EARLY CAREER PSYCHIATRY - John Torous, MD

Dr. Torous earned his Bachelor's in Science degree from UC Berkeley (2007) with honors in Electrical Engineering and Computer Sciences. Upon graduation, he received the Bechtel Engineering Achievement Award, the single highest graduation award from Berkley's College of Engineering. He matriculated at UC San Diego Medical School (2012) and completed his training in general psychiatry at the Harvard Longwood Program (2016). Dr. Torous then became one of two psychiatrists in the country to obtain a Master's in Biomedical Informatics at Harvard Medical School (2016-18), where he also completed a Medical Education Research fellowship (2018-19). He is currently Instructor in Psychiatry at Harvard Medical School and a staff psychiatrist at Beth Israel Deaconess Medical Center, where he is active in residency training.

Dr. Torous is a national and international expert in creating, researching, and delivering clinical innovations in digital psychiatry. His pioneering work in "digital phenotyping," monitoring patients' smartphone signals to identify early signs of relapse and risk, has been supported by NIMH K23 and NARSAD Young Investigator awards. Other innovations include: the Learn, Assess, Manage, Prevent (LAMP) smartphone app for relapse prevention in early psychosis; machine learning and voice analysis of DSM-5 field trial data, conducted while an APA Research Fellow (2018-20); Patient Empowering Technology for Serious Mental Illness (PETS) for use in early course psychosis; new statistical methods for analyzing datasets; a digital clinic using smartphone technology for the advanced care of psychiatric outpatients; a digital health literacy program for patients with serious mental illness (DOORS); and assessment of the first FDA approved digital medication. He is on the World Health Organization's Digital Health Roster of Experts, and the Editor in Chief of the J*ournal of Medical Internet Research: Mental Health and Web Editor for JAMA Psychiatry*.

Dr. Torous is also an expert in the safety and ethics of using digital technology in psychiatry. His app evaluation guidelines were adopted by the APA, and he has consulted to the Federal Trade Commission and Health and Human Services about using apps safely. NIMH funded him to develop a national report on apps for care in early psychosis. His co-authored paper "*The Ethical Use of Mobile Health Technology in Clinical Psychiatry"* won the Carol Davis Ethics Award from the APA (2017).

Dr. Torous teaches digital psychiatry and neuroscience at the Harvard Longwood Program, nationally, and internationally. He developed a curriculum in digital psychiatry as well as Psy-Q.com, the largest free online psychiatry educational platform that allows both trainees and educators to collaboratively create multiple choice questions. The platform has been used at over 15 residency programs.

Dr. Torous has published 140 peer-reviewed articles and given many presentations across the country and the globe. He is also a major contributor to organized psychiatry: He co-founded and co-chaired the Health Information Technology Committee at MPS. At APA, he chaired the Mental Health IT Committee, served on the Ad Hoc Registry Oversight Workgroup and the Workgroup on Innovation, and now serves on the Council on Research and the Scientific Program Committee for the 2020 Annual Meeting.

Dr. Torous' trailblazing work has been recognized by numerous awards and honors, including the Outstanding Resident Award from NIMH (2014), the Laughlin Fellowship from the American College of Psychiatrists (2015), the Livingston Award and Dupont/Warren Research Fellowship from HMS (2016), and the Annual Resident Health IT Award from the Massachusetts Medical Society (2016). For his already major contributions in the field of digital psychiatry and his generosity in sharing his expertise and innovations to improve the care of individuals with mental illness and to educate residents and colleagues, Dr. Torous is richly deserving of the Massachusetts Psychiatric Society Outstanding Early Career Psychiatrist Award for 2020.