



- *Assistant Professor*
- *Division of Neurology & Behavioral Health*
- *Department of Medicine*

Conditions Treated:

- *Psychological & Social Issues*
- *Depression*
- *Anxiety*
- *Sleep Disorders*
- *Insomnia*
- *Coping Skills*
- *Social Support*

Research Areas:

- *Insomnia*
- *Technology-based Interventions*
- *Stress Management*

Programs & Services:

- *Department of Medicine*
- *Cystic Fibrosis Program (Adult)*
- *Center for Health Promotion*
- *Division of Neurology & Behavioral Health*

My clinical and research expertise surrounds using telehealth and other technology-based interventions to improve health and behavior changes, especially among adults with cystic fibrosis. Areas of focus include improving management of stress, sleep, anxiety, depression, and interpersonal relationships.

Education

- 2014 University of Colorado, Denver, CO, PhD, Clinical Health Psychology
- 2012 University of Colorado, Denver, CO, MA, Clinical Psychology
- 2006 Columbia University, New York, NY, MA & EdM, Counseling Psychology
- 2004 University of Michigan, Ann Arbor, BA, Psychology

Residency

- 2014 University of Arizona School of Medicine, Tucson, AZ, Clinical Internship

Fellowship

- 2016 National Jewish Health, Denver, CO, Postdoctoral Fellowship in Sleep Medicine

Professional Memberships

- Sleep Research Society
- American Academy of Sleep Medicine
- American Psychological Association, Division 38 - Health Psychology
- Colorado Psychological Association

Awards & Recognition

- 2014: University of Colorado Outstanding PhD Student Award

2013: University of Colorado Graduate Dean's Award

Publications

Richards, C., **Bathgate, C.**, Nippins, M., Garton, J., Garlow, G., & Georgiopoulos, A. (2019). What Lifestyle Changes Can I Make To Address My Cystic Fibrosis? In Y. Sher, A. M. Georgiopoulos, & T. A. Stern (Eds.), *Facing Cystic Fibrosis: A Guide for Patients and Their Families*. Cambridge, MA: MGH Psychiatry Academy.

Bathgate, C. & Edinger, J. (2019). Diagnostic Criteria and Assessment of Sleep Disorders. In J. Savard and M. Ouellet (Eds.), *Handbook of Sleep Disorders in Medical Conditions* (pp. 3-26). Cambridge, MA: Academic Press.

Khassawneh, B., **Bathgate, C.**, Tsai, Sheila, & Edinger, J. (2018). Neurocognitive Performance in Insomnia Disorder: The Impact of Hyperarousal and Short Sleep Duration. *Journal of Sleep Research*, 27(6), e12747. doi:10.1111/jsr.12747

Bathgate, C. & Fernandez-Mendoza, J. (2018). Insomnia, Short Sleep Duration, and High Blood Pressure: Recent Evidence and Future Directions for the Prevention and Management of Hypertension, *Current Hypertension Reports*, 20(6). doi: 10.1007/s11906-018-0850-6.

Bathgate, C., Edinger, J., & Krystal, A. (2017). Insomnia Patients with Objective Short Sleep Duration have a Blunted Response to Cognitive Behavioral Therapy for Insomnia. *Sleep*, 40(1). doi: 10.1093/sleep/zsw012. PubMed PMID: 28364452.

Bathgate, C., Edinger, J., Wyatt, J., & Krystal, A. (2016). Objective but not subjective short sleep duration associated with increased risk for hypertension in individuals with insomnia. *Sleep*, 39(5):1037-45. doi: 10.5665/sleep.5748.

Breitborde, N., Woolverton, C., Spencer, D., Bismark, A., Bell, E., **Bathgate, C.**, Norman, K. (2015). Metacognitive skills training enhances computerized cognitive remediation outcomes among individuals with first-episode psychosis. *Early Intervention in Psychiatry*. doi:10.1111/eip.12289. [ePub ahead of print]

Kalinka, C., Fincham, F., & Hirsch, A. (2012). A randomized clinical trial of online-biblio relationship education for expectant couples. *Journal of Family Psychology*, 26(1), 159-164. doi: 10.1037/a0026398.

Kaplan, P., Danko, C., **Kalinka, C.**, & Cejka, A. (2012). A developmental decline in the learning-promoting effects of infant-directed speech for infants of mothers with chronically elevated symptoms of depression. *Infant Behavior and Development*, 35(3), 369-379, doi: 10.1016/j.infbeh.2012.02.009.

Kaplan, P., Danko, C., Diaz, A., & **Kalinka, C.** (2011). An associative learning deficit in one-year-old infants of depressed mothers: Role of depression duration. *Infant Behavior and Development*, 34(1), 35-44. doi:10.1016/j.infbeh.2010.07.014.

Kiefer, A., Sanchez, D., Ybarra, O. & **Kalinka, C.** (2006). How women's non-conscious associations of sex with submission relates to their subjective sexual arousability and ability to reach orgasm. *Sex Roles*, 55, 83-94. doi: 10.1007/s11199-006-9060-9.

Doctor's Contact Information

Office: 877.225.5654

Locations

National Jewish Health Main Campus
1400 Jackson St.

Denver, CO 80206