



RESEARCH - Nassir Ghaemi, MD, DFAPA



Dr. Nassir Ghaemi is a Professor of Psychiatry at Tufts University School of Medicine and Lecturer on Psychiatry at the Cambridge Health Alliance and Harvard Medical School.

He is also Director of Translational Medicine-Neuroscience at the Novartis Institute for Biomedical Research in Cambridge. He received his Bachelor of Arts in History from George Mason University in 1986 and MD from Medical College of Virginia in 1990. He completed his residency in Adult Psychiatry at McLean Hospital where he served as chief resident on the Psychopharmacology Service. He was awarded a master's in philosophy from Tufts University in 2001 and in 2004 a Master of Public Health from the Harvard School of Public Health. With this eclectic background, Dr. Ghaemi has made substantive contributions in psychopharmacology with a special emphasis on bipolar disorder, in psychiatric epidemiology and on the interface between mental illness and philosophy.

Dr. Ghaemi has published over 275 papers over the last 25 years, which have been cited over seven thousand times with an *h*-index of 44. Over the last 15 years, his annual citation numbers have exceeded 300 per year. In addition, he has written 7 books including the highly regarded *Clinical Psychopharmacology: Principles and Practice* (Oxford University Press, 2019) and edited 2 more. He sits or has served on 15 editorial boards including *Acta Psych Scand* and *J Affect Disorders*. His research expertise has been recognized by his appointment to research review committees for NIMH, the VA and the PHRMA Foundation.

The area of mental illness where he has made particular contributions concerns bipolar disorder where his meta-analysis was able to show that chronic antidepressant treatment was not superior to mood stabilizer treatment alone in preventing recurrence of depression in bipolar disorder but did significantly increase risk for mania (*Acta Psych Scand* 118: 347, 2008; cited >110 times). This conclusion was supported by the outcome of a large-scale clinical study that he directed of the consequences of antidepressant withdrawal in patients with bipolar disorder concurrently treated with mood stabilizers (Ghaemi et al. *J Clin Psych* 71:372, 2010; Cited >90 times). He continues research on novel mood stabilizers for bipolar disorder.

Massachusetts Psychiatric Society is pleased to recognize Nassir S. Ghaemi, MD, MA, MPH with its 2021 Outstanding Psychiatrist in Research Award.