
BIOGRAPHICAL SKETCH

Provide the following information for the key personnel and other significant contributors in the order listed on Form Page 2.
Follow this format for each person. **DO NOT EXCEED FOUR PAGES.**

NAME Rachel Manber	POSITION TITLE Associate Professor		
eRA COMMONS USER NAME rmanber			
EDUCATION/TRAINING (<i>Begin with baccalaureate or other initial professional education, such as nursing, and include postdoctoral training.</i>)			
INSTITUTION AND LOCATION	DEGREE (if applicable)	YEAR(s)	FIELD OF STUDY
Technion, Haifa, Israel	B.S.	1975	Mathematics
Weizmann Institute of Science, Rehovot, Israel	M.S.	1978	Mathematics Ed.
University of Washington, Seattle, Washington	Ph.D	1982	Mathematics
University of Arizona, Tucson, Arizona	Ph.D.	1993	Clinical Psychology

A. Positions and Honors.

1982-1984 Assistant Professor, Department of Mathematics, University of Wisconsin, Madison, WI
1984-1986 Assistant Professor, Department of Computer Science, University of Wisconsin, Madison, WI
1988-1989 Assistant Professor, Department of Mathematics, Arizona State University, AZ
1994-1999 Assistant Professor, Department of Psychiatry and Psychology, University of Arizona, Tucson, AZ
2000-2004 Assistant Professor, Department of Psychiatry and Behavioral Sciences, Stanford University, Stanford, CA
2004-Present Associate Professor, Department of Psychiatry and Behavioral Sciences, Stanford University, Stanford, CA

B. Selected peer-reviewed publications (in chronological order).

Sales B, **Manber R**, Rohman L (1992) Social science research and child-custody decision making. *Applied & Preventive Psychology*, 1(1): 23-40.

Manber R, Bootzin RR, Acebo C, Carskadon MA (1996) The effects of regularizing sleep-wake schedules on daytime sleepiness. *Sleep* 19: 432-441.

Manber R, Bootzin RR (1997) Sleep and the menstrual cycle. *Health Psychol* 16: 209-214.

Manber R, Armitage R (1999) Sex, steroids, and sleep: a review. *Sleep* 22:540-555.

Keller MB, McCulloch JP, *et al.* (2000) A comparison of nefazodone, cognitive behavioral analysis system of psychotherapy, and their combination for the treatment of chronic depression. *New England Journal of Medicine* 342:1462-1470.

McGahuey CA, Gelenberg AJ, Laukes CA, Moreno FA, Delgado PL, McKnight KM, **Manber R** (2000) The Arizona Sexual Experience Scale (ASEX): reliability and validity. *J Sex Marital Ther* 26:25-40.

Ninan PT, Rush AJ, Crits-Christoph P, Kornstein SG, **Manber R**, Thase ME, Trivedi MH, Rothbaum BO, Zajeka J, Borian FE, Keller BK (2002). Symptomatic and syndromal anxiety in chronic forms of major depression: effect of nefazodone, cognitive behavioral analysis system of psychotherapy, and their combination. *J of Clinical Psychiatry*, 63(5): 434-441.

Thase ME, Rush AJ, **Manber R**, Kornstein SG, Klein D, Markowitz JC, Ninan PT, Friedman ES, Dunner DL, Schatzberg AF, Borian FE, Keller MB (2002). Differential effects of nefazodone and cognitive behavioral analysis system of psychotherapy, singly and in combination, on insomnia associated with chronic depression. *Journal of Clinical Psychiatry*, 63(6): 493-500.

Opbroek A, Delgado PL, Laukes C, McGahuey C, Katsanis J, Moreno FA, **Manber R** (2002). Emotional blunting associated with SSRI-induced sexual dysfunction. Do SSRIs inhibit emotional responses? *Int J Neuropsychopharmacol*, 5(2): 147-151.

Manber R, Allen JJ, Burton K, Kaszniak AW (2000) Valence-dependent modulation of psychophysiological measures: is there consistency across repeated testing? *Psychophysiology* 37: 683-692.

- Gallagher S, Allen JJB, Hitt SK, Schnyer RN, **Manber R** (2001) Six-month depression relapse rates among women treated with acupuncture. *Complementary Therapies in Medicine* 9: 216-218.
- Zajecka J, Dunner DL, Gelenberg AJ, Hirschfeld RM, Kornstein SG, Ninan PT, Rush AJ, Thase ME, Trivedi MH, Arnow BA, Borian FE, **Manber R**, Keller MB.. (2002) Sexual function and satisfaction in the treatment of chronic major depression with nefazodone, psychotherapy and their combination. *Journal of Clinical Psychiatry* 63, 709-716.**Manber R**, Allen JJB, Morris MM (2002). Alternative Treatments for Depression: Empirical Support and Relevance to Women. *J of Clinical Psychiatry*, 63(7): 628-640.
- Schnyer RN, Manber R, Fitzcharles AJ (2002) Acupuncture for depression during pregnancy: Conceptual Framework and Two Case Reports. *Complementary Health Practice Review*, 8(1): 43-56.
- Santiago NJ, Klein DN, Vivian D, Vocisano C, Dowling F, Arnow BA, Manber R, Markowitz JC, McCullough JP, Riso LPL, Rothbaum BO, Rush AJ, Thase ME, Keller MB (2002) Pretreatment correlates of the therapeutic alliance in the chronically depressed. *Journal of Contemporary Psychotherapy*, 18: 281-290.
- Manber R**, Rush AJ, Thase ME, Arnow B, Klein D, Trivedi MH, Kornstein SG, Markowitz JC, Dunner DL, Munsaka M, Borian FE, Keller M (2003). The effects of psychotherapy, nefazodone, and their combination on subjective sleep in chronic depression. *Sleep*, 15(2):130-136.
- Manber R**, Kuo TF, Colrain IM, Cataldo N (2003). The effects of HRT on sleep disordered breathing in postmenopausal women: a pilot study. *Sleep*, 15(2): 163-168.
- Manber R**, Chambers AS, Hitt SK, McGahuey C, Delgado P, Allen JJB (2003). Patients' Perception of Their Depressive Illness. *J Psychiatr Res*, 37(4): 335-343.
- Manber R**, Arnow B, Blasey C, Vivian D, McCullough JP, Blalock JA, Klein DN, Markowitz JC, Riso LP, Rothbaum B, Rush AJ, Thase ME, Keller MB (2003). Patient's therapeutic skill acquisition and response to psychotherapy, alone or in combination with medication. *Psychological Medicine*, 33: 693-702 .
- Rush AJ, Trivedi M, Ibrahim HM, Carmody TJ, Arnow B, Klein DN, Markowitz JC, Ninan PT, Kornstein S, **Manber R**, Thase ME, Kocsis JH, Keller MB. (2003) The 16-Item Quick Inventory of Depressive Symptomatology (QIDS), clinician rating (QIDS-C), and self-report (QIDS-SR): a psychometric evaluation in patients with chronic major depression. *Biological Psychiatry* 54: 573-583.
- Gelenberg AJ, Trivedi MH, Rush AJ, Thase ME, Howland R, Klein DN, Kornstein SG, Dunner DL, Markowitz JC, Hirschfeld RM, Keitner GI, Zajecka J, Kocsis JH, Russell JM, Miller I, **Manber R**, Arnow B, Rothbaum B, Munsaka M, Banks P, Borian FE, Keller MB.et al. (2003) Randomized, placebo-controlled trial of nefazodone maintenance treatment in preventing recurrence in chronic depression. *Biological Psychiatry* 54: 806-817.
- Klein DN, Schwartz JE, Santiago NJ, Vivian D, Vocisano C, Castonguay LC, Arnow BA, Blalock JA, **Manber R**, Markowitz JC, Riso LP, Rothbaum B, McCullough JP, Thase ME, Borian F, Miller I, & Keller MB (2003) The therapeutic alliance in chronic depression: Prediction of treatment response after controlling for prior change and patient characteristics. *Journal of Clinical & Consulting Psychology*, 71(6): 997-1006.
- Arnow BA, **Manber R**, Blasey C, Klein DN, Blalock JA, Markowitz JC, Rothbaum BO, Rush AJ, Thase ME, Riso LP, Vivian D, McCullough JP, Keller MB (2003). Therapeutic reactance as a predictor of outcome in the treatment of chronic depression. *J of Consulting and Clinical Psychology*, 71(6):1025-1035.
- Yonkers KA, Wisner KL, et al. (2004) Management of bipolar disorder during pregnancy and the postpartum period. *American Journal of Psychiatry* 161: 608-620.
- Klein DN, Santiago NJ, Vivian D, Blalock JA, Kocsis JH, Markowitz JC, McCullough JJP, Rush AJ, Trivedi MH, Arnow BA, Dunner DL., **Manber R**, Rothbaum B, Thase ME, Keitner GI, Miller IW, & Keller MB (2004). Cognitive-behavioral analysis system of psychotherapy as a maintenance treatment for chronic depression. *J Consult Clin Psychol*, 72(4): 681-688.
- Manber R**, Schnyer RN, Allen BAJ, Rush JA, Blasey CD (2004). Acupuncture: A Promising Treatment for Depression During Pregnancy. *J. Affective Disorders*, 83: 89-95.
- Vocisano C, Klein DN, Arnow B, Rivera C, Blalock JA, Rothbaum B, Vivian D, Markowitz JC, Kocsis JH, **Manber R**., Castonguay L., Rush A.J, Borian FE, Mccullough JP, Kornstein SG, Riso LP, & Thase ME

- (2004). Therapist Variables That Predict Symptom Change in Psychotherapy With Chronically Depressed Outpatients. *Psychotherapy: Theory, Research, Practice, Training*, 41(3): 255-265.
- Rush AJ, Trivedi MH, Carmody TJ, Ibrahim H, Markowitz JC, Keitner, GI, Kornstein, SG, Arnow, B, Klein, DN, **Manber, R**, Dunner, DL, Gelenberg, AJ, Kocsis, JH, Nemeroff, CB, Fawcett, J, Thase, ME, Russell, JM, Jody, DN, Borian, FE, & Keller, MB (2005). Self-reported depressive symptom measures: Sensitivity to detecting change in a randomized, controlled trial of chronically depressed, nonpsychotic outpatients. *Neuropsychopharmacology*, 30(2): 405-416.
- Schatzberg AF, Rush AJ, Arnow BA, Banks PL, Blalock JA, Borian FE, Howland R, Klein DN, Kocsis JH, Kornstein SG, **Manber R**, Markowitz JC, Miller I, Ninan PT, Rothbaum BO, Thase ME, Trivedi MH, Keller MB (2005). Chronic depression: medication (nefazodone) or psychotherapy (CBASP) is effective when the other is not. *Arch Gen Psychiatry*. 62(5): 513-520.
- Smith, TM, Huang, IM, & **Manber, R** (2005). Cognitive behavior therapy for chronic insomnia occurring within the context of medical and psychiatric disorders. *Clinical Psychology Review*, 25(5): 559-592.
- Manber, R**, Blasey, C, Arnow, BA, Markowitz, JC, Thase, ME, Rush, AJ, Dowling, F, Kocsis, JH Trivedi, M, & Keller, MB (2005). Assessing insomnia severity in depression: comparison of depression rating scales and sleep diaries. *J Psychiatr Res.*, 39(5): 481-488.
- Santiago NJ, Klein DN, Vivian D, Arnow BA, Blalock JA, Kocsis JH, Markowitz JC, **Manber R**, Riso LP, Rothbaum BO, Rush AJ, Thase ME, McCullough JP, Keller MB (2005). The Therapeutic Alliance and CBASP-Specific Skill Acquisition in the Treatment of Chronic Depression. *Cognitive Therapy and Research*. 29(6): 803-817.
- Arnow, B. A., Blasey, C., **Manber, R.**, Constantino, M. J., Markowitz, J. C., Klein, D. N., Thase, M. E., Kocsis, J. H. & Rush, A. J., (2007). Dropouts versus completers among chronically depressed outpatients. *J Affect Disord*. 97: 197-202.
- Huang, MH, Nir Y, Chen B, Schnyer R, **Manber R** (2006). A randomized controlled pilot study of acupuncture for postmenopausal hot flashes: effect on nocturnal hot flashes and sleep quality. *Fertility and Sterility*. 86(3): 700-710.
- Manber R**, Gress J, Baker F. Sex Differences in Sleep and Sleep Disorders: A Focus on Women's Sleep. (2006) *The International Journal of Sleep Disorders*, 1(1): 7-15.
- Nir, Y., Huang, M. I., Schnyer, R., Chen, B. & **Manber, R.**, (2007) Acupuncture for postmenopausal hot flashes. *Maturitas*, 56(4):383-395.
- Allen, J. J., Schnyer, R. N., Chambers, A. S., Hitt, S. K., Moreno, F. A. & **Manber, R.**, (2006). Acupuncture for depression: a randomized controlled trial. *J Clin Psychiatry*. 67: 1665-1673.
- Carney CE, Edinger JD, **Manber R**, Garson C, Segal ZV. (2007) Beliefs about sleep in disorders characterized by sleep and mood disturbance. *Journal of Psychosomatic Research*, 62(2): 179-188.
- Rottenberg J, Chambers AS, Allen JJ, **Manber R** (2007) Cardiac vagal control in the severity and course of depression: The importance of symptomatic heterogeneity. *J Affect Disord* 103: 173-179.
- Ong JC, Huang JS, Kuo TF, **Manber R** (2007) Characteristics of insomniacs with self-reported morning and evening chronotypes. *J Clin Sleep Med* 3: 289-294.
- Constantino MJ, **Manber R**, Ong J, Kuo TF, Huang JS, Arnow BA (2007) Patient expectations and therapeutic alliance as predictors of outcome in group cognitive-behavioral therapy for insomnia. *Behav Sleep Med* 5: 210-28.
- Ong JC, Kuo T, **Manber R** (In Press) Who is at risk for dropout from group cognitive-behavior therapy for insomnia? *Journal of Psychosomatic Research*.
- Blalock J, Fouladi R, Cinciripini P, Markowitz J, Klein D, Rothbaum B, Arnow B, **Manber R**, Riso L, Sui D, McCullough J. (In Press) Cognitive and Behavioral Mediators of Combined Pharmacotherapy and Psychotherapy of Chronic Depression. *Cognitive Therapy and Research*
- Markowitz JC, **Manber R**, Rosen P. (In Press) Therapists' Responses to Training in Brief Supportive Psychotherapy, *American Journal of Psychotherapy*

Ong JC, Shapiro SL, **Manber R** (In Press) Combining mindfulness meditation with cognitive-behavior therapy for insomnia: A treatment-development study. *Behavior Therapy*.

Manber R, Blasey C, Allen J. (In Press). Depression Symptoms during Pregnancy. *Archives of Woman's Mental Health*

C. Research Support (past 5 years)

Ongoing Research Support

HS09988 (PI - Manber, R) 09/30/02 – 08/31/08

AHRQ

Acupuncture Treatment of Depression During Pregnancy

The major goals of this project are to test the efficacy of acupuncture as a treatment for depression during pregnancy.

VA-CBT-TP (PI- Yesavage) 10/01/07 09/30/10

Veterans Administration Palo Alto

VA Cognitive Behavioral Therapy Training Program

Role: Content Expert/Trainer

The goal of this project is the creation of a national infrastructure to support implementation of evidence-based psychosocial practices and provide training, technical support and consultation to VA practitioners and mental health program leaders working with mentally ill veterans and their families.

Pending

R01MH078924 (PI – Manber) 04/01/08-03/31/13

NIMH

Improving Depression Outcome by Adding CBT for Insomnia to Antidepressants

The goal of this multi site randomized control trial is to improve depression outcome for individuals who experience major depressive disorder and insomnia by augmenting standard state-of-the-art antidepressant treatment with a non-pharmacological treatment for insomnia that has proven effective in the management of primary insomnia.

Completed Research Support

R21 MH066131 (PI - Manber, R) 1/01/04 – 08/31/07

NIMH

Combining Antidepressant & CBT for Insomnia to Improve Depression Outcome

The major goal of this pilot study is to improve the short and long-term management of depression in individuals who also experience insomnia by augmenting standard treatment with a non-pharmacological treatment for insomnia that has proven effective for the short and long term management of primary insomnia.

1U01MH061504-01A2 (PI - Schatzberg, A)

04/01/03 – 03/31/07

NIMH

CBASP Augmentation for Treatment of Chronic Depression (Research Evaluating the Effect of Augmenting Medication with Psychotherapy (REVAMP))

The major goal of this multi-site study is to compare the efficacy of three treatment strategies for patients with chronic depression who have not experienced complete remission from initial medication management. The three strategies consist of medication algorithm alone or in combination with one of two forms of psychotherapy, CBASP or Supportive Psychotherapy.

Role: Co-Investigator

2HSB101 (PI - Manber, R)

09/01/02 – 08/31/03

Stanford University Office of Technology Transfer

Acupuncture For Post-Menopausal Hot Flashes

The goal of this project was to test the efficacy of acupuncture treatment for postmenopausal hot flashes as compared with placebo acupuncture treatment.