

Curriculum Vitae: Tiffany R. Lago, M.D.

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BOARD CERTIFICATION

9/2016 – current American Board of Neurology and Psychiatry (ABPN)

EDUCATION

7/2016 – current Clinical (Research) Fellowship, **National Institute of Mental Health, Division of Intramural Research**, Bethesda, MD
7/2015 – 6/2016 PGY4 Residency Training Program, **National Institute of Mental Health Division of Intramural Research**, Bethesda, MD
7/2012 – 6/2015 Psychiatry Residency Training Program, **Boston Medical Center**, Boston, MA
8/2007 – 5/2012 M.D., **Indiana University School of Medicine**, Indianapolis, IN
8/2002 – 5/2006 B.S., Psychology, Behavioral Neuroscience Track, **Barrett, The Honors College, Arizona State University**, Tempe, AZ

POSITIONS

Research

7/2015 – current **Clinical Fellow**, Monique Ernst, M.D./Ph.D., Christian Grillon, Ph.D., Section on Neurobiology of Fear and Anxiety, National Institute of Mental Health, National Institutes of Health, Bethesda, MD
6/2009 – 8/2009 **Research Assistant**, Wei-Hua (Wendy) Lee, M.D./Ph.D., Wenbin Li, M.D./Ph.D., Herman B. Wells Center for Pediatric Research, Departments of Pediatrics and Anatomy, Indiana University School of Medicine, Indianapolis, IN
8/2006 – 7/2007 **Intramural Research Training Award**, Peter Schmidt, M.D., Behavioral Endocrinology Branch, National Institute of Mental Health, National Institutes of Health, Bethesda, MD
1/2005 – 5/2006 **School of Life Sciences Undergraduate Researcher**, Cheryl Conrad, Ph.D., Behavioral Neuroscience, and Linda Luecken, Ph.D., Clinical Psychology, Department of Psychology, Arizona State University, Tempe, AZ
8/2004 – 5/2005 **Personal Research Assistant**, Debra Kaplan, Ph.D., Family Bereavement Project, Prevention Research Center, Tempe, AZ
8/2003 – 8/2004 **Clinician/Research Assistant**, Arthritis Research Team, Arizona State University, Tempe, AZ

Teaching

5/2016 – current **Assistant Educator**, Foundation for Advanced Education in the Sciences (FAES), National Institute of Mental Health, National Institutes of Health, Bethesda, MD

Medical

12/2016 – current **Psychiatrist**, MedOptions of Maryland LLC, MD
7/2015 – current **On-call fellow**, Psychiatry Consult Liaison Service, NIH Clinical Center, Bethesda, MD
6/2011 – 5/2012 **Extern**, Emergency Department, St. Vincent Hospital, Indianapolis, IN
4/2008 – 10/2008 **Registration Associate**, Emergency Department, St. Vincent Hospital, Indianapolis, IN
7/2005 – 12/2005 **Physician Record Assistant**, Emergency Department, Chandler Regional Hospital, Chandler, AZ
8/2004 – 12/2004 **Intern**, Emergency Department, Chandler Regional Hospital, Chandler, AZ

HONORS AND AWARDS

2016 **Alies Muskin Career Development Leadership Program**, Anxiety and Depression Association of America
2015 – 2018 **Loan Repayment Award**, National Institutes of Health
2006 **Intramural Research Training Award**, see Employment
2006 **Summa Cum Laude**, College of Liberal Arts and Sciences, Arizona State University
2006 **Ernest Lindholm Memorial Award**, Outstanding Senior in Biopsychology, Arizona State University
2005 – 2006 **School of Life Sciences Undergraduate Research (SOLUR) Fellowship**, College of Liberal Arts and Sciences, Arizona State University
2005 **Dean's Circle Scholarship**, Psychology, College of Liberal Arts and Sciences, Arizona State University
2002 – 2006 **National Merit Scholarship**, Arizona State University
2002 **National Merit Finalist**

ORIGINAL RESEARCH

Ernst, M., **Lago, T.**, Davis, A., & Grillon, C. (2016). The effects of methylphenidate and propranolol on the interplay between induced-anxiety and working memory. *Psychopharmacology*, 233(19–20), 3565–74. <https://doi.org/10.1007/s00213-016-4390-y>

Gearhart, T., Wright, R.L., Harman, J.S., Luecken, L.J., Conrad, C.D. (2006). Effects of Rat Dam Stress During Handling on Rat Pups Emotionality and Hippocampal Functioning in Adulthood. Honors Thesis, Barrett, The Honors College, Arizona State University, Tempe, AZ

REVIEWS

Lago, T., Davis, A., Grillon, C., & Ernst, M. (2017). Striatum on the anxiety map; small detours into adolescence. *Brain Research, 1654*(Pt B), 177–184.
<https://doi.org/10.1016/j.brainres.2016.06.006>

Mehrizi, M., Fontem, R.F., **Gearhart, T.R.**, Pascuzzi, R.M. (2012). Medications and Myasthenia Gravis (A Reference for Health Care Professionals). Myasthenia Gravis Foundation of America. Available at
http://www.myasthenia.org/portals/0/draft_medications_and_myasthenia_gravis_for_MGFA_website_8%2010%2012.pdf.

Schmidt, P.J., **Gearhart, T.R.**, Steinberg, E.M., Rubinow, D.R. (2006). Depression, perimenopause and the quality of life. Proceedings for the 6th IMS Workshop: Menopause and Ageing, Quality of Life and Sexuality.

MEETINGS

(first or last author posters only)

2016 Annual Meeting, American College of Neuropsychopharmacology. Hollywood, FL. Poster.

Lago, T., Hsiung, A., Leitner, B., Duckworth, C., Chen, K., Grillon C., Ernst, M. (2016). Acute exercise alters the interaction between cognition and anxiety..

2016 Annual Training Day, Office of Intramural Training & Education, National Institutes of Health. Leesburg, VA. Poster.

Hsiung, A., Leitner, B., Chen, K., C. Grillon, Ernst, M., **Lago, T.** (2016). Acute moderate exercise improves working memory efficiency.

2016 Annual Meeting, Anxiety and Depression Association of America. Philadelphia, PA. Oral Presentation.

Lago, T. (2016). Cognition and Anxiety Project.

2015 Annual Meeting, American Psychiatric Association. Toronto, Canada. Poster.

Gearhart, T., Norian, E., Kamenker-Orlov, Y., Bradley, J., Engel, A. (2015). Improving Suicide Assessment Skills in Medical Trainees.

2015 New England Regional Meeting, Society of General Internal Medicine. Boston, MA. Oral Presentation.

Norian, E., **Lago, T.**, Kamenker-Orlov, Y., Engel, A. (2015). Improving Suicide Assessment in Primary Care by Medical Residents.

2014 Medical Education Day, The Academy Center for Teaching and Learning, Harvard Medical School. Boston, MA. Poster.

Gearhart, T., Norian, E., Kamenker-Orlov, Y., Engel, A. (2014). Improving Suicide

Assessment Skills in Medical Trainees.

2014 Innovations Conference, Center for Primary Care, Harvard Medical School. Boston, MA. Poster.

Gearhart, T., Norian, E., Kamenker-Orlov, Y., Engel, A. (2014). Improving Suicide Assessment Skills in Medical Trainees.

2007 Annual Meeting, Society for Neuroscience. San Diego, CA. Poster.

Gearhart, T.R., Cornwell, B.R., Grillon, C., Rubinow, D.R., Schmidt, P.J. (2007). Performance on the virtual Morris Water Maze in women: Effects of hormone condition and affective state.

TEACHING PRESENTATIONS

3/2017 **Lago, T.** (2017). Underpinnings of Clinical Anxiety. DC Chapter of Employee Assistance Professionals Association (EAP), Washington, DC.

11/2016 Chung, J., **Lago, T.**, Rasetti, R. (2016). Conducting Research as a Physician Scientist: MD or MD-PhD Paths, Post-bac IRTA Career Discussion Series, NIMH Fellowship Training, NIMH, NIH, Bethesda, MD.

11/2016 **Lago, T.** (2016). Epigenetics & Trauma, Clinical Fellows' Didactics, NIMH, NIH, Bethesda, MD.

10/2016 **Lago, T.** (2016). What mental health professionals need to know about fear and anxiety. Office of the Clinical Director Annual Educational Event, Frederick County Mental Health Department, Frederick County, MD.

9/2016 Hsiung, A., **Lago, T.** (2016). Effects of exercise on subjective and physiological anxiety. Section on the Neurobiology of Fear and Anxiety, NIMH, NIH, Bethesda, MD.

6/2016 Hsiung, A., **Lago, T.** (2016). Exercise, anxiety and cognition. Energy Metabolism Section, Diabetes, Endocrinology, and Obesity Branch, NIDDK, NIH, Bethesda, MD.

5/2016 Hsiung, A., **Lago, T.** (2016). Exercise, anxiety and cognition. Section on the Neurobiology of Fear and Anxiety, NIMH, NIH, Bethesda, MD.

5/2016 **Lago, T.**, Ben Dor, R. (2016). The Psychiatric Mental Status Examination. The Pre-Clinical Academy, Foundation for Advanced Education in the Sciences, Bethesda, MD.

11/2015 **Lago, T.** (2015). Basics of Psychopharmacology. Fundamentals of Clinical Psychology (Graduate Course), University of Maryland, College Park, MD.

- 8/2015 **Lago, T.** (2015). Anxiety Disorders. Science Meeting, Section on Neurobiology of Fear and Anxiety, National Institutes of Mental Health, National Institutes of Health, Bethesda, MD.
- 6/2014 – 6/2015 **Lago, T.** (2014). Anxiety Disorders. Psychiatry Clerkship, Boston University School of Medicine, Boston, MA.
- 3/2014 **Gearhart, T.** (2014). Thyroid and the Brain. Psychiatry Consultation-Liaison Services, Boston Medical Center, Boston, MA.
- 2/2014 **Gearhart, T.** (2014). Family Therapy. Psychiatry Residency Program, Boston Medical Center, Boston, MA.
- 9/2013 **Gearhart, T.** (2013). Henri de Toulouse-Lautrec. Psychiatry in the Arts, Psychiatry Residency Program, Boston Medical Center, Boston, MA.
- 9/2013 **Gearhart, T.** (2013). Demoralization. Psychiatry Consultation Services, VA Boston Healthcare System, West Roxbury, MA.

PROFESSIONAL SOCIETY MEMBERSHIPS

- 2017 – current **American Society of Clinical Psychopharmacology**
 2012 – current **American Psychiatric Association**

COMMITTEE MEMBERSHIPS

- 4/2016 – current **Pharmacy and Therapeutics Committee (P&T)**, Fellow Representative, Clinical Center, National Institutes of Health.
- 8/2015 – current **Clinical Fellows' Committee (ClinFelCom)**, National Institutes of Health.

SERVICE ACTIVITIES

(within 5 yrs)

- 7/2016 – current **Fellow Scheduling**, Psychiatry Consult Liaison Service, NIH Clinical Center, Bethesda, MD
- 8/2016 **Interviewer**, Mock Medical Student Interviews, Greater Bethesda American Medical Student Association (AMSA), National Institutes of Health, Bethesda, MD.
- 4/2016 **Judge**, Postbac Poster Day, National Institutes of Health, Bethesda, MD.