



July, 2023

## CURRICULUM VITAE

**HOME ADDRESS:** Thomas A. Mellman, M.D.  
4015 29<sup>th</sup> St. N.W.  
Washington DC 20008  
(202) 257-5961

**BUSINESS ADDRESS:** Department of Psychiatry  
Howard University College of Medicine  
520 W St, NW Ste 533  
Washington DC 20059  
(202) 806-7820  
fax (202) 806-7934

**DATE AND PLACE OF BIRTH:** April 24, 1956; Cincinnati, Ohio, U.S.A.

### HIGHER EDUCATION:

1978 B.S., summa cum laude, University of Cincinnati, Cincinnati, OH  
1982 M.D., Case Western Reserve School of Medicine, Cleveland, OH

### POSTDOCTORAL TRAINING:

1982-1983 PGY-1, University Hospitals of Cleveland, Department of Psychiatry  
1983-1984 PGY-2, University Hospitals of Cleveland, Department of Psychiatry  
1984-1985 PGY-3, University Hospitals of Cleveland, Department of Psychiatry  
1985-1988 Clinical Research Fellow, National Institute of Mental Health

### CERTIFICATION AND LICENSURE:

1983 Diplomate, National Board of Medical Examiners  
Medical licenses in Ohio, Maryland, District of Columbia, Florida (not active)  
1999 Medical license in New Hampshire  
2004 Medical license in District of Columbia (active)  
1989 American Board of Psychiatry and Neurology

### ACADEMIC APPOINTMENTS:

1988-1994 Assistant Professor, University of Miami School of Medicine, Department of Psychiatry, Miami, FL  
1994-1999 Associate Professor, University of Miami Department of Psychiatry and Behavioral Medicine, Miami, FL  
1999 Professor with tenure, University of Miami Department of Psychiatry and Behavioral Medicine, Miami, FL  
1999-2001 Associate Professor, Dartmouth Medical School, Department of Psychiatry

- 2002 Research Physician, White River Junction, Vermont, Department of Veteran's Affairs Medical Center
- 2002 Professor of Psychiatry, Dartmouth Medical School, Department of Psychiatry
- 2004 Professor with tenure, Howard University, Department of Psychiatry, Vice Chair for Research

## EXPERIENCE:

- 1985-1988 Ward Administrator, 3-West NIMH, Unit on Affective and Anxiety Disorders; Coordinator, Inpatient Anxiety Disorders Program, NIMH
- 1985-1986 Consulting Physician, Center for Behavioral Medicine, Rockville, MD
- 1986-1988 Consulting Physician, National Center for the Treatment of Phobias, Anxiety and Depression, Washington, D.C.
- 1988-1994 Chief of Anxiety Disorders Program, University of Miami School of Medicine, Department of Psychiatry, Miami, FL
- 1990-1991 Coordinator/Consultant PTSD Clinical Team Miami VAMC, Miami, FL
- 1990-1999 Coordinator for Research Activities, Miami VAMC Psychiatry Service, Miami, FL  
Consulting Psychiatrist: University of Miami, Sleep Program, Miami, FL  
Consulting Psychiatrist: Mt. Sinai Medical Center Sleep Disorders Program, Miami, FL
- 1991-1999 Chief, PTSD Program, Miami VAMC, Miami, FL
- 1994-1999 Director Anxiety Disorder and PTSD Program, University of Miami Department of Psychiatry and Behavioral Medicine, Miami, FL
- 1999-2003 Director Psychopharmacology Program, Dartmouth Medical School, Department of Psychiatry
- 2004 - 2006 Research Director, Howard/NIMH Collaborative Mood and Anxiety Research Program
- 2005 - 2008 Associate Program Director, Howard University College of Medicine, General Clinical Research Center
- 2008 -2010 Program Director, Howard University College of Medicine, General Clinical Research Center
- 2010-2012 Associate Dean for Research, Howard University College of Medicine
- 2012-present Director, Translational Research and Sleep Stress Research Programs
- 2023-present Co-director Clinical Trials Program

## COMMUNITY SERVICE

- 1974-1975 Volunteer, Longview State Mental Hospital, Cincinnati Ohio
- 1978-1979, 1982 Volunteer, STD Technical and Mental Health counselor, Cleveland Free Clinic
- 1986-1988 Volunteer, Jewish Social Service, Outreach program to the chronic mentally ill
- 1991-1999 Volunteer Consultant, Miami Red Cross
- 1992 Mental Health Outreach following Hurricane Andrew (with Miami VAMC and UM Department of Psychiatry initiatives).
- 1996 Volunteer guest lecturer, Miami Dade Community College
- 1996 Volunteer guest lecturer, Nova University, School of Psychology
- 2000 Guest speaker, National Alliance for the Mentally Ill, Manchester, NH
- 2001, 2002 Speaker, Public forums sponsored by the West Foundation and the Dartmouth Psychiatric Research Center on "New developments in the medication treatment of severe mental illness."

- 2005 Coordinator for Howard University, Hurricane Katrina refugee mental health outreach at the DC Armory shelter.
- 2007 Speaker, Alpha Kappa Alpha Sorority Symposium: Education and Awareness of Women's Mental Health
- 2014-2015 Led supportive debriefing meetings for volunteers at the DC General Homeless Shelter
- 2015 Speaker, Science Café, public lecture on Sleep and Health at Bus Boys and Poets, Washington DC
- 2016 Speaker on Mental Health at Faith Moravian Church Health Fair, Washington DC
- 2021 Speaker on Sleep Health and Coping with Stress during COVID, multiple outreach programs sponsored by the Department of Psychiatry and College of Medicine

## HONORS AND AWARDS

- 1989-90 Upjohn Award for Outstanding Young Investigator, University of Miami, Department of Psychiatry 1989-90.
- 1995-1999 Listed, Best Physicians in America, Southeast Edition
- 2009 Moses Wharton Young Research Award, Howard University College of Medicine
- 2010 Outstanding faculty research award, Howard University College of Medicine

## DEPARTMENTAL COMMITTEE AND ADMINISTRATIVE RESPONSIBILITIES

- 1983-1984 Representative, Committee on Residency Education, Department of Psychiatry, Case Western Reserve University
- 1989-1991 Member, Committee for Medical Student Education, University of Miami
- 1990-1993 Member, Department of Psychiatry Research Advisory Committee, Department of Psychiatry, University of Miami
- 1992-1993 Member, University of Miami School of Medicine, Behavioral Science Course, Planning Committee
- 1992-1995 Committee Chair for Selection of Psychiatry Department's Resident/Fellow Research Award, University of Miami
- 1995-1997 Chair, Research Training Committee, University of Miami
- 1998-1999 Co-chair, Department of Psychiatry and Behavioral Sciences Research Committee, University of Miami
- 1999-2003 Section Chief, Dartmouth Medical School, Department of Psychiatry
- 1999-2003 Executive Committee, Dartmouth Medical School, Department of Psychiatry
- 2000-2003 Member, Clinical Compliance Committee, Dartmouth Medical School, Department of Psychiatry

## EXTRA DEPARTMENTAL ACTIVITIES

### Medical School:

- 1989-1991, 1996 Member, Miami VAMC, Human Subjects Research Committee (IRB)
- 1991-1994 Member, Miami VAMC, Research and Development Committee
- 1992-1999 Member, Quality Assurance Committee, Department of Trauma Surgery, University of Miami School of Medicine
- 1994-1999 Executive Committee, VAMC Psychiatry Service
- 1996-1999 Chair, Outcomes Task Force, VAMC Psychiatry Service
- 1996-1999 Member, Dean's Task Force on Research and Graduate Studies, University of Miami School of Medicine

1997-1999 Member, University of Miami School of Medicine, Committee for Clinical Research

2004-2006 Member, GCRC Advisory Board, Howard University School of Medicine  
2005 Chair, Howard University College of Medicine: Dean's appointed committee to develop a Center for Translational Research Planning Grant

2007-2009 Chair, Howard University College of Medicine Research Committee  
2014 Chair, Faculty Subcommittee for planning Howard University Research Day  
2014 co-Chair, Research Subcommittee, College of Medicine, Strategic Planning Group  
2016 – 2020 Member and Chair, College of Medicine Appointment, Promotion and Tenure Committee

2017 Member, Search Committee for Department of Psychiatry Chair  
2017 Member, Search Committee for Department of Pharmacology Chair  
2020 – 2022 Chair, Howard University COM Research Task Force for COVID-19

**State:**

1999-2003 Member, State of New Hampshire, Institutional Review Board for Behavioral Research and Rules Development Subcommittee.

2002-2003 Member, New Hampshire Medicaid Drug Utilization Review Committee.

**National:**

1997-1998 Committee Member, National Institute of Mental Health, Violence and Traumatic Stress, Initial Review Group

1998 Member, International Society for Traumatic Stress Studies Treatment Guidelines Task Force, Pharmacology subcommittee.

1998 Committee member, APA Task Force for Revising Narrative Section of DSM-IV.

1999- 2002 Committee Member, National Institute of Mental Health, Interventions, Initial Review Group

2003 Invited Reviewer: APA Practice Guidelines for the treatment of Patients with Acute Stress Disorder and Posttraumatic Stress Disorder

2004 Ad hoc review committee member, National Institute of Health Road Map: Exploratory Centers for Interdisciplinary Research

2004 Reviewer, Research Enhancement Program (REAP), Department of Veteran Affairs

2005 Reviewer, NIH, Roadmap Initiative, Research Training Grants (APDA)

2005-2006 Member, National Institute of Alcohol Abuse and Alcoholism, IRB

2006 Reviewer, NIOSH, World Trade Center Responder Programs

2006 Reviewer, NIMH, Research Training Grants (T-32)

2007 – 2009 Member, NIH CNS Human Subjects Institutional Review Board

2007	Committee on Treatment of Post Traumatic Stress Disorder, Institute of Medicine, The National Academy of Sciences
2009	Reviewer and Review Committee Chair, Department of Defense, Congressionally Directed Medical Research Programs
2010 – 2014	Member, Mechanisms of Emotions Stress and Health, NIH Study Section
2012	Panelist, Military Operational Medicine Research Program: Posttraumatic Stress Disorder Research IPR STIGMA/Overcoming Barriers to Care IPR meeting
2013	Panelist, Advancing the Science of Education, Training and Practice in Trauma Conference, New Haven Ct, April 2013 sponsored by the Agency for Healthcare Research and Quality
2015	Reviewer, NIMH Cooperative Agreement – Longitudinal Assessment of Post-traumatic Syndromes
2015	Member, Special Emphasis Panel - Mentored Career Development Award to Promote Faculty Diversity in Biomedical Research
2016	External Advisory Board Member, National Research Mentoring Network, Meeting, January 20, 2016, Morehouse School of Medicine
2017	Ad hoc Reviewer, NIMH, Special Emphasis Panel
2017	Ad hoc Reviewer, VA Mental Health and Behavioral Science Merit Applications
2018	Reviewer, Ad hoc committee for NHLBI single site trials
2019	External consultant and workgroup member, Cohen Veterans Bioscience Adaptive Platform Trial in PTSD
2021	Reviewer, NIGMS IDeA CTR grants
	Reviewer, PAR-21-137: Early Stage Testing of Pharmacologic or Device-based Interventions for the Treatment of Mental Disorders (NIMH)
	Reviewer, ZMD1 KNL (J1) Special Emphasis Panel: Impact of Structural Racism and Discrimination on Minority Health and Health Disparities (NIMHD)

## **JOURNAL REFEREE ACTIVITIES**

1991	Reviewer, Journal of Personality Disorders
1991-1994	Reviewer, Journal of Anxiety Disorders
1992-3, 2001	Reviewer, Psychiatry Research
1993- present	Reviewer, American Journal of Psychiatry
1993 -2000	Reviewer, Journal of Clinical Psychiatry
1994-2000	Reviewer, Anxiety
1995- present	Reviewer, Journal of Traumatic Stress
1995, 1996	Reviewer, Journal of Chronic Fatigue Syndrome
1995- present	Reviewer, Biological Psychiatry
1995-1997	Editorial Board, Journal of Anxiety Disorders
1997, 2000	
and 2002 – 2008;	Reviewer, Sleep
2006, 2020	Reviewer, Sleep Medicine Reviews
2014, 20016	Reviewer, JAMA Psychiatry
2014 - present	Editorial Board, Journal of Traumatic Stress
2012 – present	Editorial Board, Sleep
2020 – present	Reviewer, Journal of Clinical Sleep Medicine

## **PROFESSIONAL AND HONORARY ORGANIZATION**

Phi Beta Kappa, University of Cincinnati  
 American Psychiatric Association  
 South Florida Psychiatric Association

Society for Biological Psychiatry  
 International Society for Traumatic Stress Studies  
 Sleep Research Society  
 Alpha Omega Alpha, Howard University

## TEACHING EXPERIENCE

### Courses

1987	Overview of Anxiety Disorders, FAES Graduate School, NIH, Fall
1989	Overview of Psychopharmacology: RMEC Symposium for South East Region Readjustment Counseling Service Staff
1990	Drug Abuse and PTSD, RMEC Symposium
1988 – 1999	Routine lectures to University of Miami medical students; Department of Psychiatry, residents and fellows on sleep, anxiety disorders, PTSD
1990-1999	Supervisor, PGY 3-4 Research Projects
1900 - 1999	Faculty Advisor, Department of Psychiatry Residents' Journal Club
1997, 1998	Guest lecturer, University of Miami, Department of Psychology
1999 - 2003	Lectures to 2 <sup>nd</sup> year medical students, Dartmouth Medical School on anxiety disorders, and overview of antidepressant, anxiolytic and mood stabilizing medications.
2001- 20003	Course director and lecturer: Dartmouth Medical School, Dept. of Psychiatry course: for PGY-I and II residents: Overview of Psychopharmacology.
2004 - present	Recurring lectures to Howard University Medical Students and Residents on Sleep and Sleep Disorders; developing research projects, Posttraumatic Stress Disorder

### Thesis and Dissertation Advising/Post-doctoral student supervision

1990	Committee member, Masters Thesis: Situational and Spontaneous Panic Attacks, Stephen Sinclair, University of Miami, Department of Health Psychology.
1992-1993	Committee co-chairman, Ph.D., Doctoral Dissertation: Personality Factors and Panic-Phobic disorders, Stephen Sinclair, University of Miami, Department of Health Psychology.
1992-1994	Director/Supervisor, Fellowship in Anxiety and Post-Traumatic Stress Disorders (Dr. Daniella David)
1994	Committee Member, Masters Thesis: Music therapy in Vietnam veterans with PTSD, Shawn Buller, University of Miami, Department of Music Therapy.
1998-2000	Committee member, Doctoral Dissertation: Sleep, social rhythms and relapse in bipolar mood disorders, Carol Winett, Department of Psychology, University of Miami.
2001	Committee member, Doctoral Dissertation: Dream content, heart rate and coping in the resolution of posttraumatic stress symptoms. Wil Pigeon, Union College.
2007	Project mentor, Doctoral Dissertation: Racism and PTSD, Ericka Jenifer, Howard University, Dept. of Psychology
2012	Examiner (by mail), PhD Dissertation of Andrea Phelps, University of Melbourne, Australia
2012	Committee Member and Project Mentor: Sleep, PTSD and Cognition, Janeese Brownlow, Howard University, Dept. of Psychology
2014	Committee Member: Secondary PTSD in Social Workers, Allesia Owens, Howard University, School of Social Work

- 2014 Committee Member and Project Mentor for PhD dissertation – EEG frequencies during REM sleep in PTSD versus Resilience: Nancy Cowdin, Georgetown University, Interdisciplinary Neuroscience Program.
- 2016 Committee Member and Project Mentor for Masters Thesis: Subjective and Physiological Reactions to Written Narrative Trauma Exposure. Mary Katherine Howell, Howard University, Department of Clinical Psychology.
- 2017 Committee Member and Project Mentor for PhD dissertation - Gender and Indices of Emotional Processing during Written Trauma Disclosure. Jennifer Rae Myers, Howard University, Department of Neuropsychology.
- 2019 Committee Member and Project Mentor for Doctoral Dissertation: Sleep Interfering Cognitions and Behaviors in formerly deployed Veterans. Mary Katherine Howell, Howard University, Department of Clinical Psychology.
- 2019 Committee Member and Project Mentor for Doctoral Dissertation: Trauma-related Insomnia. Maxwell Anderson, Howard University, Department of Clinical Psychology.
- 2020 Committee Member and Project Mentor for Masters' Thesis: Neighborhood Stress and Fear of Sleep. Milan Poindexter, Howard University, Department of Clinical Psychology.
- 2021 Committee Member and Project Mentor for Doctoral Dissertation: Strategies for Coping with Sleep Interfering Cognitions. Alicia Stokes, Howard University, Department of Clinical Psychology.

### **National**

- 2003 Mentor, American Psychiatric Institute for Research and Education Research Colloquium for Junior Investigators, May, San Francisco Ca.
- 2003 Meet the Professor Session, Annual Meeting of the Association of Professional Sleep Societies Annual Meeting, June, Chicago IL.
- 2010 Mentor, American Psychiatric Institute for Research and Education Research Colloquium for Junior Investigators, May, New Orleans, La.
- 2017 Mentor, Association for Clinical Translational Science Annual Meeting, Washington DC

### **Examining Board Membership**

1996, 1997, 1999, 2004, 2010, 2015 Examiner, American Board of Psychiatry and Neurology

### **RESEARCH INTERESTS:**

1. The role of sleep and REM sleep disturbances in the genesis and maintenance of PTSD and related morbidity.
2. Clinical psychopharmacology.
3. Methods for promoting evidence-based approaches to prescribing in psychiatric and other medical settings.
4. The role of stress and sleep disturbance in health disparities.

### **RESEARCH FUNDING:**

PI- Sleep and Arousal Regulation in PTSD (VA, Merit Review) (\$103,000) 1991-1994

PI- Brofaromine in the Treatment of PTSD (Ciba-Geigy) (\$40,000) 1992

PI - Sleep Disturbance and Psychiatric Morbidity (following Hurricane Andrew) (NIMH) (\$50,000) 1993

PI - Ondansetron Treatment of Panic Disorder (Glaxo) (\$71,000) 1995  
 PI - Sertraline for the Treatment of PTSD (Pfizer) (\$36,000) 1995  
 PI - Pilot Evaluation of Nefazodone for Depression and Sleep Disturbance associated with PTSD (investigator initiated) (Bristol-Myers Squibb) (\$50,000) 1996  
 PI - PTSD and Sleep Disturbance Following Severe Accidental Injury (NIMH) (\$520,000) 1996-2000  
 PI - A Flexible Dose Treatment Study of Nefazodone for PTSD (Bristol Myers Squibb) (\$70,000) 1996-1997  
 Investigator - Enhancing recovery in cardiac heart disease (NIHLB) (10% effort) PI - N. Schniederman, 1997-2001  
 PI- Minority supplement for Victoria Bustamante Psy.D. (NIMH) (\$50,000) 1997-1999.  
 PI- An International Multi-center trial of two dose ranges of nefazodone and placebo in the treatment of outpatients in the treatment of posttraumatic stress disorder (\$50,000) 1998-1999.  
 Investigator - Safe Life: A study of abuse in HIV infected women. (SAMHSA) (10% effort) (P.I. Sally Dodds, Ph.D.) 1999.  
 PI- Mid-career Award in Patient-oriented Research, (K-24), (NIMH) (\$400,000) 1999-2004  
 Work Group Co-chair (Medication Toolkit Development Group) - Evidence Based Practice Toolkit for the Severely Mentally Ill. (Robert Wood Johnson Foundation) 2000-2002. P.I. - R. Drake  
 PI- A study comparing nefazodone and sertraline for the treatment of posttraumatic stress disorder (Bristol Myers Squibb) (\$80,000) 2000-2001  
 PI- REM sleep and memory processing during the early development of PTSD. (RO-1), (NIMH) (\$1,800,000) (2001-2006)  
 PI – A double-blind randomized, placebo-controlled, 3-month clinical trial of venlafaxine ER and sertraline in the treatment of posttraumatic stress disorder (Wyeth) (\$64,000) 2002.  
 PI - Minority supplement for Julia Martinez B.A. (NIMH) (\$60,000) 2003-2004.  
 PI - Mid-career Award in Patient-oriented Research: Psychobiology of Sleep Disturbance in PTSD, (K-24, competitive continuation), (NIMH) (\$707,918) 2005-2010  
 PI – Planning Grant for a Clinical Translational Science Award for Howard University (NCRR) (\$150,000) 2006-2007  
 Chair writing committee and internal advisory group – Screening Brief Intervention Referral and Treatment Training Program (SAMHSA) 2008 - 2012  
 PI - Nocturnal Blood Pressure and Posttraumatic Stress Disorder in African Americans (RO1) (NHLBI) 2008 – 2013 \$286,180 annual direct costs  
 PI – supplement to above grant for summer teacher fellowships (NHLBI) 2009 – 2010 (\$40,952 total)  
 PI – diversity supplement to above grant 2010 – 2012 (\$178,444)  
 PI (with J Verbalis, Georgetown) – Georgetown Howard University Center for Clinical Translational Science (CTSA) (NCRR) 2010-2015 (\$7,392,659 annual direct costs, \$1,926,568 to HU)  
 PI - Sleep and Processing Traumatic Memory (R21) (NIMH) 2012-2014 (\$275,000 total direct costs)  
 PI - Sleep Adaptations to Stress (R21) (NIMHD) 2012 – 2014 (\$275,000 total direct costs)  
 PI – Diverting the Pathway to Substance Misuse by Improving Sleep (R-34) (DOD) 2014 – 2017 (\$450,000 total direct costs)  
 PI (with J Verbalis, Georgetown) – Georgetown Howard University Center for Clinical Translational Science (CTSA) (NCATS) 2015-2025 (approximately \$3.6 million annual total costs)  
 PI (Investigator initiated) – Suvorexant and Trauma Related Insomnia (Merck) \$523,000, 2016 – 2019  
 PI - Sleep, stress, and cardiovascular health (NHLBI, NIH) R01- \$2,100,000, 2017 - 2022  
 Mentor - Can Blocking the orexin system enhance sleep's benefits to therapeutic exposure for PTSD? PI: Ihori Kobayashi, Ph.D., NIMH KO1 2017-2021; \$148,114  
 Investigator - Elucidating olfactory mechanisms of PTSD vulnerability and trauma resilience.  
 PI: Evar Nwulia, M.D. 1R21MH117987 May 2019 – Feb 2021, \$252,911



Investigator: 3UM1AIO68614-14S1COVID-19 Prevention Network (CoVPN) Site Preparedness Funding – Washington DC Site, September 2020 – October 2021.

Site PI Howard University - CEAL Award: Communities and Universities Engaged to Fight COVID (CUE-COVID) May 2021 – March 2022 \$240,112

Site PI Howard University - Development of a Risk Factor Screen for Mental Health Problems after Sudden Illness or Injury April 2021 – March 2023 \$239,042 NIMHD through Palo Alto Veterans Institute for Research

## INVITED PRESENTATIONS

- 1987 Clinical Management Conference, Walter Reed Hospital, Department of Internal Medicine
- 1987 Grand Rounds, Department of Psychiatry, Henry Ford Hospital, Detroit
- 1988 Grand Rounds, Department of Psychiatry, University of North Carolina, Chapel Hill, NC
- 1988 Psychiatry Rounds, Ben Gurion University, Beer Sheva Mental Health Center, Israel
- 1988 Psychiatry Rounds, Rambam Hospital, Haifa, Israel
- 1989 Grand Rounds, Department of Neurology, University of Miami, Miami, FL
- 1989 Clinical Conference, Department of Endocrinology, University of Miami, Miami, FL
- 1989,90 Annual Symposium, Department of Psychiatry University of Florida, Gainesville, FL
- 1990 Grand Rounds, Department of Psychiatry, Medical University of South Carolina, SC
- 1991 Presenter, Stress and Coping Symposium, Department of Health Psychology, University of Miami, Miami, FL
- 1992,93 Presenter, Miami Area Geriatric Education Center, Annual Symposium, Miami, FL
- 1992 Presenter, Mt. Sinai Medical Center of Miami, Sleep Disorder Program Symposium: Introduction to Sleep Medicine, Miami Beach, FL
- 1992 Presenter, Symposium Meninger, St. Josephs, Tampa FL
- 1993 Presenter, University of Miami, Department of Psychiatry Symposium on Hurricane Andrew, Miami, FL
- 1993 Presenter, Symposium Workshop: The Holocaust Survivor, The Miami Jewish Federation, Miami FL
- 1993 Grand Rounds, University of Manitoba, Winnipeg Canada
- 1993 Presenter, Tulane Symposium on Post-traumatic Stress Disorder, New Orleans, LA
- 1994 Grand Rounds, Case Western Reserve, Department of Psychiatry, Cleveland OH
- 1994 Presenter: PTSD Symposium, Annual Meeting of the American Society for Hospital Pharmacists.
- 1995 Presenter: 8th Congress of the International Council of Motorsport Sciences, “PTSD Highway vs. Speedway”, Miami, FL
- 1996 Presenter: Traumatic Brain Injury 1996: The Miami Experience, “Distinguishing Post-Traumatic Stress Disorder (PTSD) from Traumatic Brain Injury”. University of Miami, Miami, FL
- 1996 Presenter: International Center for Epilepsy, University of Miami School of Medicine; Epilepsy Update: Adolescents to Elderly: Panic Attacks, Borderlands of Epilepsy; Miami, FL
- 1997 Grand Rounds, Medical University of South Carolina, Department of Psychiatry and Behavioral Sciences.
- 1997 Grand Rounds, University of Texas, Health Science Center, San Antonio, Department of Psychiatry.
- 1998 Grand Rounds, Dartmouth University Department of Psychiatry
- 1999 Grand Rounds, Duke University Department of Psychiatry
- 1999 Invited Lecturer. Medication treatment for PTSD. European College of Neuropharmacology. London, England
- 2000 Grand Rounds, University of Alabama, School of Medicine, Dept of Psychiatry

- 2001 Grand Rounds, Rush Department of Psychiatry, Chicago Ill.
- 2001 Presenter/Workshop leader, State of Maryland. Dept of Mental Health Annual Conference
- 2001 Plenary Presentation: REM sleep, dreams and the development of PTSD. NIMH sponsored Conference: Perspectives on the Role of Sleep in Memory. Bethesda MD, December
- 2002 Grand Rounds, SUNY School of Medicine at Syracuse, Department of Psychiatry
- 2002 Presentation for Dartmouth Community Medical School Course: What's on Your Mind? "Sleep, Dreams and Stress"
- 2005 Presentation: Sleep in PTSD and Acute Trauma for Penn State University School of Medicine Department of Psychiatry Annual Neuroscience Symposium
- 2005 PTSD and Depression, Chicken or Egg? Psychiatry and the Behavioral Sciences Symposium, National Medical Association Annual Meeting, NY, NY
- 2007 U Wisconsin/Howard Short Course in Clinical Research – Presentation: Writing an R01 Grant Application
- 2007 Promoting Education & Awareness of Women's Mental Health Xi Omega Chapter of Alpha Kappa Alpha Sorority, Inc in collaboration with Howard University School of Social Work. Presentation – Anxiety Disorders
- 2007 Presenter Mental Health Disparities for African Americans, implications for PTSD. 7<sup>th</sup> African American Symposium on PTSD "Disparities and Unmet Needs for Treatment and Diagnosis" Howard University, Washington DC
- 2009 Presenter on PTSD Pharmacotherapy; NIDA Sponsored Symposium: Addressing Substance Abuse and Comorbidities among Military Personnel, Veterans, and their Families: A Research Agenda Bethesda Md.
- 2009 Presenter, Overview of the Epidemiology, Psychobiology, and Treatment of Posttraumatic Stress Disorder (Plenary Session). Identifying the Signs, Symptoms, & Impact of Post-Traumatic Stress Disorders in African Americans; EY Williams Symposium, Department of Psychiatry & Behavioral Sciences, Howard University Hospital
- 2010 Presentation: Sleep and Posttraumatic Stress Disorder, 32<sup>nd</sup> Annual Meeting of the American Association of Sleep Technologists, June 8, San Antonio, Texas
- 2011 Grand Rounds, Nature and consequences of sleep disturbance with PTSD and emerging treatments, Dept. of Psychiatry, University of Medicine and Dentistry of New Jersey, September 21.
- 2012 Grand Rounds, Role of traumatic stress and sleep disturbance in health disparities. Dept. of Psychiatry, University of Michigan, Martin Luther King Jr. day lecture, January 17
- 2012 Workshop facilitator: Developing a career in research. Faculty Retreat. Howard University College of Medicine. June 14, 2012.
- 2011-2014 Presenter NIH supported Program to Increase Diversity in Behavioral Medicine and Sleep Disorders Research (PRIDE) at SUNY Downstate Medical Center and New York University, School of Medicine. August 2011 - 2014
- 2012 Master Clinician – Pharmacological Strategies for Trauma-related Mental Health Complaints. 28<sup>th</sup> Annual Meeting for the International Society for Traumatic Stress Studies. Los Angeles Ca. November, 2012.
- 2014 Presenter - Stress and Sleep: NIH Integration of Behavioral, Social, Environmental and Physiological Processes Meeting May 14 -15, 2014
- 2014 Presenter (with Ihori Kobayashi) Sleep Grand Rounds University of Pittsburgh - Traumatic Stress, Neighborhood Stress, and Nocturnal Regulation
- 2015 Presenter – George Washington University Wellness Seminar- Sleep and Resilience  
Presenter - The role of sleep in the impact of traumatic and neighborhood stress on physical and emotional health, Walter Reed Naval Medical Center, Sleep Program Rounds
- 2016, 2017 Organizer and Director Howard University COM Annual Resident/faculty Scientific Research Forum

- 2019      Presenter - GW Cardiovascular Researchers Interest Group Monthly Meeting - Nocturnal Autonomic Nervous System Activity: A candidate mediator of the effect of urban stress on cardiovascular risk
- 2019      Panelist, HBCU Me Too Tour symposium
- 2019      Panelist, Howard University, Research Retreat
- 2021      Georgetown, Department of Psychiatry Grand Rounds: Sleep Health and Urban Stress

## **BIBLIOGRAPHY:**

### **Book Chapters:**

- Mellman, T.A. and Uhde, T.W. (1990). Sleep studies in panic and generalized anxiety disorders. In J.C. Ballenger (Ed.), *Neurobiological Aspects of Panic Disorder*. New York, New York: Allan R. Liss, Inc.
- Mellman, T.A. (1997) Psychobiology of sleep disturbances in Posttraumatic Stress Disorder. In: *Psychobiology of Posttraumatic Stress Disorder*. Eds R. Yehuda and A.C. McFarlane. *Annals of the New York Academy of Sciences*, Vol 821.
- Mellman, T.A. (2000) Sleep and the pathogenesis of PTSD. In: *International Handbook of Human Response to Trauma*. Eds A. Shalev, R. Yehuda and A.C. McFarlane. New York: Plenum Publishing Co., pp. 299-306
- Friedman, M.J., Davidson, J.R.T., Mellman, T.A., Southwick, S.M. (2000) Pharmacotherapy. In *Effective Treatments for PTSD. Practice Guidelines from the International Society for Traumatic Stress Studies*. Eds E.B. Foa, T.M. Keane, M.J. Friedman. Guilford Press, New York, London.
- Mellman T.A., Beckham J.C. (2000). Revised Sections on Posttraumatic Stress Disorder and Acute Stress Disorder. *Diagnostic and Statistical Manual of Mental Disorders-Text Revision*. American Psychiatric Press. Washington D.C..
- Mellman, T.A. (2002). Anxiety Disorders and Sleep. In *Sleep Medicine*. Eds T.L. Lee-Chiong, M.J. Sateia, M.A. Carskadon. Hanley & Belfus, Inc., Philadelphia.
- Mellman, T.A. (2002). Rationale and role for medication in the comprehensive treatment of PTSD. In *Treating Trauma Survivors with PTSD*. Ed R. Yehuda. American Psychiatric Press, Washington D.C..
- Mellman, T.A. (2003). Sleep aspects of anxiety disorders. In *Anxiety Disorders*. Eds D.J. Nutt & J.C. Ballenger. Blackwell Science, Oxford UK.
- Mellman, T.A., Pigeon W.R. (2005; revised 2011). Dreams and Nightmares in Posttraumatic Stress Disorder. In *Principles and Practices of Sleep Medicine, 4<sup>th</sup> Edition*. Eds: M Kryger, T Roth and W Dement, Section ed R Stickgold. Elsevier, Phil Pa. (Revised for 5<sup>th</sup> Edition, 2011)
- Mellman, T and Hotz G. (2006). Psychological and Behavioral Complications of Trauma. In *Complications of Surgery and Trauma*. Ed by Stephen M. Cohn, M.D. Informa Health Care USA, Inc. NY, NY.
- Institute of Medicine (IOM). 2008. *Treatment of Posttraumatic Stress Disorder: An Assessment of the Evidence*. Appendix H, Minority Opinion of Thomas A. Mellman. Washington DC. The National Academies Press.

- Ramsawh, H., Stein, M.B., Mellman T.A. (2011). Anxiety Disorders. In Principles and Practices of Sleep Medicine, 5<sup>th</sup> Edition. Eds: M Kryger, T Roth and W Dement, Section ed R Benca. Elsevier, Phil Pa.
- Alfano, C. Mellman, T.A. (2011) Anxiety Disorders. In Foundations of Psychiatric Sleep Medicine. Eds J Winkelman, D Plante. Cambridge University Press
- Mellman, T.A. (2018) Sleep and PTSD. In Posttraumatic Stress Disorder. Eds. C Nemeroff, C Marmar. Oxford University Press

### Meeting Presentations

- Uhde, T.W., Mellman, T.A., Klein, E.M. & Post, R.M.: Phenomenology, biology, and treatment of panic. Presented at the 139th annual meeting of the American Psychiatric Association, Washington, D.C., May, 1986.
- Mellman, T.A. & Uhde, T.W.: Obsessive-compulsive symptoms in panic disorder. Presented at the 140th annual meeting of the American Psychiatric Association, Chicago, IL., May, 1987.
- Uhde, T.W. & Mellman, T.A. Panic and depression: Biological relationship. Presented at the 140th annual meeting of the American Psychiatric Association, Chicago, IL., May, 1987.
- Mellman, T.A. and Uhde, T.W.: EEG sleep and sleep panic in panic disorder. Presented at the 141st annual meeting of the American Psychiatric Association, Montreal, Quebec, Canada, May, 1988.
- Stein, M.B., Tancer, M.E., Gelerntner C.S., Mellman, T.A., Uhde T.W.: The longitudinal relationship between panic disorder and major depression. Presented at the World Federation of Society's for Biological Psychiatry, Jerusalem, Israel, April, 1989.
- Nordahl, T.E., Benkelfat, C., Semple, W.E., Stein, M.B., Mellman, T.A., Gross, M., Uhde, T.W., Cohen, R.M.: Metabolic rates in OCD and comparisons with panic disorder. Presented at the 142nd annual meeting of the American Psychiatric Association, San Francisco, CA., May, 1989.
- Mellman T.A., Uhde T.W.: EEG sleep in panic disorder and major depression. Presented at the 44th annual convention of the Society for Biological Psychiatry, San Francisco, CA., May, 1989.
- Uhde, T.W., Stein, M.B., Mellman, T.A., Tancer, M: Panic and depression: The tangled web they weave. Presented at the 142nd annual meeting of the American Psychiatric Association, San Francisco, CA., May, 1989.
- Currier M.B., Llorente, M.D. Norman, S.E., Mellman, T.A.: Adult night terrors and associated psychopathology. Presented at the 143rd meeting of the American Psychiatric Association, New York, NY, May, 1990.
- Uhde, T.W., Stein, M.B., Tancer, M.E., Boulenger, J.P., Mellman, T.A., Geraci, M.F.: Caffeine model of panic: biological implications. Presented at the 143rd annual meeting of the American Psychiatric Association, New York, NY, May, 1990.

- Mellman, T.A., Randolph, C.R., Flores, L.P., McGinnes, C.D. Psychiatric illness and severe military stress. Presented at the 2nd meeting of the Southern Society for Psychiatric Research, February, 1990.
- Mellman, T.A., Ashlock L.B., Nolan, B.: Sleep disruption and disturbance in combat related PTSD. Presented at the 2nd meeting of the Southern Society for Psychiatric Research, February, 1990.
- Norman, S.E., Llorente, M.D., Currier, M.B., Chediak, A., Mellman, T.A.: Phenomenology and associated conditions in adult night terrors. Presented at the Society for Sleep Research, Minneapolis, MN, June, 1990.
- Brawman-Mintzer O., Hernandez, N.D., Mellman, T.A., Hanna, S.G., Boza, R.B.: Is PTSD a risk factor for HTN? Presented at the 3rd annual meeting for the Southern Association for Psychiatric Research, Tampa, FL, April, 1991.
- Mellman, T.A., Randolph, C.R., Brawman-Mintzer, O., McGinnis, K.D., Milanes, F.J.: Phenomenology and course of PTSD comorbidity. Presented at the 144th meeting of the American Psychiatric Association. New Orleans, LA, May, 1991.
- Mellman, T.A., Kumar A.: Platelet serotonin measures in PTSD. Presented at the 47th annual convention of the Society for Biological Psychiatry, Washington, D.C., April, 1992.
- Mellman, T.A., Brawman-Mintzer, O., Randolph, C.A., Milanes, F.J.: Phenomenology and longitudinal course of illness following military trauma. Presented at the 47th annual convention of the Society for Biological Psychiatry, Washington, D.C., May, 1992.
- Mellman, T.A., Uhde, T.W.: Treatment of panic disorder: Axis II issues. Presented at the 145th annual meeting of the American Psychiatric Association, Washington DC, May 1992.
- Mellman, T.A., Nolan, B.: PTSD and sleep events. Presented at the 145th annual meeting of the American Psychiatric Association, Washington, D.C., May, 1992.
- Mellman, T.A., Nolan, B., Bell, R., Ashlock, L.E.: Sleep disturbance and arousal regulation in PTSD. Presented at the 145th annual meeting of the American Psychiatric Association, Washington, D.C., May, 1992.
- Brawman-Mintzer, O., Mellman T.A., Hernandez, N.D., Hanna S.G., Boza R.A.: PTSD and hypertension. Presented at the 145th annual meeting of American Psychiatric Association, Washington, D.C., May, 1992.
- Mellman, T.A., Bell, R.L., Nolan B.: Sleep in PTSD. Presented at the 5th annual meeting of the Anxiety Disorders Association of America, Charleston, SC, March, 1993.
- David, D., Samoza, M.P., Giron, A., Mendoza, L., Douyon, R., Mellman, T.A.: Schizophrenia and drug abuse. Presented at the 146th annual meeting of the American Psychiatric Association, San Francisco, CA, May 1993.
- David, D., Giron, A., Mellman, T.A.: Panic-phobic patients and developmental trauma. Presented at the 146th annual meeting of the American Psychiatric Association, San Francisco, CA, May 1993.

- Mellman, T.A., (Presenter and Invited Symposium Organizer), Yehuda, R., Keane, T., Davidson, J.R.: Phenomenology, biology and treatment of post-traumatic stress disorder. Presented at the New Clinical Drug Evaluation Unit (NCDEU), Boca Raton FL, June 1993.
- Mellman, T.A., Kulick-Bell, R., Kumar, A., Nolan B.: Sleep and arousal regulation in combat-related PTSD. Presented at the 8th annual meeting of the Association of Professional Sleep Societies, Los Angeles, CA, June 1993.
- Mellman, T.A., Kulick-Bell, R., Nolan B.: Sleep and arousal regulation in PTSD. Presented at the 9th annual meeting of the International Society for Traumatic Stress Studies, San Antonio, TX, October 1993.
- Mellman, T.A., Kulick-Bell, R., Nolan B.: Sleep events in PTSD. Presented at the "Future of VA Mental Health Research" Symposium, Washington DC, November 1993.
- Mellman, T.A., David D., Kulick-Bell, R., Hebding J., Nolan B.: Sleep disturbance in acute and chronic PTSD. Presented at the 14th annual meeting of the Anxiety Disorders Association of America, Santa Monica CA, March 1994.
- David D., Mellman T.A., Mendoza L., Ironson G., Schneiderman N.: Hurricane Andrew and psychiatric morbidity. Presented at the 147th annual meeting of the American Psychiatric Association, Philadelphia PA, May 1994.
- Ramos J., David D., Mellman T.A., Gonzalez D., Augenstein J.: Motor vehicle accidents and PTSD. Presented at the 147th annual meeting of the American Psychiatric Association, Philadelphia PA, May 1994.
- Kumar N., Kutcher G., Mellman T.A.: Psychosis in PTSD. Presented at the 147th annual meeting of the American Psychiatric Association, Philadelphia PA, May 1994.
- Mellman T.A., Kumar A., Kulick-Bell R., Kumar M., Nolan B.: Noradrenergic and sleep measures in combat-related PTSD. Presented at the 147th annual meeting of the American Psychiatric Association, Philadelphia PA, May 1994.
- Mellman T.A., David D., Kulick-Bell R., Hebding J., Nolan B.: Sleep disturbance related to Hurricane Andrew. Presented at the 147th annual meeting of the American Psychiatric Association, Philadelphia PA, May 1994.
- Woodward, S.H., Mellman, T.A.: Sleep laboratory findings in PTSD vs. depression. Presented at the International Society for Traumatic Stress Studies, Chicago, IL, November 5-9, 1994.
- Kutcher, G.S., Tremont, M.R., Burda, P.C., Mellman, T.A.: Self-Report Measures of PTSD. Presented at the International Society for Traumatic Stress Studies, Chicago, IL, November 5-9, 1994.
- Nagy, L.M., Falsetti, S.A., Resnick, H.S., Mellman, T.A. (discussant) Symposium: Panic attacks and PTSD. Presented at the International Society for Traumatic Stress Studies, Chicago, IL, November, 5-9, 1995.
- Mellman, T.A., (chair) Ross, R.J., Woodward, S.H., Cartwright, R.: Symposium: Rapid eye movement sleep in PTSD. Presented at the International Society for Traumatic Stress Studies, Chicago, IL, November, 5-9, 1995.

- Mellman, T.A., and Nolan, B.: REM findings in PTSD. Presented at the International Society for Traumatic Stress Studies, Chicago, IL, November, 5-9, 1995.
- David, D., Mellman, T.A., Mendoza L.M., Kulick-Bell, R., Ironson, G., Schneiderman, N.: Psychiatric morbidity following Hurricane Andrew. Presented at, the 148th annual meeting of the American Psychiatric Association, Miami, FL, May, 20-25, 1995.
- David, D., Mellman, T.A.: Psychiatric and sleep sequellae of Hurricane Andrew. Presented at the 148th annual meeting of American Psychiatric Association, Miami, FL, May, 20-25, 1995.
- Mellman, T.A. (chair). Stages of the neurobiological response to trauma. Presented at the 148th annual meeting of the American Psychiatric Association, Miami, FL, May, 20-25, 1995.
- David, D., Mellman, T.A.: Dreams following Hurricane Andrew. Presented at 148th annual meeting of American Psychiatric Association, Miami, FL, May, 20-25, 1995.
- Mellman, T.A., Hebding, J., David, D., & Nolan, B.: REM during naps in combat-related PTSD. Society of Biological Psychiatry 15th Annual Convention and Scientific Program, Miami, FL, May 17-21, 1995.
- Mellman, T.A., Nolan, B.: Sleep in acute and chronic PTSD. Society of Biological Psychiatry 15th Annual Convention and Scientific Program, Miami, Florida, May 17-21, 1995.
- Mellman, T.A., Kumar, A., Kumar, M., Nolan, B.: Sleep disturbance and noradrenergic production in combat-related PTSD. International Society for Traumatic Stress Studies, San Francisco, California, November 9-11 1996.
- Mellman, T.A., David, D., Nolan, B.: Rapid eye movement sleep in PTSD. International Society for Traumatic Stress Studies. San Francisco, California, November 9-11, 1996.
- Jackson, E.I., Tremont, M.A., Kutcher, G.S., David, D., Mellman, T.A.: PTSD with psychotic features. International Society for Traumatic Stress Studies. San Francisco, California, November 9-13, 1996.
- Mellman, T.A., David, D., Nolan, B.: Evidence for impaired arousal regulation and information processing during sleep in PTSD. Psychobiology of Posttraumatic Stress Disorder. September 7-10, 1996.
- Mellman, T.A. (chair): Sleep and the pathogenesis of PTSD. Second World Conference of the International Society for Traumatic Stress Studies. Jerusalem, June 9-13, 1996.
- Mellman, T.A., David, D., Nolan, B.: Sleep disturbance, a marker and possible mediator of PTSD. Second World Conference of the International Society for Traumatic Stress Studies. Jerusalem, June 9-13, 1996.
- Mellman, T.A.: Psychobiology of sleep disturbance in PTSD. Second World Conference of the International Society for Traumatic Stress Studies. Jerusalem, June 9-13, 1996.
- Mellman, T.A.: Symposium Chair: Sleep aspects of mood and anxiety disorders (Industry Sponsored Symposium.) American Psychiatric Association Annual Meeting. San Diego Ca., May 1997.

- Mellman, T.A.: Sleep disturbances in PTSD. American Psychiatric Association Annual Meeting. San Diego Ca., May 1997.
- Mellman, T.A., David D., Byers, P.M., Augenstein J: Arousal, sleep and the acute pathogenesis of PTSD. American Psychiatric Association Annual Meeting. San Diego Ca., May 1997.
- David, D., Kutcher, G.S., Jackson, E.I., Mellman, T.A.: Psychotic symptoms in PTSD. American Psychiatric Association Annual Meeting. San Diego Ca., May 1997.
- Esposito, K.F., Benitez, A.B., Mellman, T.A.: Evaluation of dreams in combat-related PTSD. New Research Program. American Psychiatric Association Annual Meeting. San Diego Ca., May 1997.
- Mellman, T.A., David, D., Barza, L.: Pilot study of nefazodone for chronic PTSD and related sleep disturbance. New Research Program. American Psychiatric Association Annual Meeting. San Diego Ca., May 1997.
- Mellman, T.A. (course director), Marshall, R., Nagy, L.: Medication treatment and PTSD. International Society for Traumatic Stress Studies Annual Meeting. Washington D.C., November 1998.
- Uddo, M. (Chair), presenters - Meuser, K., Sauter, F., Hamner, M., discussant - Mellman, T.: Symposium: PTSD and psychotic symptoms. International Society for Traumatic Stress Studies Annual Meeting. Washington D.C., November 1998.
- Bustamante, V., Fins, A.I., Taylor, A., David, D., Mellman, T.A.: Relationship between neuropsychological functioning and acute trauma response. International Society for Traumatic Stress Studies Annual Meeting. Washington D.C., November 1998.
- Mellman, T.A., Fins, A.I., David, D., Taylor, A., Bustamante, V., Nolan, B.: Sleep, dreams and the development of PTSD. International Society for Traumatic Stress Studies Annual Meeting. Washington D.C., November 1998.
- Schnurr, P.P., Mellman, T.A., Falsetti, H. (Course Presenter). A practical approach to treatment research. International Society for Traumatic Stress Studies Annual Meeting. Miami, Fl., November 1999.
- Mellman, T.A., Bustamante, V., David D., Esposito, K.. Predictors of PTSD following severe injury. International Society for Traumatic Stress Studies Annual Meeting. San Antonio, Tx., November 2000.
- Mellman, T.A., Bustamante, V., David D., Fins, A.I.. Hypnotic medication, sleep and acute post traumatic stress symptoms. International Society for Traumatic Stress Studies Annual Meeting. San Antonio, Tx., November 2000.
- Bustamante, V., Mellman, T.A., David D., Fins, A.I., Esposito, K.. Coping, immigration status and PTSD following severe injury. International Society for Traumatic Stress Studies Annual Meeting. San Antonio, Tx., November 2000.
- Esposito, K., Mellman, T.A., Bustamante, V., David D.. Dissociation following severe injury and PTSD. International Society for Traumatic Stress Studies Annual Meeting. San Antonio, Tx., November 2000.



- DeFaria, L., Lapeyra, O., Mellman, T.A., David, D.. Risperidone Treatment for chronic, combat-related PTSD. New Clinical Drug Evaluation Unit Annual Meeting. Phoenix Arizona, May 2001.
- Noordsy, D., Mellman, T.A., Logothetis L., Larson, H. Lemieux. Treatment with multiple antipsychotic medications in a community mental health setting. New Clinical Drug Evaluation Unit Annual Meeting. Phoenix Arizona, May 2001.
- Winett, C., Norse, E., Johnson, S., Mellman, T.A. The connection between severe life events, insomnia, depression, and mania in bipolar disorder: Implications for cognitive behavioral therapy. 35<sup>th</sup> Annual Meeting of the Association for Advancement of Behavioral Therapy. Philadelphia, Pa, 2001.
- Cimpean, D., Mellman, T.A., Comins, K., Roatta, V., Esposito, K.. Peritraumatic memory with traumatic injury. Annual Meeting of the American Psychiatric Association. NR30, 2002.
- Mellman T.A.. Clinical Research on Traumatic Stress: Its Promise and Limitations in the Treatment of Complex Trauma. Medication Treatment. Plenary Session. International Society for Traumatic Stress Studies Annual Meeting. Baltimore Md. November 2002.
- Pigeon, W., Mellman, T.A.. Relationship of Dream Content to Recent Trauma and PTSD. International Society for Traumatic Stress Studies Annual Meeting. Baltimore Md. November 2002.
- DeViva, J.C., Zayfert, C., Pigeon, W.R., Mellman, T. A.. More Nightmares but I Still Can't Sleep: Treatment of Residual Sleep Disturbance Following Successful CBT for PTSD. 36<sup>th</sup> Annual Meeting of the Association for Advancement of Behavioral Therapy. Reno Nevada, November 2002.
- Gillock, K., Zayfert, C., Mellman, T.A., Hegel, M.T., & Ferguson, R.J.. PTSD in primary care: A pilot study of differences in medical utilization rates and health indices. 36<sup>th</sup> Annual Convention of the Association for Advancement of Behavior Therapy, Reno, Nevada. November, 2002.
- Knorr, B., Mellman T.A., Leiter, J.C., Pigeon, W., Akay, M.. Heart Rate Variability during Sleep and the Development of PTSD following Traumatic Injury. Seventeenth Annual Neuroscience Day at Dartmouth, January, 2003.
- Martinez J, Mellman T.A., Agrawal, S., Saykin, A..Overnight Memory Processing and the Development of PTSD. Seventeenth Annual Neuroscience Day at Dartmouth, January, 2003.
- Lawson, W.B., Graves, R.E., Chrishon, K., Alim, T.A., Mellman , T.A. Diagnosing Bipolar Disorder in Primary Care Clinics. Annual Meeting of the American Psychiatric Association, New Research Program, Atlanta Ga, 2005.
- Mellman, T.A. Aggressive impulsivity and the PTSD bipolar spectrum. In Impulsivity and Aggression: Bipolar Variants. Sponsored Symposium, Institute for Psychiatric Services Annual Meeting, San Diego Ca, 2005.

- Mellman, T.A. (Chair), Alim T.A., Dallam, D.L., Lawson, W.B. Factors underlying mental health disparities for African Americans. Presented at the Annual Meeting of the National Medical Association, Dallas Texas, 2006.
- Olatubosun, S. (Mellman, T.A. supervisor) Factors influencing racial disparities in nocturnal blood pressure dipping. Presented at the 34<sup>th</sup> Annual Health Professional Student Research Symposium. Howard University. November 2007.
- Mellman, T.A. (Chair), Neylan, T., Raskind M.A. Translating Sleep Findings in PTSD into Strategies for Prevention. Presented at the 23<sup>rd</sup> Annual Meeting of the International Society for Traumatic Stress Studies. Baltimore, MD, Nov 2007.
- Brown, D. Hipolito, M, Jenifer, E, Mellman, T.A. Sleep Vigilance and PTSD in Young African American Adults. Poster presented at the 23<sup>rd</sup> Annual Meeting of the International Society for Traumatic Stress Studies. Baltimore, MD, Nov 2007.
- Graves, R.E., Alim, T.A., Aigbogun, N., Mellman, T.A., Lawson, W.B. Recognition and Treatment of PTSD in the Primary care Setting. Poster presented at the 23<sup>rd</sup> Annual Meeting of the International Society for Traumatic Stress Studies. Baltimore, MD, Nov 2007.
- Jenifer, E., Martinez, J., Mellman, T.A. Dream Trajectories in the Acute Aftermath of Trauma. Poster presented at the 23<sup>rd</sup> Annual Meeting of the International Society for Traumatic Stress Studies. Baltimore, MD, Nov 2007.
- Mellman, T.A., (Co-chair with K Ressler, and Discussant) Psychological and Physical Sequelae of Trauma and PTSD in African Americans, Convergent Data from Washington DC and Atlanta Cohorts. Presented at the 30<sup>th</sup> Annual Conference of the Anxiety Disorders Association of America, Baltimore, MD, March 2010.
- Mellman, TA. PTSD: The Struggle to Sleep and Dream 31<sup>st</sup> Annual Conference of the Anxiety Disorder Association of America, New Orleans, La, March 2011.
- Mellman, Hall Brown, Lavela, Huntley, Kobayashi. Chronic Stress, Sleep Related Biomarkers, and Resilience and Vulnerability to PTSD presented at the 27<sup>rd</sup> Annual Meeting of the International Society for Traumatic Stress Studies. Baltimore, MD, November 2011.
- Huntley, Hall Brown, Mellman Trauma and Anger Expression in Young African American Adults poster presented at the 27<sup>rd</sup> Annual Meeting of the International Society for Traumatic Stress Studies. Baltimore, MD, November 2011.
- Kobayashi, Huntley, Lavela, Mellman Sex Differences in Sleep Abnormalities Among Trauma-Exposed African Americans with and Without PTSD poster presented at the 27<sup>rd</sup> Annual Meeting of the International Society for Traumatic Stress Studies. Baltimore, MD, November 2011.
- Brownlow, J, Hall Brown, TS, Mellman, TA. Influence of Racial Discrimination on PTSD in Young Adult African Americans poster presented at the 27<sup>rd</sup> Annual Meeting of the International Society for Traumatic Stress Studies. Baltimore, MD, November 2011.
- Coote B, Kobayashi, I, Lavela, J, Mellman, TA. Associations between anger and heart rate variability in trauma-exposed African Americans with and without PTSD. Poster, 2<sup>nd</sup> annual Health Science Research Day Symposium, Howard University, April 13, 2012.

- McLaughlin, L, Kobayashi, I, Mellman T. Sleep Paralysis and Cataplexy among African Americans with and without trauma exposure and PTSD. Poster, 2<sup>nd</sup> annual Health Science Research Day Symposium, Howard University, April 13, 2012.
- Tesfay, M. Kobayashi, I, Mellman, TA. Relationships between wake and sleep sympathetic tone and obesity in young adult African Americans. Poster, selected for oral presentation 2<sup>nd</sup> annual Health Science Research Day Symposium, Howard University, April 13, 2012.
- Lang, Q, Chen, Y, Mellman, TA. Interleukin 6 and C-reactive protein levels in Young Adult Urban African Americans and Posttraumatic Stress Disorder African Americans. Poster, selected for oral presentation 2<sup>nd</sup> annual Health Science Research Day Symposium, Howard University, April 13, 2012.
- Mellman TA. Presenter - Sleep Findings in PTSD, A replication and extension; and Discussant, Research Symposium, Hyperarousal in PTSD. 32<sup>nd</sup> annual conference, Anxiety Disorder Association of America. Arlington Va., April 14, 2012.
- Mellman TA, Kobayshi I. Sex differences in sleep-related predictors of PTSD. Presented at the Sixth Annual Meeting of the Organization for the Study of Sex Differences. Baltimore, Md., June 9, 2012
- Van Kirk KM, Tapscott D, Taylor TR, Bernard MD, Llano J, Mellman TA Possible Contribution of PTSD to Altered Cortisol Activity in Obese African American Females. Howard University Research Day. April 1, 2013
- McLaughlin, L., Kobayashi, I., Akeeb, A, Altaee D., Hall Brown, T., Brownlow, J., Harrison, R., Mellman, T. Is the City Stress Inventory a Valid Measure of Neighborhood Distress? Howard University Research Day. April 1, 2013
- Altaee, D., Arora N., Kobayashi I., Mellman, T. Effects of writing about a traumatic event on distress and posttraumatic stress disorder symptoms. Howard University Research Day. April 1, 2013
- Akeeb, A., Hall Brown, T., McLaughlin, L., Brownlow, J., Mellman, T. The Impact of City Stress and Nocturnal Fears on Sleep Quality in Urban Young Adult African-Americans. JB Johnson Cardiovascular Symposium. Howard University, April 3, 2013. (awarded research prize)
- Lavela, J., Kobayashi, I., Mellman T. Effects of Sleep and Stress from the Urban Environment on Nocturnal Blood Pressure Dipping in young adult African Americans. JB Johnson Cardiovascular Symposium. Howard University, April 3, 2013.
- Manjot K. Jassal, Ithori Kobayashi, Joseph Lavela, Thomas A. Mellman Sleep Fear – A Potentially Modifiable Factor Contributing to Nocturnal ANS Arousal in Urban Minorities. Presented at the Translational Science 2014 Meeting in Washington, DC, April 2014.
- Tsao, D., Chen Y., Li J, Kobayshi I., Mellman T.A.. A Case-Control Comparison of Gene Expression and Methylation Profiles Associated with Post-Traumatic Stress Disorder. Presented at the Translational Science 2014 Meeting in Washington, DC, April 2014.
- Howell, MK, Myers JR, Kobayashi I, Mellman, T.A. (mentor). Writing Trauma Narratives Increases Temporal Connection. Presented at the 2015 Annual Meeting of the American Psychological Association, First Place Student Presentation for Division 12.

- Mellman, TA, Cowdin, N, Kobayashi, I. Sleep-related biomarkers of resilience. Oral presentation. 76th Annual Scientific Meeting of the American Psychosomatic Society March 7-10, 2018, Louisville, KY
- Mellman, TA. Sleep stress and autonomic balance during sleep. In Symposium: Novel Approaches to Understanding Complex Determinants of Disparities in Sleep Health. Annual Meeting of the Association of Professional Sleep Societies. August, 28, 2020.
- Hurst, T.L., Ndubuizu, N.C., Voth, B., Passerella, C., Mellman, T.A. Impact of COVID-19-Related Experiences on Sleep Health in Young Adult African Americans # 2144 Virtual Meeting of the American Psychosomatic Society “Pursuing Health Equity in the Context of COVID-19: The Essential Role of Psychosomatic Science” December 3-4, 2020.

### Meeting Presentations with Published abstracts:

- Mellman, T.A. and Uhde, T.W. Sleep related panic. Biological Psychiatry, **139**: 198, 1987.
- Stein, M.B., Boulenger, J-P, Vittone, B., Klein, E.M., Mellman, T.A., Siever, L.J., Post, R.M. & Uhde, T.W. (1987). Chronic effects of clonidine in patients with panic disorder. Biological Psychiatry, **23**:172, 1987.
- Stein, M.B., Mellman, T.A., Roy-Byrne, P.P., Post, R.M., Uhde, T: EEG abnormalities in panic disorder. Biological Psychiatry, **24**:146, 1988.
- Stein M.B., Tancer, M.E., Gelernter C.S., Mellman, T.A., Uhde T.W: The longitudinal relationship between panic disorder and major depression: Biological Aspects of Nonpsychotic Disorders; p. 64, 1989.
- Mellman T.A., Uhde T.W: EEG sleep in panic disorder and major depression. Biological Psychiatry, **25**:189A, 1989.
- Norman, S.E., Llorente, M.D. Currier, M.B., Chediak, A., Mellman, T.A: Phenomenology and associated conditions in adult night terrors. Sleep Research, **19**, 1990.
- Mellman, T.A., Kumar, A.: Platelet serotonin measures in PTSD. Biological Psychiatry, **31**:105A, 1992.
- Mellman, T.A., Brawman-Mintzer, O., Randolph, C.A., Milanes, F.J.: Phenomenology and longitudinal course illness following military trauma. Biological Psychiatry, **31**:89A, 1992.
- Mellman, T.A., Kulick-Bell, R., Kumar, A., Nolan B.: Sleep and arousal regulation in combat-related PTSD. Sleep Research, **22**:153, 1993.
- Mellman, T.A., Fins, A.I., David D., Taylor, A., Bustamante, V: Sleep, peri-traumatic reactions and the development of PTSD. Sleep **21**. Supplement: #465.M, 1998.
- Esposito, K., Benitez, A.B., David, D. Mellman T.A: Dreams in combat-related PTSD and response to an exposure therapy. Sleep **21**. Supplement: #466.D, 1998.
- Fins AI, Mellman TA, Bustamante V, Torres J, David D, Nolan B. The relationship between subjective and objective sleep in recently traumatized patients. Sleep, **22**:S248, 1999.

- Mellman, T.A., Bustamante, V., Fins, A.I., Nolan, B.: Dream reports and PSG findings acutely following traumatic injury and PTSD. Sleep 23(2) A39, 2000.
- Mellman, T.A., Akers, D., Bauer, M., Nolan, B.: Limb movements in combat-related posttraumatic stress disorder. Sleep 23: A363, 2000.
- Mellman, T.A., Nolan, B., Fins, A.I., Pigeon W.R., Nowell, P.. Polysomnographic findings in the acute aftermath of traumatic injury and the development of PTSD. Sleep 24: 20.Q., 2003
- Pigeon, W.R., Mellman, T.A. Dreams of Recently Hospitalized Trauma Patients and Their Relationship to PTSD. Sleep 25, 2004.
- Martinez, J. Pigeon, W.R., Mellman, T.A. (2004). Active Participation in Dreams, Active Coping and the Development of Post-Traumatic Stress Disorder. Sleep 25, 2004.
- Mellman, T.A., Williams, L.P., Aigbogun, N., Graves, R.E., Alim, T.N. Sleep Paralysis, Psychiatric Symptoms and Disorders in an Adult African American Population attending a Primary Care Clinic. Sleep 28: Abstract 932, 2005.
- Mellman, T.A., Martinez, J. Agrawal, S., Saykin, A. Overnight Priming of Trauma Stimuli and the Early Development of PTSD. Sleep 28: Abstract 936, 2005.
- Feder, A., Alim, T.A., Graves E., Weaver, J., Wang, Y., Alonso, A., Mellman, T.A., Lawson, W., Charney, D.S. Trauma, Coping strategies and resilience in African Americans. Neuropsychopharmacology 31, sup. 1, Abstract 150, 2006.
- Alim, T.A. Graves E., Feder, A., Weaver, J., Wang, Y., Lawson, W., Mellman, T.A., Charney, D.S. Resilience and Spirituality in Trauma-exposed African Americans. Neuropsychopharmacology 31, sup. 1, Abstract 89, 2006.
- Mellman, T.A., Brown, D., Hipolito, M., Jenifer, E., Randall, O. PTSD and Nocturnal BP in Young Adult African Americans Biological Psychiatry 47: Abstract 62, 2008
- Mellman, T.A., Alim, T., Ducci, F., Buzas, B, Goldman, D., Lawson, W, Charney, D. 5-HT2A Promoter Polymorphism and PTSD in an African American Sample Biological Psychiatry 47: Abstract 63, 2008
- Hall Brown, TS, Brown D, Mellman TA. The relationship between childhood trauma and sleep in young adults. Sleep 32: Abstract 1082, 2009.
- Kobayashi I, Mellman TA. Subjectively and Objectively Measured Sleep with and without posttraumatic stress disorder and trauma exposure SLEEP 35, Abstract 0994, 2012
- Cowdin N, Kobayashi I, Mellman TA. Spectral EEG during sleep and PTSD. SLEEP 35, Abstract 0995, 2012.
- Huntley E, Hall Brown T, Kobayashi I, Mellman TA Validation of the Fear of Sleep Inventory in urban young adult African Americans. SLEEP 36: Abstract 0892, 2013
- Kobayashi I, Lavela J, Coote B, Mellman TA. Autonomic balance and sleep with and without PTSD. SLEEP 36: Abstract 0895, 2013.

- Brownlow JA, Hall Brown TS, Mellman TA. Sleep duration mitigates attentional lapses associated with posttraumatic stress symptoms. *SLEEP* **36**: Abstract 0896, 2015.
- Hall Brown T, Akeeb A, Mellman TA. The impact of childhood trauma on the development of insomnia in urban young adults of African descent. *SLEEP* **36**: Abstract 0566, 2015.
- Brownlow JA, Gradner MA, Gerhman PR, Ross RJ, Mellman TA. Rapid eye movement sleep mediates the relationship between sleep duration and verbal learning. *SLEEP* **39**: Abstract 0242, 2016.
- Anderson MR, Akeeb A, Lavela J, Chen Y, Mellman TA. Period 3 gene polymorphism and sleep adaptation to stressful urban environments. *SLEEP* **39**: Abstract 0525, 2016.
- Cowdin NP, Kobayashi I, Mellman TA. Increased relative alpha power during REM sleep distinguishes trauma exposed individuals who developed PTSD versus resilience. *SLEEP* **39**: Abstract 0804, 2016.
- Bell K, Kobayashi I, Mellman T. Perceived Racism and nocturnal heart rate variability in urban residing African Americans. *SLEEP* **40**: Abstract 0150, 2018
- Anderson M, Lavela J, Mellman T. Sleep disordered breathing events and posttraumatic stress disorder. *SLEEP* **40**: Abstract 0457, 2018
- Brownlow JA, Barilla H, Gehrman P, Ross RJ2, Kling MA, Bhatnagar S, Mellman TA. Polysomnographic sleep predicts PTSD arousal symptoms in civilian and veteran young adults. *SLEEP* **40**: Abstract 0940, 2018.
- Poindexter, M, Mellman TA. Neighborhood Stress Predicts Fear of Sleep Independently of Posttraumatic Stress Disorder. *SLEEP* **43**: O12, 2021
- Stokes A, Bell KA, Mellman TA. Thought Control Strategies and Insomnia Severity in young-adult urban residing African Americans. *SLEEP* **43**: 375. 2021
- Nkemdilim N, Hurst T, Mellman TA. Young African American Adults Endorse Greater Distress from Racism than COVID though COVID may have Greater Impact on *SLEEP* **43**: 700. 2021
- Mellman TA, Birku K, Kobayashi I. Evaluation of suvorexant for trauma-related insomnia. *SLEEP* **43**: 736. 2021

### Journal Articles:

- Mellman, T.A. & Davis, G.C. (1985). Combat related flashbacks in post-traumatic stress disorders; Phenomenology and overlap with panic attacks. *Journal of Clinical Psychiatry*, **46**:379-382.
- Mellman, T.A. & Uhde, T.W. (1986). Alprazolam: Withdrawal syndrome with gradual taper. *American Journal of Psychiatry*, **143**:1464-1466.

- Mellman, T.A. & Uhde, T.W. (1987). Obsessive-compulsive symptoms in panic disorder. American Journal of Psychiatry, **144**:1573-1576.
- Uhde, T.W. and Mellman, T.A. (1987). Commentary on "Relaxation induced panic: Why resting isn't peaceful", by C.A. Adler, M.G. Craske, and D.H. Barlow. Integrative Psychiatry, **5**:101-104.
- Roy-Byrne, P.P., Mellman, T.A. & Uhde, T.W. (1988). Biological findings in panic disorder: Neuroendocrine and sleep related abnormalities. Journal of Anxiety Disorders, **2**:17-29.
- Mellman, T.A. & Uhde T.W. (1989). Electroencephalographic sleep in panic disorder: A focus on sleep related panic attacks. Archives of General Psychiatry, **40**(2):178-188.
- Uhde, T.W., Stein, M.B., Siever, L.J., Vittone, B.J., Boulenger, J.P., Klein, E.H., Mellman, T.A. & Post, R.M. (1989). Acute and chronic response to clonidine in panic disorder: Behavior and physiological effects. Archives of General Psychiatry, **40**(2):170-177.
- Mellman, T.A. & Uhde, T.W. (1989). Sleep related panic and sleep disturbance in panic disorder. American Journal of Psychiatry, **143**:478-482.
- Nordahl, T.E., Semple, W.E., Gross, M., Mellman, T.A., Stein, M.B., Goyer, P., King, A.C., Uhde, T.W., Cohen, R.M. (1990): Cerebral glucose metabolic differences in patients with panic disorder. Neuropsychopharmacology, **3**(4):261-272.
- Mellman, T.A., Uhde, T.W. (1990): Patients with frequent sleep panic attacks: Clinical features and medication response. Journal of Clinical Psychiatry, **51**(12):513-516.
- Mellman, T.A., Ramsay R.E., Fitzgerald, S.G (1991): Divergence of PTSD and narcolepsy associated with military trauma. Journal of Anxiety Disorders, **5**:267-272.
- Kumar A.M., Kumar, M., Fernandez, J.B., Mellman, T.A., Eisdorfer, C.E.(1991): A simplified HPLC-ECD technique for measurement of urinary free catecholamines. Journal of Liquid Chromatography, **14**(9):354-3558.
- Mellman, T.A., Leverich, G.A., Kramlinger, K., Hauser, P., Post, R.M., Uhde, T.W. (1992): Axis II disorders in panic and affective patients; relationship to diagnosis, course of illness and treatment response. Journal of Personality Disorders, **6**(1):53-63.
- Mellman, T.A., Randolph, C.A., Brawman-Mintzer, O., Flores, L.P., Milanes, F.J.: (1992) Phenomenology and course of psychiatric disorders occurring with combat-related post-traumatic stress disorder. American Journal of Psychiatry, **149** (11):1568-1574.
- Chakkos, S., Fernandez, A., Mellman, T.A., Millanes, F.J., Kessler, K.M., Myerburg, R.J. (1992): Cardiac manifestations of cocaine abuse: A cross-sectional study of asymptomatic men chronically abusing "crack" cocaine. Journal of the American College of Cardiology, **20**(5):1168-1174.
- Llorente, M.D., Currier, M.B., Norman, S.E., Mellman T.A. (1992): Night terrors in adults, phenomenology and relationship to psychopathology. Journal of Clinical Psychiatry, **53**(11):392-394.

- Mellman, T.A., Kumar, A.(1994): Platelet serotonin measures in PTSD. Psychiatry Research, **53**:99-101.
- Mellman, T.A, Kulick-Bell, R.L., Ashlock, L.E., Nolan B. (1995): Sleep events in combat-related PTSD. American Journal of Psychiatry, **152**(1):110-115.
- Mellman, T.A., Kumar A., Kulick-Bell R., Kumar M., Nolan B. (1995): Noradrenergic and sleep measures in combat-related PTSD. Biological Psychiatry, **38**:174-179.
- David, D., Giron, A., Mellman, T.A. (1995): Panic-phobic patients and developmental trauma. Journal of Clinical Psychiatry, **53**(3):113-117.
- Mellman, T.A., David, D., Kulick-Bell, R., Hebding, J., Nolan, B. (1995): Sleep disturbance and its relationship to psychiatric morbidity following Hurricane Andrew. American Journal of Psychiatry, **152**:1659-1663.
- Baker, D.G., Diamond, B.I., Gillette, G., Hamner, M., Katzelnick, D., Keller, T., Mellman, T.A., Pontius, E., Rosenthal, M., Tucker, P., van der Kolk, B.A., Katz, R. (1995): A double-blind randomized, placebo-controlled, multi-center study of brofaromine in the treatment of post-traumatic stress disorder. Psychopharmacology, **122**:386-389.
- David, D., Mellman, T.A., Mendoza, L.M., Ironson, G., Schneiderman, N. (1996): Psychiatric morbidity following Hurricane Andrew. Journal of Traumatic Stress, **9**:607-612.
- Davidson, J.R.T., Book, S., Tupler, L.A., David, D., Mellman, T.A., Roth, S., Hertzbert, M., Beckham, J., Colket, J., Smith, R.D., Davison, R., Feldman, B.A. (1997): Assessment of a new PTSD self rating scale. Psychological Medicine, **27**:153-160.
- Mellman, T.A., Nolan, B., Hebding, J., Kulick-Bell, R., Dominguez, R. (1997): A polysomnographic comparison of veterans with combat-related PTSD, depressed men, and non-ill controls. Sleep, **20**:46-51.
- David, D., Mellman, T.A. (1997): Dreams following Hurricane Andrew. Dreaming, **7**:209-214.
- Mellman, T.A., Byers, P.M., Augenstein, J.S.(1998): Pilot evaluation of hypnotic medication during acute trauma response. Journal of Traumatic Stress, **11**:563-569.
- Mellman, T.A., Ramos, J., David D., Williams L., Augenstein, J.S.(1998): Possible inhibition of early PTSD symptoms by alcohol intoxication. Depression and Anxiety, **7**:145.
- David, D., Kutcher, G.S., Jackson, E.I., Mellman, T.A.(1999): Psychotic symptoms in combat-related posttraumatic stress disorder. Journal of Clinical Psychiatry, **60**:29-32.
- Mellman, T.A., David D., Barza L.(1999): Nefazodone treatment and dream reports in chronic PTSD. Depression and Anxiety, **9**:146-148.
- Hidalgo, R., Hertzberg, M.A., Mellman, T.A., Petty, F., Tucker, P., Weisler, R., Zisook, S., Chen, S., Churchill, E., Davidson, J.R.T.(1999). Nefazodone in post-traumatic stress disorder: results from six open-label trials. International Clinical Psychopharmacology, **14**:61-68.
- Mellman TA, Kutcher GS, SantiagoL, David D. (1999) Rehabilitative treatment for combat-related PTSD. Psychiatric Services **50**:1363-1364.



- Pitman, R.K., Orr, S.F., Shalev, A.Y., Metzger, L.J., Mellman, T.A.(1999) : Psychophysiological alterations in Posttraumatic Stress Disorder. Seminars in Clinical Neuropsychiatry, (Progress in the Psychobiology of PTSD) **4**: 234-241.
- Esposito, K, Benitez, A.B., Barza, L., Mellman, T.A.(1999): Evaluation of dream reports in combat related PTSD. Journal of Traumatic Stress. **12**: 681-688.
- Friedman, M.J., Davidson, J.R.T., Mellman, T.A., Southwick S.M. (2000): Guidelines for Treatment of PTSD: Pharmacotherapy. Journal of Traumatic Stress, **13**:563-566.
- Mellman, T.A., David, D., Bustamante, V., Torres, J., Fins, A. (2001): Dreams in the acute aftermath of trauma and their relationship to PTSD. Journal of Traumatic Stress, **14**: 235-241.
- Mellman. T.A., Miller, A.L., Weissman, E.M., Crismon, M.L., Essock, S.M., Marder, S.R. (2001). Evidence-based medication treatment for people with severe mental illness: A focus on guidelines and algorithms. Psychiatry Services, **52**:619-625.
- Rothbaum, B.O., Mellman, T.A. (2001). Dreams and exposure therapy in PTSD. Journal of Traumatic Stress. **14**: 481-490.
- Bustamante, V., Mellman, T.A., David, D., Fins, A.I. (2001). Cognitive functioning and the early development of PTSD. Journal of Traumatic Stress. **14**, 791-797.
- Mellman, T.A., David, D., Bustamante, V., Fins, A.I., Esposito, K. (2001). Predictors of PTSD following severe injury. Depression and Anxiety **14**, 226-231.
- Berkman, L., Jaffe, A., Carney, R., Czajkowski, S., Kaufman, P., Blumenthal, J. A., ... Mellman, T. (2001). Enhancing recovery in coronary heart disease (ENRICH) study intervention: Rationale and design. Psychosomatic Medicine, **63**, 747-755.
- Zayfert, C., Gillock, K., Mellman, T.A. (2002). Identifying PTSD in Medical and Surgical Settings. Primary Psychiatry. **9**: 54-58.
- Clark, R.E., Bartels, S.J., Mellman, T.A., Peacock, W.J. (2002). Recent trends in antipsychotic combination therapy of schizophrenia and schizoaffective disorders: Implications for State Mental Health Policy. Schizophrenia Bull **28**: 75-84.
- Mellman, T.A., Bustamante, V., Fins, A.I., Pigeon, W.R., Nolan, B.(2002). Rapid eye movement sleep and the early development of posttraumatic stress disorder. American J Psychiatry, **159**: 1696-1701.
- Mellman, T.A., Bustamante, V., David, D., Fins, A.I. (2002). Hypnotic medication in the acute aftermath of trauma. Journal of Clinical Psychiatry, **63**: 183-184.
- Friedman, M.J., Donnelly, C.L., Mellman, T.A. (2003). Pharmacotherapy for PTSD. Psychiatric Annals **33**:57-62.
- Mellman, T.A., Clark, R.E. Peacock, W.J. (2003). Prescribing patterns for patients with posttraumatic stress disorder. Psychiatric Services **54**: 1618-1621.

- David, D., Woodward, C., Esquenazi, E. and Mellman, T. (2004). Comparison of comorbid physical illnesses among veterans with PTSD and veterans with alcohol dependence. Psychiatric Services, **55**: 82-85.
- Mellman, T.A., Knorr, B.R., Pigeon, W.R., Leiter, J.C., Akay, M. (2004). Heart rate variability during sleep and the early development of PTSD. Biological Psychiatry **55**:953-956.
- McRae AL, Brady KT, Mellman TA, Sonne SC, Killeen TK, Timmerman MA, Bayles-Dazet W (2004). Comparison of nefazodone and sertraline for the treatment of posttraumatic stress disorder. Depress Anxiety **19**:190-6.
- David D. De Faria L. Lapeyra O. Mellman TA (2004). Adjunctive risperidone treatment in combat veterans with chronic PTSD (letter). Journal of Clinical Psychopharmacology. **24**:556-9.
- DeViva, J.C., Zayfert, C., Mellman, T.A. (2004). Factors associated with insomnia among civilians seeking treatment for PTSD: an exploratory study. Behavioral Sleep Medicine **2**:162-176.
- DeViva, J.C., Zayfert, C., Pigeon W.R., Mellman, T.A. (2005). Treatment of residual insomnia after CBT for PTSD: Case studies. Journal of Traumatic Stress **18**:155-159.
- Esposito, K., Mellman, T.A. (2005). Stress Disorder after traumatic injury. (letter). American Journal of Psychiatry **162**:629-630.
- Taylor, C.B., Youngblood, M.E., Catellier, D., Veith, R.C., Carney, R.M., Burg, M.M., Kaufmann, P.G. Shuster, J. Mellman, T. Blumenthal, J.A., Krishnan, R, Jaffe, A.S. (2005) Effects of antidepressant medication on morbidity and mortality in depressed post-MI patients. Archives of General Psychiatry **62**:792-798.
- Alim, T.A., Charney, D.S., Mellman, T.A. (2006). An Overview of Posttraumatic Stress Disorder in African Americans. Journal of Clinical Psychology **62**: 801-813
- Mellman, T.A., Hipolito, M.M.S. (2006). Sleep disturbances in the aftermath of trauma and posttraumatic stress disorder. CNS Spectrums **11**:611-615
- Alim, T.A., Graves, R.E., Mellman, T.A., Aigbogun, N., Gray, E., Lawson, W.B., Charney, D.S. (2006). Trauma exposure, PTSD, and depression in an African American primary care population. Journal of the National Medical Association **98**: 1630-1636.
- Perlman C.A., Johnson S.L., Mellman T.A.(2006). The prospective impact of decreased sleep on depression and mania. Journal of Bipolar Disorders **8**: 271–274.
- Mellman, T.A. (2006) Sleep and anxiety disorders. Psychiatric Clinics of North America **29**:1047-1058.
- David, D., De Faria, L, Mellman, T.A. (2006). Adjunctive risperidone treatment and sleep symptoms in combat veterans with chronic PTSD. Depression and Anxiety **23**:489-491.
- Davidson, J, Brady, K, Mellman, T.A., Stein, M.B., Pollack, M.H. (2007). The efficacy and tolerability of tiagabine in adult patients with posttraumatic stress disorder. Journal of Clinical Psychopharmacology **27**:85-88.

- Graves, R.E.; Alim, T.; Aigbogun, N., Chrishon, K., Mellman, T.A., Charney, D.S., Lawson, W.B. (2007). Diagnosing bipolar disorder in trauma-exposed primary care patients. Bipolar Disorders **9**:318-323.
- Mellman, T.A., Pigeon, W.R., Nowell, P.D., Nolan, B. (2007) Relationships between REM sleep findings and PTSD symptoms during the early aftermath of trauma. J Traumatic Stress **20**:893-901
- Mellman, T.A., Aigbogun, N., Graves, R.E., Lawson W.B., Alim, T.N. (2008) Sleep paralysis, psychiatric symptoms and disorders in an adult African American population attending primary medical care. Depression and Anxiety **25** (5): 435-440
- Taylor, F.B., Martin, P., Thompson, C., Williams, J., Mellman, T.A., Gross, C., Peskind, E.R. Raskind, M.A. (2008). Prazosin effects on objective sleep measures and clinical symptoms in civilian trauma PTSD: A placebo-controlled study. Biological Psychiatry **63**(6):629-32
- Mellman, T.A. (2008) Sleep and post-traumatic stress disorder: A roadmap for clinicians and researchers. Sleep Medicine Reviews **12**(3):165-167
- Smith P.M., Brown, D., Mellman, T.A. (2008) Sleep paralysis and sleep duration. J National Medical Association **100**: 1207.
- Marshall P., Mellman, T.A., Nguyen, S. (2008) Neuroleptic Malignant Syndrome With the addition of aripiprazole to olanzapine: a case report. American Journal of Psychiatry. 165(11):1488-9
- Alim, T.A., Feder, A., Graves, RE, Wang, Y, Weaver, J, Westphal, M, Alonso, A., Aigbogun, N.U., Smith, B.W., Doucette, J.T., Mellman, T.A., Lawson, MD, W.B., Charney, D.S., (2008) Trauma, resilience and recovery in a high-risk African American population. American Journal of Psychiatry 165: 1566-75.
- Mellman, T.A. (2009). A human model that suggests a role for sleep in the cognitive neuropsychology of PTSD and recovery: a commentary on Pace-Schott et al. SLEEP **32**:9-10
- Mistler, L.A. Mellman, T.A., Drake, R.E. (2009) A pilot study testing a medication algorithm to reduce polypharmacy. Quality and Safety in Health Care **18**:55-58
- Mellman, T.A., Brown, D., Hipolito, M., Jenifer, E., Randall, O. (2009) PTSD and Nocturnal BP in Young Adult African Americans. Psychosomatic Medicine **71**:627-630
- Mellman, T.A., Alim, T., Brown, D.D., Gorodetsky, E., Buzas, B, Lawson, W.B., Goldman, D., Charney, D.S. (2009) Serotonin Polymorphisms and Posttraumatic Stress Disorder in a Trauma Exposed African American Population Depression and Anxiety **26**: 993-997
- Greene, WR, Oyetunji, TA, Bowers, U, Haider, AH, Mellman, TA, Cornwell, EE, Siram, SM, Chang, DC. (2010) Insurance status is a potent predictor of outcomes in both blunt and penetrating trauma. American Journal of Surgery **199**: 554-557.
- Dallam, DL, Mellman, TA, Bhatnagar, A, Nguyen, S, Kurukumbi, M. (2011) Trauma Reenactments in Aging Veterans with Dementia. Journal of the American Geriatric Society **59**:766-767. PMID:21492111

- Hall Brown, TS, Mellman, TA, Alfano, CA, Weems, CF (2011) Sleep Fears, Sleep Disturbance and PTSD symptoms in Minority Youth Exposed to Hurricane Katrina. Journal of Traumatic Stress **24**: 575-580
- Ruth Elaine Graves, RE, Freedy, JR, Aigbogun, NU, Lawson, WB, Mellman, TA, Alim, TN. PTSD Treatment of African American Adults in Primary Care: The Gap Between Current Practice and Evidence-Based Treatment Guidelines (2011). J National Med Assoc **103**:585-593
- Taylor, TR, Huntley, E, Makambi, K, Sween, J, Adams-Campbell, LL, Frederick, W, Mellman TA (2012) Understanding sleep disturbances in African American breast cancer survivors: a pilot study. Psycho-Oncology **21**: 896-902
- Taylor, T.R., Huntley, E.D., Sween, J., Makambi, K., Mellman, T.A., Williams, C.D., Carter-Nolan, P., Frederick, W. (2012) An exploratory analysis of fear of recurrence among African American breast cancer survivors. International Journal of Behavioral Medicine **19**(3):280-7.
- Kobayashi, I, Mellman, TA. (2012) Gender Differences in Sleep during the Aftermath of Trauma and the Development of Posttraumatic Stress Disorder. Behavioral Sleep Medicine **10**(3):180-90.
- Kobayashi, I., Huntley, E.D., Lavela, J, Mellman, TA (2012). Subjectively and Objectively Measured Sleep with and without Posttraumatic Stress Disorder and Trauma Exposure. Sleep **35**(7):957-65.
- Kobayashi, I., Cowdin, N. & Mellman, T.A. (2012) One's sex, sleep, and posttraumatic stress disorder. Biology of Sex Differences **2012** **3**:29.
- Alfano, C.A., Reynolds, K.C., Scott, N., Dahl, R.E., & Mellman, T.A. (2013) Polysomnographic sleep patterns non-depressed, non-medicated children with generalized anxiety disorder. J Affective Disorders **147**: 379-384.
- Mellman T.A. A laboratory model intervention that prevents a stress effect on sleep. SLEEP **2013**; **36**(4):455-456.
- Hall Brown, T.S., Mellman, T.A.. The Influence of PTSD, Sleep Fears, and Neighborhood Stress on Insomnia and Short Sleep Duration in Urban, Young Adult, African Americans. Sleep Behavioral Medicine (2013): 1-9.
- Ashktorab, H., Namin, H.H., Taylor, T., Williams, C., Brim, H., Mellman, T., Shokrani, B., Holt, C.L., Laiyemo, A.O., Nouraie, M. (2013). Role of Life Events in the Presence of Colon Polyps among African Americans. BMC Gastroenterology **13**, 101.
- Tapscott, D., Bernard, M.D. Mellman, T.A.. (2014) Uncomplicated obesity in an African American population seeking medical weight loss. Ethnicity & Disease **23**(4): 441-444.
- Huntley, E.D., Hall Brown, T.S., Kobayashi, I., Mellman, T.A. (2014). Validation of the Fear of Sleep Inventory (FOSI) in an Urban Young Adult African American Sample. J Traumatic Stress. **27**:103-107.
- Ofilu, E.O., Fair, A., Norris, K., Verbalis, J.G., Poland, R., Bernard, G., Stephens, D.S., Dubinett, S.M. Imperato-McGinley, J., Dottin, R.P. Pulley, J. West, A., Brown, A., Mellman T.A. Models of interinstitutional partnerships between research intensive universities and Minority

- Serving Institutions (MSI) across the Clinical Translational Science Award (CTSA) Consortium. Clinical and Translational Science, **6**, No.6 (2013): 435-443.
- Cowdin, N., Kobayashi, I., Mellman, T.A. (2014). Theta frequency activity during rapid eye movement sleep (REM) is greater in people with resilience versus PTSD. Experimental Brain Research. 1-7.
- Patriquin, M. A., Mellman, T. A., Glaze, D. G., & Alfano, C. A. (2014). Polysomnographic sleep characteristics of generally-anxious and healthy children assessed in the home environment. Journal of Affective Disorders, **161**, 79-83.
- Brownlow, J.A., Hall Brown, T.S., Mellman, T.A. (2014). Relationships of Posttraumatic Stress Symptoms and Sleep Measures to Cognitive Performance in Young Adult African Americans. Journal of Traumatic Stress. **27**:217-223.
- Mellman, T.A., Kobayashi, I., Lavela, J., Wilson, B., Hall Brown, T.S. (2014). A Relationship between REM Sleep Measures and the Duration of Posttraumatic Stress Disorder in a Young Adult Urban Minority Population. SLEEP **37**:1321-1326 (Accompanying editorial – 1281 – 1282)
- Kobayashi, I., Lavela, J., Mellman, T.A. (2014). Nocturnal Autonomic Balance and Sleep in Posttraumatic Stress Disorder and Resilience. Journal of Traumatic Stress **27**, 6:712-716.
- Taylor, T.R., Van Kirk, K., Tapscott, D., Bernard, M., Llano, J., Mellman, T.A. (2015) Possible Contribution of PTSD to Altered Cortisol Activity in Young Adult Obese African American Women. Journal of Racial and Ethnic Health Disparities **2**, 231-236
- Mellman, TA, Hall Brown TS, Kobayashi I, Abu-Bader-SH, Lavela, J, Altaee D, McLaughlin, L., Randall OS (2015). Blood Pressure Dipping and Urban Stressors in Young Adult African Americans. Annals of Behavioral Medicine **49**:622-7. PMC449897
- Brudey, C., Park, J., Wiaderkiewicz, J., Kobayashi, I., Mellman, T. A., & Marvar, P. J. (2015). Autonomic and Inflammatory Consequences of Posttraumatic stress disorder (PTSD) and the Link to Cardiovascular Disease. American Journal of Physiology-Regulatory, Integrative and Comparative Physiology, **309**, R315-R321.
- Kobayashi, I., Lavela, J., Bell, K., & Mellman, T. A. (2016). The impact of posttraumatic stress disorder versus resilience on nocturnal autonomic nervous system activity as functions of sleep stage and time of sleep. Physiology & behavior, **164**, 11-18
- Hull, A., Holliday S.B., Reinhard M., Kobayashi, I., Mellman, T.A. The Role of Fear of Loss of Vigilance and Re-experiencing in Insomnia among Veterans (2016). Military Behavioral Health **4**:4, 373-382
- Whitesell, P.L., Owoyemi, O., Oneal, P., Nouraie, M., Klings, E.S., Rock, A., Mellman, T.A., Berihun, T., Lavela, J., Taylor, R.E. and Perrine, S.P. (2016). Sleep disordered breathing and nocturnal hypoxemia in young adults with sickle cell disease. Sleep Medicine **22**:47-49
- Chen Y., Li X., Kobayashi I., Tsao D., Mellman T.A. (2016) Expression and Methylation in Posttraumatic Stress Disorder and Resilience; Evidence of a role for Odorant Receptors, Psychiatry Research **245**:36-44

- Kobayashi I,\* Mellman TA,\* (\* equal authorship) Altee D., Howell MK, & Lavela J. (2016) Sleep and Processing Trauma Memories. Journal of Traumatic Stress. **29**:568-57
- Anderson M.R., Akeeb A., Lavela J., Chen Y., Mellman T.A. (2017) Period 3 gene polymorphism and sleep adaptation to stressful urban environments. Journal of Sleep Research **26**(1), 115-118.
- Bell, KA, Kobayashi I, Chen Y, & Mellman TA. (2017) Nocturnal Autonomic Nervous System Activity and Morning Pro-inflammatory Cytokines in Young Adult African-Americans; Journal of Sleep Research **26**(4): 510–515.
- Raskind, MA, Peskind, ER, Chow, B, Harris, C, Davis-Karim, A, Holmes, HA, Hart, KL, McFall, M, Mellman, TA, Reist, C, Romesser, J, Rosenheck, R, Shih, M-C, Stein, MB, Swift, R, Gleason, T, Lu, Y, Huang, GD. (2018) Trial of Prazosin for Posttraumatic Stress Disorder in Military Veterans. New England Journal of Medicine **378**:507-17
- Mellman, TA, Bell, KA, Abu-Bader, SH, Kobayashi, I. (2018) Neighborhood Stress and Autonomic Nervous System Activity during Sleep. SLEEP **41**: 1-7
- Bell, KA, Kobayashi, I, Akeeb, A, Lavela, J, Mellman, TA. (2019) Emotional response to perceived racism and nocturnal heart rate variability in young adult African Americans. Psychosomatic Res. 121:88 – 92.
- Mellman, T. A. (2020). A time to recognize trauma-related sleep disorder or a time to pause and consider? Sleep, **43**(6).
- Pigeon WR, Carr M, Mellman TA. Dream content associated with the development of PTSD. (2021) International Journal of Dream Research, 14(1):136-140.
- Mellman, TA, Howell, MK, Lavela, J, Reinhard, M, Hall Brown, TS. (2021) Development and Preliminary Evaluation of a Brief Behavioral Sleep Intervention for Veterans to Reduce Nocturnal Vigilance. Military Behavioral Health, 9:315-323.
- Michael MB, Mahgoub SM, Khan R, Mellman TA, Mere CC, Mehari A, Naab TJ, Nwagowugwu U, Ihaegwara S, Maxwell CJ (2021). Absence of Antibody Responses and Severe COVID-19 in Patients on Hemodialysis Following mRNA Vaccination. Open Forum Infectious Diseases **8**: 337.
- Mellman, TA. (2021) Possible Pathological Alteration of a Functional Relationship Between Learning and Neural Activation During Sleep with Posttraumatic Stress Disorder. Biological Psychiatry: Cognitive Neuroscience and Neuroimaging 2021 Nov;6(11):1042-3.
- Okoye GA, Kamara HI, Strobeck M, Mellman TA, Kwagyan J, Sullivan A, Byrd AS, Shokrani B, Mighty HE (2022). Diagnostic accuracy of a rapid diagnostic test for the early detection of COVID-19. Journal of Clinical Virology. 1;147:105023.
- Kobayashi I, Mellman TA, Cannon A, Brown I, Boadi L, Howell MK, Lavela P, Sandhu I (2022). Blocking the orexin system following therapeutic exposure promoted between session habituation, but not PTSD symptom reduction. Journal of Psychiatric Research. 1;145: 222-9.

Mellman TA, Birku K, Sandhu I, Lavela P, Kobayashi I. (2022) Evaluation of suvorexant for trauma-related insomnia. SLEEP. doi: 10.1093/sleep/zsac068. Epub ahead of print. PMID: 35303108.

Stokes, A., Poindexter, M., Bell, K., & Mellman, T. A. (2022 on-line). Strategies for controlling unwanted intrusive thoughts and insomnia severity in urban-residing young adult African Americans. Behavioral Sleep Medicine, 1-8.

Poindexter, M., Stokes, A., and Mellman, T.A. (2022 on-line) Neighborhood Stress Predicts Fear of Sleep Independently of Posttraumatic Stress Disorder. (In press.) Behavioral Sleep Medicine, 1-8.

### Other Published Writing

Mellman, T.A. & Davis, G.C. (1986). Axis II character disorders in PTSD. (Reply to letter to the editor). Journal of Clinical Psychiatry, **47**(4):217.

Mellman, T.A.: Recent findings on sleep panic attacks. The Psychiatric Times, November, 1990 (invited article).

Mellman, T.A.: (Book Review) In: Journal of Gerontological Psychiatry of Anxiety and the Elderly, Treatment and Research; B. Liebowitz, C. Salzman (eds), 1992.

Mellman T.A.: (Book Review) In: Anxiety of: Biological Assessment and Treatment of PTSD; E. Giller ed., APA Press, 1994.

Mellman T.A.: (Book Review) In: ADAA Reporter of: Post-Traumatic Stress Disorder, DSM-IV and Beyond; J. Davidson and E. Foa (eds), APA Press, 1995.

Mellman, T.A.: Commentary on article by H. Moldofsky in Advances in Neuroimmunology, Journal of Chronic Fatigue Syndrome II (4), 1996.

Mellman, T.A.: (Book Review) In: General Hospital Psychiatry of: Neurobiological and Clinical Consequences of Stress; from Normal Adaptation to Post-traumatic Stress Disorder; eds M. Freidman, D. Charney, A. Deutch, Lippincot-Raven, 1997.

Mellman, T.A., Brady K., Lydiard, B. Posttraumatic Stress Disorder: Characteristics and Treatment for American Society of Clinical Psychopharmacology Model Psychopharmacology Curriculum, 2006.

Mellman, T.A.. Book Review of Treating Sleep Problems, A Transdiagnostic Approach. Allison G. Harvey and Daniel J. Buysse. In American Journal of Psychiatry, March, 2018.

Courtois C.A., Brown L.S., Cook J., Fairbank J.A., Friedman M., Gone J.P., Jones R., La Greca A., Mellman T., Roberts J., Schulz P. Clinical Practice Guideline for the Treatment of Posttraumatic Stress Disorder (PTSD) in Adults American Psychological Association Guideline Development Panel for the Treatment of PTSD in Adults Adopted as APA Policy February 24, 2017.