**Harvard Medical School**

**Curriculum Vitae**

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| **Date Prepared:** | December 10, 2019 |
| **Name:** | Jeff C. Huffman |
| **Office Address:** | Massachusetts General HospitalDepartment of Psychiatry15 Parkman St/Wang 805DBoston, MA 02114 |
| **Home Address:** | 60 Baker AvenueLexington, MA 02421 |
| **Work Phone:** | 617-724-2910 |
| **Work Email:** | jhuffman@mgh.harvard.edu  |
| **Work Fax:** | 617-724-9155 |
| **Place of Birth:** | Niles, MI |

**Education**

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| 08/90 - 06/95 | B.S.*summa cum laude*Phi Beta Kappa | Biology, Chemistry, Mathematics | Bowling Green State University, Bowling Green, OH |
| 08/95 - 06/99 | M.D. | Medicine | Baylor College of Medicine, Houston, TX |

Postdoctoral Training

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| --- | --- | --- | --- |
| 07/99-06/00 | Intern | Medicine | Mount Auburn Hospital |
| 07/00-06/03 | Resident | Psychiatry | Massachusetts General Hospital |
| 07/03-06/04 | Fellow | Consultation-Liaison Service, Psychiatry | Massachusetts General Hospital |
| 07/04-06/06 | Fellow  | PsychiatryResearch  | Massachusetts General Hospital  |

**Faculty Academic Appointments**

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| --- | --- | --- | --- |
| 07/03-06/04 | Clinical Fellow | Psychiatry | Harvard Medical School |
| 07/04-02/06 | Instructor | Psychiatry | Harvard Medical School |
| 02/06-05/12 | Assistant Professor | Psychiatry | Harvard Medical School |
| 05/12-12/19 | Associate Professor | Psychiatry | Harvard Medical School |
| 12/19- | Professor | Psychiatry | Harvard Medical School |

**Appointments at Hospitals and Affiliated Institutions**

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| --- | --- | --- | --- |
| 06/04-10/14  | Associate Psychiatrist  | Psychiatry | Massachusetts General Hospital |
| 10/14- | Psychiatrist | Psychiatry | Massachusetts General Hospital |

Major Administrative Leadership Positions

Local

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| --- | --- | --- |
| 07/05-03/09 | Content DirectorMassachusetts General Hospital Psychiatry Academy | Massachusetts General Hospital Division of Postgraduate Education |
| 03/09-03/17 | Medical DirectorInpatient Psychiatry Service | Massachusetts General Hospital |
| 01/10- | DirectorCardiac Psychiatry Research Program, Department of Psychiatry | Massachusetts General Hospital |
| 09/10- | DirectorInpatient Psychiatry Research Program | Massachusetts General Hospital |
| 03/17- | Associate Chief of Psychiatry (Clinical Operations) | Massachusetts General Hospital  |

Committee Service

Local

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| --- | --- | --- |
| 2000-2003 | Psychiatry Curriculum CommitteeResident Representative | Massachusetts General Hospital/McLean Hospital |
| 2000-2003 | Psychiatry Education and Training Task ForceResident Representative | Massachusetts General Hospital/McLean Hospital |
| 2009- | Training Subcommittee, Department of Psychiatry | Massachusetts General Hospital |
| 2009- | Clinical Council, Department of Psychiatry | Massachusetts General Hospital |
|  | 2017- Chair |  |
| 2009- | Steering Committee, Department of Psychiatry  | Massachusetts General Hospital |
| 2009- | QA/QI Committee, Department of Psychiatry  | Massachusetts General Hospital |
| 2010-2015 | Medication Education Safety and Approvals Committee, Psychiatry Department Representative | Massachusetts General Hospital |
| 2012-2017 | Blake 11 Restraint and Seclusion Task Force,Department of Psychiatry  | Massachusetts General Hospital |
| 2012-2017 | Psychiatry Care Redesign Committee, Department of Psychiatry  | Massachusetts General Hospital |
| 2012-2017 | Partners Healthcare Inpatient Throughput Committee | Partners HealthCare |
| 2013-  | Psychiatry Curriculum Committee | MGH/McLean Psychiatry Residency |
| 2013-  | Diagnostic Evaluation Subcommittee, Department of Psychiatry  | MGH/McLean Psychiatry Residency |
| 2014-  | Clinical Competency Committee (CCC), Department of Psychiatry | Massachusetts General Hospital  |
| 2014-  | Psychiatry Residency Selection Committee | Massachusetts General Hospital/McLean Hospital |
| 2015-  | Department of Psychiatry Promotions Committee | Massachusetts General Hospital |
| 2016-2018 | Member, Data Safety and Monitoring Board   | A Pilot Study Investigating the Efficacy of Minocycline and N-acetylcysteine for Bipolar DepressionMGH; Nierenberg (PI) |
| 2016-  | Chair, Data Safety and Monitoring Board  | Healthy Hearts Healthy Minds: A PPRN Demonstration Pragmatic Trial MGH; Nierenberg (PI) |
| 2017- | Executive Leadership Committee, Department of Psychiatry | Massachusetts General Hospital |
| 2017- | OPD Leadership Committee | Massachusetts General Hospital |
| 2017- | OPD Executive Committee | Massachusetts General Hospital |
| 2017- | Chair, Behavioral Health Executive Committee | Massachusetts General Hospital |
| 2017- | Center for Faculty Development, Office of Career Services Council Member | Massachusetts General Hospital  |

Professional Societies

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| --- | --- | --- |
| 2001-2005 | American Psychiatric Association |  |
| 2001-2005 | Massachusetts Psychiatric Society |  |
| 2002-2005 | Association of Medicine and Psychiatry | Member, Fellow |
| 2002- | Academy of Consultation-Liaison Psychiatry  |  |
|  | 2003-2009 | Website Committee Member |
|  | 2003-2009 | Public Relations Task Force Member |
|  | 2009-2012 | Website Committee Chair |
|  | 2012-2013 | Clinical Practice Committee Chair |
|  | 2012-2015 | Communications Committee Chair |
|  | 2012-2015 | Workshops & Symposia Subcommittee  |
|  | 2012-2019 | Council Member |
|  | 2012- 2014 | Program Committee  |
|  | 2013-2016 | Abstract Reviewer |
|  | 2013-2015 | Online Education Task Force |
|  | 2013-2019 | Research and Evidence-Based Practice Committee Co-Chair |
|  | 2014-2015 | Vice-Chair Program Committee |
|  | 2015-20162019- | Scientific Program Chair, Annual Meeting, Austin, TXNominating Committee |
| 2010- | American Psychosomatic Society |  |
|  | 2014-2016 | Abstract Reviewer  |
|  | 2014-2016 | Program Committee |
|  | 2018-  | Council Member |
| 2014- | American Heart Association |  |
| 2014-  | American Diabetes Association   |  |
| 2017-2018 | Association for Psychological Science |  |

Editorial Activities

* Ad Hoc Reviewer

*Advances in Pharmacological Science*

*American Heart Journal*

*American Journal of Cardiology*

*American Journal of Critical Care*

*American Journal of Psychiatry*

*Archives of General Psychiatry*

*Archives of Internal Medicine*

*Biological Psychiatry*

*British Journal of Psychiatry*

*British Medical Journal*

*Canadian Psychology*

*Circulation*

*Circulation Research*

*Circulation: Cardiovascular Quality and Outcomes*

*Clinical Cardiology*

*Comprehensive Psychiatry*

*Contemporary Clinical Trials*

*General Hospital Psychiatry*

*Harvard Review of Psychiatry*

*Health Psychology*

*Heart and Lung*

*International Journal of Behavioral Medicine*

*International Journal of Psychiatry in Medicine*

*Journal of the American Heart Association*

*JAMA Psychiatry*

*JMIR Research Protocols*

*Journal of Affective Disorders*

*Journal of Behavioral Medicine*

*Journal of Cardiovascular Pharmacology and Therapeutics*

*Journal of Clinical Psychiatry*

*Journal of Consulting and Clinical Psychology*

*Journal of Hospital Medicine*

*Journal of Psychosomatic Research*

*Journal of Psychotherapy and Psychological Disorders*

*Kidney International*

*Mayo Clinic Proceedings*

*Medical Science Monitor*

*Nursing Research and Reviews*

*Patient Preference and Adherence*

*PLOS One*

*Primary Care Companion to the Journal of Clinical Psychiatry*

*Progress in Neuropsychopharmacology and Biological Psychiatry*

*Psychological Medicine*

*Psychological Reports*

*Psychosomatic Medicine*

*Psychosomatics*

*Psychotherapy and Psychosomatics*

*Research on Aging*

*Reinvention*

*Schizophrenia Bulletin*

*Stroke*

*Therapeutic Advances in Drug Safety*

*Thrombosis and Haemostasis*

*Trends in Cardiovascular Medicine*

*Yonsei Medical Journal*

* Editorial Board Roles

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| --- | --- | --- |
| 2001-2006 | Editorial Board  | *Harvard Review of Psychiatry* |
| 2006-2008 | Editorial Board (Field Editor) | *Harvard Review of Psychiatry* |
| 2009 | Editor, Special Issue | *Harvard Review of Psychiatry* |
| 2013- | Editorial Board | *Psychosomatics*  |
| 2015 |  Field Editor, Medical Psychiatry  | *Harvard Review of Psychiatry*  |
| 2015-  |  Editor-in-Chief  | *General Hospital Psychiatry*  |

Grant Review Committees

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| --- | --- | --- |
| 2015 | Peer Reviewer/Study Section | American Cancer Society Institutional Grant Program |
| 2015 | Peer Reviewer, The National Institute for Health Research Collaboration for Leadership in Applied Health Research and Care | Oxford University, United Kingdom |
| 2016 | Peer Reviewer, MAX KADE Fellowship Grant Application | Austrian Academy of Sciences |
| 2017 | Peer Reviewer, Transformative Grant Program, MQ Foundation  | London, United Kingdom |
| 2017 | Grant Reviewer, The Dutch Cancer Society (KWF Kankerbestrijding) | The Netherlands |
| 2017 | Grant Reviewer, Dutch Heart Foundation | Amsterdam, Netherlands |

Honors and Prizes

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| --- | --- | --- | --- |
| 1990 | National Merit Scholarship | National Merit Scholarship Corporation | Academic Excellence |
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| 1993 | Honorable MentionNCAA Academic All-American Team | NCAA | Academic Excellence as a Member of a Division I Athletics Team |
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| 1993 | Outstanding Student-Athlete Award | Bowling Green State University,Falcon Club | Outstanding Student Athlete |
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| 1995 | Hurst Award | Bowling Green State University | Graduating Chemistry Major with Highest GPA |
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| 1999 | Hilde Bruch Award | Baylor College of Medicine | Top Graduating Medical Student Planning Career in Psychiatry |
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| 2000 | Competence with Compassion Award | Mount Auburn Hospital | Outstanding Medical Intern |
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| 2001 | Outstanding Resident of the Year Award | National Institute of Mental Health | Research Achievement and Potential |
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| 2002 | Academy of Psychosomatic Medicine Webb Fellowship | Academy of Psychosomatic Medicine | Excellence in Psychosomatic Medicine |
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| 2003 | Psychiatry Resident Award of Excellence | Janssen  | Clinical and Academic Excellence |
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| 2003 | Thomas Hackett Award | Massachusetts General Hospital/McLean Hospital | Outstanding Graduating Psychiatry Resident |
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| 2003 | Laughlin Award | Massachusetts General HospitalMcLean Hospital | Excellence in Academic Psychiatry |
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| 2003 | Livingston Fellowship Award | Harvard Medical School | Research |
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| 2004 | Dorfman Award | Academy of Psychosomatic Medicine | Best Case-Based Article Published in Psychosomatics in 2003 |
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| 2004 | Kaplen Award | Harvard Medical School | Research |
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| 2005 | Plasky Award | Massachusetts General Hospital | Top Teacher of Junior Residents in MGH/McLean Psychiatry Residency Program |
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| 2006 | Future Leaders in Psychiatry Award | Emory University | Research Achievement and Potential |
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| 2007 | Partners in Excellence Award | Massachusetts General Hospital | For Patient Care on MGH Blake 11 Inpatient Psychiatric Unit |
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| 20082009 | Nominee, Cynthia Kettyle Award | Harvard Medical School | Excellence in Clinical Teaching of Harvard Medical Students |
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| 2009, 2015 | Nominee,Clinical Research Day Team Award | Massachusetts General HospitalDepartment of Psychiatry | Outstanding Multidisciplinary Research Program |
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| 2009 | Nominee.Dlin-Fisher Award | Academy of Psychosomatic Medicine | One of the Top Four Presented Papers at the 2009 APM Annual Meeting |
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| 2010 | Fellow | Academy of Psychosomatic Medicine | Service to the APM and Excellence in Psychosomatic Medicine |
| 2010 | Poster Award | Academy of Psychosomatic Medicine | 2nd prize, best overall poster at meeting: *Randomized trial of mind-body interventions in cardiac patients* |
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| 2011 | Partners in Excellence Award | Massachusetts General Hospital | Team Award for participation in Care Redesign Committee for Coronary Heart Disease |
| 2013 | Dorfman Award (Beach 1st author) | Academy of Psychosomatic Medicine | Best Review Article Published in Psychosomatics in 2013 |
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| 2014 | Partners in Excellence Award | Massachusetts General Hospital | Excellence in Psychiatry Care Redesign: Length of stay and restraint reduction |
| 2014 | Nominee, Research Award | Academy of Psychosomatic Medicine  | Excellence in Research in Psychosomatic Medicine |
| 2014 | Don R. Lipsitt Award  | Academy of Psychosomatic Medicine | Achievement in Integrated and Collaborative Care (First-ever awardee) |
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| 2014 | Nominee, Nathaniel Bowditch Prize | Massachusetts General Hospital  | Excellence in Psychiatry Care Redesign: Length of stay, reduced time to ECT, and restraint reduction) |
| 2015 | Poster Award | Academy of Psychosomatic Medicine | Third place for best overall poster at 2015 annual meeting (of 160 total posters) |
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| 2016 | Visiting Professorship Baylor College of Medicine | Academy of Psychosomatic Medicine | Awarded to a member of APM to promote the understanding and practice of psychosomatic medicine  |
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| 2016 | Linda Morgante Hope Award  | International Organization of Multiple Sclerosis Nurses  | Poster award at International MS Society Meeting (presented with BWH MS Center). |
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| 2016 | Psychiatry Department Mentorship Award | Massachusetts General Hospital  | Exceptional Mentorship in the Research Arena  |
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| 2016 | Farabi International Award Nominee | Ministry of Science, Research and Technology, Tehran, Iran | For collaborative research project with Reza Nikrahan (Iran) and Johannes Laferton (Germany)  |
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| 2016 | Psychiatry Department Clinical Research Day Honorable Mention Abstract  | Massachusetts General Hospital  | Awarded poster for mid-life research.  |
| 2016 | Partners in Excellence Award | Massachusetts General Hospital | Awarded in the category of “Leadership and Innovation” for the work of the Inpatient Tobacco Treatment Quality Improvement Team |
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| 2017 | Accountable Care Compass Award 2017 | Massachusetts Health & Hospital Association | Award recognizing and rewarding innovative and effective best practices and quality improvement projects that reduce adverse outcomes and drive down healthcare costs; Finalist for submission “Expanding Capacity and Improving Care for the Acute Psychiatric Inpatient Population” |
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| 2017 | Finalist for the Dlin/Fischer Clinical Research Award | Academy of Psychosomatic Medicine | Given for the best paper submission to the APM Annual Meeting |
| 2019 | Stuart Hauser Mentorship Award  | Harvard Medical School Department of Psychiatry | Award for outstandingmentorship of medical students, residents, fellows, and junior faculty.  |
| 2019 | Finalist for the Dlin/Fischer Clinical Research Award | Academy of Consultation Liaison Psychiatry | Given for the best paper submission to the ACLP Annual Meeting |

**REPORT OF FUNDED AND UNFUNDED PROJECTS**

Funding Information

Past

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| 2003-2004 | **Depression following myocardial infarction: prevalence, recognition and outcomes***Harvard Medical School Livingston Fund Award*Role: Co-Investigator (was awardee, but served initially as Co-Investigator because clinical fellows cannot serve as PI; Fricchione PI)Observational study of depression screening methods and impact of depression among patients admitted to MGH for acute myocardial infarction (MI). Recruitment and follow-up of subjects now complete; results combined with Kaplen Award, below.  |
| 2004-2006 | **Medical outcomes in depressed post-myocardial infarction patients***Harvard Medical School Kaplen Fellowship Award*Role: PI ($62,000)Continuation of observational study of post-MI depression; extended evaluation also included measures of cardiac markers and their relationship to depression (e.g., cholesterol-lowering in depressed vs. non-depressed patients). Ultimately 131 subjects were enrolled; follow-up and data analysis now complete. Project resulted in 6 peer-reviewed original research publications regarding relationships between psychiatric symptoms and medical health, and results suggested that depression was underrecognized and undertreated in this population.  |
| 2005-2015 | **Screening and impact of depression in cardiac patients***Massachusetts General Hospital Weisman Fund Award #272315*Role: PI (internal funds, variable)Fund provides support for several projects in behavioral cardiology related to depression. Funding provides support for research materials and a part-time research assistant. |
| 2010-2011 | **Mind-body interventions in cardiac patients: impact on depression, anxiety, and medical symptoms***US Centers for Disease Control and Prevention R01-DP-000339*Role: Benson PI; Huffman PI of Subproject ($30,000)To assess the impact of three 8-week programs (positive psychology, relaxation response training, and an active control condition) on happiness, mood symptoms, anxiety, cardiac symptoms, and health-related quality of life (HRQoL) among patients admitted to the hospital for heart disease. The positive psychology intervention was superior to both the active and attentional control on nearly all outcomes.  |

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| 2009-2012 | **Impact of relaxation response on depression and endothelial function in patients with hypertension***US Centers for Disease Control and Prevention R01-DP-000339*Role: Benson PI; Huffman PI of Subproject ($200,000)Goal (of subproject): Assess the impact of an 8-week relaxation response training program on mood symptoms, blood pressure, biomarkers, and endothelial function in subjects with hypertension. The intervention was linked to changes in gene families related to inflammation along with clinical improvements in blood pressure.  |
| 2010-2013 | **A collaborative care program to improve treatment of depression and anxiety disorders in hospitalized patients with cardiac disease***American Heart Association; Grant-in-Aid 10GRNT3450015*Role: PI ($180,000)Goal: To assess the impact of a care management program for patients who were hospitalized for cardiac disease and found to have depression, generalized anxiety disorder or panic disorder. The study assessed the impact of the care management program, versus usual care, on rates of mental HRQoL, depression/anxiety, function, and other outcomes. The intervention was associated with significantly greater improvements in on multiple outcomes, including HRQoL, depression, and function.  |
| 2011-2012 | **Positive psychology interventions in patients with suicidal ideation***US Centers for Disease Control and Prevention R01-DP-000339*Role: Benson PI; Huffman PI of Subproject ($20,000)Goal (of subproject): To assess the impact of several positive psychology exercises on optimism, hopelessness, and suicidal ideation in patients admitted with suicidal thoughts. The positive psychological exercises were associated with reduced hopelessness and optimism, with differential effects across different exercises.  |
| 2012-2014 | **The impact of gratitude on biology and behavior in persons with heart disease***Greater Good Science Center/Templeton Foundation #11528*Expanding the Practice and Science of Gratitude Grant Role: PI ($258,000)Goal: To assess the prospective impact of gratitude and optimism, measured 2 weeks after acute coronary syndrome (ACS), on biomarkers and health behaviors in the subsequent 6-month period. A total of 212 participants were enrolled in this 2-year project. Data analysis is pending, but preliminary results suggest that gratitude and (especially) optimism were linked to superior clinical and biomarker outcomes at 6 months. |

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| 2013-2015 | **A positive psychology intervention to reduce suicide risk***American Foundation for Suicide Prevention SRG-2-019-12*Role: PI ($90,000)Goal: To test a psychological intervention in patients with major depression at high risk for suicide in a randomized two-site pilot trial. Primary outcome measures are depression, suicidal ideation, and self-harm events. Recruitment ahead of schedule, with 37 of planned 50 participants enrolled and randomized.  |
| 2015-2016 | **Exploring the roles of optimism and health behaviors in cardiac rehospitalization***Harvard Medical School Mind Brain Behavior (MBB) Initiative*Role: PI ($13,698)Goal: To examine relationships between optimism/gratitude and rehospitalizations over an extended (approximately 2.5 year) follow-up period among patients suffering and acute coronary syndrome.  |
| 2016-2018 | **A psychological-behavioral intervention for physical activity in type 2 diabetes**NIH/NIDDK R21DK109313Role: PI ($275,000)Goal: To assess the feasibility and preliminary efficacy of a combined positive psychology-motivational interviewing intervention in patients with type 2 diabetes. |
| 2016-2018  | **A pilot study of a smartphone-based intervention for suicidal inpatients**American Psychological FoundationRole: Site PI ($10,000 subcontract; Kleiman PI)Goal: To assess the feasibility and efficacy of a novel intervention for patients psychiatrically hospitalized for suicidal ideation.  |
| 2016-2018 | **Real-time monitoring and prediction of suicidal thoughts** President and Fellows of Harvard CollegeRole: Site PI ($23,640 subcontract; Nock PI)Goal: To assess the viability of a multimodal data collection system (biometrics, implicit association task, ecological momentary assessment) in suicidal persons. |
| 2016-2019 | **Mentor-mentee award**American Heart AssociationRole: PI ($45,000)Goal: To provide expert mentoring for two early-career faculty in fields central to their career development, in this case related to sleep, other health behaviors, and intervention trials. |
| 2017-2019 | **A phase I randomized controlled trial of a positive psychology intervention for patients with multiple sclerosis**Consortium of Multiple Sclerosis CentersRole: Co-PI ($40,000 Glanz PI)Goal: To complete a randomized pilot study of a positive psychology-based intervention in multiple sclerosis patients.  |

Current

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| 2013-2020 (NCE)  | **A positive psychology intervention to improve cardiac health behaviors**NIH/NHLBIR01HL113272 Role: PI ($1,527,834)Goal: To develop a positive psychological intervention that targets specific health behaviors (e.g., diet, exercise) in patients suffering an acute coronary syndrome. Primary outcome measure is physical activity, objectively assessed using accelerometers. Have recruited 206 participants thus far (of 208 total planned), ahead of schedule.  |
| 2017-2022  | **Pragmatic collaborative care for cardiac inpatients with depression or anxiety**NIH/NHLBI R01HL133149Role: PI ($2,429,856)Goal: To examine the impact of a cardiac-psychiatric care management program for patients with acute coronary syndrome or heart failure found to have depression or an anxiety disorder.  |
| 2017-2019 | **A novel psychological-behavioral intervention to increase activity in type 2 diabetes**American Diabetes Association 1-17-ICTS-099 Role: PI ($600,000)Goal: To develop and implement a combined positive psychology and motivational interviewing intervention to improve physical activity and other health behaviors in patients with type II diabetes. |
| 2018-2021 | **Real-time intervention for reducing suicide risk**NIH/NIMH R34 MH113757-01A1Role: Site PI ($769,728 Nock PI)Goal: To assess the feasibility and efficacy of a novel smartphone- and wearable-based intervention for patients psychiatrically hospitalized for suicidal ideation |

Training Grants and Mentored Trainee Grants

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| 2015-2020 | **A positive psychology intervention to promote health behaviors in heart failure**NIH/NHLBI (K23HL123607) Role: Primary Mentor (Celano PI) Goal: To develop a telephone-based positive psychology intervention to increase health behaviors in patients with New York Heart Association class II or III heart failure, then test the intervention’s feasibility and preliminary efficacy. |
| 2016-2021 | **Positive Psychology Intervention for Spanish-speaking Hispanic/Latino Adults at High Risk for Cardiovascular Disease** NHLBI K01 (1K01HL130712-01A1)Role: Mentor (Hernandez PI) Goal: To test a positive psychology-based strategy to promote cardiovascular health in Hispanic/Latino adults with uncontrolled hypertension.  |
| 2018-2022 | **Developing a positive psychology intervention to promote health behaviors in metabolic syndrome: Proof-of-concept trial**NIH (5K23HL135277-02)Role: Primary Mentor (Millstein PI) Goal: To test the feasibility and preliminary efficacy of a multilevel intervention to promote physical activity among patients with metabolic syndrome.  |
| 2018-2020 | **Development of a geriatric oncology collaborative care program** NIH/NCI Mentored Clinical Scientist Development Program Award (K12CA087723)Role: Collaborator/Co-Mentor (Nipp PI)Goal: To develop a multidisciplinary program to address polypharmacy, social support, and cognitive impairment among older adults with cancer. |

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| 2017-2022 | **Mindfulness-Based Cognitive Therapy Delivered Via Group Videoconferencing for Acute Coronary Syndrome Patients**NIH (K23AT009715)Role: Mentor (Luberto PI)Goal: To develop and test a mindfulness-based intervention for cardiac patients with elevated depression symptoms. |

Unfunded Projects

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| 2016- | Text messages to impact cardiac health behaviors/PIIterative set of studies testing feasibility of positive psych/educational text messaging in post-ACS patients. Thus far has resulted in three publications.  |
| 2016- | Development of a state optimism measure/PI Multistep project (with Julia Boehm, UC-Chapman and Michael Scheier, Pitt) designing, refining, and testing a measure of state optimism. Thus far has resulted in one publication.  |

**Report of Local Teaching and Training**

Formal Teaching of Students, Residents, and Fellows

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| 2001- | Depression, Anxiety, Panic Disorder in Medical Illness/ Presentations at Psychosomatic Conferences (for PGY-3 residents, clinical fellows, faculty)—several per quarter (2003, 2004), now more infrequent  | 1 hour/year (current) |
| 2003-2011 | Delirium / 4 Lectures/year for Harvard Medical Students on Internal Medicine Rotation Department of Internal Medicine, Massachusetts General Hospital | 1 hour/quarter |
| 2004 | Mental status examination / Lectures for Core Harvard Medical Students Massachusetts General Hospital, Department of Psychiatry, 1 per month | 1 hours/month |
| 2004-2014 | Presentations on behavioral cardiology / Discussant for 3 PGY III Residents at Psychosomatic ConferencesMassachusetts General Hospital, Psychiatry Consultation Services | 4.5 hours/year |
| 2004-2017 | Discussant for PGY II Residents at Medical Psychiatry Presentations Massachusetts General Hospital, Psychiatry Inpatient Unit, approximately 1 per year  | 1 hour/month |
| 2004-2017 | Introduction to inpatient care, Neuropsychiatric bedside examination, Delirium, Depression in cardiac patients, Review of the recent psychiatric literature / Annual Presentations at Medical Psychiatry Conferences, 2-3 per yearMassachusetts General Hospital, Psychiatry Inpatient Unit | 1 hour/month |
| 2009-present | Delirium, OCD, Legal issues, Depression / 4 Harvard Medical School Principal Clinical Experience ConferencesMassachusetts General Hospital | 1 hour/year |
| 2010-2015 | Presentations on multiple topics (OCD, PTSD, bipolar disorder, alcohol dependence, catatonia, many others) / 30 annual presentations/lectures to PGY II residents on inpatient psychiatry | 3 hours/month |
| 2013- | Psychopharmacology “Crash Course”/Presentation (16 hours/year) MGH/McLean Psychiatry Residency Interns | 1.5 hours/month |
| 2015- | Cardiac Psychiatry / Presentation/ Massachusetts GeneralHospital / Lecture to PGY III residents  | 1 hour/quarter |

Clinical Supervisory and Training Responsibilities

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| 2004-2017 | Inpatient Unit Attending Supervisor for 74 PGY I/PGY II MGH/McLean Psychiatry Residents and 42 HMS Core Clerkship Medical Students (1/rotation) | 3 hours/week |
| 2004-2005 | Inpatient Unit Attending Supervisor for 1 UCLA Medical Student Sub-intern | 3 hours/week |
| 2006-2007 | Psychotherapy Supervisor for 1 PGY III Psychiatry Resident | 1 hour/week |
| 2007-2008 | Psychopharmacology Supervisor for 2 PGY III Psychiatry Residents | 1 hour/week |
| 2008-2009 | Training Mentor for 1 PGY IV Psychiatry Resident  | 1 hour/week |
| 2010-2017 | Supervisor for PGY IV Psychiatry Chief Residents (1/year) | 1 hour/week |
| 2010-2017 | Supervisor for PGY II Psychiatry Chief Residents  | 1 hour/week |
| 2014- | Clinical and research supervisor for post-doctoral psychology fellows (currently 4) | 2.5 hours/week |
| 2017- | Psychopharmacology supervisor for PGY-IV Psychiatry Chief Residents (2/year) | 1 hour/week |

Research/Laboratory Supervisory and Training Responsibilities

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| 2010- | Supervision of PGY-3/PGY-4 Research Residents (currently 2) | 1 hour/week |
| 2010- | Supervision of Research Coordinators (currently 5) | 1 hour/month |
| 2014- | Supervision of Non-Clinical Research Fellows (currently 2) | 2 hours/month |
| 2014- | Supervision of Clinical Research Post-Doctoral Fellows (currently 3) | 3 hours/week |
| 2014- | Supervision of Junior Faculty Researchers (currently 4) | 2 hours/week |

[Mentored Trainees](http://cv.hms.harvard.edu/index.php?page=trainees) and Faculty

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| 2008-2013 | Gillian Sowden, M.D./Attending Psychiatrist/Dartmouth Medical SchoolResearch student and thesis advisee. Supervised HMS medical student over 3+ years on multiple studies and writing projects that culminated in multiple first-author publications in peer-review journals, an oral presentation at national meeting, and a completed HMS thesis (*Magna Cum Laude*). Then supervised her participation as a PGY-IV resident on inpatient psychiatry research.  |
| 2008-2009 | Curtis Wittmann, M.D./Associate Director MGH Acute Psychiatry ServiceResearch resident. Supervised MGH/McLean psychiatry resident on research project in behavioral cardiology, including work consenting/enrolling subjects and performing study assessments, culminating in authorship/publication of work in peer-reviewed journal. |
| 2009 | Christopher Doughty, M.D../MGH Neurology ResidentResearch medical student. Procured funding (AHA summer scholarship) and supervised HMS medical student’s participation for 2 months in two research projects, culminating in authorship on an original research publication.  |
| 2009 | Christina Carr, M.D../Internist Research medical student. Supervised HMS medical student’s participation for 3 months on pair of research projects that included other phone assessments and data collection.  |
| 2010-2012 | Mario Caro, M.D./ Psychosomatic Medicine Fellow (Yale)Research fellow. Supervised research fellow’s participation in multiple ongoing behavioral cardiology studies and in several academic writing projects. |
| 2010- | Christopher Celano, M.D./Assistant Professor, HMS/MGH Psychiatry, K23 RecipientResearch resident/fellow, then Faculty Investigator. Supervised MGH/McLean psychiatry resident (then fellow, now junior faculty) on multiple projects, culminating in multiple first-author publications, national award for poster presentation, and oral presentations at national meeting. Primary mentor for K23 award and for successful and ongoing NIH Loan Repayment Program participation.  |
| 2011- | Scott Beach, M.D./Assistant Professor, HMS/MGH Psychiatry, Training Director MGH/McLean PsychiatryResearch fellow. Supervised junior faculty/Dupont-Warren research fellow’s work as PI on his primary research project and as co-investigator on multiple other ongoing behavioral cardiology studies. Now faculty with program.  |
| 2012-2014 | Laura Suarez, M.D./C-L Fellow Mayo Clinic Psychiatry Program (Rochester, MN)Research fellow. Full-time member of Cardiac Psychiatry Research Program. Supervised multiple cardiac research projects, recent first author paper submission, numerous poster presentations.  |
| 2012-2014 | Kosta Tabakakis B.A., University of Canterbury, New Zealand. Research student and thesis advisee on positive psychology for suicidal patients. |
| 2013-2015 | Oriana Vesga Lopez M.D./ Medical Director, Behavioral Health, Department of Health, County of Monterey, CA Research Faculty Fellow. Supervised her work on multiple cardiac and positive psychology research projects. |
| 2013 | Giselle Perez-Lougee Ph.D./Instructor in Psychiatry, HMS/MGH, K23 Recipient. Research Fellow. Supervised her work on multiple cardiac and positive psychology research projects. |
| 2013-2015 | Scotta Morton, M.S., University of Missouri, Research student and thesis advisee on positive psychology for health education and promotion in earning her M.S.  |
| 2013-2015 | Thomas McCoy M.D., Attending Psychiatrist/Assistant Professor, HMSResidency Research Mentee, Research Concentration MGH/McLean psychiatry resident. Assigned as primary supervisor regarding research career development. |
| 2014-2015 | Michael Soule M.D./Attending Psychiatrist, Dimock Health Center, Roxbury, MA Research Resident. Supervised resident’s work with team on collaborative care project and analysis of GRACE study data.  |
| 2014- | Rachel Millstein, Ph.D./ Associate Professor in Psychiatry, HMS/K23 RecipientPost-doctoral fellow in behavioral cardiology, now K23 recipient. Supervise all research-related activities: clinical research interventions, data analysis and interpretation, publications and presentations, and career development. Primary mentor for NIH Loan Repayment Program and her K23 award.  |
| 2015- | Kirsti Campbell, M.D./Resident in Internal Medicine (Cardiology), BWHResearch student. Supervised year-long HMS medical student on multiple studies and writing projects including work consenting/enrolling subjects and performing study assessments and interventions, along with authorship/publication of work in peer-reviewed journals. Now collaborating during residency.  |
| 2015-2016 | Julie Menichetti Ph.D. candidate, Catholic University of Milan. Content advisor for doctoral project to create an intervention aimed to engage an older population in secondary preventative health behaviors. |
| 2015-2017 | Ana Claudia Villegas, M.D./MPH Student, Boston UniversityResearch Fellow. Full-time member of Cardiac Psychiatry Research Program. Supervised multiple projects and presentations on which she was participating, including those related to suicidal patients and to non-cardiac chest pain. |
| 2016- | Rosalba Hernandez PhD, MSc, University of Illinois at Urbana-Champaign/K23 awardee Collaborator, K23 award project on positive psychology in Hispanic persons with hypertension. |

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| 2016-2018 | Judith Puckett, M.D., Consultation Psychiatry Fellow, MGH Research resident. Mentor to PGY-3 and PGY-4 resident for educational grant and research activities. |
| 2016- | Sean Legler, M.D./Intern, Internal Medicine, University of MinnesotaResearch student. Supervised HMS year-long medical student on multiple studies and writing projects including work consenting/enrolling subjects and performing study assessments and interventions, along with authorship/publication of work in peer-reviewed journals. Now continuing collaboration during medical residency. |
| 2016- | Elizabeth Madva, M.D./Research resident. Serve as primary research mentor to psychiatry resident in the MGH-McLean Residency Research Concentration. Area of focus is somatic symptom disorders and non-cardiac chest pain. Now Research Fellow with team. |
| 2016-2018 | Federico Gomez-Bernal, M.D./Intern, Psychiatry, Mayo Clinic, Rochester, MNResearch fellow. Full-time member of Cardiac Psychiatry Research Program for one year, followed by ongoing mentorship. Supervised multiple projects and presentations on which he is participating, including a recently submitted paper on mid-life health. |
| 2017- | Emily Feig, PhD/Postdoctoral fellow. Serve as primary mentor for postdoctoral fellow spending 75% research time with our Cardiac Psychiatry Research Program team. Focus is on well-being intervention development and delivery in patients following bariatric surgery.  |
| 2017-2019 | Laura Duque, M.D./Research fellow. Full-time member of Cardiac Psychiatry Research Program. Supervise multiple projects and presentations on which she is participating, including those related to diabetes and to text message interventions. |
| 2017- | Hermi Amonoo, M.D./Research fellow. Serve as primary mentor for HMS Dupont-Warren Fellow completing a project on positive psychological interventions in patients receiving hematological stem cell transplantation at the Dana Farber Cancer Institute.  |
| 2017-2018 | Caitlin Adams, M.D./Attending Psychiatrist, University of Indiana Medical School, Indianapolis, IN Junior faculty researcher. Supervised faculty researcher on NIH-funded collaborative care project via weekly research supervision meetings.  |
| 2018- | Juan Pablo Ospina, M.D./Research fellow. Post-doctoral fellow under David Perez, M.D. Assist in training related to projects in delirium, dementia, and diabetes  |
| 2018- | Lydia Brown, PhD/Postdoctoral fellow. Serve as primary mentor for postdoctoral fellow from Australia who obtained funding from the Endeavour Fellowship to spend 6 months with our team. Focus is on well-being intervention development and delivery |
| 2018- | Franklin King, M.D./Research Fellow. Serve as mentor for fellow doing 50% time fellowship with Cardiac Psychiatry Research Program. Projects focus on collaborative care and delirium/dementia research; now faculty member/mentee on team.  |
| 2018- | Tina Luberto, M.D./K23 recipient. Serve as Co-Mentor for K23 award focused on mindfulness-based treatment among patients with coronary artery disease  |
| 2018- | Don Robinaugh, M.D./K23 recipient. Serve as Collaborator for K23 award focused on bereavement-associated psychopathology  |
| 2018- | Ryan Nipp, M.D./K12 recipient. Co-mentor for K12 award related to multicomponent collaborative care program for older adults with cancer. |
| 2018- | Perla Romero, M.D./Research fellow. Full-time member of Cardiac Psychiatry Research Program. Supervise multiple projects and presentations on which she is participating, including those related to positive psychology and suicidality. |
| 2019- | Juliana Zambrano, M.D./Research fellow. Full-time member of Cardiac Psychiatry Research Program. Supervise multiple projects and presentations on which she is participating, including those related to new-onset depression in medical illness. |
| 2019- | Henry Onyeaka, M.D./Research fellow. Full-time member of Cardiac Psychiatry Research Program. Supervise multiple projects and presentations on which he is participating, including those related to health technology. |

Formal Teaching of Peers (e.g., CME and Other Continuing Education Courses)

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| 2004-2006 | The psychiatric management of patients with cardiac illness / Invited LectureMGH Psychosomatic Board Review Course, Boston, MA |
| 2016- | MGH Psychiatry Department--Epic/eCare Peer Educator, Boston, MA |

Local Invited Presentations

*Those presentations below sponsored by outside entities are so noted and the sponsor is identified*

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| 2003 | Predicting panic disorder among patients with chest pain / Grand Rounds Department of Psychiatry, Massachusetts General Hospital |
| 2007 | A 78-year old man with fatigue, anergia, and anhedonia (case regarding depression/ECT in cardiac patients) / Grand Rounds / New England Journal of Medicine Clinicopathologic Conference, Organizer and Lead Presenter, Department of Psychiatry,Massachusetts General Hospital |
| 2008- | Psychopharmacology / Social Work Intern SeminarMassachusetts General Hospital, Department of Social Services |
| 2008- | Depression in cardiac patients / Behavioral Medicine Psychology SeminarMassachusetts General Hospital, Department of Psychology/Psychiatry |
| 2009 | Side effects of agents used to treat delirium / Co-presenter at Grand RoundsMassachusetts General Hospital, Department of Psychiatry |
| 2011 | Depression in cardiac patients / PresentationMassachusetts General Hospital/Primary Care Psychiatry Lecture Series Invited Speaker |
| 2013 | Multidisciplinary interventions for patients with cardiac/psychiatric illness Massachusetts General Hospital, Department of Cardiology Critical Care Retreat  |
| 2013- | Positive psychology interventions / PresentationMassachusetts General Hospital/Behavioral Medicine Intern Lecture Series Invited Speaker  |
| 2013 | Depression in cardiac patients / Presentation Massachusetts General Hospital/Behavioral Medicine Intern Lecture Series Invited Speaker |
| 2013 | Positive psychology interventions / PresentationMassachusetts General Hospital Diabetes Research Center |
| 2014 | Coordination among inpatient and outpatient providers / Presentation Massachusetts General Hospital/Chinese Society of Psychiatry Delegation Invited Speaker |
| 2014 | Psychiatry care redesign: length of stay and restraint reduction / PresentationMassachusetts General Hospital, General Executive Committee / Chiefs council |
| 2014 | Mental health and heart disease / PresentationMassachusetts General Hospital Visiting Day |
| 2014- | Collaborative care of patients with schizophrenia and bipolar disorder / PresentationMassachusetts General Hospital / Schizophrenia and Bipolar Depression Institute Preceptorship(Supported by Sunovion Pharmaceuticals) |
| 2015 | Cardiac psychiatry / Grand RoundsMassachusetts General Hospital, Department of Psychiatry  |
| 2015 | Cardiac psychiatry / Grand RoundsMassachusetts General Hospital, Department of Cardiology  |
| 2015 | Positive psychological interventions for patients with affective disorders: the hype and hope of happiness / Presentation McLean Hospital / Center for Depression, Anxiety and Stress Research (CDASR) |
| 2016 | Clinical and ethical issues in research in patients at high risk for suicide/Presenter and DiscussantHarvard Medical School Center for Bioethics, Boston, MA |
| 2016 | Positive psychology intervention trials in medical settings/Presenter and Discussant Science of Health and Happiness Symposium, Harvard School of Public Health, Boston, MA |
| 2017 | Cardiac psychiatry/ Grand RoundsHarvard Longwood Psychiatry Residency Program, Boston, MA   |
| 2018 | Invited Discussant, NIMH/Harvard Conference: Real-time monitoring of patients with suicidal ideation, Cambridge, MA  |
| 2018 | ModeratorHarvard Mind Brain and Behavior Symposium on Gift Giving, Moderator, Cambridge, MA |

**Report of Regional, National and International Invited Teaching and Presentations**

*Those presentations below sponsored by outside entities are so noted and the sponsor is identified*

**Regional**

|  |  |
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| 2003 | Post-MI depression and anxiety: prevalence, morbidity, and management / Grand Rounds Department of Psychiatry, North Shore Medical Center |
| 2011 | Depression in cardiac patients / Grand RoundsNorth Shore Medical Center, Department of Psychiatry |
| 2011 | Depression in cardiac patients / PresentationNorth Shore Medical Center, Psychiatric Nursing Education Day |
| 2014 | Improving efficiency and quality of inpatient psychiatric care/ Grand Rounds Baystate Medical Center, Springfield, MA |
| 2015 | Cardiac psychiatry: clinical care and new directions / Grand Rounds North Shore Medical Center, Union Hospital Campus, Department of Psychiatry |
| 2016 | Cardiac Psychiatry: Connections Between Heart and Mind/NSMC Annual Cardiovascular Nursing Conference, Peabody, MA  |
| 2016 | Cardiac psychiatry: clinical care and new directions / Grand Rounds North Shore Medical Center, Salem Campus, Department of Psychiatry, Salem, MA |

**National**

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| 2002 | Organ Transplantation in patients with personality disorders and psychiatric consultation at the end of life / PresentationAssociation of Medicine and Psychiatry Annual Meeting, Tucson, AZ |
| 2003 | Panic disorder and chest pain: a review / PresentationAcademy of Psychosomatic Medicine Annual Meeting, San Diego, CA |
| 2003 | Depression and hypertension: diagnosis and treatment / PresentationAssociation of Medicine and Psychiatry Annual Meeting, San Diego, CA |
| 2006 | Pre-existing major depression predicts in-hospital cardiac complications among patients with acute myocardial infarction / PresentationAcademy of Psychosomatic Medicine Annual Meeting, Tucson, AZ |
| 2007 | Depression in cardiac patients / Invited Lecture at Grand RoundsSt. Anthony Hospital, Oklahoma City, OK |
| 2008 | Depression in cardiac patients / Invited Lecture at Psychiatry Grand RoundsMedical College of Wisconsin, Milwaukee, WI |
| 2008 | Post-MI depression is associated with impaired lowering of cholesterol in six months and systematic depression screening of cardiac inpatients: an evaluation of feasibility and Satisfaction / PresentationAcademy of Psychosomatic Medicine Annual Meeting, Miami, FL |
| 2009 | Collaborative care depression management in cardiac patients / PresentationAcademy of Psychosomatic Medicine Annual Meeting, Las Vegas, NV |
| 2010 | Depression in cardiac patients and QTc prolongation in psychiatry / PresentationVisiting Professor, Division of Consultation PsychiatryLong Island Jewish Hospital, New York NY |
| 2010 | A collaborative care depression management program for cardiac inpatients: impact on psychiatric and medical outcomes / PresentationAcademy of Psychosomatic Medicine Annual Meeting, Marco Island, FL |
| 2011 | Recognition and treatment of depression in cardiac patients/ PresentationAcademy of Psychosomatic Medicine Annual Meeting, Marco Island, FL |
| 2011 | Depression in cardiac patients: role of the inpatient C-L psychiatrist / PresentationAcademy of Psychosomatic Medicine Annual Meeting, Marco Island, FL |
| 2012 | Positive psychological interventions in medical psychiatry patients / Presentation Academy of Psychosomatic Medicine Annual Meeting, Atlanta, GA |
| 2012 | Attitudes and beliefs of nurses and trainees regarding delirium in the ICU setting / PresentationAcademy of Psychosomatic Medicine Annual Meeting, Atlanta, GA |
| 2012 | Positive psychology: A novel intervention for patients with cardiovascular disease / PresentationAcademy of Psychosomatic Medicine Annual Meeting, Atlanta, GA |
| 2012 | A critical review of recent research findings relevant to your practice: A research committee workshop / PresentationAcademy of Psychosomatic Medicine Annual Meeting, Atlanta, GA |
| 2012 | Psychotropic medications and QT prolongation: What do C-L psychiatrists need to know? / Presentation Academy of Psychosomatic Medicine Annual Meeting, Atlanta, GA |
| 2013 | Expanding the science and practice of gratitude / Presentation Templeton Foundation and Greater Good Science Center, San Francisco, CA |
| 2013 | The MOSAIC Trial: results of a randomized trial of integrated care for cardiac patients with depression or anxiety disorders / PresentationAcademy of Psychosomatic Medicine Annual Meeting, Tucson, AZ  |
| 2013 | Review of recent literature in cardiology / Presentation Academy of Psychosomatic Medicine Annual Meeting, Tucson, AZ  |
| 2013 | QTc prolongation and cardiac patients/LectureAPM Psychosomatic Pre-conference Course, Tucson, AZ |
| 2014 | The GRACE (Gratitude Research in Acute Coronary Events) trial: Design and baseline data / Presentation American Psychosomatic Society Annual Meeting, San Francisco, CA |
| 2014 | The qualitative examination of the connection between positive psychological constructs and physical activity following an acute coronary syndrome / Presentation American Psychosomatic Society Annual Meeting, San Francisco, CA |
| 2014 | The MOSAIC study: Randomized trial of a low-intensity collaborative care intervention for depression and anxiety disorders in patients with acute cardiac illness / PresentationAmerican Psychosomatic Society Annual Meeting, San Francisco, CA |
| 2014 | Depression in cardiac patients / Presentation Psychosomatic Medicine Presidential Symposium, American Psychiatric Association Annual Meeting, New York, NY |
| 2014 | Gratitude and disease: preliminary data from the GRACE trial / PresentationTempleton Foundation and Greater Good Science Center, San Francisco, CA |
| 2014 | Practical implementation of inpatient collaborative care: a nuts-and-bolts workshop/Lipsitt Award WorkshopAcademy of Psychosomatic Medicine Annual Meeting, Fort Lauderdale, FL |
| 2015 | Cardiovascular disease/LectureAPM Psychosomatic Pre-conference Course, Tucson, AZ |
| 2015 | Collaborative care management of psychiatric conditions in patients with heart disease/ Grand Rounds, Department of Psychiatry Baylor College of Medicine, Houston, TX |
| 2015 | **Relationships between optimism and suicide risk in medically ill persons: an analysis of three cohorts / Presentation**American Psychosomatic Society Annual Meeting, Savannah, GA  |
| 2015 | **A positive psychological intervention for patients with an acute coronary syndrome: treatment development and proof-of-concept trial / Presentation**American Psychosomatic Society Annual Meeting, Savannah, GA |
| 2015 | The connection between positive psychological constructs, biology, and behavior: results from the GRACE study **/ Presentation**American Psychosomatic Society Annual Meeting, Savannah, GA |
| 2015 | Positive Cardiovascular Health Research Workshop / Attendee and Presenter Northwestern University Feinberg School of MedicineDepartment of Preventive Medicine, Chicago, IL (Sponsored by the Robert Wood Johnson Foundation)  |
| 2016 | Cardiac Psychiatry: Connections Between Heart and Mind/Cardiology Grand RoundsBaylor College of Medicine/Houston VA Cardiology Conference Invited Speaker, Houston, TX  |
| 2016 | Cardiac Psychiatry: Clinical Care and New Directions/Psychiatry Grand RoundsBaylor College of Medicine, Houston, TX  |
| 2017 | Developing care management and behavioral interventions in patients with heart disease/Visiting Professor and Presenter, University of Pittsburgh Medical Center, Pittsburgh, PA |
| 2018 | Interventions to promote resilience and well-bring/ Invited Keynote Debate Participant, American Psychosomatic Society Annual Meeting, Louisville, KY |
| 2018 | State gratitude after an acute coronary syndrome/Webinar presenter Vizient Hospital Improvement and Innovation Network Initiative Readmissions Acceleration Network (Quarterly Webinar with National Speakers), Atlanta, GA |
| 2018 | Cardiac Psychiatry: Clinical Care and New Directions/Psychiatry Grand RoundsNorthwestern School of Medicine, Chicago, IL |
| 2018  | Positive Psychological Interventions in Patients with Medical Illness/Visiting ProfessorNorthwestern Department of Behavioral and Social Sciences, Chicago, IL |
| 2018 | Cardiac Psychiatry: Clinical Care and New Directions/Psychiatry Grand RoundsMayo Clinic, Rochester, MN |
| 2018  | Psychological Interventions in Patients with Heart Disease/Visiting ProfessorMayo Division of Sleep and Cardiovascular Health, Rochester, MN |
| 201820192019 | The Hype and Hope of Happiness/Plenary SpeakerAcademy of Consultation and Liaison Psychiatry Annual Meeting, Orlando, FLA psychological-behavioral intervention to promote physical activity in patients with type 2 diabetes: the BEHOLD trial/Presentation (to be presented Nov 2019)Academy of Consultation and Liaison Psychiatry Annual Meeting, San DiegoCardiac psychiatry: the present and some thoughts about the future/Invited Presentation (to be presented Nov 2019)Academy of Consultation and Liaison Psychiatry Annual Meeting, San Diego |

**International**

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| 2016 | Collaborative Care: Practical Implementation and Novel Applications/ Plenary Speaker, Integrated Medical Psychiatry Care Research Day, Medical Psychiatry Alliance/University of Toronto and CAMH, Toronto, Canada |
| 2017 | Developing and testing a positive psychology-health behavior intervention: results from a factorial trial/Presentation, World Congress on Positive Psychology, Montreal, Canada |
| 2017 | Integrated Care Models in Cardiac Patients/ Plenary Speaker, European Academy of Psychosomatic Medicine Annual Meeting, Barcelona, Spain |
| 201720192019 | Technology in Psychosomatic Medicine/Invited pre-conference speaker, European Academy of Psychosomatic Medicine Annual Meeting, Barcelona, SpainWell-being interventions in medical illness/Invited Symposium American Psychosomatic Society Annual Meeting, Vancouver, CanadaA positive psychology intervention for patients with acute coronary syndrome: results from the PEACE IV randomized trial/PresentationAmerican Psychosomatic Society Annual Meeting, Vancouver, Canada |

**Report of Clinical Activities and Innovations**

Current Licensure and Certification

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| 2001- | Massachusetts Full Medical License |
| 2004- | Board Certification, American Board of Psychiatry and Neurology |

Practice Activities

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| 2003- | Ambulatory Care | PsychiatryMassachusetts General Hospital | 5 hours/week |
| 2004- | Inpatient Attending | PsychiatryMassachusetts General Hospital | 1 hour/week (currently group leader) |
| 2009-2017 | Medical Director, Inpatient Psychiatry Unit | PsychiatryMassachusetts General Hospital | 30 hours/week  |

Clinical Innovations

|  |  |  |
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| 2010 | Massachusetts General Hospital, Inpatient Psychiatry Service  | Development of opiate withdrawal pathway and treatment guidelines to be used on inpatient psychiatry service. No prior pathway had ever existed on the unit; created in concert with local experts. |
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| 2010 | Massachusetts General Hospital, Inpatient Psychiatry Service  | Development of “safety and self-harm” protocol to be used for all patients on inpatient psychiatry service to standardize care and reduce risk of self-harm. No such protocol had previously existed. |
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| 2011 | Massachusetts General Hospital, Inpatient Psychiatry Service  | Substantial overhaul of treatment planning procedure for inpatient psychiatry.Goal of new procedure was to standardize care, ensure multidisciplinary involvement, and plan aftercare from the date of admission. |
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| 2011 | Massachusetts General Hospital, Inpatient Psychiatry Service  | Development of alcohol withdrawal pathway and treatment guidelines to be used on inpatient psychiatry service. No prior pathway had ever existed on the unit; created in concert with local experts. |
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| 2013 | Massachusetts General Hospital, Inpatient Psychiatry Service  | Development of systematic alcohol screening to be used on inpatient psychiatry service. No prior pathway had ever existed on the unit; created in concert with local experts. |
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| 2014 | Massachusetts General Hospital, Inpatient Psychiatry Service  | Development of a plan to reduce length of stay, discharges after 12pm, time to ECT, and frequency of restraints. Success obtained in all areas (e.g., 20% drop in LOS, 70% drop in restraints) |
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| 2016 | California Pacific Medical Center, Psychiatry Residency Program and Outpatient Clinic | Clinical implementation of a positive psychology program for cardiac and diabetic patients in a primary care setting, administered by psychiatry residents and staff, using team’s available manuals.  |
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| 2016 | Bahauddin Zakariya University Medical Center, Multan, Pakistan | Clinical implementation of a positive psychology program for patients following cardiac surgery, using team’s manuals.  |
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| 2017 | Azizah Othman, School of Medical Sciences, Sciences Universiti Sains Malaysia  | Clinical implementation of a positive psychology program for patients with chronic and life-threatening illnesses, using team’s manuals.  |
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| 2017 | MGH Psychiatry Population Health Management | Development of new collaborative care model that is integrated into the triage function of the outpatient psychiatry department and utilizes a trained licensed social worker for both triage and direct care management.  |

**Report of Education of Patients and Service to the Community**

Activities

*No activities below were sponsored by outside entities.*

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| 2002-2003 | City on a Hill Charter School, Boston, MA / ConsultantProvided staff consultation and led adolescent psychoeducation/support group on volunteer basis |

**Materials for Lay Audiences**

1. Gorman, RM. “Research shows that your outlook and beliefs can be powerful medicine.” Good Housekeeping. Dec. 2013: 77-84. Print.
2. Battis, Lila. “The Price of Pessimism.” Men’s Health Magazine. Feb. 2014: 70.
3. DeAnda, A, MD, NYU Medical Center. “Effectiveness of using a collaborative care model to help patients with heart disease manage anxiety and depression.” Interview, Sirius XM Radio. April 2014.
4. (Article on gratitude Featuring GRACE results) Experience Life Magazine. August 2014. Print.
5. Interview with U.S. News and World Report website concerning GRACE Study findings, Reuters. Dec 2015.
6. Interview with National Institute of Health concerning GRACE Study findings. Dec 2015.
7. Interview with American Heart Association concerning GRACE Study findings. Dec 2015.
8. “For Many, Life After Heart Surgery Is Surprisingly Hard”. The Wall Street Journal, June 20 2016. Web.
9. “A grateful life may be a longer one”. The Harvard Gazette. February 2017.
10. Gratitude and health. Washington Post. March 2018.
11. Interview on suicide. NPR/WGBH Radio. June 2018.
12. Interview on suicide. Boston NBC Affiliate (television). June 2018.
13. “Optimism linked to lower rates of heart attack, death,” Reuters Health News, October 2019.

**Recognition**

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| 2012, 2015-2018 | Best Doctors in America Award  | Best Doctors, Inc.  | Peer Nomination for Excellence in Clinical Care(Top 5% in over 400 specialties nationwide) |

**Report of Scholarship**

Peer reviewed publications in print or other media

Research Investigations:

|  |
| --- |
| 1. Kunik ME, **Huffman JC**, Bharani N, Hillman SL, Molinari VA, Orengo CA. Behavioral disturbances in geropsychiatric inpatients. J Geriatr Psychiatry Neurol 2000; 13:49-52.
 |
| 1. **Huffman JC**, Pollack MH. Predicting panic disorder among patients with chest pain: an analysis of the literature. Psychosomatics 2003; 44:222-236.
 |
| 1. **Huffman JC**, Blais MA, Pirl WF. A comparison of clinician and patient concerns about antipsychotic side effects: a pilot study. J Nerv Ment Dis 2004; 192:328-330.
 |
| 1. **Huffman JC**, Smith FA, Blais MA, Taylor AM, Januzzi JL, Fricchione GL. Rapid screening for major depression in post-myocardial infarction patients: an investigation using Beck Depression Inventory-II items. Heart2006; 92:1656-1660.
 |
| 1. **Huffman JC**, Smith FA, Blais MA, Beiser ME, Januzzi JL, Fricchione GL. Recognition and treatment of depression and anxiety in patients with acute myocardial infarction. Am J Cardiol 2006; 98:319-324.
 |
| 1. **Huffman JC**. Significant and increasing depressive symptoms are associated with increased risk of new cardiac events in people with a heart attack in the previous year. Evid Based Ment Health 2007; 10:42.
 |
| 1. Petersen TJ, **Huffman JC**, Weiss AP, Blais MA, Andreotti CF, Horwitz MB, Birnbaum RJ. Reach of benchmark psychiatric trial results to community-based providers: A case study of CATIE. J Clin Psychiatry2008; 69:1081-1086.
 |
| 1. **Huffman JC**, Petersen TJ, Andreotti CF, Baer L, Solway S, Birnbaum RJ. Outcomes measurement in a national multimedia CME Program: challenges and opportunities. CE Measure 2008; 2:31-38.
 |
| 1. **Huffman JC**, Smith FA, Blais MA, Taylor AM, Januzzi JL, Fricchione GL. Pre-existing major depression predicts in-hospital cardiac complications after acute myocardial infarction. Psychosomatics 2008; 49:309-316.
 |
| 1. **Huffman JC**, Smith FA, Blais MA, Januzzi JL, Fricchione GL. Anxiety, independent of depressive symptoms, is associated with in-hospital cardiac complications after acute myocardial infarction. J Psychosom Res 2008; 65:557-563.
 |
| 1. **Huffman JC**, Petersen TJ, Baer L, Romeo S, Sutton-Skinner K, Fromson JA, Birnbaum RJ. Outcomes assessment in psychiatric postgraduate medical education: an exploratory study using clinical case vignettes. Acad Psychiatry 2010; 34:445-448.
 |
| 1. **Huffman JC**, Freudenreich O, Romeo S, Baer L, Sutton-Skinner K, Petersen TJ, Fromson JA, Birnbaum RJ. Assessing clinicians’ management of first episode schizophrenia using clinical case vignettes. Early Interv Psychiatry 2010; 4:31-38.
 |
| 1. **Huffman JC**, Smith FA, Fricchione GL, Januzzi JL, Nadelman S, Pirl WF. Depression and failure of cholesterol lowering after acute myocardial infarction. Prim Care Companion J Clin Psychiatry 2010; 12: PCC.08m00766.
 |
| 1. Sowden G, Mastromauro CA, Januzzi JL, Fricchione GL, **Huffman JC**. Detection of depression in cardiac inpatients: feasibility and results of systematic screening. Am Heart J 2010; 159:780-787.
 |
| 1. **Huffman JC**, Doughty CT, Januzzi JL, Pirl WF, Smith FA, Fricchione GL. Screening for major depression in post-myocardial infarction patients: operating characteristics of the Beck Depression Inventory-II. Int J Psychiatr Med 2010; 40:187-197.
 |
| 1. Bauer LK, **Huffman JC**. Is low cholesterol associated with depression in cardiac patients? Int J Cardiology 2010; 145:537-539.
 |
| 1. **Huffman JC**, Mastromauro CA, Sowden G, Fricchione GL, Healy BC, Januzzi JL. Impact of a depression care management program for hospitalized cardiac patients. Circ Cardiovasc Qual Outcomes 2011; 4:198-205.
 |
| 1. **Huffman JC**, Mastromauro CA, Sowden GA, Wittmann CL, Rodman R, Januzzi JL. A collaborative care depression management program for cardiac inpatients: depression characteristics and in-hospital outcomes. Psychosomatics 2011; 52:26-33.
 |
| 1. **Huffman JC**, Chang TE, Durham LE, Weiss AP. Antipsychotic polytherapy on an inpatient psychiatric unit: how does clinical practice coincide with Joint Commission guidelines? Gen Hosp Psychiatry 2011; 33:501-8
 |
| 1. **Huffman JC,** Mastromauro CA, Boehm JK, Seabrook R, Fricchione GL, Denninger JW, Lyubomirsky S. Development of a positive psychology intervention for patients with acute cardiovascular disease. Heart International 2011; 6:e14.
 |
| 1. Celano CM, Mastromauro CA, Lenihan EC, Januzzi JL, Rollman BL, **Huffman JC**. Association of baseline anxiety with depression persistence at 6 months in patients with acute cardiac illness. Psychosom Med 2012; 74:93-9.
 |
| 1. Bauer LK, Caro MA, Mastromauro CA, Beach S, Lenihan EC, Januzzi JL, **Huffman JC**. Effects of depression and anxiety improvement on adherence to health behaviors and medication in recently-hospitalized cardiac patients. Am J Cardiol 2012; 109:1266-1271.
 |
| 1. Caro MA, Sowden GL, Mastromauro CA, Mahnks S, Beach SR, Januzzi JL, **Huffman JC**. Risk factors for positive depression screens in hospitalized cardiac patients. J Cardiol 2012; 60:72-77.
 |
| 1. Wexler D, Porneala BC, Chang Y, Huang E, **Huffman JC**, Grant RW. Diabetes differentially affects depression and self-rated health by age in the U.S. Diab Care 2012; 35:1575-1577.
 |
| 1. Sowden GL, Mastromauro CA, Seabrook RC, Celano CM, Rollman BL, **Huffman JC**. Baseline physical health-related quality of life and subsequent depression outcomes in cardiac patients. Psychiatr Res 2013; 208: 288-290.
 |
| 1. Beach SR, Januzzi JL, Mastromauro CA, Healy BC, Beale EE, Celano CM, **Huffman JC**. Patient Health Questionnaire-9 score and adverse cardiac outcomes in patients hospitalized for acute cardiac disease. J Psychosom Res 2013; 75:409-413.
 |
| 1. Beach SR, Chen DT, **Huffman JC**. Attitudes and beliefs of trainees and nurses regarding delirium in the intensive care unit. Acad Psychiatry 2013; 37:436-438.
 |
| 1. Beach SR, Chen DT, **Huffman JC**. Educational impact of a psychiatric liaison in the medical intensive care unit: effects on attitudes and beliefs of trainees and nurses regarding delirium. Prim Care Companion CNS Disord 2013; 15: PCC.12m01499.
 |
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2. Harnedy L, Feig EH, Celano CM, Massey CN, Chung WJ, **Huffman JC.** Do mid-life adults respond differently to a positive psychology intervention compared to older adults? A secondary analysis across three study phases of the Positive Emotions after Acute Cardiac Events (PEACE) study. Poster session presented at MGH Clinical Research Day; 2019, Boston, MA.
3. Celano CM, Kim S, Legler S**, Huffman JC.** The PERSONAL Project: an adaptive text message program to promote activity in cardiac risk patients. Poster session to be presented at New England Psychological Association Annual Meeting; 2019, Manchester, NH.
4. Harnedy L, Massey CN, Chung WJ, Feig EH, Celano CM, **Huffman JC.** The MASTERY program: pilot study of a midlife-targeted physical activity intervention. Poster session to be presented at New England Psychological Association Annual Meeting; 2019, Manchester, NH.
5. Celano CM, Golden J, Kim S, Millstein RA, Massey CN, Chung WJ, Feig EH, Wexler DJ, **Huffman JC.** Methods from a randomized controlled pilot trial of a positive psychology intervention to promote physical activity in patients with type 2 diabetes. Poster session presented at MGH Research Day; 2019, Boston, MA.
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| **Abstracts, Poster Presentations and Exhibits Presented at Professional Meetings** |

**Narrative Report**

***Introduction****.* I am a psychiatrist who specializes in the psychiatric care of patients with medical illness. After completing my residency training in psychiatry at Massachusetts General Hospital (MGH)/McLean Hospital, I joined the faculty at MGH and Harvard Medical School. I served for 8 years as the medical director on our Inpatient Medical Psychiatry Service, and currently serve as the Associate Chief of Psychiatry for Clinical Services, where I oversee more than 300 clinical staff in the department. My expertise in these clinical and research arenas has led to numerous plenary talks and visiting professorships and I hold leadership roles in major national and international medical psychiatry organizations and journals.

***Area of Excellence: Clinical Expertise and Innovation***. My area of expertise is in medical psychiatry, especially as it relates to patients with heart disease and to the implementation of integrated mental health care in primary medical care settings. In my role as the Medical Director on the inpatient medical psychiatry unit at MGH, I oversaw care on the unit, supervised our physician staff and trainees, and represented the inpatient service in department and hospital-wide meetings and initiatives. The unit specializes in the care of patients with substantial medical co-morbidities, such as burns, chemotherapy needs, and supplemental oxygen. Our unit developed successful initiatives to (1) improve efficiency of care while keeping rates of readmission low, (2) develop a systematic QI project series for all rotating PGY-2 residents, and (3) durably reduce rates of restraint and seclusion on the unit to well-below average in the state and across the country. As part of my current role as Associate Chief of Psychiatry for Clinical Services. I am also the Medical Director of Population Health Management Programs for psychiatry at MGH, working closely with Partners leadership to implement collaborative care for depression in more than 20 MGH primary care settings. In this role, I have developed a new model for the collaborative care program to include a triage component to the care management role and to increase the expertise within the role by utilizing social workers. Along with these leadership roles, I continue to provide both direct inpatient and outpatient care at MGH.

However, my most well-developed area of clinical expertise is in cardiac psychiatry. Our team has completed a pair of randomized controlled trials of collaborative care depression interventions in patients with heart disease that has led directly to the refined model utilized in MGH collaborative care to treat depression. Our team has also developed expertise on the relationship between psychotropic medications and prolongation of the cardiac QT interval, publishing a meta-analysis and a clinical review that has been the most cited paper in the past 5 years in the journal *Psychosomatics.* Our positive psychology intervention for cardiac patients, is being implemented clinically in California, Germany, and Pakistan. My clinical expertise has been recognized through plenary speaker and visiting professor invitations in the U.S., Canada, and internationally to discuss clinical care in cardiac psychiatry. In addition, I have been on the Council of the two major medical psychiatry organizations (the 1300-member Academy of Consultation-Liaison Psychiatry [ACLP] and the 600-member American Psychosomatic Society), and was the inaugural winner of the ACLP Lipsitt Award for innovation in the integration of mental health care with other medical care, related to our cardiac psychiatry expertise.

***Teaching and Education***. I lecture on medical psychiatry and positive psychological states on the inpatient psychiatric unit and outpatient clinics to medical students and psychiatry residents, and am a clinical supervisor for psychologists and psychiatrists in training. As director of a research program, I provide specific guidance and supervision to regular members of the team (social workers, psychiatrists, psychologists, research assistants), and trainees (medical students, residents, and post-doctoral fellows) who participate in the teams’ research, including weekly individual supervision of a faculty psychiatrist, a post-doc, and two K23 recipients. I have spoken on cardiac psychiatry topics as an invited plenary speaker and visiting professor for multiple national and international organizations. I also provide mentorship nationally to four other K award recipients. Related to this work, I have received awards for teaching of junior residents from the MGH/McLean Adult Psychiatry Residency Program, the MGH award for Exceptional Mentorship in the Research Arena in 2016, and an HMS Psychiatry award for excellence in mentoring trainees and junior faculty in 2019.

***Supporting Activity:*** ***Investigation***. I am the Director of the Cardiac Psychiatry Research Program at MGH. Our team is focused on the study of optimism, gratitude, and positive affect in patients with heart disease and other medical conditions, along with those hospitalized for suicidal ideation. Specifically, we aim to learn whether: (a) these positive psychological states are linked to superior participation in health behaviors and (b) interventions to boost these states can improve physical activity, other behaviors, and clinical outcomes. Second, we are developing and testing integrated care models to improve clinical outcomes and function in patients hospitalized for heart disease who have depression or an anxiety disorder. I also direct the Inpatient Psychiatry Research Program, serving as site PI on projects related to developing interventions for patients at high risk for suicide, funded by the American Foundation for Suicide Prevention, APA, and NIH. Overall, I serve as the PI for 10 projects, with current funding from NHLBI (R01 x 2), NIDDK (R21), the American Heart Association, and the American Diabetes Association, with approximate total funding of $5.5 million. Our teams are currently composed of nine faculty physicians and psychologists, and six trainees (residents and fellows), along other study staff. We collaborate with colleagues in Iran, the Netherlands, and Germany.

Our team has completed randomized trials of collaborative care in patients with depression and cardiac disease along with a prospective observational study (N=212) examining links between positive psychological states, biomarkers, and behavior in patients with heart disease, and developed and studied a positive psychological intervention in 208 patients with an acute coronary syndrome. This work has resulted in 65 papers in peer-reviewed journals over the past 5.5 years; overall I have published over 145 papers, serving as first or senior author on over 100. I am the co-primary author on an invited review on *Positive Cardiovascular Health* for the *Journal of the American College of Cardiology* (Impact Factor 19.9). I also serve as the Editor-in-Chief of *General Hospital Psychiatry*, an international Elsevier journal focused on the interface of medicine and psychiatry (Impact Factor 3.2).

***Supporting Activity: Administration and Institutional Service.*** As noted,I am the Associate Chief of Psychiatry for Clinical Services at MGH, where I help to supervise our clinical services in both the outpatient and hospital settings for a department of over 300 clinical staff. In this role, I have contributed substantially to new initiatives related to reducing physician burnout and improving care for patients with opioid use disorders. In this role, I am also tasked with a primary role in departmental recruitment and in assisting clinicians who have performance issues. I lead Clinical Council, which outlines the clinical operations and initiatives across the department, play a key role in our outpatient Executive Committee, serve on the Psychiatry Department Planning Committee, and am involved in numerous other committees, including the QA/QI Committee, Committee on Promotions, and the MGH/McLean Psychiatry Residency Selection Committee.

***Summary***: Since completing my residency in psychiatry and fellowship in consultation psychiatry at MGH, I have developed a career focused on improving clinical care, knowledge, and training related to psychiatry in the medically ill and integrated care. To that end I have served as a leader of our inpatient medical psychiatry unit, and currently have a departmental clinical leadership role in our large psychiatry department that includes a position related to integrated mental health care in primary care settings. In these roles I have led innovations related to improving care efficiency, improving awareness and treatment of substance use disorders, and leading departmental programs in population health management.