

## **Dr. Joseph Sadek, FRCPC, DABPN**

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### **Faculty/Academic Appointments**

2018 to present Associate Scientist with the Maritime SPOR Support Unit (MSSU)  
2013 to present Associate Professor, Department of Psychiatry  
Dalhousie University, Halifax, Nova Scotia  
2008 to 2013 Assistant Professor, Department of Psychiatry  
Dalhousie University, Halifax, Nova Scotia  
2012 to 2015 Head. Professional Competency Component Unit in Neurosciences  
Med II students. Dalhousie University  
2005 to 2008 Lecturer, Department of Psychiatry  
Dalhousie University, Halifax, Nova Scotia

### **Leadership Appointment**

2011 to present Clinical and Academic Leader, Nova Scotia Hospital, Acute Care

### **Medical Qualifications**

- General Medical License (#12304) College of Physicians and Surgeons of Nova Scotia, granted June 2000
- Royal College of Physicians and Surgeons of Canada (#572204) granted 2005
- American Board of Psychiatry and Neurology (#59086) granted 2008

### **Hospital/Administrative Appointments**

2011 to present Nova Scotia Hospital, Mayflower Unit Clinical and Academic leader  
2007 to Present Director of Atlantic ADHD center (PT-private practice),  
Dartmouth, NS.  
2008 to 2015 ADHD clinic, Bayer's road Mental Health Clinic  
2005 to 2011 Attending Staff, Capital District Health Authority  
Mayflower Unit  
2005 to present ECT Team  
2004 to 2011 Attending Staff, South Shore Regional Hospital covering Outpatient,  
emergency assessments and Consult Liaison Service. PT, 1day/W  
01/ 12/2004 Psychiatry residency training Completion Certificate, Dalhousie  
University, Halifax, NS, Canada with electives at Harvard University  
and McGill University.

### **Education and Professional Qualifications**

2018 Diplomat of the American Board of Psychiatry and Neurology (**DABPN**)  
**Recertification Examination** (Score 83%)

- 2015 Global Clinical Scholars research Training program (**GCSRT**), Harvard University. June 2014 to June 2015. Graduated with Commendation.
- 2008 Diplomat of the American Board of Psychiatry and Neurology (**DABPN**)
- 2005 Fellowship of the Royal College of Physicians and Surgeons of Canada. Psychiatry (**FRCP**)
- 2004 Psychopharmacology Mood Disorder Clinic/ Residency training, Cambridge Health Alliance, Harvard University
- 2000 Licentiate, Medical Council of Canada (**LMCC**)
- 2000 **MBA**, St. Mary's University, Halifax, Nova Scotia
- 1999 USMLE and ECFMG certificate. USA
- 1991 Pharmacy Examining Board of Canada Certificate (**PEBC**)
- 1995 **FPGEC** Pharmacy Certificate, American National Association of Boards of Pharmacy, Park Ridge, Illinois, USA
- 1990 **M.B.B Ch**, Faculty of Medicine, Ain Shams University, Cairo,
- 1986 **B.Sc. Pharm.** Faculty of Pharmacy, Cairo University, Egypt

### **Other Educational/Professional Development**

- 2012 Transcranial Magnetic Stimulation (TMS) review course.
- 2010 Leadership Development Course, CDHA
- 2006 Part 2, Management of Physician Leaders.
- 2005 Part 1, Management of Physician Leaders, Dalhousie University
- 2003 Courses for M.Sc. Psychiatry (Epidemiology and cultural psychiatry), McGill University, Montreal, Quebec
- 2004 Certificate of completion of Psychiatry Residency Training (5 years), Dalhousie University. Halifax, Nova Scotia

### **Experience as a Pharmacist**

- 1995 to 2000 Drugstore Pharmacy (Loblaws) Pharmacist/Manager  
Regional Director Atlantic Canada.
  - 1995 to 1998 Lecturer, College of Pharmacy, Dalhousie University
- See pharmacy management CV*

### **Professional Memberships**

- From 2008 Member of the American Board of Psychiatry and Neurology Certified Physicians
- From 2005 Fellow of the Royal College of Physicians of Canada
- From 2000 Member of the Canadian Medical Protective Association
- Member of Canadian Medical Association
- Member of the Canadian Psychiatric Association
- Member of Doctors of Nova Scotia
- Member of the Nova Scotia Psychiatric Association
- Member of the College of Physicians and Surgeons of Nova Scotia
- From 1993 Member of Nova Scotia Pharmaceutical Society
- From 1991 Member of Canadian Pharmaceutical Association
- Member of Quebec Pharmaceutical Society

## **Committees and working groups**

### **Dalhousie University**

2015 to Present	Dalhousie University progress Committee
2017 to present	Dalhousie Senate Appeal Special Committee, <b>chair</b>
2017 to present	Dalhousie Community Engagement Subcommittee
2017 to present	Dalhousie Interprofessional Education committee
2010 to 2015	Undergrad Curriculum Committee, Dalhousie University
2008 to 2012	Senate Discipline Committee, Member
2007 to 2011	Dalhousie University Senate
2010 to 2014	Awards Committee, Dalhousie University, department of psychiatry
2003 to 2004	Dalhousie Residents, Post Graduate Representative
2001 to 2004	Dept. of Psychiatry Research Committee, Representative
2000 to 2001	Dalhousie Psychiatry Residents Association DPRA, treasurer/secretary

### **Nova Scotia Health Authority**

2018 to present	Physician ambassador for NS health for recruitment
2011 to 2015	CDHA/IWK Suicide Prevention Task Force, <b>Chair</b>
2011 to 2016	Business Planning Committee of CDHA
2010 to 2016	CDHA Investigation sub-Committee, <b>Chair</b>
2007 to 2010	CDHA Investigation sub-Committee, member
2002 to 2010	Research Ethics Board, Capital District Health Authority, Member
2009 to 2012	District Credentials Committee, CDHA
2007 to 2011	District Medical Staff Association, Capital District Health Authority, VP
2007 to 2011	Psychiatry Medical Staff Association, President
2006 to 2012	Mortality and Morbidity Committee, Chair
From 2006	Acute care quality committee

### **Provincial**

2016 to 2018	Provincial Suicide Prevention Task Force, <b>chair</b>
2014 to 2016	Provincial Suicide Prevention Task Force, member
2016 to 2018	Provincial Education and Training Working Group

### **National**

2016 to Present	Canadian psychiatric Association Neuro- stimulation
2017 to present	The Canadian Centre for Ethics in Sport ( <b>CCES</b> ) Therapeutic Use exemption Committee ( <b>TUEC</b> ), Ottawa, Ontario.
2013 to 2016	Member of the CADDRA conference committee
2009 to 2017	CADDRA, Regional Director Atlantic Canada (ADHD)
2013 to 2016	CADDRA, Vice President

### **Policy Development or Review**

Suicide Risk Assessment policy 2017, Nova Scotia Health Authority  
Dalhousie University Medical School Policies including:

Dalhousie University Curriculum Renewal Group Assignments and Direction  
Time Off Policy Pre-Clerkship 2012  
Time Off Policy – Clerkship 2012  
Global Health International Policy 2013  
Non-Metro Funding Policy 2012  
Proposal for Research Involving UG Students 2014  
Promotion/Assessment Regulations 2015  
Curriculum Renewal Map 2010  
Mental Health Framework, Federal Liberal Party. December 15, 2012

## **Research**

### **Research Projects and Clinical Trials**

1. Methadone versus buprenorphine/naloxone in opioid agonist therapy treatment retention: Analysis of daily-witnessed dispensed medication in Nova Scotia. Sadek j, Saunders J 2018-2021
2. Associations of Substance Use on ADHD Outcomes and Function. Sadek j, MacDonald B. 2018-2020
3. Is a new model of care necessary for patients with severe and persistent mental illness? An economic and socio-demographic analysis. Bryant C, Sadek j. 2016-2018
4. ADHD in Acute Care Psychiatric Inpatients. Lime K, Sadek J 2015-2017
5. Qualitative study of lived experience with adult co-morbid ADHD. Sadek J, Lime K 2016-2017
6. 2017-Present: A Randomized, Double-blind, Placebo-controlled, Pilot Study to Evaluate Lisdexamfetamine Dimesylate (Vyvanse) in Adults with Bulimia Nervosa Keahen A et. Al, Sadek J
7. 2015-2017: Retrospective study on treatment patterns, clinical outcomes, and health care resource utilization associated with Intuniv XR prescriptions in children and adolescents with attention-deficit hyperactivity disorder (ADHD). PI. Sadek J
8. 2014-2015: A SIX-MONTH, OPEN-LABEL, MULTI-CENTER STUDY OF THE SAFETY AND EFFICACY OF PRC-063 IN ADULTS AND ADOLESCENTS WITH ADHD. PI. Sadek
9. 2010 to 2012: Principal Investigator: Consortium for the lifespan examination of ADHD registry. Study: An international, longitudinal, observational study of individuals with Attention-deficit Hyperactivity Disorder. Sadek J
10. 2014-2015: A PHASE III, RANDOMIZED, DOUBLE-BLIND, PLACEBO-CONTROLLED, PARALLEL-ARM, MULTI-CENTER STUDY MEASURING THE EFFICACY AND SAFETY OF PRC-063 IN ADOLESCENT ADHD PATIENTS. Sadek j

11. 2014: A PHASE III, RANDOMIZED, DOUBLE-BLIND, PLACEBO-CONTROLLED, PARALLEL-ARM, MULTI-CENTER STUDY MEASURING THE EFFICACY AND SAFETY OF PRC-063 IN ADULT ADHD PATIENTS. Sadek J
12. Early Detection of Mental or Behavioral Problems of Children in our Elementary Schools. A Halifax Regional School Board – IWK Health Centre Collaborative study 2004 Funded by CIHR. Leblanc J, Sadek J.
13. An Open Label Randomized Trial Comparing Risperdal\* Consta\*with Oral Antipsychotic Care in the Treatment of Early Psychosis  
STUDY SPONSOR: Janssen-Ortho Inc. 2006.
14. Childhood Trauma, Alexithymia, and the Experience of Physical Pain  
Study sponsor Dalhousie University. 2007. Abbass A, Sadek J
15. Epidemiological Study of Cancer Incidence in psychiatric Patients. Funded by CIHI. 2005, Kisley S, Sadek J
- 16.

### **Medical Journals Reviewer**

- 2019 to present: Clinical and Investigative Medicine, the journal of the Canadian Society of Clinical Investigation
- 2019 to present: External reviewer Springer Books
- 2015 to present: External reviewer Journal of Attention Disorders
- 2014 to present: Reviewer Journal of Canadian Journal of Child and Adolescent Psychiatry
- 2014 to present: External reviewer for Universal Journal of Psychology (ISSN: 2332-3485).  
Horizon Research Publishing, USA (HRPUB)
- 2007 to 2010: External reviewer Journal of Inherited Metabolic Disease
- 2007 to 2009: External reviewer for Journal of Bipolar Disorder
- From 2019 Editorial Board member for EC Psychology and Psychiatry
- From 2017 External reviewer for Dalhousie Medical Journal

### **Guidelines Development**

- Canadian ADHD treatment guidelines (2011 to 2018)  
CDHA department of psychiatry and mental health program Clinical guidelines for management of aggression in psychiatric inpatient units. (2014)

### **Tool Development**

- Suicide Risk Assessment and management Tool 2017. Used by the NS Health in NS and by PEI Health. Currently in discussion for use by NHS in the UK.

### **Research Supervisor for medical students including: available at teaching dossier**

## Publications

### Books Authored

**Clinicians Guide to Attention Deficit Hyperactivity Disorder (ADHD)** 2013, Joseph Sadek, ISBN-978-0-9881243-0-1 Springer, second edition. (Since its online publication, there have been a total of 50553 downloads making the book among the top 25% downloaded eBooks in its respective eBook Collection in 2018.)

**Clinician's Guide to Adult ADHD Comorbidity (2016)**, Joseph Sadek, Springer publication, E077E524-71D6-40E3-ADD9-1E0CF777B0BD

**Clinician's Guide to Children and Adolescents ADHD Comorbidity (2018)**, Joseph Sadek, Springer publication, ISBN-13: 978-3319456348, ISBN-10: 3319456342

**A Clinician's Guide to Suicide Risk Assessment and Management (2018)**, Joseph Sadek, Springer Publication, ISBN-13: 978-3319777726, ISBN-10: 3319777726

**Clinician's Guide to Psychopharmacology. Under review, Springer publications (2019)**

### Book Chapters

**Stimulant Medications, the SAGE Encyclopedia of Abnormal and Clinical Psychology (April 12, 2017)** Print ISBN: 9781483365831

DOI: <http://dx.doi.org/10.4135/9781483365817.n1321>

## Journal Articles

ADHD in acute care psychiatric inpatients. Line K, Sadek J., Springer Nature, 2017; <https://doi.org/10.1007/s12402-017-0243-8>

Excess cancer mortality in psychiatric patients. Kisely, S., **Sadek, J.**, MacKenzie, A., Lawrence, D, Campbell, L. Can J Psychiatry 2008;53(11):753–761.

Children who drop out of treatment. **Sadek, J.** Child and Adolescent Psychopharmacology News. Oct. 2004

Psychiatric findings in female carriers of Fabry's Disease. **Sadek, J.**, Camfield, C., Camfield, P. Psychiatr Genet 14:199–200. December. 2004

Suicide among young people in the United States. **Sadek, J.** Child and Adolescent Psychopharmacology News. Nov 2003

Genetic and rare disorders. **Sadek, J.** Child and Adolescent Psychopharmacology News Aug. 2003

Neuroleptic sensitivity to Clozapine. **Sadek, J.**, Rockwood, K. Am. J. Geriatric Psychiatry 11 (1): 112. June 2003 letter.

Cytochrome P450 drug interaction. **Sadek, J.** Child and Adolescent Psychopharmacology News . June 2003.

Asperger Syndrome. **Sadek, J.** Child and Adolescent Psychopharmacology news. Feb. 2003

Substance abuse and mental health services administration. **Sadek, J.** Child and Adolescent Psychopharmacology news. May 2003.

Herbal products and drug interactions. Sadek, J. Atlantic Psychopharmacology Quarterly. Winter 2003

Coma with atypical neuroleptic in a patient with Lewy Body Dementia. **Sadek, J.**, Rockwood, K. Am. J. Geriatric Psychiatry. Feb. 2003

Clinical treatment guidelines resources on the web. **Sadek, J.** Atlantic Psychopharmacology Quarterly. Dec. 2002

Substance abuse information on line: a growing trend among psychiatry residents. **Sadek, J.** Canadian Journal of Psychiatry. Oct. 2002

Psychopharmacology resources on the web. **Sadek, J.** Atlantic Psychopharmacology Quarterly. Sept. 2002

Opportunities and challenges in suicide risk assessment, Sadek J, EC Psychology, 2019 August 1

ADHD and Borderline Personality Disorder (BPD) in Adolescence and Adults, Sadek j, Ec Psychology, 2019, May 5

### **Conference Presentations**

#### **Poster Presentations**

Is a new model of care necessary for patients with severe and persistent mental illness? An economic and socio-demographic analysis. Bryant C, Sadek J, Dalhousie Research Day. March 2019

ADHD in acute care psychiatric inpatients. Line K, Sadek J2017, CADDRA conference

4th EUNETHYDIS International Conference 2016 Milan, Italy

ADHD in inpatient psychiatric units, Lime K, Sadek J ADHD Friday 23 October, 2015 department of psychiatry research day

Tool for Comprehensive Evaluation of Attention Deficit Hyperactivity Disorder. [Poster] 2014 Eunethydis International ADHD Conference (Istanbul, Turkey), May 2014. Sadek J

Malingering and ADHD Symptom Exaggeration in Adult Outpatient Community Clinic.  
[Poster] 2014 Eunethydis International ADHD Conference (Istanbul, Turkey), May 2014.  
Sadek J.

Psychosocial Interventions Canadian ADHD Practice Guidelines (CAP-Guidelines,  
2011): A Consensus- and Evidence- Based, Practical Resource for Physicians  
Assessing and Treating ADHD across the Lifespan. G. Farrelly, u. Jain, L. Hechtman, M. Weiss,  
D. Quinn, D. Smith, A. Vincent, J. Sadek, L. Jerome Berlin 2011 ADHD International Congress

Challenges in ADHD knowledge transfer J. Sadek, Canada L. Hechtman  
Berlin 2011 ADHD International Congress

Doing 'to', 'for' or 'with'? : Weaving a novel and complex web of collaborative education.  
Linda Bayers, Lynette Reid, Ajantha Jayabarathan, Joseph Sadek, 14<sup>th</sup> 14th Canadian  
Collaborative Mental Health Care Conference, Montreal, June 27, 2013.

"Introducing the Alchemy of Community-Based Collaboration into Medical Education", the  
Collaborative Family Healthcare Association's 15th Annual Conference, October 10-12,  
2013, Colorado, USA.

Development of ADHD guidelines in Canada. [Poster] 2012. Second Eunethydis  
International ADHD Conference (Barcelona, Spain), May 2012.

Developing programs for physicians to diagnose and treat adults with ADHD. Hechtman L,  
Sadek J, Jerome L, Jain U, Weiss M, Smith D, Vincent A [Poster] ADHD International Congress  
(Berlin, Germany), February 2011.

Evolution of the CADDRA Canadian ADHD practice guidelines-user interface rationale U.  
Jain, Canada M. Weiss, L. Hechtman, D. Smith, D. Quinn,  
G. Farrelly, J. Sadek, A. Vincen Berlin 2011 ADHD International Congress

Ethnicity and Response to medications (2007 Nova Scotia Hospital Academic Day)

Comparative Study of Stress and Burnout among Staff Caregivers in Acute Child and Adult  
Mental Health wards (2003 poster presentation during the Canadian Psychiatric  
Association conference)

Morbidity and Mortality. [Poster] QEII Clinical Conference (Dalhousie University, Halifax,  
NS), October 2007. Delva N, Slayter I, Sadek J.

Short Term Dynamic Psychotherapy for Adolescents with Disruptive Behavior Disorders  
(DBD) [Poster] Dalhousie University Department of Psychiatry Research Day (Halifax, NS),  
March 2003 Sadek J, Abbass A, Carrie N,

Coma with atypical neuroleptic in a patient with Lewy Body Dementia (2001 poster  
presentation Dalhousie Research Day)

Psychiatric Findings in Female Carriers of Fabry's Disease (2001 poster presentation  
Dalhousie Research Day)



## **Podium Presentations**

ADHD in Young Adults Who Struggle in High School, College and University, CADDAC conference October 27, 2017. Halifax, NS (national, invited)

ADHD comorbidities update, CADDRA conference 2017  
Managing ADHD in your practice. 91<sup>st</sup> Dalhousie Annual Fall Refresher December 1<sup>st</sup>, 2017  
(National, invited presentation)

Combined use of Clozapine and ECT in Adolescents and Adults with Treatment Refractory Schizophrenia, Atlantic Provinces Psychiatric Association Conference. (2017)(provincial, invited)

Misuse, abuse and diversion of Stimulant medications, CADDRA conference 2016  
ADHD and suicide, CADDRA conference 2015

Malingering and ADHD, CADDRA conference 2015  
14<sup>th</sup> Collaborative Mental Health Conference, Montreal, Canada (June 2013)

Managing Adults with ADHD. Neurotalk, Beijing, China, Invited speaker. (May 2012)

“Doing 'to', 'for', or 'with'? Weaving a Complex Web for Collaborative Education“. Dalhousie 14<sup>th</sup> Annual Symposium on Medical/Health Education and Interprofessional Learning (March 22, 2013)

Managing pharmacological complexity in ADHD and ADHD across life span. Neurotalk, Xian, China, Invited speaker. (May 2013) (International, Invited)

ADHD and seizure disorder. Canadian ADHD Alliance conference (CADDRA), Vancouver, Canada (Nov 2012)

Treatment of adults with ADHD and co-morbid disorders. Canadian ADHD Alliance conference (CADDRA), Toronto, Canada. Oct 2011

Managing complex cases of ADHD. Canadian ADHD Alliance conference (CADDRA), Vancouver, Canada (Nov 2010)

Cancer Incidence in Psychiatric Patients, Canadian Psychiatric Association conference. (Oct 2005)

Culture Competence for psychiatrists, Canadian Psychiatric Association conference (Oct 2005)

Ethnicity and psychopharmacology, Canadian Psychiatric Association conference. Nov 2004

Culture Psychiatry Training in Canadian Psychiatric Residency Programs. Canadian Psychiatric Association conference. CPA Nov 2004

Coma with atypical neuroleptic in a patient with Lewy Body Dementia, Atlantic Provinces Psychiatric Association Conference. April 2002

Psychiatric Findings in Female Carriers of Fabry's Disease. Atlantic Provinces Psychiatric Association Conference. April 2001

ADHD institute, CADDRA conference 2012-2016

## Medical Education

### Examiner

2012 to 2016: Professional competency exam writer for med II  
2002 to present Examiner OSCE exam for Dalhousie medical students  
1998 to 2010 Examiner: Pharmacy Examining Board of Canada  
2010 to present Interviewer for medical school admissions

### Supervisor

2005 to present Clinical supervisor for residents and clinical clerks. See list  
2008-2010 Supervisor for Pharm D Student, Duquesne University Dr. Margret Lee.

### Medical School Curriculum Development

2017 to 2018 Develop electives database for Dalhousie Medical School  
2010 to 2016 Case author, Medication errors for Med I host defense unit.  
2010 to 2016 Case co-author, Sexual health for Med I during human development  
2012 to 2016 Case co-author, Emotions and Health case for med II  
2012 to 2016 Case co-author, mental Health systems case for med II  
2012 to 2016 Case author, Opioid addictions  
2012 to 2016 Case author, Alcohol and stimulant addictions  
2008 to 2017 Author, LMCC Exam preparation for Med IV  
2006 to 2018 Author of the psychiatry review series  
2012 to 2018 Authored 12 case studies available at teaching dossier.  
2012 to 2013 Community Immersive Experience during professional competency unit

### Committees Related to Education

2015 to Present Dalhousie University progress Committee  
2017 to present Dalhousie Senate Appeal Special Committee, **chair**  
2016 to 2018 Provincial Education and Training Working Group  
2010 to 2015 Undergrad Curriculum Committee, Dalhousie University  
2017 to present Dalhousie Community Engagement Subcommittee  
2014 to 2016 Member of the Med II Exam Committee, Dalhousie University

### **Contributions to undergrad medical education**

2017 to present Organizer of an elective database of the 4<sup>th</sup> year medical students

### **Medical Student, residents and professionals teaching (see teaching dossier)**

June 2017 Intensive Study Program for Commonwealth Judicial Educators  
2011 to present Family Medicine Approach to Management of Personality Disorders  
2011 to 2015 Dalhousie refresher course for family physicians  
2010 to 2016 Professional competency lectures for Med I & II  
2010 to 2016 Author of the Case studies for Med II neurosciences.  
2009 to present ADHD Seminar for Family Medicine residents  
2008 to present LMCC (review course 4<sup>th</sup> year medical students)  
2007 to 2016 Personality Disorder Seminars for  
Family Medicine residents and psychiatry residents  
2006 to 2011 Patient-Doctor interview for Med I and II students  
2006 to 2015 Psychopharmacology lecture series to medical students and psychiatry  
residents  
2005 to 2011 Cultural psychiatry for psychiatry residents  
2006 to present Psychiatry exam preparation course for PGY5 psychiatry residents  
2002-2005 Introduction to Psychiatry – Med I  
1995 to 1998 Applied Therapeutics 4510 College of Pharmacy, Dalhousie University  
2018 to date Med 3 PIER 2 Cases  
2017 to date: Med 4 PIER 3 Critical Thinking Workshop  
2017 to date: Med 4 PIER 3 ICE Case  
2017 to date: Med 3 PIER 1 ICE Case  
2013 to 2015 Morbidity and mortality (M&M) rounds for All residents  
2013-2018 Clinical Skills Review Program for IMGs-ISANS

### **Course Development**

2018 to present : Interprofessional education Mini-Course, titled “ Interaction with students  
seeking stimulants to improve their academic performance”  
2017 to present: Interprofessional education Mini-Course, titled "Interactions with patients  
who expresses wish to die, Dalhousie University.  
2017 to 2018 suicide risk assessment training for mental health professionals across NS  
2014 to 2018 CADDRA ADHD Institute (Small group interactive workshops on child &  
adolescent ADHD and adult ADHD offered at introductory and advanced levels)  
2015 to 2017 CADDRA case studies author.  
2006 to present Psychiatry exam preparation course for PGY5 psychiatry residents

### **Organizing Roles in Scientific Meetings:**

2014-2017: Member of CADDRA conference planning committee

### **Continuing Medical Education (CME)**

#### **Dalhousie CME**

December 1, 2017: 42 Annual February Refresher Course: Emergency Medicine  
Invited to present on Practical Tips for Managing Adult ADHD in your Office. Plenary. (440  
GPs).

February 13, 2013: 39<sup>th</sup> Annual February Refresher Course: Emergency Medicine  
Invited to present on Assessment and Management of the Suicidal Patient (380 GPs).

September 22, 2016: Dalhousie CME: Complex Mental Health Presentation in Adolescents & Young Adults. Claire Marie Gathering Place, St. Martha's Regional Hospital, Antigonish, Nova Scotia

Feb 18, 2013 Dalhousie Emergency Medicine refresher. Suicide Risk Assessment

October 27, 2011: management of agitation in medically ill patients-South shore Regional Hospital

### **University and Journal Club Rounds**

September 27, 2017: University Rounds: Long-Term outcome in ADHD

November 30, 2016: University rounds: Debate on the topic: Suicide is the responsibility of the mental health system. (Winner of the psychiatry debate)

October 28, 2015, Psychiatry Clinical Academic Rounds, Malingering and Psychiatric Comorbidity.

January 13, 2015: suicide and substance abuse for mental health staff.

February 14, 2006: Psychotherapy Seminar, Nova Scotia Hospital, "Understanding Personality Structure in the Clinical Process. Full list in teaching dossier

### **Full Day Workshop**

March 14 2017: Diagnosis and adult management of ADHD to Corrections Canada mental health staff (full day workshop), Springhill, NS

October, 2017: ADHD Institute

October, 2016: ADHD Institute

October, 2015: ADHD Institute

October, 2014: ADHD Institute

### **Suicide Risk Assessment Teaching**

May 4, 2018 Suicide risk assessment: Train the trainer sessions, Province of PEI

April 11, 2017 Suicide risk assessment: Train the trainer sessions, Halifax

April 18, 2017 Suicide risk assessment: Train the trainer sessions, Antigonish

June 8, 2017 Suicide risk assessment and management to psychiatrists, central zone, Halifax, NS

June 9, 2017: Suicide risk assessment and management to psychiatrists, South Shore Regional Hospital, Bridgewater, NS

June 30, 2017: Suicide risk assessment and management to the Coast Psychiatrists, Dartmouth, NS

June 30, 2017: Suicide risk assessment and management to the Psychiatrists of Western Zone, Kentville, NS

September 2017 SRA for all residents

### **University Student Health Centers**

October 29, 2016: Saint Mary's University physicians and clinicians teaching

April 6, 2017: ADHD Treatment Algorithm. Memorial University Student Health. Veterans memorial way, St Johns, Newfoundland,

### **Interprofessional Education**

- 2018 to present : Interprofessional education Mini-Course, titled “ Interaction with students seeking stimulants to improve their academic performance”
- 2017 to present: Interprofessional education Mini-Course, titled "Interactions with patients who expresses wish to die, Dalhousie University.
- June 2014 to date: Regular teaching sessions to nursing staff, Mayflower unit, NSH
- February 4, 2015: Long acting antipsychotics for Mayflower staff
- March 3, 2013: ADHD education to community Pharmacists of Compass Pharmacies (Pharmasave/Pharmachoice), NS.
- May 24, 2017: Suicide risk assessment and management to the East Coast Forensic mental health psychologists and nursing staff, Halifax, NS
- May 25, 2017: Suicide risk assessment and management to the Nova Scotia Hospital mental health staff, Halifax, NS
- June 2, 2017 Suicide risk assessment and management to mobile mental health team and emergency room mental health staff (crisis portfolio), central zone, Halifax, NS
- June 7, 2017: Suicide risk assessment and management to the Eating disorder Team, Halifax, NS
- June 21, 2017: Suicide risk assessment and management to the connections staff, Central zone, NS
- June 27, 2017: Suicide risk assessment and management to the Bedford Sackville Mental Health Team, Halifax, NS
- June 28, 2017: Suicide risk assessment and management to the QEII mental health staff, Halifax, NS
- June 29, 2017: Suicide risk assessment and management to the nursing staff of central zone, Halifax, NS

### **Judiciary Education**

- November 2018: Keynote speaker for the Commonwealth Judiciary Institute, Trinidad
- June, 2017, 2018 and 2019: Commonwealth Judiciary Institute: Lecture on mental Health to high court judges and Justice Ministers from most commonwealth countries.

### **Other**

- March 2015: Health Canada Position statement on suicide and ADHD for CADDRA

### **Teaching Award Nomination**

- Nominated by the Head of the department of psychiatry on January 28, 2013 for a National teaching award: the ACPC Award for Excellence in Education. This award is given by The Association of Chairs of Psychiatry in Canada (ACPC) to recognize individuals who have made a significant and sustained contribution to education in psychiatry.
- Best teacher award by residents 2015
- Outstanding clinician award 2016
- Larry Buffet Teaching Award 2017
- Teacher of the year award 2017

### **Public Education**

- Public education series on mental health (6 sessions)
- Suicide prevention in NS for the public. Invited by CAMH at Halifax Library

Invited speaker by the Schizophrenia Society of Canada, Ns chapter to provide public education on ECT.

Invited speaker to ISIS (Federal Immigrant Association) to provide 2 lectures on adjustment, studying and working for immigrants.

Provided public education on ADHD in 2018 during CADDAC conference

Multiple presentations for Halifax residents on Healthy Parenting

### **Websites**

**1-** LMS Module for suicide prevention training at NSHEALTH Website

**2-** [www.mentalhealthinnovation.com](http://www.mentalhealthinnovation.com)

- Innovative software for psychiatric assessment of adults
- Innovative software for psychiatric assessment of children and adolescent
- Information for patients
- Information for clinicians

3-Module for training of non mental health care clinicians on suicide prevention

Dr. Joseph Sadek and Dr. Stan Kutcher (2012)

<http://www.cdha.nshealth.ca/mental-health-program/news/10th-anniversary-world-suicide-prevention-day> and also available at <http://ourhealthyminds.com/>

4-<http://psychiatry.medicine.dal.ca/Dr.Sadek/> (replaced by the innovation website)

Developed an e-book, Internet Guide to Psychiatry which is free of charge and has many links to different websites that can be helpful for learners and clinicians.

### **Other Research Projects**

2004 to 2006: Antidepressants in bipolar disorder. Meta-analysis and review of literature.  
Sadek, J., Ghaemi, N. S

### **Tools and Scales Development**

ADHD Mnemonics 2015

Personality Difficulties Questionnaires (PDQ) 2014

Personal Adversity Questionnaire (PAQ) 2014

Nova Scotia Tool for suicide Risk Assessment, 2017

### **Awards, Acknowledgements and Grants**

Recognition for the Contribution to Medicine in the **Nova Scotia House of Assembly** 2019.  
Award presented by the Honourable Minister of Immigration.

Recognition letter for the SAGE Encyclopedia of Abnormal and Clinical Psychology contribution. been named as a *Choice* Outstanding Academic Title for 2019,

Letter of thanks from the Dalhousie University Department Head **Dr. Michael Teehan** for the work on suicide prevention for the province of NS. March 2018

Saint Mary's University MBA 25<sup>th</sup> Anniversary **Alumni Impact Award** (2017)

Letter of recognition from the provincial director of mental health for the suicide prevention work for the province of NS. August, 2017

Certificate of Recognition in Undergraduate medical Education from Dean of Medicine November, 2015

Certificate of Recognition in Undergraduate medical Education from Dean of Medicine 2014

Harvard University Medical School commendation for the Capstone Research Project 2015

Royal College of Physicians and Surgeons of Canada award grant for professional development (2014)

Mental Health Program Quality Council Certificate of Excellence Award for commitment to quality review (2012)

Mental Health Program Quality Council Certificate of Excellence Award for development and implementation of suicide risk assessment form (2012)

Department of psychiatry grant for research education. (2014)

Nomination for the outstanding clinician award (2011&2012).

Nomination for chairs of psychiatry scholar award (2013)

Educational grant for ADHD teaching resource development (2011).

Certificate of Appreciation for service and commitment to the research ethics board. Capital District Health Authority. (2004)

Dalhousie University education grant (under \$10,000.00) for developing educational website for professionals (2002)

Best research paper Award by a resident. Dalhousie University Department of psychiatry (2002)

Research grant for cancer in psychiatric population in Nova Scotia (2005)

Post graduate Dean's letter for excellent performance in Residency Training. (2003)

President's letter of outstanding management performance. Loblaw's Co (1999)

NSHA grant to fund feasibility study (\$100,000) 'A Feasibility Study to Evaluate Lisdexamfetamine Dimesylate (Vyvanse) in Adults with Bulimia Nervosa' (Keshen et al 2017)

Certificate of Merit. The Antiochian Archdiocese of North America for Youth Education (1999)

### **Media Interviews**

1. 2005: The Globe & Mail: Cancer Mortality rate higher among psychiatric patients.
2. The Chronicle Herald, September 2012: suicide prevention
3. February 1<sup>st</sup>, 2012, letter to the Editor, National Post (CADDRA board)
4. The Brandon Sun, September 2012: suicide prevention
5. The Canadian Press, September 2012: suicide prevention
6. CTV interview, September 10, 2012 <http://atlantic.ctvnews.ca/suicide-risk-assessment-tool-valuable-step-in-prevention-professor-1.949492>
7. CTV Interview, August 12, 2014
8. CBC Interview, August 12, 2014
9. CBC Cape Breton Interview August 13, 2014
10. Chronicle Herald Interview, August 13, 2014
11. CBC morning news Interview August 14, 2014

12. 2015 <http://www.cbc.ca/player/Radio/Local+Shows/Maritimes/ID/2658576672/>
13. CTV Interview ADHD and suicide 2015, April 4
14. 2016, September 7: CBC interview Doctors calling for a united front on suicide prevention
15. CTV First at Five ADHD treatment. 2017 January 17
16. June 2017 Media interview on ECT teaching for Healthcare professionals
17. October 12, 2017 Chronicle Herald ECT article
18. <http://thechronicleherald.ca/novascotia/1510760-electroconvulsive-therapy-stigma-robs-depression-sufferers-of-successful-treatment>
19. 2018, June 11 CKBW on Suicide
20. 2018 CTV interview on new study for ADHD, July 2018
21. The Chronicle Herald March 31, 2019 Interview on suicide prevention [https://www.thechronicleherald.ca/news/local/more-public-engagement-is-needed-for-suicide-prevention-dartmouth-psychiatrist-says-296381/#.XKR91yZ\\_1UU.mailto](https://www.thechronicleherald.ca/news/local/more-public-engagement-is-needed-for-suicide-prevention-dartmouth-psychiatrist-says-296381/#.XKR91yZ_1UU.mailto)

### **Invitations to policy development**

Invitation by the conservative government to publish with Sean Spear a review on Universal Health Care needs in Canada and new policy development. (2019)

Invited by the province of PEI to deliver the suicide risk assessment and management training for the province May 4, 2018

Invited by the Federal health minister to sit on committee for mental health initiative 2015

Invited by the Provincial government to work in the suicide prevention initiatives across the province 2014

Invited by the MP Robert Chisholm for a provincial suicide prevention meeting August 14, 2014

### **Advisory Boards**

Shire Canada, Shire International, Janssen Inc, Purdue Pharma, CADDRA

### **Community Contribution**

2019 May 16 Mental Health awareness lecture for youth, St. Anthony Orthodox Church, Halifax

2018, October 27 CADDAC conference for families with ADHD

2017, May 21: Maronite Catholic Youth Convention 2017, Lecture and workshop (invited) on "understanding my personality"

2015-present: Parenting courses for the community, Halifax

2017 to present: Strengthening our families' course, Halifax, NS

Provided 140 CMEs to GPs across Canada.