Faculty of Medicine of Harvard University/Curriculum Vitae

Date Prepared: 9/1/2025

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Education

2007	BS, Honors	Electrical Engineering and Computer Sciences	U.C. Berkeley
2012	MD	Medicine	U.C. San Diego
2016 – 2018	MBI	Biomedical Informatics	Harvard Medical School

Postdoctoral Training

06/12 – 06/16	Resident	Psychiatry	Harvard Longwood Psychiatry Residency Training Program
06/16 – 06/18	Fellow	Clinical Informatics	Division of Clinical Informatics, BIDMC

Faculty Academic Appointments

07/18 – 8/20	Instructor	Psychiatry	Harvard Medical School
09/20 – 9/24	Assistant Professor	Psychiatry	Harvard Medical School
10/24 -	Associate Professor	Psychiatry	Harvard Medical School

Appointments at Hospitals/Affiliated Institutions

06/12 – 07/16	Resident	Harvard Longwood Psychiatry
07/16 – 07/18	Research Collaborator	Brigham and Women's Hospital
07/16 –	Staff Psychiatrist	BIDMC

Major Administrative Leadership Positions

2018 –	Co-Chair, Residency Research Committee	BIDMC
2018 – 2022	Course Director, Introduction to Neuroscience Didactic	BIDMC
2020 – 2022	Course Director, Digital Psychiatry Elective	Harvard Medical School
2023 –	Course Director, Introduction to Digital Psychiatry Didactic	BIDMC
2023 –	Co-Leader, Neurosciences Translational Research Hub	BIDMC
2023 –	Director of Behavioral Health Informatics	Beth Israel Lahey

Committee Service

Local

2018 – 2022	IT Steering Committee 2018	BIDMC Member
2018 –	Psychiatry Resident Research Committee 2018	BIDMC Psychiatry Co-Chair
2023 –	Biomedical Informatics Master's Program 2023	Harvard Medical School Admission Committee
2024-	Limited Funding Opportunities Internal Review Comm.	BIDMC Research Member
2025-	Ad Hoc Executive Advisor on AI	Mass. Psych. Society

National

2016 – 2022	Connected and Open Research Ethics 2016	U.C. San Diego Advisory Committee
2024 –	Digital Health Advisory Committee	FDA
2024 –	Resource Group on Artificial Intelligence (A.I.)	Academy of Child and Adolescent Psychiatry
2025-	DSM-5 Steering Committee	American Psych Assoc.
2025-	Scientific Advisory Committee	NAMI

International

2019 – 2022	Digital Health Roster of Experts	World Health Organization
2020 – 2021	PsyCare/ Preventing psychosis through personalized care 2020	French Government Advisory Panel
2020 – 2021	Mental Health Priority Area Initiative 2020	Wellcome Trust Independent Expert Bank
2020 – 2021	National Digital Mental Health Framework Consortium 2020	Government of Australia Advisor
2021	Wellness Together Canada	Office of Audit and Evaluation, Public Health Agency of Canada and Health Government of Canada
2022	Electronic Mental Health Care Delivery	Federal Minister of Mental Health and Government of Canada
2023 – 2024	Committee on Strategies to Improve Access to Behavioral Health Care Services through Medicare and Medicaid	National Academics of Science, Engineering, and Medicine
2024	Chair, MQ Fellows Award Committee ($1.2 million)	MQ Mental Health
2024	Member, Expert Group on Impact of Digitalization	World Psychiatric Soc.
2025	Lead Author, Evidence Generation in Digital Health	British Standards Inst.

<u>Professional Societies</u>

2004 –	The Institute of Electrical and Electronic Engineers	
	2014 – 2019	Member
	2020 –	Senior Member
2012 –	American Medical Association	Member

2012 –	American Psychiatric Association	Member
2014 – 2023		Chair, Smartphone App Evaluation Task Force
2016 – 2018		Member, Board of Trustees' Ad Hoc Registry Oversight Workgroup
2017 – 2018		Vice-Chair, Innovation Workgroup
2018 – 2023		Member, Council on Research
2016 – 2018		Member, Committee on Health IT
2019 – 2024		Chair, Committee on Health IT
2023 –		Member, Council on Quality
2025 -		Fellow
2015 – 2020	Health Information Technology Committee	Massachusetts Psychiatric Society
2015		Co-Chair and Co-Founder
2024 –	American College of Psychiatrists	Member (elected, pending attending annual member)
2024-	American College of Neuropsychopharmacology	Associate Member

Grant Reviewer Activities:

Grant Reviewer:

2016: King's Health Partners – Research and Development Challenge
http://www.kingshealthpartners.org/research
2016: The Netherlands Organisation of Health, Research and Development
(ZonMw) www.zonmw.nl
2107: Canadian Institutes of Health Research / Personalized Health Catalyst Grants –
Novel E-Health App Research Area

2017:   UK Medical Research Council Research Grants Board (x2)
2017:   UK NHS Global Digital Exemplar Programme in Mental Health (panel of 10 judges selected by NHS)
2018:   PCORI
2019:   NIMH Clinical Trials to Test the Effectiveness of Treatment, Preventive, and Services Interventions (R01)
        Videoconference Review Committee.
2019:   Invited examiner for PhD Candidates at University of Sydney, Australia
2019:   Veterans Administration, Behavioral Health & Community Reintegration ad hoc panel member for scientific proposals/ Special Emphasis Panel/Scientific Review Group (Primary and tertiary reviewer roles)
2019:   Expert Reviewer for: California's Initiative to Advance Precision Medicine (CIAPM)
2020:   Wellcome Trust invited expert reviewer
2020:   Spring NIH Small Business Innovation Research Panel 202005 ZRG1 RPHB-Z (10) Business "Disease Prevention and Management, Risk Reduction and Health Behavior Change"
2020:   NIMH Review Panel: Early Psychosis Intervention Network (EPINET): Practice-Based Research to Improve Treatment Outcomes (R01s; RFA-MH-20-205).
2020:   Winter NIH Small Business Innovation Research Panel 202005 ZRG1 RPHB-Z (10) Business "Disease Prevention and Management, Risk Reduction and Health Behavior Change"
2022:   NIH Review Panel: Special Emphasis Panel HDM-J(56) "Mobile Health in Low and Middle Income Countries"
2022:   NIH Review Panel: Special Emphasis Panel "Health Diversity"
2023:   NIH Winter Small Business Innovation Research Panel 202305 ZRG1 NV G13
2024:   NIDA Special Needs SBIR/STTR Peer Review Panel
2024:   NSF SBIR/STTR Panel (ad hoc)
2025:   NSF SBIR/STTR Panel (invited member for Spring 2025 round)
2025:   NCCIH SBIR/STTR, Co-Chair, ZAT1 JM(19)
2025:   NSF SBIR/STTR Panel (ad hoc)
2025:   NIH ZRG1 HSS X90 Panel (K awards)
2025:   Mental Health Program, Department for Health & Social Care / Department for Science, UK. (invited external international expert reviewer)
2025: UKRI UK Medical Research Council Research Grants Board

Scientific Committee and Conference Reviewer:

2016, 2017	Mental Health: Sensing and Intervention UbiComp Workshop 2016, 2017	Program Committee Member
2017	ACM Computer Human Interface (CHI) Mental Health Workshop 2017	Submission Reviewer
2017	UCL Behavior Change Conference 2017	Submission Reviewer

2018	11th Annual IEPA Early Interventions in Mental Health Conference 2018	Scientific Committee
2018	CHI Play: Video Games for Mental Health 2018	Program Committee
2019	APA Guideline for the Treatment of Patients with Schizophrenia 2019	Invited Reviewer
2019	Society for Behavioral Medicine Annual Meeting 2019	Program Committee
2020	APA Annual Meeting Scientific Program Committee 2019 – 2020	Program Committee
2020	ISRII 2020 Scientific Program Committee 2020	Program Committee
2022	Wellcome Trust-Improving Cognitive Outcomes in Psychosis 2022	Advisory Group
2022	APA Mental Health Services Conference 2022	Scientific Program Committee
2022	International Society for Internet Interventions: 2022	Annual Meeting Scientific Planning Committee
2023	MQ Research 2023	Invited Reviewer

Editorial Activities

2014 – 2016	Section Editor	Asian Journal of Psychiatry
2014 – 2018	Assistant Editor	Harvard Review of Psychiatry
2015 – 2016	Section Editor	JMIR: Mental Health
2016 –	Editor-in-Chief	JMIR: Mental Health
2016 –2017	Social Media Editorial Taskforce Member	American Journal Geriatric

		Psychiatry
2017 –	Editorial Board	Psych. Rehabilitation Journal
2017 –	Section Editor	Schizophrenia Research
2017 –	Associate Editor	NPJ Digital Medicine
2018 –	Column Editor	Harvard Review of Psychiatry
2018 – 2024	Associate Editor	BJP Psych Open
2018 –	Web Editor	JAMA Psychiatry
2019 –	Field Editor	Acta Psychiatrica Scandinavica
2022 –	Editorial Board Member	Journal of Psychiatric Practice
2023 –	Deputy Editor	NPP-Digital Psychiatry and Neurosciences
2025-	Editorial Board Member	Journal of Affective Disorders

Other Editorial Roles

2014	Guest Editor	Asian Journal of Psychiatry
2016	Guest Editor	Child and Adolescent Psychiatric -Clinics of North America
2017	Guest Editor	Journal of Psychiatric Rehabilitation
2018	Associate Editor for Symposiums	2018 IEEE EMBS Conference
2019	Guest Editor	NPJ Digital Medicine
2020	Guest Editor	General Hospital Psychiatry
2022	Guest Editor	NPJ Digital Medicine
2023	Guest Editor	Current Treatment Options in Psychiatry (Digital Health)
2024	Guest Editor	Current Treatment Options in Psychiatry (Social Media)
2024	Guest Editor	Schizophrenia Research

Ad hoc Reviewer:
JAMA Psychiatry
Lancet Psychiatry
Lancet Digital Health
Applied Clinical Informatics
Journal of Medical and Internet Research
Internet Interventions
Contemporary Clinical Trials
BMJ Open
PLOS One
Scientific Smartphone Apps
Schizophrenia Research
Schizophrenia Bulletin
The American Journal of Geriatric Psychiatry
Journal of Affective Disorders
Academic Psychiatry
Psychiatry Research
Frontiers Psychiatry
Journal of Hospital Medicine
BMC Geriatrics
BMC Psychiatry
Psychiatric Services
Psychological Medicine
Canadian Geriatrics Journal
Clinical Psychological Science
AJOB BioEthics
Translational Psychiatry
Journal of Technology in Behavioral Science
NPJ Digital Medicine
NPJ Mental Health
Health Education Journal
Acta Psychiatrica Scandinavica
The Lancet Child and Adolescent Health
FOCUS: The Journal of Lifelong Learning in Psychiatry
Advances in Mental Health
Nature BioTech
Social Psychiatry and Psychiatric Epidemiology
Psychological Assessment
Journal of Nervous and Mental Disease
Lancet Digital Health
Journal of the American Medical Informatics Association (JAMIA)
JAMA Network Open
Translational Behavioral Medicine
Neuropsychopharmacology
JAMA Internal Medicine
BJP Psych Open
Mayo Clinic Proceedings

Nature Medicine
Psychiatry and Clinical Neurosciences
Nature Mental Health
Lancet Digital Health
American Journal of Psychiatry
World Psychiatry

Honors and Prizes

2007	Bechtel Engineering Achievement Award	U.C. Berkeley	Academic Achievement*
	*Single highest graduation award for the entire College of Engineering at UC Berkeley		
2011	Helping Hands Community Grant	APA	Service
2013	Geriatrics Honors Scholar	AAGP	Academic Achievement
2014	Outstanding Resident Award	NIMH	Research
2014	Leadership Program Selection	Mass. Psychiatric Society	Leadership
2014	Finalist	BWH Clinical Innovation Day	Research
2015	$2,500 Research Grant	ADMESP	Medical Education
2015	Laughlin Fellowship	American College Psychiatrists	Academic Achievement
2015	National Neuroscience Curriculum Scholar	NIMH	Medical Education
2015	Emotion Sensing Contest Judge	Partners Healthcare	Service
2015	Brain Camp Invitation	NIMH	Research
2015, 2016	T15 Grant/4T15LM007092-25	National Library of Medicine Fellowship	Research
2016	Neurology Dept. Innovation Award	BIDMC Dept. of Neurology	Research
2016	Shilkrout Research Award	Harvard Longwood Residency	Research
2016	Resident Teaching Award	BIDMC Acad. Of Med. Ed	Teaching
2016	Research Colloquium Selection	American Psychiatric Assoc.	Research
2016	Livingston Award	Harvard Medical School	Research
2016	Dupont Warren Fellowship	Harvard Medical School	Research
2016	Annual Resident Health IT Award	Mass. Medical Society	Research
2017	Honorary Research Fellow	Black Dog Institute Univ. New South. Wales	Research
2017	Digital Tech. Advisory Mood Panel	NIH All of Us	Research

2017	Carol Davis Ethics Award	American Psychiatric Assoc.	Ethics
2017	Travel Award	ADMSEP	Medical Education
2018	SOBP Travel Fellowship Award	Society of Biological Psychiatry	Research
2019	Poster Finalist	Schizophrenia International Research Society	Research
2019	Paper Award (co-author)	Association for the Advancement Research of Artificial Intelligence	Research
2020	Outstanding Psychiatrist Award for	Mass. Psychiatric Society Early Career Psychiatry	Service, Research
2020	Best Article in Emerging Clinical Care	BJPsych Open	Research
2020	Departmental Teaching and Mentorship Award	BIDMC Psychiatry	Medical Education
2021	Health Services Research Early Career Award	American Psychiatric Assoc.	Service
2021	Gold Award for Psychiatric Services Achievement Award	American Psychiatric Assoc	Service
2022	Wulfson Memorial Award Improvement	Weill-Cornell Dept of Psychiatry	Quality
2022	Digital Inclusion Emerging Leader	National Digital Inclusion Alliance	Service
2022	Outstanding Psychiatrist Award	National Alliance on Mental Illness	Service
2023	Public Service Award	Center Club (Clubhouse)	Service
2022, 2023, 2024	Highly Cited Researcher	Clarivate	Research
2024	Jonathan F. Borus Outstanding Early Career Educator Award	Harvard Psychiatry	Medical Education
2024	Annual Research Award	Students with Psychosis	Research/Service
2025	Lifetime Achievement Award	eMental Health International Collaborative (eMHIC)	
			Research Service

Report of Local Teaching and Training

Teaching of Students in Courses

2016	Transitions to Practice Psychiatry Course HMS 3rd Year Students	HMS 20 hours
2018 –	Introduction to Academic Publishing Psychiatry Residents	BIDMC Two One Hour Sessions
2018 –	Introduction to Digital Psychiatry Psychiatry Interns	BIDMC Six One Hour Sessions
2018, 2019,	Social Media and Health	Tufts Medical 2020 School
2020	HCOM514 Guest Lecture	One and Half Hour Session
2018 –	Introduction to Neuroscience Psychiatry Interns	BIDMC Four One Hour Sessions
2019	MGH Psychiatry Conference Invited Discussant Trainees and Faculty	MGH One Hour Session
2019 –	Patient Engagement in Quality and Safety Course HMS Master's in Healthcare Quality and Safety Students	HMS Two Hour Session
2019-2024	Effects of Internet on the Brain GHP204 Foundations on Mental Health	HSPH One and Half Hour Session
2019	Digital Psychiatry at BIDMC INBAR Visiting Fellow (from Israel) Lecture	BIDMC One Hour Session
2020 – 2025	Wearables and apps and data availability and effects on health care – Master of Clinical Service Operations, CSO 704/705 Class	HMS Two Hour Session
2020	Machine Learning for Healthcare (6.871/HST.956) Small Group and Project Facilitator	MIT / HMS Spring Semester
2020	Digital Psychiatry (PS515m.5) Course Founder and Director of HMS Elective	HMS 4-week course May–July 2020
2021	Digital Psychiatry Resident Didactic	CHA One Hour Session
2021 – 2023	GHP204 Foundations on Mental Health	1.5 Hour Session

2022	Faculty Examiner for a 2022 Honors Thesis Exam Examiner for HMS Students	HMS Spring Semester
2023,2024, 2025	Digital Phenotyping/Apps in Psychiatry and Psychopharmacology: A Harvard Master Class	HMS 45-minute lecture + Q/A
2023	Scaling Up Mental Healthcare Services Executive and Continuing Professional Education	HMS One and Half Hour Session
2023	Regulatory Aspects of Psychiatry and the Digital Frontier Harvard Psychiatry Residents' Day	HMS / McLean One Hour
2023	Social Systems Psychiatry Resident Didactic	BIDMC One Hour
2025	Introduction to Digital Psychiatry Psychopathology and Intro to Clinical Psych (HT700.MJ)	HMS/HST One Hour
2025	Digital Navigators and Mental Health Care Medicine Resident Social Track Didactics	BIDMC One Hour Session
2025	5th Annual Conference on Precision Psychiatry Invited Talk and Panelist	MGH One Hour Session

Clinical Supervisory and Training Responsibilities

2017 – 2018	Clinical supervision for nurse practitioner, Meghan Shanahan	BIDMC 1 hour /month
2019 –	Partial Time Inpatient Psychiatry Attending on Teaching Services	BIDMC
	2019	2 weeks
	2020*	4 weeks
	2021	0.5 weeks
	2022	1 week
	2023	2 weeks
	2024	2.5 weeks

*Attending Psychiatrist at Baptist Community Crisis Stabilization Unit
During COVID-19

Research Supervisory and Training Responsibilities

2017 –	Research Supervision for Boston University Masters of Medical Science students (average 1-2 per year)	BIDMC 1-hour lab meeting per week and 1:1 supervision
2017 –	Research Supervision for Harvard Psychiatry residents (Average 1-2 per year)	BIDMC 1-hour lab meeting per week and 1:1 supervision
2020, 2023	Minority Data Science Research Program Mentor Mentored minority students	BIDMC 2 hours per week
2021 – 2023	Physician Scientist Training Program (PSTP) Primary Research Mentor for Henry Onyeaka	MGH/McLean Psychiatry Residency Varies per week

Formally Mentored Harvard Medical and Graduate Students

2016 – 2017   Emily Wu, Harvard Longwood Resident
Served as a scholarly mentor, helped write IRB, carried out survey studies, analyzed results, and draft papers. Helped Emily successfully apply and supported her APA Leadership Fellowship ($25,000).

2017 – 2018   Nicholas Domaney, BIDMC Psychiatry Resident
Served as a scholarly project mentor on a project around the association of burnout and EMR use resulting in publication in the May 2018 issue of Academic Psychiatry.

2018 – 2019   Megha Majumder, Harvard Medical School Masters of Bioethics Student
Served as the faculty mentor for the capstone project, presented at a HMS research day symposium, on ethics of informed consent in digital mental health products.

2018 – 2019   Michelle Ng, Harvard University Student
Served as a senior thesis project advisor on a project around the usability of smartphone apps in mental health with resulting publication and cover story in June 2019 issue of Psychiatric Services.

2018 – 2020   Arthi Kumaravel, BIDMC Psychiatry Resident
Currently completing APA/SAMHSA-funded minority health fellowship ($25,000). I was the faculty sponsor and adviser. Presented work to date at the 2018 APA Annual Meeting and 2019 APA IPS meeting.

2019 – 2021   Meredith Gansner, Cambridge Health Alliance Child and Adolescent Psychiatry Fellowship
Completed Harvard Medical School Department of Psychiatry Dupont Warren Fellowship that I am a faculty sponsor and adviser for IRB approval to use the LAMP app in younger patients has been obtained.

2019 –2021   Andrew Wu, BIDMC Psychiatry Resident
Currently completing Harvard Medical School Department of Psychiatry Dupont Warren
Fellowship that I am a faculty sponsor and adviser for.

2019 – 2021   Matthew J Mosquera, BWH Psychiatry Resident
Completed an APA//SAMHSA funded minority health fellowship ($25,000) that I was the
faculty sponsor for and around burnout in residents and staff as related to technology and
EHR use.

2019 – 2021   Danny Linggonegoro, HMS Medical Student
Two co-written papers as well as a poster on technology and psychiatry accepted.
Currently mentoring around a research project on chatbots.

2020 – 2021   Morgan Talbot, HMS Medical Student
I mentored him in my lab group and supervised him on a project around longitudinal
clustering. Supervised during a formal lab rotation for his PhD

2020 – 2021   Senan Ebrahim, HMS Medical Student
Served as an honors thesis mentor for this HMS MD-PHD student. Our work resulted in a
published paper with the student as the first author.

2020   Josie Francois, HMS Medical Student and HSPH Masters Student
HSPH Practicum Supervisor

2020 – 2025   Kelila Kahane, HSPH Masters Student
HSPH Practicum Supervisor and Psychiatry Resident Research Mentor
Three co-written papers and sponsored Kelila for the APA Helping Hands student
mentored research/service award, which she won in 2021. Sponsored her for FDA
committee which she was appointed to in 2024.

2021 – 2022   Mirja Mittermaier, HMS Master Student in Biomedical Informatics
Capstone Project Mentor.

2022 – 2023   Sid Machiragu, HMS Masters Student in Public Health
Capstone Project Mentor.

2022 – 2023   Malte Schmieding, HMS Master Student in Biomedical Informatics
Capstone Project Mentor.

2023 – 2024   George Harstein, BIDMC Psychiatry Resident
Scholarly Project Mentor. Currently undertaking a project on the use of apps in clinical
care

2023 – 2024   Jonathan Chevinsky, BIDMC Psychiatry Resident
Scholarly Project Mentor. Currently undertaking a project on the use of ML in eating
disorders

2024- 2029 Ivy Ma, BIDMC Instructor
K23 co-mentor on mindfulness and insomnia research career award

2024- Mark Kalinich, BIDMC Psychiatry Resident
Research Track Mentor. Honorable Mention awardee for the 2025 NIMH Outstanding
Resident Award

Other Mentored Medical and Graduate Students

2017 – 2020 Samantha Cristol, William and James College Doctoral Student
Advised on digital health projects around stigma and mental health, reviewing papers,
teaching peer review, helping with thesis edits, and served as a third committee member
for PhD dissertation.

2018 – 2019 Jessica Pater, Georgia Tech Doctoral Student
Advised on digital health projects, reviewing papers, helping with thesis edits, and serving
as a third committee member for PhD dissertation.

2018 – 2021 Emma Weizenbaum, Boston University Department of Psychological and Brain Sciences
Advised and member of the thesis committee on a project using mindLAMP application.
Thesis titled Cognition 'In the Wild': Using Smartphones to Assess Cognitive
Variability in Healthy Adults and Individuals with Parkinson's Disease" was
awarded Kavita Jain Award for Best Dissertation in the Department of Psychological
and Brain Sciences.

2021 – 2025 Ellen McGinnis PhD, The University of Vermont
K23 Award Mentor around her project on digital phenotyping and mental health

2022 – Daniel Shin, University of Toronto Doctoral Student in Health Services Research
PhD Committee Member. Appointed as Honorary Faculty at the University of Toronto to
serve in this role

2025 PhD Examiner for the University of Sydney, Australia candidate Ming Chong,
titled: Effectiveness and Engagement of Digital Tools for Highly Personalised and
Measurement-Based Care in Youth Mental Health Services

Formal Teaching of Peers

2015 Telepsychiatry: Ready for Primetime? / CME Lecture Single presentation
Updates in Internal Medicine, Harvard Medical School CME Boston

2018 Digital Mental Health Update Single presentation
Innovation in Digital Health Program, HMS Executive Education Boston

2019 Real world experience and evaluation of health apps Single presentation
Innovation in Digital Health Program, HMS Executive Education Boston

2020	Patient generated data in the real world.	Single presentation
	Monthly Insight Series, HMS Executive Education	Boston

2022	Apps Evaluation for Clinical Care	Single presentation
	Child Psychiatry fellows, Children's Hospital of Philadelphia	Boston

2023	Role of Generative AI in Mental Health / invited lecture	Single presentation
	Substance Abuse and Mental Health Administration (SAMHSA)	Boston

Local Invited Presentations

No presentations below were sponsored by 3rd parties/outside entities

2013   Use of Smartphones for Psychiatry / Grand Rounds
Massachusetts Mental Health Center, Boston, MA

2015   How the Tech Revolution in Behavioral Health Will Change Healthcare / Invited Panelist
Partner's Connected Health Symposium, Boston, MA

2015   Mobile Mental Health for Disaster Psychiatry / Invited Presentation
Harvard Southeast Asian Institute Annual Symposium, Boston, MA

2015   Clinical Neurosciences in Psychiatry Education / Grand Rounds
BWH and BIDMC Departments of Psychiatry, Boston, MA

2015   Didactic Feedback with Smartphones / Invited Technology Demonstration
Medical Education Day at HMS, Boston, MA

2015   Smartphones and Cognitive Neuroscience / Grand Rounds
BWH Department of Cognitive Neurosciences, Boston, MA

2016   Mobile Technology for Psychiatric Care / Grand Rounds
Massachusetts Mental Health Center, Boston, MA

2016   Smartphones for Monitoring Serious Mental Illness / Grand Rounds
Brigham and Women's Hospital and BIDMC, Boston, MA

2016   Preserving the Human touch in the Expanding World of Digital Therapies/ Invited Panelist
Partner's Connected Health Symposium, Boston, MA

2016   Opportunities and Challenges to Innovation in Mental Health / Invited Presentation
BWH Innovation Hub, Boston, MA

2017   Digital Mental Health and Social Work / Grand Rounds
Beth Israel Deaconess Medical Center, Boston, MA

2017   Digital and Mobile Technology in Psychiatry Clinical Care / Grand Rounds
Massachusetts Mental Health Center, Boston, MA

2017	Digital Phenotypes in Schizophrenia / Invited Lecture
	Cognitive Behavioral Neurology & Neuropsychiatry Division, MGH, Boston, MA
2017	Digital Psychiatry for Clinical Care: An Update / Grand Rounds
	Tufts Department of Psychiatry, Boston, MA
2017	Assessing and mitigating risk/harm in mobile health technology / Grand Rounds
	Clinical Research Team Rounds, Beth Israel Deaconess Medical Center, Boston, MA
2017	Tech. in Medical Education: Introduction to Interactive Learning Tools / CME Lecture
	HMS Symposium on Medical Student Education in Psychiatry, Boston, MA
2017	Increasing Engagement Through Gamification / Core Break Out Session
	BIDMC Academy 2017 Kickoff Meeting, BIDMC, Boston, MA
2018	Informed Decision Making in Digital Mental Health //Grand Rounds
	Massachusetts Mental Health Center, Boston, MA
2018	Technology and Mental Health: Perils and Promise / Invited Panelist
	Harvard Global Mental Health Inaugural Open Day, Boston, MA
2018	Digital Technology in Mental Health / Invited Lecture
	OCD Program, Massachusetts General Hospital, Boston, MA
2018	Digital Phenotyping for Mental Health / Invited Lecture
	Harvard Clinical Informatics Lecture Series, Boston, MA
2019	Innovation in Digital Mental Health: Evidence to Early Implementation
	Health Delivery Grand Rounds, Beth Israel Deaconess Medical Center, Boston, MA
2019	Digital Phenotypes in Behavior, Mental Health, and Beyond
	Phenotype Phorum, Brigham and Women's Hospital, Boston, MA
2019	Digital Psychiatry - Hands on Lessons and Applications for Clinical Care / Grand Rounds
	Massachusetts Mental Health Center, Boston, MA
2020	Early career research pathways in digital health: focusing on apps for mental health
	Facilitating Innovative Research in Surgical Trials Seminar, BIDMC, Boston, MA
2020	Digital Psychiatry and Smartphone Apps for Research and Care
	MGH Schizophrenia Clinical and Research Program, MGH (online COVID), Boston, MA
2020	Practice, Pitfalls, and Potential of Digital Mental Health
	MGH Technology and Mental Health Group, MGH (online COVID), Boston, MA
2020	Digital Mental Health
	BIDMC Division Gen. Medicine, Grand Rounds, BIDMC (online COVID), Boston, MA

2020	Digital Psychiatry in the Age of COVID-19/ Grand Rounds Massachusetts Mental Health Center, Boston, MA (online COVID)
2020	Behavioral Health Apps / Grand Rounds Harvard Clinical Informatics Lecture Series, HMS, Boston, MA (online COVID)
2020	Clinical High Risk (CHR) and Digital Mental Health CEDAR (CHR) Clinical Weekly Seminar, Boston, MMHC, (online COVID), MA
2021	Beyond Telehealth: Apps and Digital Mental Health / Grand Rounds Spaulding Rehab Hospital, Boston (online COVID), MA
2021	Digital Mental Health and Social Work / Grand Rounds Beth Israel Deaconess Medical Center, Boston (online COVID), MA
2021	Digital Mental Health (Guest Lecture) Course: MAS.S6, MIT, online COVID), MA
2021	Digital Psychiatry in 2021: Research and Real-World Considerations Lahey Medical Center, Department of Psychiatry, Grand Rounds.
2021	Ethics and Digital Health: Exploring the Ethics, Safety, and Privacy of Health and Wellbeing Apps and Devices (CME Lecture) Massachusetts Medical Society, (online COVID), MA
2022	Mobile Mental Health in 2022: Evolving Data, Clinics, and App Marketplaces BWH Department of Psychiatry, Grand Rounds, Boston, (online COVID), MI
2022	Mobile Mental Health in 2022: Evolving Data, Clinics, and App Marketplaces BIDMC Cognitive Neurology/Center for Non-invasive Brain Stimulation Unit, (online COVID), MA
2022	Digital Mental Health in 2022 / Grand Rounds Harvard Clinical Informatics Lecture Series, HMS, Boston, MA (online COVID)
2022	Digital Psychiatry / Grand Rounds Massachusetts Mental Health Center, Boston, MA (online COVID)
2023	Risky Business Panel on Digital Health, Risky Business Annual Meeting Boston Children's Hospital, MA
2023	Digital Mental Health, Public Interest Technology Initiative Lecture Quinsigamond Community College, MA
2023	Telehealth Clinical Teaching in Psychiatry: Preparing Medical Students Today for the Digital Future Tomorrow, Keynote Address

Symposium on Medical Student Education in Psychiatry, Harvard Department of Psychiatry, MA

2023   Outcomes and Implementation Science: The BIDMC Digital Clinical Model: Using Mobile Technology to Improve Access and Quality of Care (Breakout Session) BIDMC Research Retreat, Boston, MA

2023   Digital Psychiatry
Harvard South Shore VA Boston Mental Health Grand Rounds
Harvard South Shore, MA

2023   Healthcare Without an Address
Future of Health (FOH) Annual Meeting
BIDMC

2023   Digital Psychiatry
Neurology Grand Rounds
BIDMC

2024   Digital Mental Health x Experience Design (Keynote)
2024 7-Experiences Summit – Experience Research Society Annual Meeting
Bentley University

2025   Digital Psych and Mental Health Apps (case-based education CME module)
Beth Israel Lahey Primary Care Day
Massachusetts Medical Society, Waltham, MA

2025   Seminar Digital Mental Health Innovations: From Research to Real World Applications
The Mobile & Electronic Health ARC (ME-ARC) April
Boston University, Boston, MA

2025   Digital Mental Health
Psychiatry Grand Rounds
Cambridge Health Alliance

2025   Framing the Role of AI and Technology to Augment Mental Health
Consciousness: Science, Spirituality, and Global Impact 2025, Annual Meeting
Sadhguru Center for a Conscious Planet (BIDMC)

Report of Regional, National and International Invited Teaching and Presentation

No presentations below were sponsored by 3rd parties/outside entities

Regional

2017   Mobile Health for Mental Health
            Grand Rounds, Baystate Medical Center, Springfield, MA

2017   Mobile Mental Health for Clinical Care
            Keynote Lecture, 33rd Annual University of Massachusetts Medical School Public Sector
            Psychiatry Conference, Worchester, MA

2018   Apps for Mental Health: Understanding the Evidence and Evaluating Claims
            Grand Round, New Hampshire State Hospital, Concord, NH

2018   Understanding the risk and benefits for the evaluation of mobile health smartphone apps
            Keynote Lecture, the 2nd Annual Conference: Digital Health at the Intersection of
            Academia and Industry
            University of Connecticut, Storrs, CT

2019   Digital Technologies in Mental Health: Understanding the Early Evidence.
            Grand Rounds, White River Junction VA, White River Junction, NH

2019   Digital Technologies in Mental Health: Understanding the Early Evidence.
            Grand Rounds, Bedford VA, Bedford, MA

2019   Digital Health: Understanding the Evidence
            Department of Psychiatry Grand Rounds, Harford Hospital and Institute of Living,
            Hartford, CT

2023   Future Health Best Practices for Advancing Care: Behavioral Health and Wellness
            Massachusetts Medical Society, Waltham, MA

2023   Considering the Value of Digital Measures of Mental Health with a Focus on Smartphone
            Digital Phenotyping
            NIMH Division of Translational Research's scientific retreat
            Bethesda, MD and Online

2023   Innovation in Digital Psychiatry and Mental Health
            Psychiatry Grand Rounds, University Connecticut Health
            Hartford, CT

2024   The Future of Work in Healthcare: The Role of AI and Generative AI (Invited Panel)
            Hoffman Center for Business Ethics
            Bentley University, MA

2024   Care Transformation Collaborative (CTC) Annual Conference
            Behavioral Apps for Primary Care Physicians: Assessing the Evidence and Evaluating the
            Options (Invited session)
            Warwick, Rhode Island

2024   Landscape of Digital Mental Health: App Ecosystems, Digital Clinic for Depression, Suicide Prevention Tech for Youth, and Preview of New Clinical High Risk for Psychosis Efforts (panel presentation)
Massachusetts Psychological Associations 2024 Annual Conference
Norwood, Massachusetts

National

2014   Mobile Technology and Integrated Care / Web CME Lecture
American Telemedicine Association, Hawaii and Pacific Islands Chapter
Web

2015   Digital Psychiatry for the Geriatric Psychiatrists / Invited Symposium
American Association of Geriatric Psychiatry Annual Meeting
New Orleans, LA

2015   Using Smartphone Technology in Clinical Care / CME Lecture
Grand Rounds at Northern Navajo Medical Center. Hosted by Indian Health Services.
Shiprock, NM

2015   Mobile Mental Health: Advances in Smartphone Technology, Apps, and Sensors to Support PsychiatricServices / Chair and Invited Symposium
APA IPS Meeting
New York, NY

2015   The future of digital mental health/ Invited Panelist
Stanford MedX
Stanford, CA

2015   Problem Solving Treatment for Primary Care / Full Day CME Course (offered twice)
Northern Navajo Medical Center. Hosted by Indian Health Services.
Shiprock, NM

2015   Mobile Mental Health: Present and Future / Invited Session
American Psychiatric Association Annual Meeting
Toronto, Canada

2015   Exploring Technologies in Psychiatry / 3 Hour CME Course
American Psychiatric Association Annual Meeting
Toronto, Canada

2016   Workshop on Mental Health Smartphone App Evaluation / Presenter and Chair
American Psychiatric Association IPS Meeting
Washington DC

2016   Smartphone Technology for Geriatric Psychiatry / Invited Symposium
American Association of Geriatric Psychiatry Annual Meeting
Washington DC

2016	Teaching with Technology / Invited Symposium American Association of Directors of Psychiatry Residency Training Annual Meeting Orlando, FL
2016	A Framework for Telepsychiatry, Social Media and Other Technologies: Competency based Education: Evaluation and Implications / Invited Symposium American Association of Directors of Psychiatry Residency Training Annual Meeting Austin, TX
2016	Mobile mental health: understanding barriers and creating solutions / Invited Panelist Stanford MedX Stanford, CA
2016	Smartphones, Sensors, Mobile Mental Health: Regulations, Research, and Real Life / Chair and Symposium American Psychiatric Association Annual Meeting Atlanta, GA
2016	Exploring Technologies in Psychiatry / 3 Hour CME Course American Psychiatric Association Annual Meeting Atlanta, GA
2017	Everyday Security and Privacy Practices for Psychiatrists / Invited Presentation and Symposium American Psychiatric Association Annual Meeting San Diego, CA
2017	Mobile Mental Health Meets Clinical Psychiatry: New Tools for New Models of Care / Workshop Chair American Psychiatric Association Annual Meeting San Diego, CA
2017	Digital Phenotyping in Serious Mental Illness / Invited Presentation and Panel Society of Biological Psychiatry Annual Meeting San Diego, CA
2017	Mobile Health for Mental Health / Invited Guest Lecture UC San Diego School of Medicine UCSD, La Jolla, CA
2017	Digital Health and Psychiatry / Invited Guest Lecture and Digital Health Rounds. UCSF Medical Center UCSF, San Francisco, CA
2017	Exploring Technologies in Psychiatry / 4 Hour CME Course American Psychiatric Association Annual Meeting San Diego, CA

2017	2nd Symposia on Computing and Mental Health / Co-Chair and Speaker Association of Computer Machinery Conference on Conference on Human Factors in Computing Systems Denver, CO
2017	Consumer-driven use of technologies to enhance treatment and recovery: Mobile devices and portals to support use of social media, texting, apps, bots and more / Invited Keynote 17th Annual National Behavioral Health Information Management Conference Exposition Carlsbad, CA
2017	Digital Phenotyping and Schizophrenia / Invited Presentation and Panelist 29th Association for Psychological Science Annual Convention Boston, MA
2017	Evaluating Psychiatric Smartphone Apps / CME Course American Psychiatry Association - On Demand Video at APA Learning Center Washington DC
2017	Digital Phenotyping in Schizophrenia / Invited Speakers National Library of Medicine, Clinical Informatics Training Conference La Jolla, CA
2017	Leveraging Digital Psychiatry for Medical Student Success in Research and Career Efforts Invited Lecture PsychSIGN Annual Meeting San Diego, CA
2018	Using Mobile Health Technologies to Increase Access to Care for People with Serious Mental Illness AND The Future of Technology-Based Behavioral Health Services / Invited Lectures, Substance Abuse and Mental Health Services Administration (SAMHSA), Office of the Chief Medical Officer Washington DC
2018	Digital Psychiatry: Smartphones, Sensors, and Signal Processing for Improving Detection and Outcomes in Serious Mental Illness / Chair and Invited Symposium Engineering in Medicine and Biology Annual Conference 2018 Honolulu, HI
2018	Digital Mental Health for Public Psychiatry: New Opportunities and Challenges / Invited Lecture Columbia University Public Psychiatry Education Training Program New York, NY
2018	Realizing the Potential of CBT into the Digital Age - Understanding the Current Landscape, Opportunities, Pitfalls, and Needed Evidence Base / Invited Presentation Association for Behavioral and Cognitive Therapies (ABCT) Annual Meeting Washington DC

2018   Addressing Social Determinants and Health Disparities Using Technology / Chair and
Invited Symposium
Institute of Psychiatric Services Annual Meeting
Chicago, IL

2018   Mobile Mental Health Meets Clinical Psychiatry: Current Progress in Digital Psychiatry /
Grand Rounds
NYU Department of Psychiatry
New York, NY

2018   Invited poster presentation and invited expert.
Google Health Workshop
Mountain View, CA

2018   Special Focus: The Mental Health Opportunity, Invited Panelist
Financial Times Digital Health Summit
New York, NY

2018   Designing Mobile Mental Health Technology through Socially Embedded Design
Association for Applied and Clinical Social Sociology
Norfolk, VA

2018   Clinical Considerations for Creating and Implementing Smartphone Apps for Mental
Health Care
Center for Behavioral Intervention Technologies, Northwestern University
Chicago, IL

2018   Ownership and Use of Smartphones in Schizophrenia. Session presenter and session
discussant
Fourth Meeting on Mental Disorders: New Research, Treatments, Digital Health sponsored
by the World Psychiatry Organization / ICMPE
Washington DC

2018   Invited expert to The Adolescent Brain Cognitive Development (ABCD) Study's Mobile
Technology Workshop, Online

2018   Harnessing Mobile Technology to Predict, Diagnose, Monitor, and Develop Treatments for
Nervous System Disorders / Invited Presentation and Panelist
The National Academies of Science, Engineering, and Medicine: Forum on Neuroscience
and Nervous Systems Disorders
Washington DC

2018   Using Mobile Technology and Digital Phenotyping in Serious Mental Illness / Invited
Presentation and Panel
Society of Biological Psychiatric Annual Meeting
New York, NY

2018	Constant Contact? Practical and Ethical Implications of Digital Medicine for the Patient-Psychiatrist Relationship / Invited Symposium American Psychiatric Association Annual Meeting New York, NY
2018	Digitally Driven Integrated Primary Care and Behavioral Health: How Technology Can Expand Access to Effective Treatment / Invited Workshop American Psychiatric Association Annual Meeting New York, NY
2018	Beyond the Interview: Applying Smartphone Apps, Sensors, and Web Technology to the Process of Clinical Assessment in Psychiatry / Invited Workshop and Chair American Psychiatric Association Annual Meeting New York, NY
2018	The Bridge Between Administrative Psychiatry and Research on Outcome Measurement and New Technology / Invited Symposium American Psychiatric Association Annual Meeting New York, NY
2018	Smartphone Apps and Digital Technology for the Busy Practicing Psychiatrist: Real-World Clinical Uses, Evaluations, and Clinical Considerations / Invited Symposium
2018	American Psychiatric Association Annual Meeting New York, NY
2018	Psychiatric Services Gold Star Paper: The Path to Sustainable Implementation / Invited Symposium American Psychiatric Association Annual Meeting New York, NY
2018	Mobile Health Meets Mental Health: Understanding the Evolving Role of Smartphones, Apps and Sensors Invited Keynote Lecture Michigan Psychiatry Society Annual Meeting, East Lancing, MI
2018	Sociotechnical Interventions for Health Disparity Reduction Workshop / Invited Participant Society for Behavioral Medicine Annual Meeting New Orleans, LA
2018	Clinical gaps and opportunities - Clinical populations, clinical problems needing to be solved / Invited Panelist Brain Behavior Quantification Meeting, National Institute of Mental Health Bethesda, MD
2018	Conducting Digital Monitoring Studies with Participants at Risk for Suicidal and Related Behavior

Harvard Department of Psychology, Single Day Meeting Sponsored by NIMH
Boston, MA

2018   The Value of Behavior Science for Effective Patient Engagement / Invited Panelist
Healthcare Information and Management Systems Society (HIMSS) Annual Conference.
Las Vegas, NV

2018   Informed Decision Making Around Mental Health Apps: The APA Framework Approach /
Invited Speaker. The Evolving Phenomenon of Direct-to-Consumer Neuroscience Meeting
Cold Spring Harbor Lab Program
Cold Springs Harbor, NY

2019   Roundtable on Balancing Privacy with Health Data Access / Invited Participant
United States Department of Health and Human Services
Washington DC

2019   Digital Mental Health: Recent Findings and New Directions / Session Chair and Invited
Presentation
National Alliance of Mental Illness (NAMI) National Meeting
Seattle, WA

2019   Disparities Faced by Individuals with Mental Health Problems: Tools to Forge Pathways
for Change / Invited Presentation
National Alliance of Mental Illness (NAMI) National Meeting
Seattle, WA

2019   Reducing Health Disparities Through Measurement-Based Care: Opportunities to Improve
Outcomes in Serious Mental Illness / Invited Presentation
American Psychiatric Association Annual Meeting
San Francisco, CA

2019   The Impact of Technology Change on Human Behavior (and How to Evaluate It in
Clinical Practice) / Invited Presentation
American Psychiatric Association Annual Meeting
San Francisco, CA

2019   Hands-on with Smartphone Apps for Serious Mental Illness: An Interactive Tutorial for
Selecting, Downloading, Discussing, and Engaging with Apps / Invited Presentation
American Psychiatric Association Annual Meeting
San Francisco, CA

2019   Integrating Technology in Psychiatry / 4 Hour CME Course
American Psychiatric Association Annual Meeting
San Francisco, CA

2019   Patient Privacy and Digital Mental Health / Invited Guest Lecture
Federal Trade Commission (FTC)
Washington DC

2019	Digital Psychiatry: Making Informed Decisions around Smartphone Apps / CME Lecture Presidential Symposium, Washington Psychiatric Society Washington DC
2019	Digital Psychiatry: Reconciling Early Evidence, Ethics, and Evaluation / Grand Rounds Yale Department of Psychiatry New Haven, MA
2019	Digital Phenotyping & Therapeutics for Behavioral Health - Update on Recent Evidence & Trends / Invited Lecture Future of Individualized Medicine, Scripps Translational Research Institute, La Jolla, CA
2019	Digital Phenotyping: Understanding the Clinical Validity, Actionability, and Ethics of New Digital Data Rutgers and Robert Wood Johnson Medical School Department of Psych, Grand Rounds New Brunswick, NY
2019	Mobile Mental Health Meets Clinical Psychiatry: New Tools for New Models of Care Institute of Psychiatric Services Annual Meeting / Chair and Invited Session New York, NY
2019	Augmenting Serious Mental Illness (SMI) Care with Digital Mental Health Tools and Registries: Real World Considerations Institute of Psychiatric Services Annual Meeting / Chair and Invited Session New York, NY
2019	Regulation of Digital Mental Health Bridging the Research-to-Practice Chasm in Digital Mental Health, Banbury Center meeting, Cold Spring Harbor Labs Cold Springs Harbor, NY
2019	Digital Psychiatry University of Buffalo Department of Psychiatry, Grand Rounds Buffalo, NY
2019	Digital Mental Health for Public Psychiatry: New Opportunities and Challenges Columbia University Public Psychiatry Education Training Program, Invited Lecture New York, NY
2019	Artificial Intelligence as a Transformative Force for Research and Practice in Neuropsychiatric Disorders: A Realistic Aspiration or a Magical Fantasy? (Study group) American College of Neuropsychopharmacology (ACNP), 58th Annual Meeting Orlando, FL
2019	Ethical Issues in the Use of Digital Technology for the Assessment and Treatment of Psychiatric Conditions (Study group)

American College of Neuropsychopharmacology (ACNP), 58th Annual Meeting
Orlando, FL

2020   Digital Psychiatry: Practical Implications for Clinical Care Today
Grand Rounds Lecture and Research Seminar, Zucker Hillside Hospital / Northwell Health
Glen Oaks, NY

2020   Informed and Shared Decision Making around Smartphone Apps for Clinical Care
PBI Network CE Lecture Series, Veterans Administration
Online

2020   Psychiatric Advance Directives
American Association of Directors of Psychiatry Residency Training Annual Meeting
Dallas, TX

2020   Transforming the Practice of Mental Health Care: The Big Picture (invited expert panelist)
National Institute of Mental Health
(Online, COVID-19)

2020   Beyond Telehealth: Integrating Digital Tools to Augment Patient Care/ Invited Session
American Psychiatric Association Annual Meeting
(Online, COVID-19)

2020   Beyond Telehealth: Digital Psychiatry's Current Applications and Research
Columbia University, Department of Psychiatry Grand Rounds
(Online, COVID-19)

2020   Beyond Telehealth: Digital Psychiatry's Current Applications and Research
University of Vermont, Department of Psychiatry Grand Rounds
(Online, COVID-19)

2020   Telepsychiatry in the Era of COVID-19
Center for Mental Health Addiction and Policy, John Hopkins School of Public Health
(Online, COVID-19)

2020   What to Know Before Using a Mental Health App
NAMI Ask the Expert Webinar (live audience of 750)
(Online, COVOID-19)

2020   Evaluating Mental Health Apps
Federal Trade Commission (FTC) Privacy Convention (Invited Presentation)
(Online, COVID-19)

2020   Beyond Traditional Telehealth: Smartphone Apps for Research and Care
VA Puget Sound Healthcare System
(Online, COVID-19)

2021   Beyond Traditional Telehealth: Smartphone Apps for Research and Care
University of Nebraska Medical Center, Department of Psychiatry, Grand Rounds

(Online, COVID-19)

2021   Beyond Telehealth: Advances in Digital Mental Health Research and Practical Clinical
          Considerations for Smartphone Apps in Care
          OPAL Center Seminars and Events, Columbia University, Department of Psychiatry
          (Online, COVID-19)

2021   Harnessing Digital Technology to Bring Long-Term Recovery in First Episode Psychosis
          American Psychiatric Association Annual Meeting
          (Online, COVID-19)

2021   Three New Tools to Augment Care for People with Serious Mental Illness
          American Psychiatric Association Annual Meeting
          (Online, COVID-19)

2021   Digital Mental Health for Public Psychiatry in Light of COVID-19/ Invited Lecture
          Columbia University Public Psychiatry Education Training Program
          (Online, COVID-19)

2021   Incorporating Behavioral Healthcare Apps into Your Operations
          Mental Health Corporations of America, Summer Conference
          Boston, MA

2021   Mobile Mental Health in 2021: Research and Real-World Considerations
          Stanford Department of Psychiatry, Grand Rounds
          (Online, COVID-19)

2021   Digital Mental Health
          California Pacific Medical Center (and Sutter Health), Psychiatry Grand Rounds
          (Online, COVID-19)

2022   Digital Psychiatry and Clinical Informatics
          Vanderbilt Clinical Informatics Center, January Seminar
          (Online, COVID-19)

2022   Beyond Telehealth: Advances in Digital Mental Health Research and Practical Clinical
          Consideration for Smartphone Apps in Care
          University of North Carolina at Chapel Hill, Psychiatry Grand Rounds
          (Online, COVID-19)

2022   New Data and More Apps for Mental Health: Assessing the Quality of Research and
          Marketplace Offerings
          Weill-Cornell Department of Psychiatry, Grand Rounds
          (Online, COVID-19)

2022   Future-Proofing Technology for Early Psychosis Care
          4th National Conference on Advancing Early Psychosis Care in the United States
          (Online, COVID-19)

2022	Use of Mobile Apps and Technology to Promote Behavioral Health / Wellness (Panelist) Michigan Health Endowment Fund (Online, COVID-19)
2022	Digital Mental Health in 2022: Evolving Data, Clinics, and App Marketplaces Mayo Clinic Department of Psychiatry and Psychology, Grand Rounds Online, COVID-19)
2022	Policy Challenges and Opportunities for Digital Therapeutics in Mental Health and Substance Use Crisis American Psychological Association (Online, COVID-19)
2023	Evaluating Apps: Making Informed Decisions with Available Real-World Data Digital Health Interventions from Wellness to Therapeutics: Development and Dissemination National Institute of Health (Online, COVID-19)
2022	Towards Digital Health Equity International Society for Internet Interventions Annual Meeting Pittsburgh, PA
2022	Digital Psychiatry: Research, Clinical, and Marketplace Applications Department of Psychiatry, University of Michigan, Grand Rounds Ann Arbor, MI
2022	Digital Psychiatry in 2022 Department of Psychiatry, Duke University, Grand Rounds (Online, COVID-19)
2022	Digital Mental Health in 2022 Department of Psychiatry, Jersey Shore Hospital, Grand Rounds (Online, COVID-19)
2022	Advancing Digital Health Literacy to Transform Clinical Care Mental Health Services Meeting, American Psychiatric Association Washington DC, DC
2022	mindLAMP for Bipolar Disorder Catalyzing New Research in Bipolar Disorder: A Meeting Hosted by the Milken Institute. Denver, CO
2023	What happens when the public health emergency ends: Telepsychiatry and Hybrid Practice Post-PHE American Psychiatric Association, National Presentation Washington DC, DC (Online)

2023	Psychiatry Beyond Video Visits: Exploring Smartphone Research, Clinical Applications, and Marketplaces Department of Psychiatry, University of Washington, Grand Rounds (Online, COVID-19)
2023	Digital Mental Health for Public Psychiatry in Light of COVID-19/ Invited Lecture Columbia University Public Psychiatry Education Training Program New York, NY (Online, COVID-19)
2023	12th Annual Indo-Global Psychiatry Initiative Conference University of Florida-VA Bioethics Program Gainesville, Florida and Online
2023	Digital Psychiatry in 2023 Department of Psychiatry, University of Texas Medical Branch (UTMB), Grand Rounds (Online, COVID-19)
2023	Digital Psychiatry: An Exploration of Current Research and Use in Clinical Practice Department of Psychiatry and Behavioral Science, University of North Dakota School of Medicine and Health Science, Grand Rounds (Online, COVID-19)
2023	Digital Psychiatry Beyond Telehealth: Balancing Access and Quality Department of Psychiatry, Boston University, Grand Rounds (Online, COVID-19)
2023	Informed Decision-Making for App Selection: Research, Regulation, and Approaches Tech In Care Continuing Education Series, US Department of Veterans Affairs Online
2023	Scaling Digital Therapeutics: Lessons from Leaders (invited panel) Healthcare Information and Management Systems Society Annual Meeting Chicago, IL
2023	Using Emerging Digital Psychiatry and Mobile Health Technologies to Improve Mental Health Access (Invited Panel) National Academy of Science and Medicine and US Department of Veterans Affairs Washington DC
2023	Empowering Mental Health through Inclusive Technology (invited panel) Society of Biological Psychiatry Annual Meeting San Diego, CA
2023	The Changing Landscape of Clinical Psychiatry: Novel Therapeutics, Methods and Assessments (Keynote Plenary) American Society of Clinical Psychopharmacology Annual Meeting

Miami, FL

2023   Digital Phenotyping and Therapeutics: Assessing the Hype vs Evidence (Session Chair and Presenter)
American Society of Clinical Psychopharmacology Annual Meeting
Miami, FL

2023   Digital Mental Health for Serious Mental Illness: Considering the Role of Technology and Digital Navigator
Menninger Clinic, Continuing Education Series
Houston, TX (online)

2023   Beyond video visits - new data, clinics, and marketplace trends in smartphone apps for mental health (Keynote)
Colorado Innovations in Healthcare Scientific Meeting, Southwest Telehealth Resource Center, and University of Colorado Anschutz Medical Campus
Aurora, CO

2023   Digital Mental Health in 2023, Special Department Lecture
University of Pittsburgh, Department of Psychiatry
Pittsburg, PA

2023   Venture Capital and Tele-Mental Health: Disentangling Challenges and
Mental Health Services Conference, American Psychiatric Association
Washington DC

2023   The Landscape of Digital Health: Apps to Application
Mental Health Services Conference, American Psychiatric Association
Washington DC

2023   Advances in Digital Mental Health
International Alliance of Mental Health Research Funders
Washington DC

2023   Advances in Digital Mental Health Research and Practical Clinical Considerations
The University of North Texas Health Science Center at Fort Worth, Grand Rounds
Fort Worth (Virtual)

2023   Developments in AI Technology and its Impact on Psychiatry
Southern California Society of Child and Adolescent Psychiatry
Southern California (Virtual)

2023   Beyond video visits - new data, clinics, and marketplace trends in smartphone apps for mental health
UCLA Harbor Medical Center, Psychiatry Grand Rounds
Virtual

2024   Beyond video visits - new data, clinics, and marketplace trends in smartphone apps for
        mental health
        Rutgers Department of Psychiatry, Grand Rounds
        Virtual

2024   Digital Psychiatry: Practical Implications for Clinical Care Today
        Grand Rounds Lecture and Research Seminar, Zucker Hillside Hospital / Northwell Health
        Glen Oaks, NY

2024   Digital Phenotyping in Schizophrenia: Current Applications and Next Steps (Invited talk)
        John Hopkins Schizophrenia Center: 6th Annual Symposium
        Baltimore, MD

2024   Impact of Screen Time / Social Media on Mental Health and Efficacy of Digital Detoxes
        NASA Operations Update (by Office of the Chief Health and Medical Officer)
        Cleveland, OH (Glenn Research Center)

2024   Digital Phenotyping and Mental Health: Research, Clinical, and Marketplace Trends
        Laureate Psychiatric Clinic and Hospital / Saint Francis Health System Grand Rounds
        Tulsa, OK (online)

2024   Can AI See My Patient? An Introduction to Large Language Models and Psychiatry
        Alameda County Behavioral Health Services in Northern California
        Oakland, CA (online)

2024   Updates in Digital Psychiatry in 2024
        Medical College of Wisconsin, Department of Psychiatry, Grand Round
        Virtual

2024   Lecture on Digital Therapeutics (Invited)
        Standing Committee of Medical and Vocational Experts for the Social Security
        Administration's
         Disability Programs, National Academies of Science, Engineering, and Medicine
        Virtual

2024   Digital Psychiatry in 2024
        Grand Rounds, Department of Psychiatry
        UT San Antonio

2025   Digital Psychiatry
        Grand Rounds, Department of Psychiatry
        University of Miami

2025   Towards Practical Digital Psychiatry - Considering the Role of Access, Equity,
          Smartphone Apps, and Hybrid Care Models
        Grand Rounds, Department of Psychiatry
        University of Cincinnati

2025   Cross-Cultural Consortium on Irritability (C3I) online workshop on AI applications in
                    pediatric irritability treatment: Presenter on AI/LLMs
                Cross-Cultural Consortium on Irritability (C3I)
                Yale School of Medicine

2025   Smartphone digital phenotyping - Assessing data quality and functional outcomes
                Current Landscape in Digital Health and Behavioral measures for precision medicine
                initiatives in Major Depressive Disorder Drug Development Meeting
                Foundation for the NIH (Virtual)

2025   Digital Mental Health for Public Psychiatry Invited Lecture
                Columbia University Public Psychiatry Education Training Program
                New York, NY (Virtual)

2025   Re-Imagining the Asylum: The Next Generation of Inpatient Psychiatry
                Anxiety and Depression Association of America (ADAA)
                Las Vegas, NV

2025   Technology and AI Integration into Clinical Practice (keynote)
                Technology and AI, the New Mental Health Frontier, Spring Event 2025
                New York Institute of Technology, Center for Behavioral Health

2025   Digital Mental Health and AI: Separating Hype and Hope
                National Alliance on Mental Illness (NAMI) Annual Meeting
                Online

2025   Mental Health and Screen Time: Science and Solutions
                NASA Occupational Health Staff Talks
                Online

2025   Mobile Mental Health Technologies
                Tulane Psychiatry Grand Rounds
                New Orleans, LA (virtual)

2025   AI/Digital Mental Health (keynote address and panel)
                National Association of State Mental Health Program Directors, Annual Meeting
                Washington DC

2025   Digital Mental Health (course lecture and discussion)
                AI in Medicine, Master of Science in Health Systems
                Cedars-Sinai Health Sciences University, CA (virtual)

2025   Digital Psychiatry: Update on Smartphone Applications & Artificial Intelligence (keynote)
                20th Annual Comprehensive Review of Psychiatry
                Department of Psychiatry, University of Buffalo
                Buffalo, NY

2025   Digital Mental Health: Digital Equity, Mental Health Apps, and Technology Informed

Department of Psychiatry Grand Rounds, University of Houston
Houston, TX

2025   AI Risks and Harms (invited presentation to Congressional committee)
Subcommittee on Oversight and Investigations, Committee on Energy and Commerce
Washington DC, Virtual

2025   Understanding the Evolving Role of AI in Mental Health
Department of Defense Global Grand Rounds
Society of Uniformed Services Psychiatrists

2025   AI in Personality Disorders
International Society for the Study of Personality Disorders Annual Meeting, Keynote
Boston, MA

2025   AI: Friend or Foe, Keynote
IASR/AFSP International Summit on Suicide Research
Boston, MA

2025   Digital Psychiatry & Mental Health Applications: Navigating Privacy, Equity, and Access
American Psychiatric Association: Looking Beyond Webinar (national broadcast)
(online)

International

No presentations below were sponsored by 3rd parties/outside entities

2017   Mobile Health Meets Mental Health: Understanding the Evolving Role of Smartphones, Apps, and Sensors / Invited Guest Lecture and Grand Rounds. The Black Dog Institute.
University of New South Wales
Sydney, Australia

2018   3rd Symposia on Computing and Mental Health / Co-Chair and Speaker
Association of Computer Machinery Conference on Conference on Human Factors in Computing Systems
Montreal, Canada

2019   Digital Psychiatry / Invited Grand Rounds
National Institute of Mental Health & Neuro Sciences (NIMHANS)
Bangalore, India

2019   Computational Psychiatry and Core Concepts from Neuroscience for the Practicing Psychiatrist
Frontiers of Psychiatry IV, 2019 India Sumner / Two invited lectures
Thane Municipal Corporation's Rajib Gandhi Medical College
Mumbai, India

2019	Digital Phenotyping and Mental Health: Hype, Hope, and Hard Work Ahead University of Glasgow Spring 2019 Symposium: "Digital Mental Health: What's happening now?" / Invited Keynote Lecture Glasgow, Scotland, UK
2019	4th Symposia on Computing and Mental Health / Co-Chair and Speaker Association of Computer Machinery Conference on Conference on Human Factors in Computing Systems Glasgow, Scotland, UK
2019	mHealth and Depression / Invited Presentation CANMAT and CAN-BIND Depression in 2020: Biomarkers, Technologies, and Novel Therapeutics. Toronto, Canada
2019	Future of Digital Mental Health Education Panel /Invited Panelist The Centre for Addiction and Mental Health, University of Toronto Toronto, Canada
2019	Application of Digital Strategies for Facilitating Schizophrenia Research International Society for CNS Clinical Trails and Methodology, Innovative Technology Working Group Webinar, Virtual
2019	Digital Phenotyping of Micro-Cognitive Measures in Patients with Schizophrenia / Selected Abstract 2019 Congress of the Schizophrenia International Research Society Orlando, FL
2020	Digital Phenotyping and Mobile Technology for Advancing Access and Quality of Mental Health AIMS Bhopal / Sangath Bhopal, India
2020	The Future of Virtual Mental Health: The North American Experience (Invited Keynote) 9th Annual E-Mental Health Conference (Sponsored by Mental Health Commission of Canada) Toronto, Canada
2020	If You Build It, Will They Change? Implementing Mobile Apps To Achieve Clinical Results. 9th Annual E-Mental Health Conference (Sponsored by the Mental Health Commission of Canada) Toronto, Canada
2020	Flip the clinic: the digital approach to mental health support Sydney Ideas: Public Talks Program / University of Sydney (Online, COVID-19)

2020   Beyond Telehealth: Digital Psychiatry's Current Applications and Research
Chat-pal Annual Conference 2020, NORTHERN PERIPHERY+ ARCTIC PROGRAMME
2014-2020 (E.U).
(Online, COVID-19)

2020   New horizons of machine learning
ECNP Neuroimaging Network, NeuroMiner Online Workshop
(Online, COVID-19)

2020   COVID, Health and Behaviour Change (panel)
University College London, 6th Annual Digital Health Conference
(Online, COVID-19)

2020   Beyond Telehealth: Advances in Digital Mental Health Research and Practical Clinical
Considerations for Smartphone Apps in Care
University of Ottawa Department of Psychiatry, Research Day
(Online, COVID-19)

2020   COVID-19 Screening, Tracing, and Treatment
IEEE Engineering in Biology and Medicine Society, Grand Challenge Forum
(Online, COVID-19)

2020   Cancelled Presentation because of COVID-19
Forum on Mental Health and Digital Technologies, World Innovation Summit for Health
Doha, Qatar

2020   The Digital Mental Health Response to COVID-19: A Global Perspective (Panel)
NIHR MindTech MIC National Symposium 2020
MindTech2020: Digital Mental Health in the Age of COVID-19. (
Online, COVID-19)

2021   Beyond Telehealth: Advances in Digital Mental Health Research and Practical Clinical
Considerations for Smartphone Apps in Care
Synapsy / Swiss National Center of Competence in Research
(Online, COVID-19)

2021   Training in Digital Mental Health (invited talk)
29th European Congress of Psychiatry
(Online, COVID-19)

2021   Integration of Neuropsychological Assessment for the Treatment of People with Psychotic
Disorders: Insights and Technological Advances
2021 Congress of the Schizophrenia International Research Society
(Online, COVID-19)

2021   Current Advances in Digital Cognitive Assessment and Intervention for Psychosis
2021 Congress of the Schizophrenia International Research Society
(Online, COVID-19)

2021   Artificial Intelligence for Mental Health Seminar Series: Working with real-time smartphone mental health data –research and clinical lessons learned
University of Oxford, Oxford, UK
(Online, COVID-19)

2021   Digital Mental Health
BIH Charite Clinician Scientist Symposium
Berlin Institute of Health, Berlin, Germany
(Online, COVID-19)

2021   Digital medicine in mental health: Opportunities and Challenges
15th World Congress of Biological Psychiatry (session co-chair and presenter)
(Online, COVID-19)

2021   Apps for Mental Health: New Research and Marketplace Trends
IEEE SSIT Guest Lecture, Co-hosted by IEEE UK and Ireland SSIT Chapter, SSIT IST-Africa SIGHT
(Online, COVID-19)

2021   MindApps.org: Evaluating Mental Health Apps
Community Care Smart Assistive Technology Collaborative
Queensland, Australia
(Online, COVID-19)

2021   Mobile Mental Health for Stress: Exploring the Research, Current Clinical Applications, and Evaluation Strategies
Australasian Society for Traumatic Stress Studies Annual Meeting (Keynote)
Australia
(Online, COVID-19)

2021   The Evolving Landscape of Digital Diagnostic and Care Tools in Schizophrenia (Keynote)
European Scientific Association on Schizophrenia and other Psychoses (ESAS)
Berlin, Germany and (Online, COVID-19)

2021   Towards actionable relapse prediction: Digital phenotyping to predict relapse in schizophrenia (Invited Talk and Panelist)
European Scientific Association on Schizophrenia and other Psychoses (ESAS)
Berlin, Germany and (Online, COVID-19)

2021   Digital Psychiatry in 2021: Recent Advances and Next Steps
NIMHANS Psychiatry Special Lecture
Bangalore, India, (in person!)

2022   Assessing the Dynamics of the Mental Health Apple and Android App Marketplaces
15th Workshop on Costs and Assessment in Psychiatry – Mental Health Services, Economics, Policy Research
Venice, Italy and (Online, COVID-19)

2022	Development of Digital Health in France and Abroad (panelist) European Interreg Northwest Europe France, (Online, COVID-19)
2022	Digital Phenotyping Methods to Understand Disease State and Progression British Association of Psychopharmacology, Summer Conference London, UK
2022	Translating Research into Clinical Design & Implementation in the Clinic - Reverse Engineering of Digital Measures Foundation for the National Institute of Health (FINH) Zurich, Switzerland
2022	Digital Psychiatry in 2022 Oxford University, Department of Psychiatry Grand Rounds Oxford, UK (Online)
2022	Digital Mental Health and Psychiatry (Keynote) Health and Global Policy Institute (HGPI) and Kyoto University Annual Symposium Kyoto, Japan (Online)
2023	Digital Health and Digital Biomarkers - Digital Phenotyping and Mental Health Research and Clinical Applications Invited Lecture Series by the Luxembourg Institute of Health and University of Luxembourg
2023	Smartphones in Early Course Psychosis Schizophrenia International Research Society (SIRS) annual meeting Toronto, Canada
2023	Smartphone Digital Psychiatry: New Data, Clinical Opportunities, and Marketplace Apps (Keynote) First International Digital Mental Health and Wellbeing Conference Belfast, Ireland
2023	Digital Phenotyping and Mental Health (Keynote) China-USA Workshop 2023 on Intelligent Detection and Intervention of Patients with Depression University of North Carolina at Charlotte and Peking University Sixth Hospital China (and online)
2023, 2024	A Look into the Future - What is on the Horizon for Online Interventions WHO World Mental Health Surveys Annual Meeting Boston, MA
2023	Advances in Digital Mental Health Research and Practical Clinical Considerations for Smartphone Apps in Care

University College Dublin, Department of Child and Adolescent Psychiatry, Grand Rounds
Dublin, Ireland (virtual)

2023   Beyond Telehealth: Advances in Digital Mental Health Research and Practical Clinical Considerations for Smartphone Apps in Care (Keynote)
International Workshop on Affective Computing for Mental Wellbeing, Conference of the Association for the Advancement of Affective Computing
Cambridge (MIT), MA

2023   Innovations in Child and Adolescent Psychiatry Plenary Sessions: Innovations in Digital Mental Health Faculty of Child and Adolescent Psychiatry, Annual Conference; Royal College of Psychiatrists (UK) London, UK (online)

2023   Developments and challenges of digital mental health: models, evidence and clinical applications
Congress of the Italian Society of Biological Psychiatry
Naples, Italy

2024   Digital Technologies and New Advancements in Psychiatry (invited plenary lecture)
World Federation of Societies of Biological Psychiatry Annual Meeting
Istanbul, Turkey

2024   Assessing the Current Landscape of Digital Psychiatry and New Pathways to Integrate Self-Help Apps into Care
UKZN Dept. of Psychiatry and The South African Medical Research Council
Cape Town, South Africa (virtual)

2024   Telehealth Beyond Video Visits: Exploring the Landscape of Smartphone Apps, Digital Phenotyping, and New Clinical Care Models (Keynote)
Digital Mental Health International Congress 2024
Ottawa, Canada

2024   Digital Psychiatry: Updates on Digital Phenotyping, Digital Clinical, and App Evaluation
57th Annual Conference of Indian Psych. Society South Zonal Branch: Karnataka Chapter
Bangalore, India (virtual)

2025   Psychiatry Updates: Harnessing Technology and Current Treatments
Asian Hospital and Medical Center, Psychiatry Postgraduate Course (Keynote)
Manilla, Philippines (virtual)

2025   AI as the Digital Navigator, using LLMs to Interpret Smartphone Digital Phenotyping Data
NeuroMI: AI for Neuroscience: from basic research to clinical practice
Milan Center for Neurosciences, University of Milano-Bicocca

Report of Clinical Activities and Innovations

Current Licensure and Certification

2012 – 2016	Massachusetts Limited Medical License
2016 –	Massachusetts Full Medical License
2016 –	Certification, American Board of Psychiatry and Neurology
2018 –	Certification, American Board of Preventive Medicine – Clinical Informatics

Practice Activities

| 2019 – | Outpatient Care | Digital Psychiatry Clinic, BIDMC | Varies Per Week |

Clinical, Technological, and Scientific Innovations

Mindful Moods Smartphone App
2014 – 2015   Developed an Apple and Android smartphone app to assess PHQ-9 symptoms of depression, including suicidality, and demonstrated feasibility and acceptability in a small clinical study. Study results were published, invited for presentation at Apple, and offer one of the earlier examples of how smartphones can safely assess safety in mental health patients.

App Evaluation
2014 –   I created the first clinical guidance for the evaluation of mental health smartphone apps to be endorsed by a major medical society (American Psychiatric Association). This guidance has been adopted by local Hospitals (CHA), taught internationally, offered in numerous national CMEs, published in Lancet Digital Health and World Psychiatry, supported by NIMH contracts, and currently forming as a national committee sponsored by the APA. In 2019, I chaired a 2-day meeting on the topic, inviting 12 experts from around the country (including 3 patients) that was hosted by the American Psychiatric Association in Washington DC. In 2020, the project was selected for a presentation by the Federal Trade Commission (FTC) at its annual privacy convention. In 2021 the project expanded as mindapps.org and is now the largest open database of apps and used in medical student and resident education.

LAMP
2014 –   I created the LAMP smartphone platform composed of Apple and Android smartphone apps, a custom API, and a custom database to enable digital clinical care and research. The app is currently used in the BIDMC Digital Psychiatry Clinic and DOORs programs as well as many NIMH-sponsored studies. Boston University is using the app for a research study with 200 students, University of Montreal for a research studies with 20 patients with schizophrenia, Cal. State Northridge in Los Angeles for a study with 200 students, the BIDMC Department of Anesthesia for a study on post-operative recovery, the BIDMC Department of Cognitive Neurology for a study on early course dementia, and a university in China as well. In 2021 the app was selected by the NIH as part of the AMP SZ study and is used today in the world's largest digital phenotyping study.

Digital Phenotyping

2015 –   I was first author of the paper that defined the term 'digital phenotyping' which has since become a topic of global interest across healthcare. I have presented on this topic at international meetings and published further papers in international journals.

Digital Clinic

2018 –   Created the first digital mental health clinic that uses smartphone technology to augment and extend outpatient care. The basis for this new model of care was published in npj Digital Medicine and in 2023 was featured in NEJM-Catalyst. The model has since been adopted by other medical centers around the country. Published papers show this model can enable patients to achieve rapid improvement in depression and anxiety within 6 weeks, which enables more patient throughput to increase access to care for more patients.

DOORS/Digital Navigator

2018 –   Created a new digital health literacy program for patients with serious mental illness called DOORS, Digital Opportunities for Outcomes in Recover Services offered as a 4- and 6-week course. The training manual I created has been shared with Yale and the VA who are interested in offering DOORS, as well as the Los Angeles Department of Mental Health. The Digital Navigator role is a train-the-trainer model for DOORS but also expanded the role to clinical integration and tech engagement. It has been adopted by various systems already.

Psy-Q.com

2014 –   Created the largest free online psychiatry educational platform that allows both trainees and educators to collaboratively create and self-curate multiple-choice questions. The platform has been utilized at over 15 residency programs to date and been published in Academic Psychiatry. It has received funding from both Association of Directors of Medical Student Education in Psychiatry and the Academy of Consultation-Liaison Psychiatry.

Report of Education of Patients and Service to the Community

Activities

2016   Guest Lecture for Public Meeting on Technology and Mental Health
            Hosted by IEEE New Hampshire Chapter

2016   Represented to the Harvard Affiliated Residency Programs Showcase
            Assisted at this event hosting URM students interested in residency programs

2018   Keynote Speaker for Brookline Department of Mental Health's 10th Annual Symposium
            Presented a keynote talk on youth mental health and digital technology

2018   Public Webinar entitled: "Mental health smartphone apps: Evidence, theory, and Improvements"

Hosted by the journal Evidence-Based Mental Health

2018   Public Webinar entitled: "Digital Technologies for the Assessment of Cognition"
Hosted by the journal Evidence-Based Mental Health

2018   Discussion on Technology and Mental Health for Public Radio
Healthy U Radio Show Guest (KMEM-FM 100.5)

2018   Public Webinar entitled: Innovation in Digital Mental Health: Actual or Aspirational?
Hosted by the Innovation Learning Network

2018   Public Session entitled: "Beyond Just the Wrist: Rethinking Wearable Technology for
Mental Health Hosted at the American Psychiatric Association Annual Meeting,
Innovation Zone

2018   Public Webinar on Health Information Technology and Mental Health Apps
Sponsored by SAMHSA

2021   Digital Navigators for Digital Mental Health Equity
Los Angeles Country Department of Mental Health

2021   Workshop: Unwanted Bias in Mobile Health Technologies
The Aspen Institute

2021   The Summit on Mental Health (presenter and panelist)
Association of Health Care Journalists

2023   Digital Mental Health 101: What Clinicians Need to Know When Getting Started (chair of
writing group)
Resources Document Endorsed and Promoted by the American Psychiatric Association

Educational Material for Patients and the Lay Community

2014	Mental Health and Aging	Author	Brookline Senior Center Newsletter Column
2015 –	Over 12 Articles for Psychiatric Times	Author	Psychiatric Times Website and Mailings
2018 –	Over 10 Pieces of Mental Health Tech	Author	Psychology Today Blog
2018 –	Monthly Author Interview Podcasts	Host	JAMA Psychiatry
2019	Digital Therapy Apps: Good or Bad?	Author	NAMI Website Blog
2021	How to Navigate Apps	Author	NAMI Website Blog

2023	The Digital Mental Health Paradox	Author	Harvard Health Policy Review
2024	FDA has approved the 1st app…	Guest	NPR
2024	AI in Mental Health	Guest	Dean of Stanford Medicine Podcast
2024	Digital Mental Health	Guest	MQ Podcast
2025	Mental Health Care in Crisis…	Presenter	NEJM Catalyst Video

<u>Recognition</u>

2018	Publicity on Digital Health App Evaluation Work	NPR
2019 –	Publicity on Digital Health Privacy Work	Washington Pos (x2), NBC
2019 –	Publicity on Digital Health Ethics Work	NY Times (x4), Boston Globe

Report of Scholarship

Peer reviewed publications in print or other media: H index: 72, per Google Scholar

Published Research Investigations

1. **Torous, J.**, Chan, S. R., Tan, S. Y. M., Behrens, J., Mathew, I., Conrad, E. J., Hinton, L., Yellowlees, P. & Keshavan, M. 2014. Patient smartphone ownership and interest in mobile apps to monitor symptoms of mental health conditions: a survey in four geographically distinct psychiatric clinics. JMIR Mental Health, 1 (1)**,** e5.
2. **Torous, J.**, Friedman, R. & Keshavan, M. 2014. Smartphone ownership and interest in mobile applications to monitor symptoms of mental health conditions. JMIR mHealth and uHealth, 2 (1)**,** e2.
3. Joseph, A. J., Tandon, N., Yang, L. H., Duckworth, K., **Torous, J.**, Seidman, L. J. & Keshavan, M. S. 2015. # Schizophrenia: use and misuse on Twitter. Schizophrenia Research, 165 (2-3)**,** 111-115.
4. **Torous, J.**, Staples, P., Shanahan, M., Lin, C., Peck, P., Keshavan, M. & Onnela, J. P. 2015. Utilizing a personal smartphone custom app to assess the patient health questionnaire-9 (PHQ-9) depressive symptoms in patients with major depressive disorder. JMIR mental health, 2 (1)**,** e8.
5. **Torous, J.**, Franzan, J., O'Connor, R., Mathew, I., Keshavan, M., Kitts, R. & Boland, R. 2015. Psychiatry residents' use of educational websites: a pilot survey study. Academic Psychiatry, 39 (6)**,** 630-633.
6. Gipson, S., **Torous, J.**, Boland, R. & Conrad, E. 2017. Mobile phone use in psychiatry residents in the United States: multisite cross-sectional survey study. JMIR mHealth and uHealth, 5 (11)**,** e160.
7. Peck, P., **Torous, J.**, Shanahan, M., Fossa, A. & Greenberg, W. 2017. Patient access to electronic psychiatric records: a pilot study. Health policy and technology, 6 (3)**,** 309-315.

8. Rosenfeld, L., **Torous, J.** & Vahia, I. V. 2017. Data security and privacy in apps for dementia: an analysis of existing privacy policies. The American Journal of Geriatric Psychiatry, 25 (8)**,** 873-877.

9. Staples, P., **Torous, J.**, Barnett, I., Carlson, K., Sandoval, L., Keshavan, M. & Onnela, J. P. 2017. A comparison of passive and active estimates of sleep in a cohort with schizophrenia. NPJ schizophrenia, 3 (1)**,** 1-6.

10. Snow, C. E., **Torous, J.**, Gordon-Elliott, J. S., Penzner, J. B., Meyer, F. & Boland, R. 2017. Use of electronic resources for psychiatry clerkship learning: a medical student survey. Academic Psychiatry, 41 (5)**,** 656-660.

11. **Torous, J.**, Staples, P., Slaters, L., Adams, J., Sandoval, L., Onnela, J. P. & Keshavan, M. 2017. Characterizing smartphone engagement for schizophrenia: results of a naturalist mobile health study. Clinical schizophrenia & related psychoses.

12. Barnett, I., **Torous, J.**, Staples, P., Sandoval, L., Keshavan, M. & Onnela, J. P. 2018. Relapse prediction in schizophrenia through digital phenotyping: a pilot study. Neuropsychopharmacology, 43 (8)**,** 1660-1666.

13. Domaney, N. M., **Torous, J.** & Greenberg, W. E. 2018. Exploring the association between electronic health record use and burnout among psychiatry residents and faculty: a pilot survey study. Academic Psychiatry, 42 (5)**,** 648-652.

14. Kim, J. W., Nguyen, T. Q., Gipson, S. Y. M. T., Shin, A. L. & **Torous, J.** 2018. Smartphone apps for autism spectrum disorder—Understanding the evidence. Journal of Technology in Behavioral Science, 3 (1)**,** 1-4.

15. Minen, M. T., Stieglitz, E. J., Sciortino, R. & **Torous, J.** 2018. Privacy issues in smartphone applications: an analysis of headache/migraine applications. Headache: The Journal of Head and Face Pain, 58 (7)**,** 1014-1027.

16. Powell, A., Singh, P. & **Torous, J.** 2018. The complexity of mental health app privacy policies: a potential barrier to privacy. JMIR mHealth and uHealth, 6 (7)**,** e158.

17. Roberts, L. W., Chan, S. & **Torous, J.** 2018. New tests, new tools: mobile and connected technologies in advancing psychiatric diagnosis. NPJ digital medicine, 1 (1)**,** 1-4.

18. **Torous, J.**, Staples, P., Barnett, I., Sandoval, L. R., Keshavan, M. & Onnela, J. P. 2018. Characterizing the clinical relevance of digital phenotyping data quality with applications to a cohort with schizophrenia. NPJ digital medicine, 1 (1)**,** 1-9.

19. **Torous, J.**, Wisniewski, H., Liu, G. & Keshavan, M. 2018. Mental health mobile phone app usage, concerns, and benefits among psychiatric outpatients: comparative survey study. JMIR mental health, 5 (4)**,** e11715.

20. Wu, E., **Torous, J.** & Liu, C. 2018. Chinese immigrant use of smartphone apps toward improving child mental health awareness and resource delivery: A pilot study. Asian journal of psychiatry, 33**,** 1.

21. Gershon, A., Kaufmann, C. N., **Torous, J.**, Depp, C. & Ketter, T. A. 2019. Electronic Ecological Momentary Assessment (EMA) in youth with bipolar disorder: Demographic and clinical predictors of electronic EMA adherence. Journal of psychiatric research, 116**,** 14-18.

22. Hoffman, L., Benedetto, E., Huang, H., Grossman, E., Kaluma, D., Mann, Z. & **Torous, J.** 2019. Augmenting mental health in primary care: A 1-year study of deploying smartphone apps in a multi-site primary care/behavioral health integration program. Frontiers in psychiatry, 10**,** 94.

23. Huckvale, K., **Torous, J.** & Larsen, M. E. 2019. Assessment of the data sharing and privacy practices of smartphone apps for depression and smoking cessation. JAMA network open, 2 (4)**,** e192542-e192542.

24. Kim, E., **Torous, J.**, Horng, S., Grossestreuer, A. V., Rodriguez, J., Lee, T. & Nathanson, L. A. 2019. Mobile device ownership among emergency department patients. International journal of medical informatics, 126**,** 114-117.

25. Larsen, M. E., Huckvale, K., Nicholas, J., **Torous, J.**, Birrell, L., Li, E. & Reda, B. 2019. Using science to sell apps: evaluation of mental health app store quality claims. NPJ digital medicine, 2 (1)**,** 1-6.

26. Liu, G., Henson, P., Keshavan, M., Pekka-Onnela, J. & **Torous, J.** 2019. Assessing the potential of longitudinal smartphone based cognitive assessment in schizophrenia: A naturalistic pilot study. Schizophrenia Research: Cognition, 17**,** 100144.

27. Nebeker, C., Bartlett Ellis, R. J. & **Torous, J.** 2019. Development of a decision-making checklist tool to support technology selection in digital health research. Translational behavioral medicine.

28. Ng, M. M., Firth, J., Minen, M. & **Torous, J.** 2019. User engagement in mental health apps: a review of measurement, reporting, and validity. Psychiatric Services, 70 (7)**,** 538-544.

29. Powell, A. C., Yue, Z., Shan, C. & **Torous, J. B.** 2019. The Monetization Strategies of Apps for Anxiety Management: an International Comparison. Journal of Technology in Behavioral Science, 4 (2)**,** 67-72.

30. Saha, K., Sugar, B., **Torous, J.**, Abrahao, B., Kıcıman, E. & De Choudhury, M. A social media study on the effects of psychiatric medication use. Proceedings of the International AAAI Conference on Web and Social Media, 2019.

31. Saha, K., **Torous, J.**, Ernala, S. K., Rizuto, C., Stafford, A. & De Choudhury, M. 2019. A computational study of mental health awareness campaigns on social media. Translational behavioral medicine, 9 (6)**,** 1197-1207.

32. Wisniewski, H., Liu, G., Henson, P., Vaidyam, A., Hajratalli, N. K., Onnela, J. P. & **Torous, J.** 2019. Understanding the quality, effectiveness and attributes of top-rated smartphone health apps. Evidence-based mental health, 22 (1)**,** 4-9.

33. Beard, C., Silverman, A. L., Forgeard, M., Wilmer, M. T., **Torous, J.** & Björgvinsson, T. 2019. Smartphone, social media, and mental health app use in an acute transdiagnostic psychiatric sample. JMIR mHealth and uHealth, 7 (6)**,** e13364.

34. **Torous, J.**, Lipschitz, J., Ng, M. & Firth, J. 2019. Dropout rates in clinical trials of smartphone apps for depressive symptoms: a systematic review and meta-analysis. Journal of Affective Disorders.

35. Song W, **Torous J**, Kossowsky J, Chen CY, Huang H, Wright A. 2020. Genome-wide association analysis of insomnia using data from Partners Biobank. Scientific Reports, 10(1):1-8.

36. Henson, P., D'Mello, R., Vaidyam, A., Keshavan, M. and **Torous, J.**, 2021. Anomaly detection to predict relapse risk in schizophrenia. Translational psychiatry, 11(1), pp.1-6.

37. Camacho E, Cohen A, Torous J. Assessment of Mental Health Services Available Through Smartphone Apps. JAMA Network Open. 2022 Dec 1;5(12):e2248784-.

38. Camacho E, Torous J. Impact of Digital Literacy Training on Outcomes for People With Serious Mental Illness in Community and Inpatient Settings. Psychiatric Services. 2023 May 1;74(5):534-8.

39. D'Mello R, Melcher J, **Torous J.** Similarity matrix-based anomaly detection for clinical intervention. Scientific Reports. 2022 Jun 2;12(1):9162.

40. Cohen A, Naslund JA, Chang S, Nagendra S, Bhan A, Rozatkar A, Thirthalli J, Bondre A, Tugnawat D, Reddy PV, Dutt S, **Torous J**. Relapse prediction in schizophrenia with smartphone digital phenotyping during COVID-19: a prospective, three-site, two-country, longitudinal study. Schizophrenia. 2023 Jan 27;9(1):6.

41. Currey D, **Torous J.** Digital phenotyping data to predict symptom improvement and mental health app personalization in college students: prospective validation of a predictive model. Journal of Medical Internet Research. 2023 Feb 9;25:e39258.
42. Currey D, **Torous J.** Increasing the value of digital phenotyping through reducing missingness: a retrospective review and analysis of prior studies. BMJ Ment Health. 2023 Feb 1;26(1).
43. Langholm C, Breitinger S, Gray L, Goes F, Walker A, Xiong A, Stopel C, Zandi P, Frye MA, **Torous J.** Classifying and clustering mood disorder patients using smartphone data from a feasibility study. npj Digital Medicine. 2023 Dec 21;6(1):238.
44. Camacho E, Chang SM, Currey D, **Torous J.** The impact of guided versus supportive coaching on mental health app engagement and clinical outcomes. Health Informatics Journal. 2023 Dec 19;29(4):14604582231215872.
45. Onyeaka H, Zambrano J, Szlyk H, Celano C, Baiden P, Muoghalu C, Enemuo V, Oghenetega EA, Huffman JC, **Torous J,** Firth J. Is engagement in physical activity related to its perceived mental health benefits among people with depression and anxiety? A population-scale survey study. American Journal of Lifestyle Medicine. 2025 Jan;19(1):129-37.
46. Macrynikola N, Chen K, Lane E, Nguyen N, Pinto J, Yen S, **Torous J.** Testing the Feasibility, Acceptability, and Potential Efficacy of an Innovative Digital Mental Health Care Delivery Model Designed to Increase Access to Care: Open Trial of the Digital Clinic. JMIR Mental Health. 2025 Jan 29;12:e65222.
47. Cohen A, Naslund J, Lane E, Bhan A, Rozatkar A, Mehta UM, Vaidyam A, Byun A, Barnett I, **Torous J.** Digital phenotyping data and anomaly detection methods to assess changes in mood and anxiety symptoms across a transdiagnostic clinical sample. Acta Psychiatrica Scandinavica. 2025 Mar;151(3):388-400.
48. Herpertz J, Dwyer B, Taylor J, Opel N, **Torous J.** Developing a standardized framework for evaluating health apps using natural language processing. Scientific Reports. 2025 Apr 6;15(1):11775.
49. Macrynikola N, Chang S, **Torous J**. Is digital alliance associated with engagement & outcomes in guided digital interventions? An analysis of data from two studies. Journal of Affective Disorders. 2025 Apr 22.
50. Beltrán JM, Jacob Y, Mehta MM, Hossain T, Adams A, Fontaine S, **Torous J**, McDonough C, Johnson M, Delgado AD, Murrough JW. Digital measures of activity and motivation impact depression and anxiety in the real world. npj Digital Medicine. 2025 May 10;8(1):268.
51. Byun AJ, Lane E, Langholm C, Flathers M, Hall MH, **Torous J**. Towards clinical subtypes in schizophrenia: integrating cognitive, functional, and digital phenotyping assessments. Molecular Psychiatry. 2025 May 20:1-0.
52. Balshi A, Dempsey JP, Schulte VP, **Torous J.** Rethinking Mental Healthcare Disparities: The Role of Social Drivers Beyond Poverty. Mental Illness. 2025;2025(1):9216585.
53. Blease C, Garcia Sanchez C, Locher C, McMillan B, Gaab J, **Torous J.** Generative Artificial Intelligence in Primary Care: Qualitative Study of UK General Practitioners' Views. Journal of Medical Internet Research. 2025 Aug 6;27:e74428.
54. Calvert E, Hackett K, **Torous J,** Giovannetti T. Barriers and facilitators to usability of a smartphone-based digital mental health tool in older adults: Insights from a secondary analysis of mindLAMP. International Psychogeriatrics. 2025 Sep 8:100123.

Other Peer Reviewed Scholarships

1. Haller, C. S., Padmanabhan, J. L., Lizano, P., **Torous, J.** & Keshavan, M. 2014. Recent advances in understanding schizophrenia. F1000prime reports, 6.
2. **Torous, J.**, Keshavan, M. & Gutheil, T. 2014. Promise and perils of digital psychiatry. Asian journal of psychiatry, 10**,** 120.
3. **Torous, J.** 2014. Mobile technology and global mental health. Asian journal of psychiatry, (10)**,** 69-70.
4. **Torous, J.** 2014. Digital psychiatry in Asia. Asian journal of psychiatry, 10**,** 1.
5. **Torous, J.** & Keshavan, M. 2014. The future of psychoses as seen from the history of its evolution. Current Behavioral Neuroscience Reports, 1 (2)**,** 94-99.
6. **Torous, J.** & Powell, A. C. 2015. Current research and trends in the use of smartphone applications for mood disorders. Internet Interventions, 2 (2)**,** 169-173.
7. Firth, J. & **Torous, J.** 2015. Smartphone apps for schizophrenia: a systematic review. JMIR mHealth and uHealth, 3 (4)**,** e102.
8. **Torous, J.** & Padmanabhan, J. 2015. Research by residents: obstacles and opportunities. Asian journal of psychiatry, 13**,** 81-82.
9. Hilty, D., Chan, S., **Torous, J.**, Mahautmr, J. & Mucic, D. 2015. New frontiers in healthcare and technology: Internet-and web-based mental options emerge to complement in-person and telepsychiatric care options. J Health Med Informatics, 6 (4)**,** 1-14.
10. Chan, S., **Torous, J.**, Hinton, L. & Yellowlees, P. 2015. Towards a framework for evaluating mobile mental health apps. Telemedicine and e-Health, 21 (12)**,** 1038-1041.
11. **Torous, J.**, Stern, A. P., Padmanabhan, J. L., Keshavan, M. S. & Perez, D. L. 2015. A proposed solution to integrating cognitive-affective neuroscience and neuropsychiatry in psychiatry residency training: the time is now. Asian journal of psychiatry, 17**,** 116-121.
12. **Torous, J.**, O'Connor, R., Franzen, J., Snow, C., Boland, R. & Kitts, R. 2015. Creating a pilot educational psychiatry website: opportunities, barriers, and next steps. JMIR medical education, 1 (2)**,** e14.
13. **Torous, J.**, Staples, P. & Onnela, J.-P. 2015. Realizing the potential of mobile mental health: new methods for new data in psychiatry. Current psychiatry reports, 17 (8)**,** 61.
14. Firth, J., Cotter, J., **Torous, J.**, Bucci, S., Firth, J. A. & Yung, A. R. 2016. Mobile phone ownership and endorsement of "mHealth" among people with psychosis: a meta-analysis of cross-sectional studies. Schizophrenia bulletin, 42 (2)**,** 448-455.
15. Wu, E., **Torous, J.** & Harper, G. 2016. A gap in the literature: clinical role for smartphone applications for depression care among adolescents? Journal of the American Academy of Child & Adolescent Psychiatry, 55 (7)**,** 630-631.
16. Armontrout, J., **Torous, J.**, Fisher, M., Drogin, E. & Gutheil, T. 2016. Mobile mental health: navigating new rules and regulations for digital tools. Current psychiatry reports, 18 (10)**,** 91.
17. Chan, S., **Torous, J.** B., Hinton, L. & Yellowlees, P. M. 2016. Psychiatric apps: Patient self-assessment, communication, and potential treatment interventions. e-Mental Health. Springer.
18. Depp, C., **Torous, J.** & Thompson, W. 2016. Technology-based early warning systems for bipolar disorder: a conceptual framework. JMIR mental health, 3 (3)**,** e42.
19. Firth, J., **Torous, J.** & Yung, A. R. 2016. Ecological momentary assessment and beyond: the rising interest in e-mental health research. J Psychiatr Res, 80**,** 3-4.
20. Hsin, H. & **Torous, J.** 2016. Ethical Issues in the Treatment of Depression. FOCUS, 14 (2)**,** 214-218.
21. Hsin, H., **Torous, J.** & Roberts, L. 2016. An adjuvant role for mobile health in psychiatry. JAMA psychiatry, 73 (2)**,** 103-104.

22. Minen, M. T., **Torous, J.**, Raynowska, J., Piazza, A., Grudzen, C., Powers, S., Lipton, R. & Sevick, M. A. 2016. Electronic behavioral interventions for headache: a systematic review. The journal of headache and pain, 17 (1)**,** 51.
23. **Torous, J.** B., Chan, S. R., Yellowlees, P. M. & Boland, R. 2016. To use or not? Evaluating ASPECTS of smartphone apps and mobile technology for clinical care in psychiatry. J Clin Psychiatry, 77 (6)**,** e734-e738.
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25. **Torous, J.**, Powell, A. & Knable, M. B. 2016. Quality assessment of self-directed software and mobile applications for the treatment of mental illness. Psychiatric Annals, 46 (10)**,** 579-583.
26. **Torous, J.**, Summergrad, P. & Ghaemi, S. N. 2016. Bipolar disorder in the digital age: new tools for the same illness. International journal of bipolar disorders, 4 (1)**,** 25.
27. Sobowale, K. & **Torous, J.** 2016. Disaster psychiatry in Asia: The potential of smartphones, mobile, and connected technologies. Asian journal of psychiatry, 22**,** 1-5.
28. **Torous, J.** & Baker, J. T. 2016. Why psychiatry needs data science and data science needs psychiatry: connecting with technology. JAMA psychiatry, 73 (1)**,** 3-4.
29. **Torous, J.** & Firth, J. 2016. The digital placebo effect: mobile mental health meets clinical psychiatry. The Lancet Psychiatry, 3 (2)**,** 100-102.
30. **Torous, J.** & Keshavan, M. 2016. The role of social media in schizophrenia: evaluating risks, benefits, and potential. Current opinion in psychiatry, 29 (3)**,** 190-195.
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33. Gipson, S. Y.-M. T., **Torous, J.** & Maneta, E. 2017. Mobile technologies in child and adolescent psychiatry: pushing for further awareness and research. Harvard review of psychiatry, 25 (4)**,** 191-193.
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