	Jessica Ross, M.D.	Psych. Research	Mentor	VA Fellowship Psychiatric Research/Neurosciences
2007-present	Madhu Rao	Endocrine Research	Co-Mentor	UCSF Endocrine Fellow

FACULTY MENTORING

FACULTY MENTORED:

Dates	Name	Position while Mentored	Mentoring Role	Current Position
2006-present	Shira Maguen, Ph.D.	Asst. Prof.	Mentor—VA Career Development Award	Same
2007-present	Sabra Inslicht, Ph.D.	Asst. Prof.	Mentor—VA Career Development Award	Same
2006-present	Shannon McCaslin, Ph.D.	Asst. Prof.	Mentor—VA Career Development Award	Same

2008-present	Angela Waldrop, Ph.D.	Asst. Prof.	Mentor—NIDA K23	Same
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TEACHING AWARDS AND NOMINATIONS:

- 1992 Outstanding Teacher of the Year Award,
Department of Psychiatry,
California Pacific Medical Center
- 1999, 2001 Nominee, Outstanding Lecturer, Second Year Medical
School Class, University of California, San Francisco
- 2001 Nominee, Outstanding Lecture Series, Second Year Medical
School Class, University of California, San Francisco

SUMMARY OF TEACHING HOURS:

- 2007-2008: 431 total hours of teaching (including preparation).
Formal class or course teaching hours: 51 hours
Informal teaching hours: 200 hours
Mentoring hours: 180 hours
- 2008-2009: 431 total hours of teaching (including preparation).
Formal class or course teaching hours: 51 hours
Informal teaching hours: 200 hours
Mentoring hours: 180 hours

TEACHING NARRATIVE

I spend 200 hours a year supervising residents in the PTSD program at the San Francisco Department of Veterans Affairs Medical Center. I give 8 hours of didactic lectures at the VA, 6 hours at Langley Porter, and 3 hours in the Brain Mind Behavior Course for UCSF medication students. I estimate that each hour of lecture requires an average of 2 hours of preparation. I spend 180 hours a year supervising two research fellows and mentoring 4 UCSF junior faculty in the PTSD research program. This total adds up to 431 hours a year spent teaching UCSF students. This total applies to past year, the current year, and I anticipate no changes in the next 2 academic years.

RESEARCH AND CREATIVE ACTIVITIES

RESEARCH AWARDS AND GRANTS

CURRENT

1. 5 R01 MH073978-04 (PI)

04/29/05-03/31/09

NIH/NIMH Neuroendocrine Regulation of Sleep in PTSD	\$323,731 direct/yr 1 \$1,130,164 direct/yrs 1-4
2. 1 R34MH077667-01 (PI) NIH/NIMH Cognitive Behavioral Treatment of Insomnia in PTSD	03/01/08 - 02/28/11 \$180,000 direct/yr 1 \$405,000 direct/yrs 1-3
3. W81XWH-05-2-0094 (PI) Department of Defense Biological Pathways Expressed in PTSD	09/01/07 – 08/31/09 \$150,000 direct/yr 1 \$300,000 direct/yrs 1-2
4. PTSD Core Study (PI) DVA Mental Illness Research, Education and Clinical Center (MIRECC)	10/01/05-09/30/09 \$100,000 direct/yr 1 \$400,000 direct/yrs 1-4
5. 2 R01 MH56350-09 (Co-I: Marmar PI) NIH/NIMH Prospective Study of Posttraumatic Stress in Police Officers	01/01/08 -12/31/30/12 \$562,971 direct current yr
6. 1 RO1 HD043323-03 (Co-I: Daikh PI) NIH/NICHHD A Controlled Trial of CBT for MS inflammation	12/01/02-11/30/08 \$961,790 direct current yr
7. DAMD17-03-1-0532 (Co-I: Meyerhoff PI) Department of Defense Brain GABA and Glutamate in acute PTSD.	06/01/06 – 05/31/09 \$278,000 direct current yr
8. NNJ05HG01A (Co-I: Kanas PI) NASA Effects of High vs. Low Autonomy on Space Crewmember Performance	08/12/05 - 09/30/10 \$169,212 direct current yr
9. W81XWH-05-2-0094 (Co-I: Chao PI) Department of Defense Effects of Posttraumatic Stress Disorder on Functional Adaptation in the Visual Cortex: an fMRI Study	12/01/2007 – 11/30/2008 \$124,149 direct current yr
10. NNX08AF87A (Co-I: Kanas PI) NASA Crew Interactions and Autonomy During Long-Duration Isolation and Confinement	01/18/08-01/17/14 \$165,432 direct current yr
11. PT073605 (Co-I: Maguen PI) Department of Defense PTSD, Comorbid Disorders, and Service Utilization in Women Veterans	09/1/2008 - 02/28/2010 \$100,000 direct current yr

PENDING

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|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| 1. 1 R34 MH080958-01A1 (submitted)
(Harvey- PI; Neylan Sub-award PI) NIH/NIMH
CBT-I for Bipolar Disorder | 07/01/09-06/30/12
\$97,000 (sub-award) |
| 2. DOD (Co-I; Maguen PI) (funded)
Department of Defense
Disentangling the Relationship between Traumatic Brain Injury, Posttraumatic Stress Disorder, and
Other Mental Health Disorders in Iraq and Afghanistan Veterans Seeking VA Healthcare | 12/01/2008 – 11/30/2009
\$ 125,000 |
| 3. DOD (Co-I; McCaslin PI) (funded)
Department of Defense
Functional brain mechanisms of the mutual maintenance of PTSD and chronic pain | 12/01/2008 – 11/30/2009
\$ 150,000 |
| 4. DOD (Co-I; Batki PI) (funded)
Department of Defense
Pharmacotherapy of Alcohol Dependence in Veterans with PTSD. | 04/01/2009 – 03/31/2011
\$ 125,000 |
| 5. DOD (PI) (funded)
Department of Defense
Effect of a Hypocretin/Orexin antagonist on neurocognitive
performance. | 08/01/2009 – 07/31/2013
\$491,823 direct/yr 1
\$2,029,798 direct/yrs 1-4 |
| 6. 1R34MH087281-01 (submitted)
NIH
CRF Receptor Antagonist for PTSD and Related Sleep Disturbances in Women | 09/01/2009 – 08/31/2011
\$450,000 direct/yr 1-2 |

PAST

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|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|
| 1. MH 057157 (PI)
National Institutes of Health
UCSF Academic Senate Shared Equipment grant:
UCSF Academic Senate Individual Investigator grant:
Sleep and Arousal Disturbances in Post-Traumatic Stress Disorder | 1998-2003
\$350,000
\$20,000
\$7,400 |
| 2. Supplement to MH56350 (PI)
National Institute of Justice funded
Prospective Study of Posttraumatic Stress in Police Officers (Marmar PI)
Sleep, Fatigue, and Performance in Police Officers | 2004-2007
\$1,007,000 |
| 3. DVA Mental Illness Research, Education, and Clinical Center (PI)
Comparison of an Alpha2-agonist, and Placebo in the Treatment
of Patients with PTSD | 1998-2004
\$424,605 |
| 4. UCSF Academic Senate Grant (Co-I: Cohen PI)
Biological and Psychological Risk and Resilience Factors for | 2001-2004
\$34,653 |

Posttraumatic Stress Disorder following Motor Vehicle Accidents

5. Forest Laboratories (PI) Open Trial of Escitalopram Treatment For PTSD	2002-2004 \$100,000
6. UCSF REAC grant (PI) HPA and Immune Responses to Stress in PTSD	2000-2001 \$15,000
7. Bristol-Myers Squibb (PI) Open-Label Trial of Nefazodone in Patients with PTSD	1998-1999 \$40,000
8. Fonds de la recherche en santé du Québec (Consultant : Brunet PI) Etiology of Posttraumatic Stress Disorder : the Role of Peritraumatic Variables and the HPA Axis	2000-2002 \$150,000 (Canadian)
9. NIH MH056350 (Co-I: Marmar PI) Posttraumatic Stress in Police Officers	1997-2001
10. VA Merit Review (PI) Electrophysiological Abnormalities in PTSD	1997-2000 \$300,000
11. VA Merit Review (Co-I: Weiner PI) MRI and 1H MRSI of PTSD	1998-2001 \$300,000
12. NARSAD Young Investigator Award (PI) Cortisol and Cognitive Impairment in Depressed Patients Treated with Electroconvulsive Therapy	1994-1998 \$59,680
13. Intramural Research Award (PI) California Pacific Medical Center Cortisol and Cognitive Impairment in Depressed Patients Treated with Electroconvulsive Therapy	1992 \$9,925
14. Warner-Lambert/Parke-Davis (Co-I: van Kammen PI) A Placebo Controlled Dose-Response Study of CI-943 in Hospitalized Chronic Schizophrenic Patients in Acute Exacerbation.	1989
15. Warner-Lambert/Parke-Davis (Co-I: van Kammen PI) An Open-Label Study of CI-943 in Chronic Schizophrenic Patients	1989
16. NIMH (Co-I: van Kammen PI) Noradrenergic Activity and Relapse Prediction in Schizophrenia.	1988
17. NIMH (Co-I: van Kammen PI) Clonidine Treatment of Schizophrenia.	1988

PEER REVIEWED PUBLICATIONS:

1. van Kammen D, van Kammen W, Peters J, Slawsky R, Neylan T, Linnoila M: CSF MHPG, Sleep and Psychosis in Schizophrenia. *Clinical Neuropharmacology* 9: (Supplement 4): 575-577, 1986
2. Neylan T, Nelson K. Schauf V, Scollard D: Illness beliefs of leprosy patients: The use of medical anthropology in clinical practice. *International Journal of Leprosy* 56 (2): 231-237, 1988
3. van Kammen D, van Kammen W, Peters J, Goetz K, Neylan T: Decreased slow wave sleep and enlarged lateral ventricles in schizophrenia. *Neuropsychopharmacology* 1 (4): 265-271, 1988
4. van Kammen DP, Peters J, Yao J, van Kammen W, Neylan T, Shaw D, Linnoila M: Norepinephrine in acute exacerbations of chronic schizophrenia. *Arch Gen Psychiatry*, 47, 161-168, 1990
5. Peters J. van Kammen DP, van Kammen WB, Neylan T: Sleep disturbance and computerized axial tomographic scan findings in former prisoners of war. *Comprehensive Psychiatry*, 31, 535-539, 1990
6. Rosenberg DR, Neylan TC, El-Awar M, Peters JL, van Kammen DP: Neuropsychiatric symptoms associated with idiopathic calcification of the basal ganglia. *J Nervous and Mental Disease*, 179, 48-49, 1991
7. van Kammen DP, Peters J, Yao J, Neylan T, Beuger M, Pontius E, O'Connor DT: CSF chromogranin A-like immunoreactivity in schizophrenia: assessment of clinical and biochemical relationships. *Schizophrenia Research*, 6, 31-39, 1992
8. van Kammen DP, O'Connor DT, Neylan TC, Mouton A, Gurklis J, Gilbertson M, Peters J: CSF chromogranin A-like immunoreactivity in schizophrenia: relationships with REM latency and slow-wave sleep. *Psychiatry Research* 42:53-63, 1992
9. Neylan TC, van Kammen DP, Kelley ME, Peters JL, Perel J: Sleep in schizophrenic patients on and off haloperidol therapy: clinically stable versus relapsed patients. *Arch Gen Psychiatry* 49:643-649,1992
van Kammen DP, Widerlov E, Neylan TC, Ekman R, Kelley ME, Mouton A, Peters JL: Delta sleep-inducing-peptide-like immunoreactivity (DSIP-li) and delta sleep in schizophrenic volunteers. *Sleep* 15:519-525, 1992
10. van Kammen DP, Guidotti A, Neylan TC, Guarneri P, Kelley ME, Gurklis J, Gilbertson M, Mouton A, Peters JL, Costa E: CSF levels of diazepam-binding inhibitor correlate with REM latency in schizophrenia, a pilot study. *Eur Arch Psychiatry Clin Neurosci* 244:216-222, 1994
11. Marmar CR, Schoenfeld F, Weiss DS, Metzler T, Zatzick D, Wu R, Smiga S, Tecott L, Neylan T: Open trial of fluvoxamine treatment for combat-related posttraumatic stress disorder. *J Clin Psychiatry* 57(suppl 8): 66-72, 1996

12. Schuff N, Marmar CR, Weiss DS, Neylan T, Schoenfeld F, Fein G, Weiner MW: Reduced hippocampal volume and N-Acetyl Aspartate in Post Traumatic Stress Disorder, *Annals of the New York Academy of Sciences* 821: 516-520, 1997
13. Neylan TC, Marmar CR, Metzler TJ, Weiss DS, Zatzick DF, Delucchi KL, Wu RM, Schoenfeld FB: Sleep Disturbances in the Vietnam Generation: An Analysis of Sleep Measures from the National Vietnam Veteran Readjustment Study. *American Journal of Psychiatry* 155:929-933, 1998
14. Neylan TC, Fletcher DJ, McCallin K, Marmar CR, Weiss DS, Schoenfeld FB, Fein G: Sensory gating in chronic post-traumatic stress disorder: reduced auditory P50 suppression in combat veterans. *Biological Psychiatry* 46:1656-1664, 1999
15. Humphreys J, Lee K, Neylan T, Marmar C: Sleep patterns of sheltered battered women. *Image: Journal of Nursing Scholarship*, 31:139-143, 1999
16. Humphreys J, Lee K, Neylan T, Marmar C: Trauma history of sheltered battered women. *Issues in Mental Health Nursing* 20:319-332, 1999
17. Escamilla MA, McInnes LA, Spesny M, Reus VI, Service SK, Shimayoshi N, Tyler DJ, Silva S, Molina J, Gallegos A, Meza L, Cruz ML, Batki S, Vinogradov S, Neylan T, Nguyen JB, Fournier E, Araya C, Barondes SH, Leon P, Sandkuijl LA, Freimer NB. Assessing the feasibility of linkage disequilibrium methods for mapping complex traits: an initial screen for bipolar disorder loci on chromosome 18. *American Journal of Human Genetics* 64(6):1670-8, 1999
18. Neylan TC, Metzler TJ, Schoenfeld FB, Weiss DS, Lenoci M, Best SR, Lipsey TL, Marmar CR: Fluvoxamine and sleep disturbances in posttraumatic stress disorder, *Journal of Traumatic Stress* 14:461-467, 2001
19. Humphreys J, Lee K, Neylan T, Marmar C: Psychological and physical distress of sheltered battered women. *Health Care for Women International* 22:401-414, 2001
20. Neylan TC, Canick JD, Hall SE, Reus VI, Sapolsky RM, Wolkowitz OM: Cortisol Levels Predict Cognitive Impairment Induced by Electroconvulsive Therapy, *Biological Psychiatry* 50:331-336, 2001
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Neylan TC, Otte C, Weiner M, Marmar CR (2005): Brain imaging, neurocognition, and HPA status in PTSD. Presented to the Association of European Psychiatry 13th Congress, Munich Apr 2-6

Neylan TC, Otte C, Yehuda R, Marmar CR (2005): Neuroendocrine regulation of sleep disturbance in PTSD. Presented at the New York Academy of Science Conference: Psychobiology of PTSD. September 11-13, 2005

Neylan TC, Otte C, Weiner M, Marmar CR (2005): MRI and MRS in PTSD with and without history of Alcohol Abuse. Presented at the 21st Annual Meeting of the International Society for Traumatic Stress Studies, Toronto Nov 2-5

Neylan TC, Metzler T, Henn-Haase C, Marmar CR. Sleep, Fatigue, and Performance in a Prospective Study of Police Officers. Presented to the American Society for Criminology Conference 2005, November 15-19, 2005

Neylan TC, Otte C, Yehuda R, Marmar CR (2005): Sleep EEG response to metyrapone may be a measure of hypothalamic CRF Activity: A study of women with and without Posttraumatic Stress Disorder. Presented at the American College of Neuropsychopharmacology, 44th Annual Meeting, December 11-15 2005

Poulin J, van Kammen DP, Kelley ME, Nofzinger EA, Neylan TC, Gurklis JA, Peters JL (2005): Correlations between REM sleep EEG spectral analysis and CSF GABA and glutamate markers in clinically stable drug-free patients with schizophrenia: a pilot study. Presented at the American College of Neuropsychopharmacology, 44th Annual Meeting, December 11-15 2005

Neylan TC, Metzler T, Henn-Haase C, Marmar CR. Sleep, Stress, and Fatigue in Police Officers. Presented to the American Psychological Association Work, Stress, and Health 2006 Conference, March 2-4, 2006

Neylan TC Metzler TJ, Henn-Haase C, Blank Y, Tarasovsky G, McCaslin SE, Herbst E, Marmar CR Sleep Duration Predicts Performance on the Psychomotor Vigilance Task in a Healthy Sample of Police Academy Recruits. Presented at the Associated Professional Sleep Societies 20th Annual Meeting, Salt Lake City June 17-22, 2006

Blank Y, Lenoci M, Metzler TJ, Marmar CR, Neylan TC: Nightmares in PTSD: Polysomnographic Correlates in Home Recordings. Presented at the 22nd Annual Meeting of the International Society for Traumatic Stress Studies, Hollywood Nov 4-7, 2006

Neylan TC Lenoci M, Metzler TJ, Marmar CR: Fear of Sleep in PTSD: Behavioral and Polysomnographic Correlates. Presented at the 22nd Annual Meeting of the International Society for Traumatic Stress Studies, Hollywood Nov 4-7, 2006

Lenoci M, Metzler TJ, Otte C, Tarasovsky G, Schoenfeld FB, Marmar CR, Neylan TC: Open Label Trial of Escitalopram in the treatment of chronic Posttraumatic Stress Disorder. Presented at the 22nd Annual Meeting of the International Society for Traumatic Stress Studies, Hollywood Nov 4-7, 2006

Inslicht S, Neylan T, McCaslin S, Metzler TJ, Henn-Haase, Marmar CR, Neylan TC: Pre-Service Cortisol and 1 Year PTSD Symptoms: Preliminary Findings from a Prospective Study of Police. Presented at the 22nd Annual Meeting of the International Society for Traumatic Stress Studies, Hollywood Nov 4-7, 2006

Neylan TC, Metzler TJ, Henn-Haase, Marmar CR: Sleep disturbances predict future PTSD symptoms. Presented at the 23rd Annual Meeting of the International Society for Traumatic Stress Studies, Baltimore

Nov 15-17, 2007

Neylan TC, Metzler TJ, Henn-Haase, Marmar CR: PTSD and weight gain: relationship to pre-exposure sleep disturbances in a prospective study of police recruits. Presented at the 23rd Annual Meeting of the International Society for Traumatic Stress Studies, Baltimore Nov 15-17, 2007

Poulin J, van Kammen DP, Kelley ME, Neylan TC, Nofzinger EA. Correlations Between REM Sleep Beta EEG Spectral Power and Ventricular Brain Ratio in Clinically Stable Patients with Schizophrenia. Presented at the American College of Neuropsychopharmacology, 46th Annual Meeting, December 9-13, 2007

Neylan TC, Metzler TJ, Henn-Haase, Marmar CR: Sleep Disturbances Predict Future PTSD Symptoms and Weight Gain. Presented at the American College of Neuropsychopharmacology, 46th Annual Meeting, December 9-13, 2007

Saylor, S. A., Kanas, N. Baskins, P., Neylan, T. C., Boyd, J. E., Weiss, D. S., Saylor, S. A., Marmar, C. R. (2008). Effects of High vs. Low Autonomy On Space Crewmember Performance: Preliminary Findings From An Undersea Submersible Study. 59th International Astronautical Congress. Glasgow, Scotland. September 29-October 3, 2008.

Cardenas-Nicolson V, Neylan TC. Longitudinal brain atrophy and Neurocognition in PTSD. Presented at the 24th Annual Meeting of the International Society for Traumatic Stress Studies, Chicago Nov 13-15, 2008

Neylan TC, Halpern J, Wild J, Gurevich M, Baum N, Maunder R, Schwartz B, Handley R, Brazeau P, Defina P, Levatot Y. First Responders: Recovery from Terrorist Attacks and Other Critical Incidents. Presented at the 24th Annual Meeting of the International Society for Traumatic Stress Studies, Chicago Nov 13-15, 2008

Neylan TC, Metzler TJ, Henn-Haase, Marmar CR: Sleep in healthy adults with history of childhood trauma exposure. Presented at the American College of Neuropsychopharmacology, 47th Annual Meeting, December 7-11, 2008

RESEARCH PROGRAM (SEPARATE SUMMARY)

Significant Recent Publications

1. Neylan TC¹, Lenoci M, Rothlind J, Metzler TJ, Schuff N, Du AT, Franklin K, Weiss DS, Weiner MW², Marmar CR. Attention, Learning, and Memory in Posttraumatic Stress Disorder, *Journal of Traumatic Stress* 17:41-46, 2004
2. Otte C, Lenoci M, Metzler T, Yehuda R, Marmar CR, Neylan TC². Hypothalamus-pituitary-adrenal axis activity and sleep in posttraumatic stress disorder. *Neuropsychopharmacology* 30:1173-1180, 2005

3. Neylan TC^{*2} Otte C, Yehuda R, Marmar CR: Neuroendocrine Regulation of Sleep disturbances in PTSD, *Annals of the New York Academy of Sciences* 1071:203-215, 2006
4. Neylan TC², Lenoci M, Franklin KW, Metzler TJ, Henn-Haase C, Hierholzer RW, Lindley SE, Otte C, Schoenfeld FB, Yesavage JA, Marmar CR. Guanfacine does not improve symptoms of Posttraumatic Stress Disorder, *American Journal of Psychiatry* 163:2186–2188, 2006
5. Otte C, Lenoci M, Metzler T, Yehuda R, Marmar CR, Neylan TC² Effects of Metyrapone on HPA axis and Sleep in Women with PTSD, *Biological Psychiatry*, 61:952–956, 2007

¹ I took the lead role in the study selection of measures, recruitment and data collection, data analyses and interpretation, and manuscript write-up.

² Principal Investigator

Summary of Active Research Projects

1) “Neuroendocrine Regulation of Sleep in PTSD”, Principal Investigator

This is a four year R01 grant (R01MH73978) that was funded in April 2005 and is supported by the UCSF Clinical and Translational Science Institute Clinical Research Center. This study examines neuroendocrine factors mediating sleep disturbances in men and women with chronic Posttraumatic Stress Disorder (PTSD). We previously demonstrated with prior NIH support that metyrapone administration, which blocks adrenal cortisol synthesis and stimulates the release of hypothalamic Corticotropin Releasing Factor (CRF), resulted in a decrease in sleep time, an increase in awakenings, and a robust decrease in quantitative delta sleep in both PTSD and control subjects. The current study will test the hypothesis that; 1) the CRF response to metyrapone accounts for the observed disruption to sleep; and 2) PTSD is associated with diminished sensitivity to CRF challenge. This will be accomplished with repeated sampling of nocturnal hormone activity during the sleep recordings both before and after metyrapone administration. Further, given that there are important gender differences in sleep and HPA function, we will examine if gender affects the response of sleep to a CRF manipulation. Finally, the study will examine if sleep disturbances are associated with hyperglycemia and insulin resistance in PTSD as has been demonstrated in other populations. We are currently obtaining three nights of polysomnography with nocturnal blood sampling (night 1= adaptation, nights 2-3= pre and post metyrapone administration) in PTSD and control subjects on the GCRC. The results from the study will have implications for the clinical applicability of CRF receptor antagonists, which continue to be developed.

2) “Biological Pathways in PTSD”, Principal Investigator

This is a three year Department of Defense grant awarded in September 2007. The major goal of this project is to develop peripheral biomarkers of PTSD. The specific aim is to determine monocyte gene expression profiles on male subjects with a clinical definition of PTSD compared to age matched male controls who have returned from the wars in Afghanistan and Iraq.

3) “Cognitive Behavioral Treatment of Insomnia in Posttraumatic Stress Disorder”, Principal Investigator

This is a three year NIH R34 that was approved for funding in March 2008. The study will test if cognitive behavior therapy for treating sleep disturbances is effective in subjects with PTSD.

4) “Prazosin for the treatment of Patients with PTSD”, Principal Investigator

This study is a major component of the VA Sierra Pacific Mental Illness Research, Education, and Clinical Center (MIRECC). It is a double blind study of prazosin for the treatment of sleep disturbance in combat-related PTSD. This study will examine the effects of prazosin on objective sleep quality as measured by ambulatory polysomnography.

5) “4 Tesla MRI and MRS in PTSD”, Principal Investigator

This study is another component of the VA Sierra Pacific MIRECC. The overall goal of this study is to test the hypotheses that Post Traumatic Stress Disorder (PTSD) is associated with altered brain structure and chemistry and impaired cognitive functioning in separate cross-sectional and longitudinal studies of middle aged and older adults.

6) “Prospective Study of Posttraumatic Stress in Police Officers”, Co-Investigator (Charles Marmar, M.D., Principal Investigator)

To determine prospectively if baseline psychosocial characteristics and biologic responses of police academy recruits explain posttraumatic stress and general functional disturbances following critical incident exposure during police service. As Co-Investigator, I am responsible for the design, implementation, and analysis of the biological predictors; namely, peak cortisol activity after sleep offset before and after dexamethasone administration, fear potentiated responses to acoustic startle, and immediate psychophysiologic, HPA, and catecholaminergic responses to a laboratory stress challenge.