

Ruda Lee, M.A.

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EDUCATION

University of Pennsylvania <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	Philadelphia, PA Aug. 2023– Expected 2028
Kyung Hee University Medical Center <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.	Seoul, Korea Mar. 2019– Feb. 2022
Sungshin Women's University <i>M.A. in Clinical Psychology (GPA: 4.31 / 4.50)</i> <i>Advisor: Sooyeon (Aly) Suh, Ph.D., Licensed Clinical Psychologist in Korea & 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)	Seoul, Korea Mar. 2015– Aug. 2017
Hankuk University of Foreign Studies <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”	Seoul, Korea Mar. 2010– Feb. 2015
California State University, Northridge <i>Exchange Student with full tuition support</i>	Northridge, CA Feb. 2014– May 2014

RESEARCH PUBLICATIONS

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*, zsa301. doi: [10.1093/sleep/zsa301](https://doi.org/10.1093/sleep/zsa301)
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*.
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/jcs.m.8974](https://doi.org/10.5664/jcs.m.8974)

RESEARCH PUBLICATIONS (Cont.)

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

- Best Paper Honor**, 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.
- Graduate Research Scholarship for Humanities & Social Sciences**, 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

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). Insomnia symptoms and shortened sleep independently influence 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 23rd 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 30th 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 23rd Congress of the European Sleep Research Society, Bologna, Italy.

CONFERENCE PRESENTATIONS (Cont.)

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 30th 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

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

- Conducting EEG/PSG data analysis on sleep physiology in insomnia and hypersomnia.
- Recruiting and 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.

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

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

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

- 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*.

RESEARCH EXPERIENCE (Cont.)

Graduate Research Assistant

Mar. 2015–

Behavioral Sciences and Therapy (BEST) Lab, Sungshin Women's University, Seoul, Korea

Aug. 2017

Advisor: Sooyeon (Aly) Suh

- 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*.
- Presented research at international conferences, including World Sleep Congress and European Sleep Research Society.

CLINICAL EXPERIENCE

Clinical Psychology Resident (paid position, full-time) (Clinical Psychologist training internship

Mar. 2019–

accredited by KPA & Mental Health Psychologist, Class I training internship certified by MOHW)

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–

BEST Lab, Sungshin Women's University, Seoul, Korea

Aug. 2017

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

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

- Teaching Assistant**, Department of Psychology, University of Pennsylvania
• Assisted in teaching *Introduction to Experimental Psychology* (undergraduate/graduate level).
• Graded assignments and exams; held office hours for student support.
- Trainee**, University of Pennsylvania, Philadelphia, USA.
• Completed a seven-week International Teaching Assistant training program.
• Passed the Interactive Performance Test (IPT).
- Lecturer**, Department of Psychiatry, Kyung Hee University School of Medicine, Seoul, Korea.
• Taught and led practical sessions on the *Mini-Mental State Examination* for third-year medical students.

PROFESSIONAL MEMBERSHIPS

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

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

Philip Gehrman, Ph. D.

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

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

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