

BIOGRAPHICAL SKETCH

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NAME: Vahia, Ipsit Vihang

eRA COMMONS USER NAME (credential, e.g., agency login): ivahia

POSITION TITLE: Medical Director, Geriatric Psychiatry Outpatient Programs

EDUCATION/TRAINING (*Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable. Add/delete rows as necessary.*)

INSTITUTION AND LOCATION	DEGREE (if applicable)	Completion Date MM/YYYY	FIELD OF STUDY
University of Mumbai	M.B.B.S.	02/2002	Medicine
SUNY Downstate School of Medicine	M.D.	06/2007	Residency, Psychiatry
University of California San Diego		06/2009	Research Fellowship, Geriatric Psychiatry
University of California San Diego		06/2013	Geriatric Psychiatry Fellowship

A. Personal Statement

I am a Board-certified psychiatrist with additional specialty Board certification in geriatric psychiatry. My research has focused on aging-related outcomes in community-dwelling populations with and without mental illness. I have substantial experience in my roles as an investigator on NIH and John A. Hartford Foundation-funded projects on areas related to geriatric psychiatry, as well as a wide range of mentorship roles in clinical care and research. I have recent expertise in developing interventions based on use of technology in older adults and have also developed research on use of accelerometer technology for managing mood in older adults. My ongoing work focusses on developing sensor technologies and digital therapeutics for mapping behavior symptoms in older adults with dementia. Overall, these projects focus on novel technology in assessment and management of patients with mood and behavioral symptoms in late life.

B. Positions and Honors**Positions and Employment**

2001-2002 Clinical internship, Grant Medical College and Sir JJ Group of Hospitals, Mumbai, India
2002 Clinical Observer, Dept of Geriatrics, Beth Israel Deaconness Medical Center and Harvard Medical School, Boston, MA
2002-2003 Clinical Observer, Dana Farber Cancer Institute, Boston, MA
2003-2006 Resident in Psychiatry and Clinical Assistant Instructor, SUNY Downstate Medical Center, Brooklyn, NY
2006-2007 Chief Resident in Psychiatry, SUNY Downstate Medical Center, Brooklyn, NY
2007-2009 Research Fellow, Stein Institute for Research on Aging, University of California, San Diego. La Jolla, CA
2010-2011 Staff Psychiatrist, Sun Valley Behavioral Medical Center, El Centro, CA
2011 Assistant Project Scientist, Stein Institute for Research on Aging, University of California, San Diego. La Jolla, CA
2012-2015 Research Physician, Veteran Medical Research Foundation, La Jolla, CA
2012-2015 Assistant Clinical Professor, Department of Psychiatry, Stein Institute for Research on Aging, University of California, San Diego. La Jolla, CA

2012-2015 Staff Psychiatrist, San Diego County Psychiatric Hospital. San Diego, CA
 2013-2015 Director of Research, UCSD Senior Behavioral Health
 2016 Medical Director, Geriatric Psychiatry Outpatient Programs, McLean Hospital, Belmont, MA
 2016 Member of the Faculty, Harvard Medical School
 2017 Medical Director, Institute for Technology in Psychiatry, McLean Hospital, Belmont, MA
 2018 Director, Digital Psychiatry Innovations Clinic, McLean Hospital
 2018 Assistant Professor of Psychiatry, Harvard Medical School

Honors

2005 Stepping Stones' Fellowship from the American Association of Geriatric Psychiatry
 2006 First Runner-Up, AAGP Member in Training Research Award
 2006 Awarded AAGP Fellowship in Geriatric Psychiatry
 2006 Winner of the Brooklyn Psychiatric Society Annual Resident's Presentation Competition
 2007 Invitee, APA/APIRE Junior Investigator's Research Colloquium
 2007 George Ginsberg Award presented by American Association of Directors of Psychiatry Residency Training
 2007 'Outstanding Achievement in Research' Award: SUNY Downstate Medical Center Alumni Society
 2008 Invitee - Summer Research Institute in Geriatric Psychiatry
 2008 International Junior Investigator Award: International Congress of Geriatric Psychoneuropharmacology
 2010 Appointed to the Editorial Board, American Journal of Geriatric Psychiatry
 2011 International Junior Research Award (1st place): International Psychogeriatric Association
 2014 APA Hartford-Jeste Award for Future Leaders in Geriatric Psychiatry
 2016 AAGP Barry Lebowitz Award for Early Career Achievement in research
 2019 HMS Physicians Leadership Forum.
 2020 Listed in the 2020 Top Docs, selected by 'Boston Magazine'

Professional Memberships

American Psychiatric Association (APA)
 American Association of Geriatric Psychiatry (AAGP)
 International Congress of Geriatric Psychoneuropharmacology (ICGP)
 International Psychogeriatric Association (IPA)

C. Contributions to Science

1) Schizophrenia in Late Life

My initial research focused on determinants of outcome in older adults with schizophrenia. This work conducted at the State University of New York and the University of California San Diego, aimed at application of psychosocial theoretical models in older schizophrenia patients. Collectively, this body of work represents the first comprehensive assessment of how psychosocial factors impact outcomes, and has guided significant successive work that has looked at biological underpinnings of successful outcomes in schizophrenia. I served as the chief scientific contributor on all of these publications.

- 1) Vahia, I., Cohen, C.I., 'Psychosocial Interventions and Successful Aging: New Paradigms for Improving Outcome in Older Schizophrenia Patients?' American Journal of Geriatric Psychiatry: December 2007 15 (12), 987-990
- 2) Bankole, A, Cohen, C.I., Vahia, I, Diwan, S., Ramirez, P. 'Enhancing Quality of Life in Older persons with Schizophrenia.' American Journal of Geriatric Psychiatry: December 2007 15 (12), 1015-1023
- 3) Vahia, I, Cohen, C.I., Bankole, A, Diwan, S, Kehn, M, Ramirez, P. 'Adequacy of Medical Treatment for Older Adults with Schizophrenia' Psychiatric Services 2008 Aug;59(8):853-9.
- 4) Vahia, I.V., Palmer, B.W., Depp, C.A., Fellows, I., Golshan, S., Kraemer, H.C., Jeste D.V. Late Onset Schizophrenia: A Subtype of Schizophrenia? Acta Psychiatrica Scandinavica: **2010**. Nov;122(5):414-26

2) Successful Aging and Wisdom

Based on the above work, I developed research on the topic of successful aging and wisdom in late life. This work has been pioneering in establishing a dynamic multidimensional model of successful aging that has served as the basis for 2 ongoing studies of longitudinal studies of successful aging. This work also represents the first set of papers to demonstrate the association between psychopathology and positive factors such as resilience in determining outcomes for older adults with and without mental illness. For each of these studies, I am the primary author or a chief contributor

- 1) Vahia, I.V., Meeks, T.W., Thompson, W.K., Depp, C.A., Zisook, S., Allison, M., Judd, L.L., Jeste, D.V., Subsyndromal Depression and Successful Aging in Older Women. *American Journal of Geriatric Psychiatry*: 2010 Mar;18(3):212-20.
- 2) Vahia I.V., Thompson W.K., Depp C.A., Allison M., Jeste D.V.: Developing a Dimensional Model of Successful Cognitive and Emotional Aging. *International Psychogeriatrics* (2011): Apr;24(4):515-23.
- 3) Vahia I.V., Chattillion E., Kavirajan H.K., Jeste D.V.: Psychological protective factors across the lifespan: Implications for psychiatry: *Psychiatric Clinics of North America*, 2011, Mar 34 (1) 231-248
- 4) Jeste D.V., Savla G.N., Thompson W.K., Vahia I.V., Glorioso D.K., Martin A., Palmer B.W., Golshan S., Kraemer H.C., Depp C.A. Paradox of Aging: Study of Self-Rated Successful Aging in 1,006 Community-Dwelling Adults Aged 50-99: *American Journal of Psychiatry* (2013): Feb 1; 170 (2):188-96

3) Depression in Late Life

A major focus of my work has been on mood symptoms and their impact of quality of life in diverse samples of older adults. Specifically, I have focused on the impact of subsyndromal depressive symptoms. My work has improved our understanding of the broad range of negative impacts from depressive symptoms on quality of life and other psychopathology on older adults.

- 1) Vahia, I.V., Lanouette, N.M., Golshan S., Fellows, I., Kasckow, J.W., Zisook, S., Adding Antidepressants to Antipsychotics for Treatment of Subsyndromal Depressive Symptoms in Schizophrenia: Impact on Positive and Negative Symptoms. *Indian Journal of Psychiatry*: 2013 Apr;55(2):144-8.
- 2) Vahia, I.V., Depp, C.A., Palmer B.W., Fellows, O., Golshan, S., Allison, M., Jeste D.V. Correlates of Spirituality in Older Women. *Aging and Mental Health*: 2010 Oct 4:1-6. [Epub ahead of print]
- 3) Vahia I.V., Camacho A., Depp C.A., Herrera A., Thompson W.K., Munoz R.A., Jeste D.V., Ng B. : To What do Rural-Dwelling Hispanics Attribute Depressive Symptom: *Depression Research and Treatment: Depress Res Treat*. 2013; (epub May 26, 2013)
- 4) Vahia, I.V., Meeks, T.W., Thompson, W.K., Depp, C.A., Zisook, S., Allison, M., Judd, L.L., Jeste, D.V., Subsyndromal Depression and Successful Aging in Older Women. *American Journal of Geriatric Psychiatry*: 2010 Mar;18(3):212-20.

4) Use of technology in Late Life – focus on agitation in dementia and depression in aging

My most recent work has explored multiple applications of technology in older adults with psychiatric illness. I have a strong track record of establishing feasibility and efficacy of multiple forms of technology including sensors, mobile technology, and commercially available devices as interventions in late life. I have been PI or Co-PI on all of these projects.

- 1) Rosenberg, D., Depp, C.I., Vahia, I.V., Reichstadt, J., Palmer, B.W., Kerr, J., Norman, G., Jeste, D.V. Exergames for Subsyndromal Depression in Older Adults: A Pilot Study: *American Journal of Geriatric Psychiatry*: 2010 Mar;18(3):221-6.
- 2) **Vahia IV**, Kamat R, Vang C, Posada C, Ross L, Oreck S, Bhatt A, Depp C, Jeste DV, Sewell DD. Use of tablet devices in the management of agitation among inpatients with dementia: An open-label study. *Am J Geriatric Psychiatry* 2017 Aug;25(8):860-864
- 3) **Vahia IV**, Sewell DD. [Late-Life Depression: A role for accelerometer technology in diagnosis and management](#). *Am J Psychiatry*. 2016 Aug 1;173(8).
- 4) Collier C, Monette P, Hobbs K, Tabasky E, Forester BF, **Vahia IV**: Mapping Movement: Applying Motion Measurement Technologies to the Psychiatric Care of Older Adults. *Current Psychiatric Reports*. 2018 *Curr Psychiatry Rep*. 2018 Jul 24;20(8):64

Complete list of Published Work in MyBibliography

<http://www.ncbi.nlm.nih.gov/myncbi/browse/collection/49507628/?sort=date&direction=ascending>

D. Additional Information: Research Support and/or Scholastic Performance

Ongoing Research Support

5R01AG047146-03 (Forester) 2/16/2016 – 1/31/2020

Treatment of Psychosis and Agitation in Alzheimer's Disease

The study assesses the efficacy and safety of lithium to reduce agitation in patients with AD

Role: Co-I

Once Upon a Time Foundation EDMH grant (Vahia)

9/1/2018-8/31/2020

Electronic Data in Mental Health

This study assesses the impact of accessing data from patients' electronic media (e.g. text messaging, email) in psychotherapy

Role: PI

5R01AG050515-03 (Forester/Rosenberg)

09/01/2016 - 05/31/2021

Johns Hopkins University School of Medicine

Pilot trial of dronabinol adjunctive treatment of agitation in Alzheimer's disease (AD)

3 week randomized, double-blind, placebo-controlled trial of 160 subjects with Alzheimer's Dementia (AD) complicated by agitation. The study aims to assess the efficacy and safety of dronabinol, a synthetic THC product, at a dose of 10 mg per day, to reduce agitation in patients with AD

Role: Co-I

Completed Research Support

John A. Hartford Foundation (Jeste, Dilip) 9/1/08 – 6/30/12 and 7/1/13 – 1/30/16

Center of Excellence in Geriatric Psychiatry

The mission of this CoE was to further the development of academic leadership in the field by offering research training to physicians in geriatric psychiatry so that they gain the knowledge and skills necessary for such leadership. (Role – Research Scholar)

UCSD Academy of Clinical Scholars Faculty Development Award (Vahia, Ipsit)

UCSD 10/2014 – 10/2015

Pilot grant for developing biosensors for use in older adults

This pilot grant (\$10,000) supported initial development of biosensors for use in older adults (Role – PI)