

# Ruda Lee, M.A.

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## EDUCATION

<b>University of Pennsylvania</b> <i>Ph.D. in Psychology</i> <i>Advisor: Philip Gehrman, Ph.D., Licensed Clinical Psychologist in Pennsylvania</i> • Recipient of full funding through fellowship, including tuition, stipend, and insurance	<b>Philadelphia, PA</b> Aug. 2023– Expected 2028
<b>Kyung Hee University Medical Center</b> <i>Clinical Psychology Resident (paid position, full-time internship), Department of Psychiatry</i> <i>Supervisor: Sungae Lee, Licensed Clinical Psychologist in Korea</i> • Certified Clinical Psychologist* accredited by Korean Clinical Psychology Association (KCPA) • Certified Mental Health Psychologist, Class I* accredited by Ministry of Health & Welfare (MOHW) * These are the most authoritative Korean Boards of Professional Clinical Psychology. Detailed elaboration is provided on 6 page.	<b>Seoul, Korea</b> Mar. 2019– Feb. 2022
<b>Sungshin Women's University</b> <i>M.A. in Clinical Psychology (GPA: 4.31 / 4.50)</i> <i>Advisor: Sooyeon (Aly) Suh, Ph.D., Licensed Clinical Psychologist in Korea &amp; California,</i> Diplomate in Behavioral Sleep Medicine (DBSM) • Thesis: “Validation of the Korean version of Disturbing Dream and Nightmare Severity Index” • Academic Excellence Scholarships (presented to the case having excellent GPA on a 4.5 scale, Fall 2015, Spring 2016) • Research Incentive Grants (presented to Science Citation Index (SCI)/Korean Citation Index (KCI)-grade journals or conference papers as the first author, Apr., Jun., Sep., Dec. 2016) • Teaching Assistant Fellowship for “Cognitive Psychology,” Department of Psychology (Fall, 2015)	<b>Seoul, Korea</b> Mar. 2015– Aug. 2017
<b>Hankuk University of Foreign Studies</b> <i>B.A. in Linguistics and Cognitive Science (GPA: 3.80 / 4.50)</i> <i>Advisor: Julien Eychenne, Ph.D.</i> • Minor in Philosophy • Thesis: “Research of Korean Consonant Pronunciation by a Thai Native Speaker – Focusing on Plosives and Affricates”	<b>Seoul, Korea</b> Mar. 2010– Feb. 2015
<b>California State University, Northridge</b> <i>Exchange Student with full tuition support</i>	<b>Northridge, CA</b> Feb. 2014– May 2014

## RESEARCH PUBLICATIONS

10. Lee, R., Gehrman, P. (in preparation) “Exploring dimensions of daily dysfunction in insomnia and the predictive role of physiological sleep features.”
9. Gehrman, P., McDonald, T., Barilla, H., Lee, R., Kayser, M., Raizen, D. (in preparation) “Insomnia disorder and CSF markers of dementia.” (writing)
8. Lee, R., Larson, O., Dhaliwal, S., Moon, K., Gerardy, B., de Chazal, P., ... & Gehrman, P. (2024). “Comparative analysis of sleep physiology using qualitative and quantitative criteria for insomnia symptoms.” *Sleep*, zsae301. doi: [10.1093/sleep/zsae301](https://doi.org/10.1093/sleep/zsae301)
7. Bak, J.Y., Park, K., Baik, M.J., Hwasng, Y.J., Shin, Y., Lee, H.J., Lee, R., Lee, S.M., Sun., J.Y.H., Lee, A.R., Yoon, S.Y., Lee, D., Moon, J., Cho, K., Paik., J.W., Park, S. (submitted). “Harmful suicide content detection.” *Nature Scientific Data*.

## RESEARCH PUBLICATIONS (Cont.)

6. **Lee, R.** & Suh, S. (in preparation). "Treatment effects of Imagery Rehearsal Therapy in nightmare disorder patients with trauma history : A functional magnetic resonance imaging study (working title)."
5. **Lee, R.**, Krakow, B., & Suh, S. (2021). "Psychometric properties of the Disturbing Dream and Nightmare Severity Index – Korean version." *Journal of Clinical Sleep Medicine*, 17(3), 471-477.  
doi: [10.5664/jcsm.8974](https://doi.org/10.5664/jcsm.8974)
4. **Lee, R.** & Suh, S. (2016). "Comparison of dream themes, emotions and sleep parameters between nightmares and bad dreams in nightmare sufferers." *Journal of Sleep Medicine*, 13(2), 53-59.  
doi: [10.13078/JSM.16010](https://doi.org/10.13078/JSM.16010)
3. Kim, B.R., **Lee, R.\***, Kim, N., Jeong, J.H., & Kim, G.H. (2021). "The moderating role of sleep quality on the association between neuroticism and frontal executive function in older adults." *Behavioral Sleep Medicine*, 1-13. doi: [10.1080/15402002.2021.1879809](https://doi.org/10.1080/15402002.2021.1879809) \* Co-first author
2. **Lee, R.** & Suh, S. (2016). "Nightmare distress as a mediator between nightmare frequency and suicidal ideation." *Dreaming*, 26(4), 308.  
doi: [10.1037/drm0000039](https://doi.org/10.1037/drm0000039)
1. Suh, S., Schneider, M., **Lee, R.**, & Joiner, T. (2016). "Perceived interpersonal burdensomeness as a mediator between nightmare distress and suicidal ideation in nightmare sufferers." *Frontiers in Psychology*, 7, 1805.  
doi: [10.3389/fpsyg.2016.01805](https://doi.org/10.3389/fpsyg.2016.01805)

## SCHOLARSHIP & HONOR

<b>Trainee Merit Award</b> , Sleep Research Society.	June, 2025
Awarded based on the scientific merit of the abstract submitted for presentation at SLEEP 2025, as well as stated contributions to the abstract and future plans in sleep research.	
<b>Best Paper Honor</b> , Korean Sleep Research Society	Jul. 2017
Granted for the best thesis, "Comparison of dream themes, emotions and sleep parameters between nightmares and bad dreams in nightmare sufferers" at the 2017 Korean Sleep Research Society conference, Seoul, Korea.	
<b>Graduate Research Scholarship for Humanities &amp; Social Sciences</b> , Korea Student Aid Foundation	Fall 2016
Honored the full-time tuition for one of the final two students selected at Sungshin Women's University by evaluating the previous semester's GPA (4.0 or higher on a 4.5 scale), research proposal, and research performance.	

## CONFERENCE PRESENTATIONS

18. **Lee, R.**, Larson, O., Younes, M., Gerardy, B., Pack, A. I., Keenan, B. T., & Gehrman, P. (2025). Exploring dimensions of daily dysfunction in insomnia and the predictive role of physiological sleep features. Poster presented at SLEEP 2025, the annual meeting of the Associated Professional Sleep Societies (APSS), Seattle, WA, USA.
17. Larson, O., Sato, L., Krishnamurthy, S., **Lee, R.**, Wang, Q., Siefert, E., Gehrman, P., Schapiro, A. (2025). No added benefit of targeted memory reactivation during naps on negative memory rescripting. Poster presented at SLEEP 2025, the annual meeting of the Associated Professional Sleep Societies (APSS), Seattle, WA. USA.
16. Larson, O., Sato, L., Krishnamurthy, S., **Lee, R.**, Wang, Q., Siefert, E., Gehrman, P., & Schapiro, A. (2025). No added benefit of targeted memory reactivation during naps on negative memory rescripting. Poster presented at the Mahoney Institute for Neurosciences 40th Annual Symposium, Philadelphia, PA, USA.
15. Larson, O., Sato, L., Krishnamurthy, S., **Lee, R.**, Wang, Q., Siefert, E., Gehrman, P., & Schapiro, A. (2025). Effects of targeted memory reactivation (TMR) on arousal and distress to real-life memories. Poster presented at University of Pennsylvania's Psychiatry Research Day, Philadelphia, PA, USA.

## CONFERENCE PRESENTATIONS (Cont.)

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14. **Lee, R.**, Larson. O., Younes. M., Gerardy. B., Pack., A., Keenan. B., Gehrman., P. (2025). Comparative analysis of sleep physiology using qualitative and quantitative criteria for insomnia symptoms. Poster presented at University of Pennsylvania's Psychiatry Research Day, Philadelphia, PA, USA.
13. Larson, O., Sato, L., Krishnamurthy, S., Lee, R., Wang, Q., Siefert, E., Gehrman, P., & Schapiro, A. (2024). Effects of targeted memory reactivation (TMR) on arousal and distress to real-life memories. Poster presented at the International Sleep Replay Workshop (virtual annual meeting).
12. **Lee, R.**, Comparative analysis of sleep physiology using qualitative and quantitative criteria for insomnia symptoms. Oral presentation at the University of Pennsylvania's Chronobiology and Sleep Institute's Research Meeting, Philadelphia, PA, USA
11. Sato, L., Larson, O., Krishnamurthy, S., **Lee, R.**, Wang, Q., & Schapiro, A. S. (2024). Effects of targeted memory reactivation (TMR) on arousal and distress to real-life memories. Poster presented at MindCORE's Summer Research Symposium, Philadelphia, PA, USA.
10. **Lee, R.**, Larson. O., Younes. M., Gerardy. B., Pack., A., Keenan. B., Gehrman., P. (2024). Comparative analysis of sleep physiology using qualitative and quantitative criteria for insomnia symptoms. Poster presented at Sleep the annual meeting of the Associated Professional Sleep Societies, Houston, TX, USA.
9. Larson. O., **Lee, R.**, Younes. M., Gerardy. B., Pack. A., Keenan. B., Gehrman. P. (2024). The independent and interactive effects of insomnia symptoms and short sleep on sleep physiology. Poster presented at Sleep the annual meeting of the Associated Professional Sleep Societies, Houston, TX, USA.
8. **Lee, R.**, Jeong, J., & Kim, G. (2018). The negative association between neuroticism and frontal function in the elderly can be moderated by high sleep quality. Poster presented at 2018 Korean Dementia Association, Seoul, Korea.
7. Suh, S., Kim, J., Lee, S., **Lee, R.**, Han, S., Cho, N., Chang, J., Choi, S., & Joo, E. (2017). Resting-state functional connectivity of the default mode network in female nightmare disorder patients with trauma history compared to healthy controls. Poster presented at 2017 World Sleep Congress, Prague, Czech Republic.
6. **Lee, R.**, Chung, S., Suh, S. (2016). Dream types, dream themes, and negative emotion intensity of dreams in nightmare sufferers compared to healthy controls. Poster presented at the 23<sup>rd</sup> Congress of the European Sleep Research Society, Bologna, Italy.
5. **Lee, R.**, Suh, S. (2016). The effect of nightmare frequency and nightmare distress on suicidal ideation. Poster presented at the 30<sup>th</sup> Anniversary Meeting of the Associated Professional Sleep Society, Denver, CO. USA.
4. **Lee, R.**, Suh, S. (2016). Negative emotions and interpersonal functions according to nightmares and bad dreams utilizing ecological momentary assessment. Oral presentation at the spring convention of Korean Clinical Psychology Association 2016, Chuncheon, Korea.
3. Suh, S., **Lee, R.**, Ryu, H., Kim, J., Yoon, I. (2016). Nightmares predict next-day interpersonal functioning in nightmare sufferers using ecological momentary assessment. Poster presented at the 23<sup>rd</sup> Congress of the European Sleep Research Society, Bologna, Italy.
2. Suh, S., Schneider, M., **Lee, R.**, Joiner, T. E. (2016). Perceived interpersonal burdensomeness as a mediator between nightmare distress and suicidal ideation in nightmare sufferers. Poster presented at the 30<sup>th</sup> Anniversary Meeting of the Associated Professional Sleep Society, Denver, CO, USA.
1. **Lee, R.**, Kim, S., Lee, H., Suh, S. (2015). The relationship between nightmare frequency and suicidal ideation/suicidal history. Poster presented at 2015 Korean Clinical Psychology Association's fall convention, Goyang, Korea.

## INVITED TALKS

- Lee, R.** (2023). "How to get into the US's psychology Ph.D. program." Lecture presented at Sungshin Women's University, Seoul, Korea.
- Lee, R.** (2021). "The post-graduation career exploration for psychology undergraduate students." Case presented for a lecture in "Clinical Psychology" at Sungshin Women's University, Seoul, Korea.
- Lee, R.** (2019). "The preparation for passing an accredited internship to acquire a clinical psychologist license." Lecture presented at Sungshin Women's University, Seoul, Korea.
- Lee, R.** (2016). "The clinical training model in the graduate school from the perspective of graduate students." Symposium presented at the fall convention of Korean Clinical Psychology Association 2016, Goyang, Korea.

## RESEARCH EXPERIENCE

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<b>Graduate Researcher (full-time)</b>	Agu. 2023–
<b>Department of Psychology &amp; Perelman School of Medicine, University of Pennsylvania, USA</b>	Present
<i>Principal Investigator: Philip Gehrman</i>	

- Co-reviewed a manuscript for *Sleep* (2025) under the mentorship of Dr. Philip Gehrman.
- Conducting EEG/PSG data analysis on sleep physiology in insomnia and hypersomnia.
- Recruiting/screening participants for sleep research using MINI and GENEActiv data processing.
- Leading data analysis for the SAGIC study; first-author publication in *Sleep* (2024).
- Preparing a manuscript on daily function outcomes as first author.
- Collaborating with Dr. Peter Colvonen (UCSD) on a manuscript using actigraphy data (2NITE study) to examine sleep and PTSD symptoms.

<b>Research Associate (paid position, full-time)</b>	Apr. 2023–
<b>Department of Psychiatry, Kyung Hee University Medical Center, Korea</b>	Jul. 2023
<i>Principal Investigator: Jong-Woo Paik, M.D., Ph.D.</i>	

- Developed AI models for suicide risk detection in social media.
- Conducted field studies on suicidal-related content in Korean online forums.

<b>Research Associate (paid position, full-time)</b>	Oct. 2017–
<b>Ewha Brain Institute, Ewha W. University, Seoul, Korea</b>	Feb. 2019
<i>Principal Investigator: Geon Ha Kim, M.D., Ph.D.</i>	

- Led neuropsychological assessments for elderly participants (300+) in cognitive aging studies.
- Evaluated the effectiveness of AI-assisted cognitive interventions for dementia.
- Co-first author publication in *Behavioral Sleep Medicine*.

<b>Graduate Research Assistant</b>	Mar. 2015–
<b>Behavioral Sciences and Therapy (BEST) Lab, Sungshin Women's University, Seoul, Korea</b>	Aug. 2017
<i>Advisor: Sooyeon (Aly) Suh</i>	

- Conducted clinical sleep research on PTSD and nightmares, securing a National Research Foundation grant.
- Developed and validated the Korean version of the Disturbing Dream and Nightmare Severity Index (DDNSI); first-author publication in *Journal of Clinical Sleep Medicine*.
- Designed and implemented ecological momentary assessment (EMA) studies on sleep, emotion, and interpersonal relationships.
- Led sleep and suicide research with Dr. Thomas Joiner, publishing in *Dreaming* and *Frontiers in Psychology*.

## CLINICAL EXPERIENCE

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**Clinical Psychology Resident (paid position, full-time)** (Clinical Psychologist training internship accredited by KPA & Mental Health Psychologist, Class I training internship certified by MOHW) Mar. 2019–Feb. 2022  
**Department of Psychiatry, Kyung Hee University Medical Center, Korea**  
*Supervisor: Sungae Lee*

- Conducted psychodiagnostic assessments (600+ cases) using SCID-5, WAIS-IV, MMPI-2, and other standardized tools.
- Provided individual and group therapy, including CBT, ACT, and IRT, with a focus on mood disorders and PTSD.
- Led interdisciplinary case conferences and supervised first-year residents (2021).

**Graduate Student & Student Therapist** (Clinical Psychologist training course accredited by KPA) Mar. 2015–Aug. 2017  
**BEST Lab, Sungshin Women's University, Seoul, Korea**  
*Supervisor: Sooyeon (Aly) Suh*

- Provided individual psychotherapy (Narrative Exposure Therapy, IRT, CBT-I) for PTSD, nightmares, and insomnia under supervision.
- Conducted exposure-based therapy for specific phobia and CBT-I for insomnia.
- Participated in weekly group/peer supervision and CBT-I training.
- Monitored and supported psychotherapy for college students with sleep and mood disorders.
- Organized monthly workshops and case presentations as chief staff of the Association for Sex Therapy and Counseling.

## LICENSURE

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**Certified Clinical Psychologist (#1867)** accredited by KCPA Korea, 2022

- Trained for a minimum of three years (1,000 hours more per year and a minimum of one year at an institution accredited by the KCPA) under the guidance of a training supervisor: theoretical and practical education (psychological evaluation, psychotherapy, voluntary service), case presentation, thesis presentation, conference participation, and ethics education.

**Certified Mental Health Psychologist, Class I (#1907)** accredited by MOHW Korea, 2022

- Trained for a minimum of three years (1,000 hours more per year) at an institution accredited by MOHW under the guidance of the licensed supervisor: academic and theoretical education, practical education (psychodiagnostic assessment, psychotherapy, mental rehabilitation, exchange training).

## TEACHING EXPERIENCE

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**Teaching Assistant**, Department of Psychology, University of Pennsylvania Agu. 2024–

- Assisted in teaching *Introduction to Experimental Psychology* (undergraduate/graduate level). May. 2025
- Graded assignments, created and proctored exams, and held office hours for student support.

**Trainee**, University of Pennsylvania, Philadelphia, USA. Jul. 2023–

- Completed a seven-week International Teaching Assistant training program. Agu. 2023
- Passed the Interactive Performance Test (IPT).

**Lecturer**, Department of Psychiatry, Kyung Hee University School of Medicine, Seoul, Korea. Mar. 2021–

- Taught and led practical sessions on the *Mini-Mental State Examination* for third-year medical students. Dec. 2021

## PROFESSIONAL MEMBERSHIPS

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Sleep Research Society	2024–Present
American Psychological Association	2024–Present
Korean Psychological Association	2015–Present
Korean Clinical Psychology Association	2015–Present
Korean Counseling Psychological Association	2021–Present

## PROFESSIONAL SKILLS

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**Statistical Software:** R, M-Plus, SPSS, Basic MATLAB, SAS (experience)

**Statistical Analysis:** Latent Growth Models, Structural Equation Modeling, Multilevel Models, Factor Analysis, Logistic Regression, Moderation/Mediation Models (PROCESS), MANOVA

**Trained to run:**

- Psychological assessments: SCID-5, Mini-Plus, CAPS-5, WAIS-IV, WISC-V, MMPI-2, ADI-R, K-CARS-2, SNSB, CERAD, MMSE, etc.
- Psychotherapy: CBT (individual & group), CBT-I, IRT, ACT, Exposure Therapy, Psychological First Aid (PFA), etc.
- Sleep study equipment: EEG/PSG recording & scoring

## REFERENCES

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**Philip Gehrman, Ph. D.**

Professor  
Department of Psychiatry, University of Pennsylvania  
Email: Philip.gehrman@pennmedicine.upenn.edu

**Sooyeon (Aly) Suh, Ph.D., DBSM**

Associate Professor  
Department of Psychology, Sungshin Women's University  
Email: alysuh@sungshin.ac.kr

**Geon Ha Kim, M.D., Ph.D.**

Associate Professor  
Department of Neurology, Ewha W. University Mokdong Hospital  
Email: geonha@ewha.ac.kr