

2020-2021 SOAR Fellow
Lu Dong, PhD MHS
Associate Behavioral Scientist, RAND Corporation
ldong@rand.org



Dr. Dong is a behavioral scientist at RAND Corporation. She received her Ph.D. in Clinical Psychology from Emory University and a master's degree in public health from Johns Hopkins. During her postdoctoral training, she worked with Dr. Allison Harvey at UC Berkeley, examining a transdiagnostic sleep and circadian intervention in adolescents and adults with psychiatric problems. Dr. Dong has also led a study deriving a parent intervention to promote adolescent sleep-related behavior change. Since joining RAND, her research has focused on sleep disparities research, working closely with Dr. Wendy Troxel examining sleep in underserved racial/ethnic minority populations, including urban Native youth and African American residents from disadvantaged neighborhoods. Dr. Dong currently serves as a co-investigator on several NIH-funded sleep studies. Her research goal is to investigate the role of sleep in health disparities and develop culturally congruent and scalable interventions to improve sleep health in diverse and underserved populations.