**Name: Ami Cohen** Date: 9/5/2023

**CURRICULUM VITAE**

1. **Personal Details**

Permanent Home Address: Moshav Tel Adashim, 1931500, Israel.

Office Phone Number: +972-4-642-3485

Cellular Phone: +972-58-778-9137

Electronic Adress: [amic@yvc.ac.il](mailto:amic@yvc.ac.il)

Websites:

-The Max Stern Yezreel Valley College (YVC): <https://yedion.yvc.ac.il/yedion/fireflyweb.aspx?prgname=Show_Teacher_Card&arguments=-N2405,-AE,-N9998>

- Google scholar:

<https://scholar.google.com/citations?hl=en&user=LUZlPzgAAAAJ&view_op=list_works&gmla=AJsN-F7BIpuiP5gEKK0R3mLHs6rtUM8NObP3ejHvpbgRSdddPdgQ_V8pnMk2ErMOux_9tL_GqD9bG1_0j1OSGrBWpoYruyFjh2TiUXypE6cU3sx89WK6DuY>

- Research Gate: <https://www.researchgate.net/profile/Ami-Cohen>

1. **Higher Education**
2. **Undergraduate and Graduate Studies**

|  |  |  |  |
| --- | --- | --- | --- |
| **Year of Approval of Degree** | **Degree** | **Name of Institution and Department** | **Period of Study** |
| 2010 | Ph.D. | Neuroscience and Behavior, University of California, Santa Barbara | 2004-2010 |
| 2003 | M.A. | Psychology, Tel-Aviv University | 2000-2003 |
| 1999 | B.A. | Psychology and Political Science, Tel-Aviv University | 1996-1999 |

1. **Post-Doctoral Studies**

|  |  |  |  |
| --- | --- | --- | --- |
| **Year of Completion** | **Degree** | **Name of Institution, Department and Host** | **Period of Study** |
| 2014 | Post-Doctoral Research Associate | The Committee on Neurobiology of Addictive Disorders, The Scripps Research Institute, San Diego, CA. Head of laboratory: Prof. George Koob | 2010-2014 |

1. **Academic Ranks and Tenure in Institutes of Higher Education**

|  |  |  |
| --- | --- | --- |
| **Position** | **Name of Institution and Department** | **Dates** |
| Tenure | Department of Psychology, The Max Stern Yezreel Valley College (YVC), Israel | 11.2.2020 |
| Senior Lecturer | Department of Psychology, The Max Stern Yezreel Valley College (YVC), Israel | 2016-current |
| Senior Lecturer (Proposed rank) | Department of Psychology, The Max Stern Yezreel Valley College (YVC), Israel | 2014-2015 |
| Post-Doctoral Research Associate | The Committee on Neurobiology of Addictive Disorders, The Scripps Research Institute (TSRI), San Diego, CA, USA. | 2010-2014 |
| Adjunct Lecturer | Department of Psychology, University of California, Santa Barbara (UCSB), USA | 2007-2009 |

**\* Denotes activities and publications since senior lecturer appointment.**

**\*\* Denotes activities and publications since tenure appointment.**

1. **Offices in Academic Administration**

|  |  |  |
| --- | --- | --- |
| **Dates** | **Title** | **Dept./Institution** |
| 2022- current\*\* | Chair of Ethics Committee | Institutional/YVC |
| 2022- current\*\* | Member of Academic Staff Disciplinary Committee, YVC | Institutional/YVC |
| 2022- current\*\* | Member of Steering Committee for the Promotion of Digital Pedagogy | Institutional/YVC |
| 2020- current\*\* | Chair of Department of Psychology | Psychology/YVC |
| 2018-current\* | Member of the Academic Council (Senate) | Institutional/YVC |
| 2017-current\* | Member of Department of Psychology Teaching Committee | Psychology/YVC |
| 2017-current\* | Member of the Student Admission Committee | Institutional/YVC |
| 2014-2022\* | Chair of the Psychology Club event series | Psychology/YVC |
| 2021\*\* | Co-Chair, Steering Committee for the first medical Cannabis Conference | Institutional/YVC |
| 2020-2021\*\* | Member of the Digital Pedagogy Committee | Institutional/YVC |
| 2018-2020\* | Academic Co-coordinator (i.e., assistant to the head of department) of the Department of Psychology | Psychology/YVC |
| 2017-2019\* | Chair, Department of Psychology program for the promotion of Israeli-Arab students | Psychology/YVC |

1. **Scholarly Positions and Activities outside the Institution**
2. **Membership in Professional Associations**

Society For Neuroscience (SFN) USA

European Sleep Research Society (ESRS) Europe

Israel Society of Biological Psychiatry Israel

1. **Ad-hoc Reviewer for journals**

Behavioral Brain Research

Brain Sciences

Chest

Current Psychiatry Reviews

Current Psychopharmacology

Death Studies

International Journal of Environmental Research and Public Health

International Journal of Psychiatry in Clinical Practice

Nature and Science of Sleep

Neuropsychopharmacology

Pharmacology Biochemistry and Behavior

Preventive Medicine Reports

Psychopharmacology (berl.)

Tobacco Induced Diseases

Translational Psychiatry

Qualitative Health research

Sleep Health

Sleep medicine reviews

1. **Participation in Scholarly Conferences**
2. **Active participation** **in International Conferences**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Role** | **Subject of Lecture/Discussion** | **Place of Conference** | **Name of Conference** | **Date** |
| Co-Presenter | The effect of sleep deprivation on early neural (P1, N170, P2) responses to target / non target stimuli processing in young adults men with attention-deficit/hyperactivity disorder (ADHD): an ERP study | Washington DC, USA | Association for Cognitive Bias Modification (ACBM) 2nd Annual Meeting | May., 2023\*\* |
| Presenter | The effect of sleep deprivation on sustained attention and response inhibition to emotional stimuli of young adult men with attention deficit/hyperactivity disorder | Athens, Greece | 26th Congress of the European Sleep Research Society (ESRS) | Sept., 2022\*\* |
| Presenter  Co-Presenter | 1. The effect of sleep deprivation on behavioral response inhibition to emotional stimuli of young adult men with Attention Deficit Hyperactivity Disorder 2. The effect of sleep deprivation on early neural (P1, N170, P2) responses to target/non-target stimuli processing in young adult men with Attention Deficit Hyperactivity Disorder (ADHD): An ERP study | Rome, Italy | World Sleep Society | March,  2022\*\* |
| Co-Presenter | Individuals with type 2 diabetes: An exploratory study of their experience of family relationships and coping with the illness | Online | The International Association for Relationship Research | July,  2021\*\* |
| Presenter  Co-Presenter | 1. The relationship between sleep continuity, tobacco smoking and cortisol secretion among young adults  2. Behavioral and neural correlates of emotional facial expressions stimuli processing in adults with ADHD before and after sleep deprivation: An ERP study | Online-Virtual Conference | 25th Congress of the European Sleep Research Society (ESRS) | Sept., 2020\*\* |
| Presenter  Presenter | 1. The role of sleep disturbances and negative emotionality in nicotine dependence 2. The effect of sleep deprivation on emotional facial versus non-facial stimuli processing in young adults with ADHD | Vancouver, Canada | World Sleep Society | Sept., 2019\* |
| Presenter  Presenter | 1. The role of sleep disturbances and negative emotionality in nicotine dependence  2. The effect of sleep deprivation on recognition of ambiguous emotional facial expressions in individuals with ADHD | Birmingham, AL, USA | 1st Annual Society of Behavioral Sleep Medicine (SBSM) Scientific Conference | Sept., 2019\* |
| Presenter  Presenter | 1. The sleepiness curve of young men with and without Attention Deficit Hyperactivity Disorder (ADHD)  2. The effect of sleep deprivation on recognition of ambiguous emotional facial expressions in individuals with ADHD  **(Nominated for ‘Best presentation award’)** | Basel, Switzerland | 24th Congress of the European Sleep Research Society (ESRS) | Sept., 2018\* |
| Presenter | The impact of sleep deprivation on attention functioning in young adults with ADHD | Prague, Czech Republic | World Sleep Society | Oct., 2017\* |
| Presenter | The role of sleep disturbances, stress and anxiety in nicotine dependence | Bologna, Italy | 23rd Congress of the European Sleep Research Society | Sept., 2016\* |
| Presenter | The role of CRF1 receptors and kappa opioid receptors in the escalation of nicotine intake | Boston, MA, USA | 28th Congress of the Society for Research on Nicotine and Tobacco (SRNT) | March, 2013 |
| Presenter | Involvement of MAO, CRF and dynorphin in the escalation of nicotine intake | New Orleans, LA, USA | Annual meeting of the Society for Neuroscience (SFN) | Oct., 2012 |
| Presenter | Robust escalation of nicotine intake in extended access to nicotine self-administration with intermittent periods of abstinence | Houston, Tx, USA | 27th Congress of the Society for Research on Nicotine and Tobacco (SRNT) | March, 2012 |
| Presenter  Presenter | 1. Hyperalgesia during ethanol dependence and following extended access to heroin or nicotine self-administration: Alleviation by CRF1 receptor antagonism 2. Heightened anxiety and hyperalgesia following abstinence from extended access to nicotine predicts increased nicotine intake in rats: Mediation by CRF-CRF1R activity and CREB phosphorylation in the extended amygdala | Washington, DC | Annual meeting of the Society for Neuroscience (SFN) | Nov., 2011 |
| Presenter  Presenter | 1. Pretreatment with yohimbine enhances the acquisition of nicotine-seeking in a runway model of drug self-administration 2. Inactivation of the dorsal raphe nucleus reduces the anxiogenic response of rats running an alley for intravenous cocaine phosphorylation in the extended amygdala | San Diego, CA, USA | Annual meeting of the Society for Neuroscience (SFN) | Nov., 2010 |
| Presenter | Hyperalgesia during ethanol dependence and following extended access to heroin or nicotine self-administration: Alleviation by CRF1 receptor antagonism | Chicago, IL, USA | Annual meeting of the Society for Neuroscience (SFN) | Oct., 2009 |
| Presenter | Yohimbine potentiates nicotine-seeking in a runway model of drug self-administration | Washington, DC, USA | Annual meeting of the Society for Neuroscience (SFN) | Nov., 2008 |
| Presenter | Anxiolytic effects of nicotine in an approach-avoidance conflict test | San Diego, CA, USA | Annual meeting of the Society for Neuroscience (SFN) | Nov., 2007 |
| Presenter | Nicotine reinforcement as demonstrated in a runway model of drug self-administration | Atlanta, GA, USA | Annual meeting of the Society for Neuroscience (SFN) | Oct., 2006 |
| Presenter | An animal model of nicotine motivation and reinforcement | Santa Barbara, CA, USA | UCSB annual Mini-Convention | May, 2006 |

1. **Active Participation in National Conferences (Israel)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Role** | **Subject of Lecture/Discussion** | **Place of Conference** | **Name of Conference** | **Date** |
| Co-presenter | Insomnia Severity Mediates the Association between COVID-19 Related Anxiety and Increase in Tobacco Smoking During the COVID-19 Pandemic among Adults | Yezreel Valley College | Research Fair, The Max Stern Yezreel Valley College | June., 2023\*\* |
| Presenter | Insomnia Severity Mediates the Association between  COVID-19 Related Anxiety and Increase in Tobacco  Smoking During the COVID-19 Pandemic among Adults | Sde Boker | 23nd Annual Conference of the Israeli Society for Sleep Research | March., 2023\*\* |
| Co-presenter | The effect of sleep deprivation on neural correlates of facial and non-facial stimuli processing in adults with attention-deficit/hyperactivity disorder | Zichron Ya’akov | 22nd Annual Conference of the Israeli Society for Sleep Research | Oct., 2021\*\* |
| Presenter  Co-presenter | 1. The relationship between cannabis smoking, traumatic experiences and sleep quality among young adults 2. The effect of sleep deprivation on recognition of ambiguous emotional facial expressions in individuals with ADHD | Herzliya | 21st Annual Conference of the Israeli Society for Sleep Research | Feb., 2019\* |
| Presenter | The sleepiness curve of young men with and without Attention Deficit Hyperactivity Disorder (ADHD) | Herzliya | 20th Annual Conference of the Israeli Society for Sleep Research | Feb., 2018\* |
| Presenter  Co-presenter | 1. The role of sleep disturbances, stress and anxiety in nicotine dependence 2. Trajectories for blood sugar in Type 2 diabetics: Psychological, behavioral and familial antecedents and outcomes | Zichron Ya'akov | 19th Annual Conference of the Israeli Society for Sleep Research | Feb., 2017\* |
| Presenter | Upregulation of dynorphin in the central nucleus of the amygdala mediates the negative emotional states of nicotine withdrawal but not escalation of nicotine | Hagoshrim | 20th Annual  Meeting of  the Israel  Society for  Biological  Psychiatry | March, 2016\* |

1. **Organization of Conferences**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Role** | **Subject of Conference** | **Place of Conference** | **Name of Conference** | **Date** |
| Member of organizing committee | Medical cannabis and PTSD | The Max Stern Yezreel Valley College | International Conference on Medical Cannabis and PTSD | May, 2021\*\* |

1. **Invited Lectures\ Colloquium Talks**

|  |  |  |  |
| --- | --- | --- | --- |
| **Presentation/Comments** | **Name of Forum** | **Place of Lecture** | **Date** |
| Insomnia Severity Mediates the Association between COVID-19 Related Anxiety and Increase in Tobacco Smoking During the COVID-19 Pandemic among Adults | Research Fair, The Max Stern Yezreel Valley College | Yezreel Valley College, Israel | June, 2023\*\* |
| The effects of sleep deprivation on cognitive and emotional functions of young adults with ADHD | Research Fair, The Max Stern Yezreel Valley College | Yezreel Valley College, Israel | June, 2022\*\* |
| Sleep deprivation and Attention Deficit Hyperactivity Disorder (ADHD) | Franco–Israeli Congress on Sleep and Sleep Apnea | Tel Aviv College, Israel | Oct., 2019\* |
| The interaction between tobacco addiction and sleep quality | Research Fair, The Max Stern Yezreel Valley College | Yezreel Valley College, Israel | June, 2019\* |
| Psychology and Research | The Max Stern Yezreel Valley College Board of Governors meeting | Yezreel Valley College, Israel | Dec., 2018\* |
| The role of sleep disturbances, stress and anxiety in nicotine dependence | International Workshop: Cross-Cultural and Cross-Societal Contexts of Elder-Care: Research, Policy and Practice Implications | Yezreel Valley College, Israel | Sept., 2016\* |
| Nicotine promotes alcohol drinking and facilitates the transition to alcohol dependence | NIAAA T32 Training Directors' Meeting: Alcohol dependence | San Diego, CA, USA | June, 2013 |
| Neurobiological mechanisms mediating the escalation of nicotine intake | PsychoGenics Inc. | Tarrytown, NY, USA | Jan., 2012 |
| Stress, anxiety and nicotine seeking | Colloquium of the Neuroscience Behavior program | University of California at Santa Barbara, CA, USA | March, 2010 |
| Role of stress and anxiety in nicotine-seeking behavior in rats**.** (Visit funded by the Feinberg Graduate School.) | Neurobiology of stress laboratory | Weizmann Institute of Science, Rehovot, Israel | Jan., 2010 |

1. **Research Grants**
2. **Grants Awards**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Year** | **Funded by/ Amount** | **Topic** | **Co-Researchers** | **Role in Research** |
| 2017-2022\* | Israel Science Foundation (ISF)  1,380,000 NIS | The interactions of sleep quality and tobacco addiction | Prof. Iris Haimov | PI  Together with partner, leading all research phases: planning, execution and write-up of reports and research papers. |

**B. YVC Research Grants**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Year** | **Funded by/ Amount** | **Topic** | **Co-Researchers** | **Role in Research** |
| 2020-2021\*\* | YVC  15,000 NIS | Sleep quality and emotions regulation as mediators between early traumatic events and tobacco smoking in adulthood | Prof. Iris Haimov  Prof. Ohad Szepsenwol | PI  Together with partners, leading all research phases: planning, execution and write-up of reports and research papers. |
| 2020-2021\*\* | YVC  15,000 NIS | Sleep quality among cannabis users: Evaluating the mediatory role of the gut microbiome | Prof. Iris Haimov | PI  Together with partners, leading all research phases: planning, execution and write-up of reports and research papers. |
| 2018-2020\* | YVC  15,000 NIS | The interactive involvement of biological markers in individual differences in risk taking | Dr. Efrat Barel | PI  Together with partners, leading all research phases: planning, execution and write-up of reports and research papers. |
| 2018-2020\* | YVC  15,000 NIS | The effects of methylphenidate on the sleepiness curve and on recognition of ambiguous emotional facial expressions during sleep deprivation in individuals with ADHD | Prof. Iris Haimov  Prof. Orrie Dan | PI  Together with partners, leading all research phases: planning, execution and write-up of reports and research papers. |
| 2016-2017\* | YVC  15,000 NIS | Hormonal aspects of the effects of ADHD and sleep deprivation on impulsivity and aggression | Prof. Iris Haimov  Prof. Orrie Dan | PI  Together with partners, leading all research phases: planning, execution and write-up of reports and research papers. |
| 2015-2016 | YVC  15,000 NIS | Blood sugar levels: relation to personal and familial factors | Prof. Iris Haimov  Prof. Ora Peleg | PI  Together with partners, leading all research phases: planning, execution and write-up of reports and research papers. |
| 2015-2016 | YVC  15,000 NIS | Relationship between sleep quality and addiction to tobacco smoke among Jewish and Arab students | Prof. Iris Haimov | PI  Together with partner, leading all research phases: planning, execution and write-up of reports and research papers. |

**C. Submission of Research Proposals – Pending**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Year** | **Funded by/ Amount** | **Topic** | **Co-Researchers** | **Role in Research** |
| 2024-2029\* | Israel Science Foundation (ISF)  2,239,000 NIS | W The role of sleep in the pathophysiology of ADHD | Prof. Iris Haimov  Prof. Orrie Dan | PI  Together with partner, leading all research phases: planning, execution and write-up of reports and research papers |

1. **research proposals – not funded (in the last seven years)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Year** | **Funded by/ Amount** | **Topic** | **Co-Researchers** | **Role in Research** |
| 2022\*\* | Israel Science Foundation (ISF) | Weight gain and reduced sleep quality as barriers for tobacco smoking cessation: possible involvement of the gut microbiota | Prof. Iris Haimov | PI |
| 2020\*\* | The Waterloo Research Foundation | The role of sleep quality in ADHD-related cognitive and emotional difficulties in children: An ERP study Deficit/Hyperactivity Disorder (ADHD) | Prof. Iris Haimov  Prof. Orrie Dan | PI |
| 2019\* | The Waterloo Research Foundation | The interactive effect of omega-3 and gut microbiome over cognitive and emotional functioning of children with Attention Deficit/Hyperactivity Disorder (ADHD) | Prof. Iris Haimov  Prof. Orrie Dan | PI |
| 2017\* | Israel Science Foundation (ISF) | Trajectories for blood glucose in type 2 diabetics: Psychological, behavioral and familial antecedents and Outcomes | Prof. Iris Haimov  Prof. Ora Peleg | Co-PI |
| 2016\* | Israel Science Foundation (ISF) – China–Israel Cooperative Scientific Research | The impact of sleep deprivation on behavioral, neural and hormones correlates of emotional stimuli processing in young adults with ADHD, narcolepsy with cataplexy, or both | Prof. Iris Haimov  Prof. Orrie Dan | PI |
| 2016\* | Israel Authority for Prevention of Violence, Alcohol and Drug Abuse | The interaction of sleep quality and tobacco addiction | Prof. Iris Haimov | PI |

1. **Scholarships, Awards and Prizes**

2023\*\* Excellence in teaching: The Inspiring Lecturer award, the YVC Student Unions, YVC

2022\*\* Excellence in Research award for the highest number of citations in academic publication, YVC Research Authority, YVC, Israel

2022\*\* The YVC Prize for Excellence (received for outstanding research, and teaching)

2021\*\* The YVC Prize for Excellence (received for outstanding research, teaching, and contribution)

2020\*\* Excellence in teaching: The Inspiring Lecturer award, the YVC Student Unions, YVC

2016\* Travel Award, the European Sleep Research Society, 23rd Congress of the European Sleep Research Society

2015 Excellence in teaching: Teaching Satisfaction Survey, ranked among the top five lecturers, YVC

2011-2014 National Institute on Alcohol Abuse and Alcoholism (NIAAA) T32 training grant ($47,000/ year), USA

2012 The Scripps Society of Fellows Travel Award, The Scripps Research Institute, San Diego, CA, USA

2010-2011 NIH Ruth L. Kirschstein National Research Award for pre-doctoral fellows (F31), USA

2008 Harry J. Carlisle Memorial Award for outstanding graduate students, University of California, Santa Barbara, CA, USA

2006 Received Ph.D. with distinction, University of California, Santa Barbara, CA, USA

2003 Received M.A. Magna cum laude, Tel Aviv University, Israel

1. Received B.A. Magna cum laude, Tel Aviv University, Israel
2. **Teaching**
3. **Courses Taught in Recent Years:** Average teaching load- 12 classroom hrs./week at YVC

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Number of Students** | **Degree** | **Type of Course** | **Name of Course** | **Year** |
| 60-80 | BA  (Department of Psychology, YVC) | Required Course | Physiological Basis of Behavior | 2014-presen |
| 60-80 | BA  (Department of Psychology, YVC) | Required Course | Statistics | 2015-present |
| 60-80 | BA  (Department of Psychology, YVC) | Required Course | Experimental Psychology | 2015-present |
| 38-60 | BA  (Department of Education, YVC) | Required Course | Developmental Psychology | 2015-present |
| 18-40 | BA  (Department of Education, YVC) | Required Course | Abnormal Psychology | 2017-present |
| 53-107 | BA  (Department of Behavioral Sciences, YVC) | Required Course | Medical Cannabis | 2019-present |
| 35-45 | BA  (Department of Psychology, YVC) | Elective course | Drugs & Addiction | 2018-present |
| 8 | MA  (Educational Psychology, YVC) | Required Seminar | Scientific Research | 2022-present |
| 84 | BA  (Department of Psychology, YVC) | Required Course | Introduction to Life Sciences | 2021 |
| 36 | BA  (Department of Psychology, YVC) | Required Course | Guided Reading and Scientific Writing | 2020 |
| 13 | BA  (Department of Psychology, YVC) | Elective course | Contemporary Psychology: Theory and Practice | 2020 |
| 15 | BA  (Department of Psychology, YVC) | Required Empirical Seminar | Behavioral Addictions | 2020 |
| 8 | MA  (Educational Psychology, YVC) | Required Empirical Seminar | Drug Abuse and Addictions Among Youth and Adolescents | 2019 |
| 37-39 | BA  (Department of Education, YVC) | Required Course | Research and Statistics | 2016-2018 |
| 54 | BA  (Department of Psychology, YVC) | Required Course | Psychology of Learning | 2016 |
| 25 | BA  (Department of Psychology, YVC) | Elective course | Psychobiology of Addiction | 2015 |
| 59 | BA  (Department of Behavioral Sciences, YVC) | Elective course | Psychobiology of Drug Abuse and Addiction | 2015 |
| 61 | BA  (Department of Nursing, YVC) | Required Course | Introduction to Psychology | 2015 |
| 300~ | BA  (Department of Psychology, UCSB) | Required Course | The Biological Basis of Psychology | 2007-2009 |
| 60~ | BA  (Department of Psychology, UCSB) | Required Course | Basic Concepts in Biopsychology | 2009 |

1. **Supervision of Graduate Students**

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| --- | --- | --- | --- |
| **Date of Completion** | **Degree** | **Title of Thesis** | **Name of Student** |
| In Progress\* | MA  Educational Psychology YVC | Perception of emotional facial expressions (sadness, anger, happiness) in children with and without ADHD (with Dr. A. Cohen and Prof. O. Dan) | Rom Givaty |
| In Progress\* | MA  Educational Psychology YVC | Effects of exposure to blue light on sleep quality among children (with Dr. A. Cohen and Prof. O. Dan) | Lior Bar |
| In Progress\* | MA  Educational Psychology YVC | Subjective assessment of the sleep quality among children and adolescents with ADHD compared to children and adolescents without ADHD (with Dr. A. Cohen and Prof. O. Dan) | Shachar Eisenstein |
| In Progress\* | MA  Educational Psychology YVC | The effects of sleep deprivation on the perception of emotional stimuli in children with and without ADHD (with Dr. A. Cohen and Prof. O. Dan) | Yuval Yifrach |
| In Progress\*\* | MA  Educational Psychology YVC | Sleep quality and smoking among healthy adolescents (with Prof. I. Haimov) | Nour Sabag |
| July, 2022\*\* | MA  Educational Psychology YVC | The association between problematic smartphone use and suicidal thought ,depression and sleep difficulties among young people | Sivan Kahlon |
| Dec., 2022\*\* | MA  Educational Psychology YVC | The relationship of internet usage with two dimensions: The familial dimension and the social dimension. | Sapir Aiger |
| Dec., 2021\*\* | MA  Educational Psychology YVC | Differences in the effect of sleep deprivation on emotion recognition and emotional intelligence in young adults with ADHD as compared to young adults without ADHD (with Prof. I. Haimov and Prof. O. Dan) | Zohar Bar David Goldstein |
| Aug., 2021\*\* | MA | Future orientation, self-regulation and smoking among Israeli Arab adolescents (with Prof. Rachel Saginer) | Wijdan Drawshy |
| July, 2021\*\* | MA  Educational Psychology YVC | ADHD: The differences in emotional stimuli recognition and behavioral inhibition in young adults following an episode of sleep deprivation (with Prof. I. Haimov and Prof. O. Dan) | Dana Berkovitch |
| July, 2021\*\* | MA  Educational Psychology YVC | Smartphone use, sleepiness and performance among adolescents with ADHD (with Dr. Dorit Hadar-Shoval) | Mor Chach Muchtar |
| March, 2021\*\* | MA  Educational Psychology YVC | ADHD and sleep deficit: Differences in emotional processing in young adults with and without ADHD after sleep deprivation (with Prof. I. Haimov and Prof. O. Dan) | Adi Harel |
| Dec., 2017\* | MA  Educational Psychology YVC | ADHD and aggressiveness: Differences in emotional processing and cortisol in young adults with and without ADHD following sleep deprivation (with Prof. I. Haimov and Prof. O. Dan) | Elite Friedman |
| Dec., 2017\* | MA  Educational Psychology YVC | The interaction of sleep and smoking (with Prof. I. Haimov) | Natalie Ben-Abu |
| Dec., 2016\* | MA  Educational Counseling YVC | Trajectories for blood sugar in type 2 diabetics: Psychological, behavioral and familial antecedents and outcomes (with Prof. I. Haimov and Prof. O. Peleg) | Amira Sarahna |
| Dec., 2016\* | MA  Educational Counseling YVC | The impact of personality and familial variables on blood glucose levels (with Prof. I. Haimov and Prof. O. Peleg) | Lam Shanny |

1. **Non-Academic Community Service**

2019-2023\*\* Guest lecturer at Jezreel Valley elementary school

2018-2020\* Member of Moshav Tel-Adashim Youth Committee

2010-2014 Guest lecturer and activist in Tarbuton, an organization dedicated to strengthening the cultural and social connections between Israel and the local Jewish and Israeli-Jewish community, San Diego, CA, USA

2009 Academic adviser for the American Students for Israel (ASI) organization, Santa Barbara, CA, USA

2007-2009 Member of the Israel Committee: an organization dedicated to advancing the connections between Israel and the local Jewish community, Santa Barbara, CA, USA

2007-2008 Teacher and activist, Santa Barbara B'nai B'rith school, CA, USA

2001-2003 Volunteered police officer, Israel police force

**SCIENTIFIC PUBLICATIONS**

1333 Total citations (based on Google Scholar, 11/2023);

H-index, total 16 (since 2018 13);

i10-index, total 19 (since 2018 14).

1. **Ph.D. Dissertation**

2010 The role of stress and anxiety in the motivation to seek nicotine. University of California, Santa Barbara, CA, USA. Supervisor: Prof. Aaron Ettenberg. Basis for publications B28 and B29 below.

1. **M.A. Dissertation**

2003 Dextrorphan, a non-competitive NMDA antagonist, potentiates morphine antinociception and attenuates the development of morphine tolerance in mice. Tel-Aviv University, Israel. Supervisor: Prof. Hanan Frenk.

1. **Articles in Refereed Journals**

**Published**

Journal rankings (Q) were taken from Scimago Journal Rank (<https://www.scimagojr.com/aboutus.php>)

**The fields I focus on – stress and sleep disturbances and their relationship to pathologies, such as ADHD and drug addiction, belong to both the Natural and the Behavioral Sciences. In my fields of interest, it is accepted for the Principal Investigator (PI) to appear last on the list of authors. As a PI, I was responsible for theory building, methodology, research supervision, writing the MS, etc.**

Contribution to paper: a-conceptualization (e.g. developing the theory and prediction). b-developing the research design (e.g. choice of research tools, create the measures). c- research supervision (e.g. administration of the research, data collection). d- data analysis and/or writing the results section. e- co-wrote the paper with the other authors. f- wrote the paper alone. g- paper revision (during the publication process). **\* Since senior lecturer appointment \*\*since tenure appointment**.

1. **\*Cohen, A.,** Szepsenwol, O.,&Haimov, I. (2023). Insomnia severity mediates the association between anxiety and increase in tobacco smoking during the COVID-19 pandemic in Israel*. Behavioral Sleep Medicine (BSM)*. <https://doi.org/10.1080/15402002.2022.2147934>. (IF: 2.964, Q1 Psychology [miscellaneous]) (Contribution: a,b,c,d,e,g).\*\*
2. \*Dan, O., & **Cohen, A**. (2022). Impaired recognition of emotional facial expressions in adults with Attention Deficit/Hyperactivity Disorder: A review of event-related potential (ERP) studies. *Psychology,* *13*, 1622-1640. <https://doi.org/10.4236/psych.2022.1311101>. (Contribution: b,d,e).\*\*
3. **\*Haimov, I**., Szepsenwol, O., & Cohen, A. (2022). Association between childhood stressors, anxiety and sleep quality during the lockdown of the COVID-19 pandemic in Israel. *Nature and Science of Sleep,* *14*, 1665-1675.<https://doi.org/10.2147/NSS.S378271>. (IF: 5.318, Q1- Applied Psychology) (Contribution: a,b,c,d,e).\*\*
4. **\*Cohen, A**., Asraf, K., Saveliev, I., Dan, O., & Haimov, I. (2021). The effects of sleep deprivation on the processing of emotional facial expressions in young adults with and without ADHD. *Scientific Reports*, *11*(1), 1-11. <https://doi.org/10.1038/s41598-021-93641-7>. (IF: 4.379, Q1- Multidisciplinary Sciences) (Contribution: a,b,c,d,e,g).\*\*
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**In preparation**

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2. **Cohen, A.,** Asraf, K., & Haimov, I. Biological and psychological correlates of the negative effects of smoking and smoking cessation on sleep quality.
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5. **Articles in Conference Proceedings**
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**Summary of my Activities and Future Plans**

As a faculty member at the Max Stern Yezreel Valley College (YVC), I strive to accomplished three interrelated goals: conduct significant research in my areas of interest, maximize the academic potential of my students, and contribute to the benefit of my community, as well as society at large.

*Research:* My academic career was greatly inspired by my personal experiences, which exposed me to the darker aspects of human existence and human psychology. Thus, during my years as a graduate student at UCSB and as a post-doctoral research associate at TSRI, I dedicated most of my research to the study of drug abuse and addiction (particularly nicotine addiction), with emphasis on the role of stress anxiety in the motivation for drug abuse and addiction development. My work was focused on laboratory animals in an attempt to elucidate the neurobiological basis of these phenomena. This body of work was fruitful, leading to publications in significant peer-reviewed journals, and allowing me to gain several competitive fellowships and prizes. Towards the end of my post-doctoral work, I decided to accept an offer to join the Department of Psychology at YVC as a senior lecturer. In addition to from my desire to return to Israel, a major reason for accepting this offer was a wish to shift from studies in animals to studies in humans. My interest in the areas of addiction, stress and the interaction between them has not changed, but I expanded it to related areas of research. In particular, I have shifted my main academic work to the study of the relationship between sleep and addiction. Specifically, I have been conducting a series of studies on the role of reduced sleep quality as a barrier to smoking cessation. I have received a substantial research grant from the ISF in order to examine the hypothesis that tobacco smoking is associated with reduced sleep quality, and that smoking cessation induces further deterioration in sleep quality, a process that is partially mediated by dysregulation of the HPA stress system. This reduction in sleep quality, in turn, increases the likelihood of relapse back to smoking. My findings, supporting these hypotheses, have either already been published (*Journal of Sleep Disorders & Therapy*, 2018; *Substance Use and Misuse*, 2019; *Behavioral Sleep Medicine*, 2020), or will be submitted for publication in the near future.

I now plan to continue this project in two directions: (a) the use of cognitive-behavioral therapy for insomnia (CBTI) during smoking cessation, in an effort to reduce the likelihood of relapse; and (b) the role of variations in gut microbiota and in microbiota-dependent metabolites in mediating the effects of smoking and smoking cessation on sleep and weight gain. On a related note, the unfortunate COVID-19 pandemic provided a unique opportunity to study the relationships among sleep quality, anxiety and smoking behavior. Together with my colleges, I conducted a large scale online survey which demonstrated that COVID-19 related anxiety was associated with reduced sleep quality (Nature and Science of Sleep, 2022) and that the severity of symptoms of insomnia mediated the association between COVID-19 related anxiety and increase in smoking during the pandemic (*Behavioral Sleep Medicine*, 2022).

My interest in the effects of stress on human behavior and health, as well as my developing interest in sleep, led me to develop several additional research projects: (a) psychological factors involved in the development and severity of type-2 diabetes (T2D). A large-scale survey on individuals with and without T2D demonstrated that T2D is associated with both sleep disturbances (*Journal of Diabetes*, 2020) and personality traits that increase people’s vulnerability to stressors (*International Journal of Behavioral Medicine*, 2019), and that these associations are mediated by depressive symptoms. (b) The interactive involvement of sex hormones and neurobiological stress systems in stress-induced alterations in cognitive functions. A series of experiments demonstrated that sex hormones modulate the activation of the endocrine stress systems in response to psychosocial stress (*Journal of Neuroscience Research*, 2018), and that sex hormones and endocrine stress systems jointly mediate the effects of stress on declarative memory (*Psychoneuroendocrinology*, 2020) and visuospatial abilities (*Brain Sciences*, 2020). Next, I plan to examine the involvement of sex hormones and the endocrine stress systems in the effects of stress on high-level cognitive process, particularly decision making. (c) The behavioral, cognitive and neural effects of sleep deprivation in young adults with ADHD. This ongoing project has already yielded findings demonstrating that compared to those without ADHD, individuals with ADHD experience higher levels of sleepiness during sleep deprivation (*Behavioral Sleep Medicine*, 2020), and are more sensitive to the negative effect of sleep deprivation on the ability to recognize emotions from facial expressions (*Journal of Attention Disorders*, 2020) and on the abilities for sustained attention and response inhibition (*Scientific Reports*, 2021). These findings support a novel view of ADHD as a condition, which, at least partially, results from deficits in sleep regulation and arousal. Next, I plan to investigate the influence of ADHD medications on these effects of sleep deprivation.

As reflected by my list of publications, along my career I have only conducted research in collaboration with other researchers. This is not surprising as in my areas of research studies are only rarely conducted by a single researcher, as they require a variety of technical skills and diverse theoretical knowledge. Moreover, since my arrival to YVC I developed an interest in the relationships between my original areas of research (addiction and stress) and other subjects of research in which I had only little experience with (i.e., sleep). Thus, my studies at YVC are interdisciplinary and require collaborations with other researchers.

Throughout, my scientific work has been motivated by curiosity, but also by a desire to gain knowledge which will assist in improving individuals’ ability to cope with serious challenges to their health and well-being (e.g., better strategies for achieving smoking cessation and preventing the deterioration of type-2 diabetes). The motivation to improve people’s lives as well as society has also influenced my approach towards my other academic duties. As a lecturer and Psychology Department head, my overarching vision is that YVC in general, and the Psychology Department specifically, will provide education at the same level as any university, while supporting the students in their efforts to meet this challenge. In line with this vision, I have been involved in various activities within the Psychology Department (both before and after my appointment to department head), all intended to advance student capabilities, particularly those belonging to disadvantaged minority groups. I am proud to state that the achievements of our recent graduates are very encouraging, and that it is my intention to continue to work towards making this vision into a reality.

Finally, my commitment to contribute to the community also led to my involvement in various non-academic activities. As a graduate student I served as a volunteer police officer, and participated in various educational activities. Since my arrival back in Israel, I have taken an active part in the informal education system in my community as a committee member, and have given lectures on topics related to psychology and addiction to both children and adults. I currently plan on developing projects intended to collaborate with the local educational system, such as mentoring promising high school students in scientific projects and delivering guest lectures to high school students and staff on a regular basis.