

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

9000 Rockville Pike  
 Bldg 15K, Rm 113  
 Bethesda, MD 20892  
 phone: (301) 402-4897  
 e-mail: [tiffany.lago@nih.gov](mailto:tiffany.lago@nih.gov)

**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**

- 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  
 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 **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*, 1-10. <http://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. (2016). Striatum on the anxiety map: Small detours into adolescence. *Brain Research*, S0006-8993(16), 30430-9. doi: 10.1016/j.brainres.2016.06.006

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**

- 2016 Summer Poster Day, Office of Intramural Training & Education, National Institutes of Health. Bethesda, MD. Poster.

- Hernández Díaz, L., Leitner, B., Duckworth, C., Hsiung, A., **Lago, T.**, Chen, K., Brychta, R. (2016). Variability in Heart Rate Recovery Following Maximal and Submaximal Exercise: Correlates to Free-Living Behavior.
- 2016 Summer Poster Day, Office of Intramural Training & Education, National Institutes of Health. Bethesda, MD. Poster.
- DeGrazia, Z., Hsiung, A., **Lago, T.**, Ernst, M., Grillon, C. (2016). Acute moderate exercise protects against impairment in working memory from threat of shock.
- 2016 Annual Meeting, Society of Biological Psychiatry. Atlanta, GA. Poster.
- Ernst, M., Davis, A., **Lago, T.**, Grillon, C. (2016). Methylphenidate reduces anxiety-induced interference of working memory in healthy subjects.
- 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.
- 2009 Annual Meeting, Society for Neuroscience. Chicago, IL. Poster.
- Sanchez-Galvan, Z., **Gearhart, T.R.**, Cornwell, B.R., Martinez, P.E., Grillon, C., Rubinow, D.R., Schmidt, P.J. (2009). Performance on the virtual Morris water maze in women: Lack of effect of ovarian steroids.

- 2008 Annual Meeting, American Psychiatric Association. Washington, D.C. Poster.  
Harsh, Veronica L., Fortinsky, P., **Gearhart, Tiffany R.**, Rubinow, David R., Schmidt, Peter J. (2008). Effects of Medically-Induced Menopause on Mood and Behavior in Healthy Young Women.
- 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**

- 6/2016 Hsiung, A., **Lago, T.**, Grillon, C.; Ernst, M. (2016). Exercise, anxiety and cognition. Energy Metabolism Section, Diabetes, Endocrinology, and Obesity Branch, NIDDK, NIH, Bethesda, MD.
- 5/2016 Hsiung, A., **Lago, T.**, Grillon, C.; Ernst, M. (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**

2015 – current **Anxiety and Depression Association of America**  
 2012 – current **Phi Beta Kappa** Liberal Arts and Sciences Honor Society  
 2012 – current **Phi Kappa Phi** All-discipline Honor Society  
 2012 – 2015 **American Psychiatric Association**  
 2005 – 2006 **Alpha Epsilon Delta** Pre-medical Honor Society

**COMMITTEE MEMBERSHIPS**

4/2016 – current **Pharmacy and Therapeutics Committee (P&T)**, National Institutes of Health.  
 8/2015 – current **Clinical Fellows' Committee (ClinFelCom)**, National Institutes of Health.  
 8/2016 – current **Clinical Learning Environment Review (CLER) Subcommittee**, Clinical Fellows Committee, 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.  
 10/2009 – 5/2012 **Volunteer**, Trinity Free Clinic, Carmel, IN