

***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](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 6<sup>th</sup> 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.