



## FACULTY OF MEDICINE

### CURRICULUM VITAE For

**Dr. Joseph Sadek, MD, B.Sc. Pharm, MBA, FRCPC, DABPN**  
Department of Psychiatry  
Dalhousie University

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#### 1-Personal Information

T: 902-431-4446 or F: 902-431-4448  
URL: AtlanticADDHD.com

#### 2. Education and Professional Qualifications

2018	Diplomate of the American Board of Psychiatry and Neurology ( <b>DABPN</b> ) <b>Recertification Examination</b> (Score 83%)
2015	Global Clinical Scholars research Training program ( <b>GCSRT</b> ), Harvard University. June 2014 to June 2015. Graduated with Commendation.
2008	Diplomat of the American Board of Psychiatry and Neurology ( <b>DABPN</b> )
2005	Fellowship of the Royal College of Physicians and Surgeons of Canada. Psychiatry ( <b>FRCPC</b> )
2004	Psychopharmacology Mood Disorder Clinic/ Residency training elective, Cambridge Health Alliance, Harvard University
2004	Completion of 5 years residency training in psychiatry, Dalhousie University
2000	Licentiate, Medical Council of Canada ( <b>LMCC</b> )
2000	MBA, St. Mary's University, Halifax, Nova Scotia
2003	Courses for M.Sc. Psychiatry (Epidemiology and cultural psychiatry), McGill University, Montreal, Quebec
1999	United States Medical Licensing Examination (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

#### 3. Faculty/Academic Appointments

2023 to present	Professor, Department of psychiatry, Dalhousie University
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, NS
1996 to 1999	Lecturer, College of Pharmacy, Dalhousie University, NS.

#### **4. Medical Qualifications**

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

#### **5. Hospital/Administrative Appointments**

2023 to present	Clinical leader, Psychopharmacology Consultation Service, NSHA.
2011 to present	Clinical and Academic leader, Nova Scotia Hospital, AcuteCare.
2007 to Present	Director of Atlantic ADHD center (PT-private practice), Dartmouth, NS.
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
2004 December	Psychiatry residency training Completion Certificate, Dalhousie University, Halifax, NS, Canada with electives at Harvard University and McGill University.

#### **6. Leadership Appointment**

2022 to present	President of the District Medical Staff Association., NS Health
2020 to present	Chair of the Education, Canadian Psychiatric Association
2011 to present	Clinical and Academic Leader, Nova Scotia Hospital, Acute Care
2011 to 2018	CADDRA Board of Directors

#### **7. Professional Memberships and Affiliation**

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

## **8. ADMINISTRATIVE SERVICE**

### **8.1 Dalhousie University Committees**

2023 to present	Dalhousie Department of Surgery Internal Review Committee, member
2021 to present	Dalhousie Multiple Mini Interviews Committee for admissions.
2017 to 2023	Dalhousie Senate Appeal Special Subcommittee, <b>chair</b>
2017 to 2022	Dalhousie Community Engagement Subcommittee
2017 to 2021	Dalhousie Interprofessional Education committee
2015 to 2021	Dalhousie University progress Committee
2010 to 2015	Undergrad Curriculum Committee, Dalhousie University
2008 to 2012	Senate Discipline Committee, Member
2007 to 2011	Dalhousie University Senate

### **Department of Psychiatry, Dalhousie University Committees and Working Groups**

2022 to present	Department of Psychiatry Promotion Committee
2022 to present	MSSU awards review committee
2021 to 2023	Department of Psychiatry Wellness Committee
2021 to 2022	Emergency department working group
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

### **Dalhousie University Medical School Policies Committee including:**

Dalhousie Nominating Committee May 17, 2023  
 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

### **8.2 Nova Scotia Health Authority Committees**

2020 to present	District Medical Staff Association, CDHA
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

### **8.3 Provincial Committees**

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

### **8.4 National Committees**

2021 to present	Chair of the Education Committee, Canadian Psychiatric Association
2021 to present	Royal College Specialty Committee in Psychiatry
2021 to present	Member of the Continuing Professional Development Committee, CPA
2020 to present	CADDRA Psychosocial guidelines committee
2019 to 2022	Canadian ADHD Resource Alliance (CADDRA) conference committee
2017 to present	The Canadian Centre for Ethics in Sport ( <b>CCES</b> ) Therapeutic Use exemption Committee ( <b>TUEC</b> ), Ottawa, Ontario.
2017 to present	Canadian ADHD Resource Alliance (CADDRA) advisory board
2012 to 2021	Canadian ADHD Resource Alliance (CADDRA) Guidelines committee
2012 to 2019	CADDRA, Membership Committee
2016 to Present	Canadian psychiatric Association Neuro- stimulation section
2012 to 2019	CADDRA, Membership Committee
2009 to 2017	CADDRA, Regional Director Atlantic Canada (ADHD)
2013 to 2016	CADDRA, Vice President
2012 to 2017	CADDRA, Education Committee
2013 to 2016	CADDRA conference committee

## **9. PUBLICATIONS**

### **9.1 Refereed Clinical Guidelines Publications**

Canadian ADHD Psychosocial Practice Guideline (CADDRA). Published by Brain Sciences MDPI, 2022

### **9.2 Expert Consensus Guidelines**

CADDRA ADHD Treatment Guidelines 2011-2018

### **9.3 Books Authored**

1. **Clinician's Guide to Psychopharmacology. Joseph Sadek. Springer publications (2021). ISBN 973-3-030-60765-4**

2. **A Clinician's Guide to Suicide Risk Assessment and Management** (2018), Joseph Sadek, Springer Publication, ISBN-13: 978-3319777726, ISBN-10: 3319777726
3. **Clinician's Guide to Children and Adolescents ADHD Comorbidity** (2018), Joseph Sadek, Springer publication, ISBN-13: 978-3319456348, ISBN-10: 3319456342
4. **Clinician's Guide to Adult ADHD Comorbidity (2016)**, Joseph Sadek, Springer publication, ISBN 978-3-319-39792-4 DOI 10.1007/978-3-319-39794-8
5. **Clinicians Guide to Attention Deficit Hyperactivity Disorder (ADHD) 1<sup>st</sup> edition** 2013, 2<sup>nd</sup> edition 2014. Joseph Sadek, ISBN-978-0-9881243-0-1 Springer, second edition. *(Since its online publication, there have been a total of 68553 downloads making the book among the top downloaded eBooks in its respective eBook Collection in 2019.)*

### 9.3 Book Chapters

**Stimulant Medications, the SAGE Encyclopedia of Abnormal and Clinical Psychology (April 12, 2017)** Print ISBN: 9781483365831 *(Awarded Choice Outstanding Academic Title for 2019)*

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

- DOI for 64 Book chapters available through Medline

### 9.4 Journal Articles

#### **Peer Reviewed Publications**

- 1: Aaron R. Keshen, Anja Hilbert, Victoria Taylor, **Sadek Joseph** et al. Effect of stimulant medication on loss of control eating in youth with attention deficit/hyperactivity disorder: A prospective, observational case series study protocol, PMID: 36320022, PMCID: [PMC9628055](#), DOI: [10.1186/s40337-022-00674-y](#)
- 2: Tourjman V, Louis-Nascan G, Ahmed G, DuBow A, Côté H, Daly N, Daoud G, Espinet S, Flood J, Gagnier-Marandola E, Gignac M, Graziosi G, Mansuri Z, **Sadek J. Psychosocial Interventions for Attention Deficit/Hyperactivity Disorder: A Systematic Review and Meta-Analysis by the CADDRA Guidelines Work GROUP. Brain Sci. 2022 Aug 1;12(8):1023. doi: 10.3390/brainsci12081023. PMID: 36009086; PMCID: PMC9406006.**
- 3: **Sadek J. Malingering and Stimulant Medications Abuse, Misuse and Diversion. Brain Sci. 2022 Jul 28;12(8):1004. doi: 10.3390/brainsci12081004. PMID: 36009067; PMCID: PMC9406161.**

- 4: **Sadek J**, Saunders J. Treatment retention in opioid agonist therapy: comparison of methadone versus buprenorphine/naloxone by analysis of daily-witnessed dispensed medication in a Canadian Province. *BMC Psychiatry*. 2022 Jul 30;22(1):516. doi: 10.1186/s12888-022-04175-9. PMID: 35908052; PMCID: PMC9338516.
- 5: Streeter B, **Sadek J**. Developmental Risk, Adversity Experiences and ADHD Clinical Profiles: A Naturalistic Exploratory Study. *Brain Sci*. 2022 Jul 13;12(7):919. doi: 10.3390/brainsci12070919. PMID: 35884726; PMCID: PMC9313383.
- 6: **Sadek J**, MacDonald B, Streeter B. Stress and Burnout Among Mental Health Staff During the COVID-19 Pandemic. *Clin Invest Med*. 2021 Dec 31;44(4):E2-10. doi: 10.25011/cim.v44i4.37753. PMID: 34978768.
- 7: MacDonald B, **Sadek J**. Naturalistic exploratory study of the associations of substance use on ADHD outcomes and function. *BMC Psychiatry*. 2021 May 12;21(1):251. doi: 10.1186/s12888-021-03263-6. PMID: 33980212; PMCID: PMC8117494.
- 8: Keshen AR, Dixon L, Ali SI, Helson T, Nunes A, Milliken H, Gamberg S, **Sadek J**, Kaplan A, McElroy SL. A feasibility study evaluating lisdexamfetamine dimesylate for the treatment of adults with bulimia nervosa. *Int J Eat Disord*. 2021 May;54(5):872-878. doi: 10.1002/eat.23480. Epub 2021 Feb 3. PMID: 33534199.
- 9: **Sadek J**, Pyche M, Theriault S, Delva N, Chehil S, Pilon D. A new suicide risk assessment tool in Nova Scotia, Canada. *Clin Invest Med*. 2020 Apr 5;43(1):E30-E34. doi: 10.25011/cim.v43i1.33648. PMID: 32247300.
- 10: Lines KL, **Sadek J**. ADHD in acute care psychiatric inpatients. *Atten Defic Hyperact Disord*. 2018 Jun;10(2):129-133. doi: 10.1007/s12402-017-0243-8. Epub 2018 Jan 3. PMID: 29299870.
11. Ryan D, **Sadek J**. Risk and Adversity Factors in Adult Patients with comorbid Attention Deficit Hyperactivity Disorder (ADHD), Binge Eating disorder (BED) and Borderline Personality Disorder (BPD): A Naturalistic Exploratory Study. *Brain Sciences*. 2023; 13(4):669. <https://doi.org/10.3390/brainsci13040669>
12. **Sadek J**. Well-being of judges should be a priority for every judiciary, United Nations Publication 2021 Nov.

<https://www.unodc.org/dohadeclaration/en/news/2021/11/well-being-of-judges-should-be-a-priority-for-every-judiciary.html>

13. Jarvis, G. E., Andermann, L., Ayonrinde, O. A., Beder, M., Cénat, J. M., Ben-Cheikh, **Sadek J**, I., ... & Kirmayer, L. J. (2023). Taking Action on Racism and Structural Violence in Psychiatric Training and Clinical Practice. *The Canadian Journal of Psychiatry*, 07067437231166985.

14. MacDonald L, **Sadek J**. Management Strategies for Borderline Personality Disorder and Bipolar Disorder Comorbidities in Adults with ADHD: A Narrative Review. *Brain Sciences*. 2023; 13(11):1517.  
<https://doi.org/10.3390/brainsci13111517>

15. **Sadek J**. Attention Deficit Hyperactivity Disorder Misdiagnosis: Why Medical Evaluation Should Be a Part of ADHD Assessment. *Brain Sciences*. 2023; 13(11):1522. <https://doi.org/10.3390/brainsci13111522>

### Accepted for publication

1. Sadek J, Lentz M, et al. Psychiatric Training During Clerkship. Accepted position paper 2022. CPA. (2 parts, in progresss)
2. Tourian L, Hickey C, Sadekj. The Future of medical education in psychiatry: Challenges and opportunities in improving the delivery of comptenve by design for psychiatry residents. Discussion paper by CPA. 2023.
3. Morcos A, Sadek J. What information are included in the referral to ADHD specialty clinic? A survey of 150 referrals. (Integrative neurosciences)

### Older Publications:

1. Kisely S, **Sadek J**, MacKenzie A, Lawrence D, Campbell LA. Excess cancer mortality in psychiatric patients. *Can J Psychiatry*. 2008 Nov;53(11):753-61. doi: 10.1177/070674370805301107. PMID: 19087469.
2. **Sadek J**, Shellhaas R, Camfield CS, Camfield PR, Burley J. Psychiatric findings in four female carriers of Fabry disease. *Psychiatr Genet*. 2004 Dec;14(4):199-201. doi: 10.1097/00041444-200412000-00006.



3. [Sadek J](#), Rockwood K. Coma with accidental single dose of an atypical neuroleptic in a patient with Lewy Body dementia. *Am J Geriatr Psychiatry*. 2003 Jan-Feb;11(1):112-3. PMID: 12527549.
4. [Sadek J](#). Opportunities and challenges in suicide risk assessment. *EC Psychology*. Volume 8 Issue 7, June **2019**, P 364-372.
5. [Sadek J](#), ADHD and Borderline Personality Disorder (BPD) in Adolescence and Adults, *Ec Psychology*, 2019, May 5
6. [Sadek, J](#). (2004). Children Who Drop Out of Treatment. *Child & Adolescent Psychopharmacology News*, 9(4), 11.
7. [Sadek, J](#). (2004). Instruments Assessing Violent and Aggressive Behavior in Children and Adolescents. *Child & Adolescent Psychopharmacology News*, 9(2), 12.
8. [Sadek, J](#). (2003). Internet Resources: Suicide Among Young People in the United States. *Child & Adolescent Psychopharmacology News*, 8(7), 12.
9. [Sadek, J](#). (2003). Genetic and rare disorders. *Child & Adolescent Psychopharmacology News*, 8(5), 12.
10. [Sadek, J](#). (2003). Internet Resources. Cytochrome P450 drug interactions. *Child & Adolescent Psychopharmacology News*, 8(4), 12.
11. [Sadek, J](#). (2003). Asperger Syndrome. *Child & Adolescent Psychopharmacology News*, 8(1), 11.
12. [Sadek, J](#). (2003). Substance abuse and mental health services administration. *Child & Adolescent Psychopharmacology News*, 8(4), 12
13. [Sadek, J](#). (2003). Herbal products, drug interactions and medication safety resources on the web. *Atlantic Psychopharmacology News*, 8(6), 12
14. [Sadek, J](#). (2002). Clinical treatment guidelines resources on the web. *Child & Adolescent Psychopharmacology News*, 8(5), 3.
15. [Sadek, J](#). (2002). Substance abuse information on line: a growing trend among psychiatry residents. *Canadian Journal of Psychiatry*. Oct. 2002, V34, N5
16. [Sadek, J](#). (2002). Psychopharmacology resources on the web. *Child & Adolescent Psychopharmacology News*, 5(1),

## 9.5 Refereed Conference Publications

Developing programs for physicians to diagnose and treat adults with ADHD. **Sadek J**, Hechtman L, Jerome L, Jain U, Weiss M, Smith D, Vincent A. ADHD. *Journal of the World Federation of ADHD*. 2011, V3, N2: 230-07



Evaluation of the CADDRA Canadian ADHD practice guidelines-user interface rationale. Jain U, Hechtman L, Jerome L, , **Sadek J**, Weiss M, Smith D, Vincent A. ADHD. Journal of the World Federation of ADHD. 2011, V3, N2: 230-11

Psychosocial Interventions Canadian ADHD Practice Guidelines (CAP-G Guidelines, 2011): A Consensus Evidence Based Practice Resources for Physicians Assessing and Treating ADHD Across the life Span. Farrley G, Jain U, Hechtman L, Jerome L, , **Sadek J**, Weiss M, Smith D, Vincent A. ADHD. Journal of the World Federation of ADHD. 2011, V3, N2: 38-08.

Challenges in ADHD Knowledge Transfer. **Sadek J**, Hechtman L. . ADHD. Journal of the World Federation of ADHD. 2011, V3, N2: 41-06

## **10. Research**

### **10.1 Peer Reviewed Guidelines Development**

Evidence based CADDRA psychosocial treatment guidelines for ADHD (2021)  
Canadian ADHD treatment guidelines (2011 to 2021)

### **10.2 Non-Peer Reviewed Guidelines Development**

CDHA department of psychiatry and mental health program Clinical guidelines for management of aggression in psychiatric inpatient units. (2014)

### **10.3 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 and State of Penselvania, USA.

### **10.4.a Editorial Role**

2023 to present MDPI Brain Sciences Editorial Board  
2022 to present: Guest chief editor. Developmental Disorders.  
2021 to present: Review Editor Educational Frontiers Psychology  
2021 to present; Review Editor Frontiers ADHD  
2022 to present: Member of the editorial board of Frontiers Psychology  
2022 to present: Member of the editorial board of Frontiers Psychiatry  
2023 to present: Member of the editorial board Frontiers Aging Psychiatry

### **10.3 b. Medical Journals and Book Reviewer**

2022 to present: Journal of psychiatric research  
2021 to present: Frontiers in child and adolescent pschiatry  
2021 to present: BMC, Springer Nature  
2021 to present: Frontiers in Psychiatry  
2021 to present: Frontiers in Human Neuroscience  
2021 to present: Frontiers in Pharmacology  
2020 to present: Frontiers Psychology  
2019 to present: Clinical and Investigative Medicine, the journal of the Canadian Society of Clinical Investigation  
2019 to present: External reviewer Springer Books  
From 2017 External reviewer for Dalhousie Medical Journal  
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

## 10.4 Research Projects and Clinical Trials

## Research Ethics Board Research Projects Files

**1021786: PI Sadek J.** Non-Interventional Study Protocol 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)

**1017571: PI Sadek J.** Six-Month, Open-Label, Multi-Center Study of the Safety and Efficacy of PRC-063 in Adults and Adolescents with ADHD

**1017441: PI Sadek J.** A Phase III, Randomized, Double-Blind, Placebo-Controlled, Parallel-Arm, Multi-Centre Study Measuring the Efficacy and Safety of PRC-063 in Adolescent ADHD Patients

**1017348: PI Sadek J.** A Randomized, Double-Blind, Parallel, Placebo-Controlled, Forced-Titration Study of Controlled-Release Methylphenidate (PRC-063) in Adolescent Patients with ADHD

**1017304: PI Sadek J.** A Phase III, Randomized, Double-Blind, Placebo-Controlled, Parallel-Arm, Multi-Centre Study Measuring the Efficacy and Safety of PRC-063 in Adolescent ADHD Patients.

**1017092: PI Sadek J.** 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

### 1026061: Medical Student Experience in Psychiatry

**1024552:** Methadone versus Buprenorphine-Naloxone in opioid agonist therapy treatment retention: Analysis of daily-witnessed dispensed medication in Nova Scotia. Saunders J, Sadek J.

**1024540:** Associations of Substance Use on ADHD Outcomes and Function. Macdonald B, Sadek j

**1023099:** A Feasibility Study to Evaluate Lisdexamfetamine Dimesylate (Vyvanse) in Adults with Bulimia Nervosa. Keshen A, Sadek j et al.

**1021584:** Qualitative study of lived experience with adult co-morbid ADHD K Lines, Sadek j

**1020009:** Is Community Based Care a Suitable Option for Patients Living with Severe Persistent Mental Illness? Bryant C, Sadek j.

**1019452:** ADHD in Acute Care Psychiatric Inpatients. K Lines, Sadek j

**1007817:** Screening for Emotional and Behavioural Disorders in School Children (CIHR ROP-74139 / NSHRF PSO-NSRPP-2004-2-1024). Simplified Title: Schools and Health Professionals Helping Kids. Leblanc J, Sadek j.

**2022: PI Sadek J.** A Phase 3, Multicenter, Randomized, Double-blind, Placebo-controlled Trial to Determine the Efficacy and Safety of Once Daily Centanafadine Capsules for the Treatment of Adolescents With Attention-deficit/Hyperactivity Disorder

### **10.5 Research Supervisor for Medical students**

*See full list in Teaching Dossier*

### **10.6 Research Judge**

2023 October 20 Poster session, CPA conference

2023 October 21, Paper session, CPA conference

2020 to date: Maritime SPOR Support Unit competition for funding PhD/ MA students

2017 to date: Dalhousie Research in Medicine (RIM) Research Day

### **10.7 Research Grants and Awards Reviewer**

2020 to present: Grants reviewer for MSSU, NS (PhD and Master's)

2021 to present: Award reviewer for Glenda Macqueen CPA award (CIHR funded)

2021 to present: Award reviewer for Paul Patterson Innovation in Education Leadership Award (CPA)

2021 to present: Research coach for Microresearch Africa and Asia

2021 to present: Reviewer for MicroResearch ( International Grants)

## **11. Presentations**

### **11.1 International Presentations**

2022 October 10 "World Mental Health Day 2022 webinar". Invited speaker. Brain Sciences. World wide audience.

2022 October 24" Maintenance treatment for opioid addiction" Keynote Speaker, addiction Medicine Conference, Orlando, Florida. (Invited), Planed.

2022 September 30: Epidemiological Risk Factors for ADHD and Their Impact on Symptoms. International conference on public health and epidemiology, (Invited)

2022 July 28: "Mental Wellbeing of Nations". Chief Justices (CARICOM) Conference, Cayman Island. July 29, 2022. Invited.

2022 January 14: "Systematic Review of Psychosocial Interventions in ADHD". American Professional Society of ADHD and Related Disorders (APSARD) International Conference. Arizona, USA.

2021 October 23: The interaction between substance use and ADHD outcomes and function. Addiction Medicine. (International, Invited).

2021 September 15: ADHD and Personality Disorders. Meeting with the Experts: Webinar for clinicians (International, Invited).

2021 February 11: : key Note Speaker. Improving management of stress and anxiety. Supreme Court of Jamaica Judicial meeting. (International, Invited).

2021 June 20: Brown V, Keshen AR, Nunes A, Sadek J, Gamberg S, Ali S, Dixon L, Helson T, Kaplan A, Mcelroy S. A Pilot Study of the Effects of Lisdexamfetamine Dimesylate (Vyvanse)

Treatment on Exploration/ Exploitation Balance in Adults with Bulimia Nervosa. [Poster] Academy of Eating Disorders (Virtual)

2021 June: Keshen A, Nunes A, Sadek J, Town J, Dixon L, Ali S. A Feasibility Study to Evaluate Lisdexamfetamine Dimesylate (Vyvanse) in Adults with Bulimia Nervosa. [Poster] Academy for Eating Disorders (Virtual)

2020 July 17: Key Note Speaker: Substance abuse and ADHD. Addiction Medicine Virtual Conference, Addiction Medicine Society, California, USA. (invited)

2019 October 31: Caribbean Association of Judicial Officers (CAJO) 6th Biennial Conference. "Judicial Stress", Judicial stress. Sadek Joseph, Belize City, Belize. (Podium) (invited)

2018: Keynote speaker. Biennial judiciary meeting of the commonwealth Judiciary Chief Justices. CJEI, "Cognitive techniques to lessen delay in the delivery of judgments and self detection of judicial arrogance". Trinidad (Podium) (invited)

2016: ADHD European Society EUNETHYDIS International Conference, Milan, Italy. Sadek J. (ADHD medications diversion and abuse). [Poster]

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

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

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

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

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

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

2011: ADHD International Congress Berlin, Germany. 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.. [Poster]

2011: 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. Berlin ADHD International Congress. [Poster]

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 ADHD International Congress [Poster]

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

## **11.2 National Conference Presentations**

**2023:** How to overcome procrastination and increase your productivity, Canadian  
Psychiatric Association Conference, Vancouver, BC. October 19, 2023

**2023:** Risk and Adversity Factors in Adult Patients with comorbid Attention Deficit  
Hyperactivity Disorder (ADHD), Binge Eating disorder (BED) and Borderline Personality  
Disorder (BPD), Ryan D, [Sadek J.](#) CADDRA Conference (Poster)

**2023:** Pharmacogenomic Testing of Complex Psychiatric Cases, including Those with ADHD  
and Comorbid Conditions, Reveals an Increased Frequency of Abnormal Metabolic  
phenotypes, Compared to the General Population.

Michel Cameron<sup>1</sup>, Sara Binder<sup>2</sup>, Pratap R. Chokka<sup>3</sup>, Don Duncan<sup>4</sup>, Martin Gignac<sup>5</sup>, Kenny  
Handelman<sup>6</sup>, Martin A. Katzman<sup>7</sup>, Sohail Khattak<sup>8</sup>, Stephane Kunicki<sup>9</sup>, Serge Lessard<sup>10</sup>,  
Toba Oluboka<sup>11</sup>, Joseph Sadek<sup>12</sup>, Diane Sauriol<sup>13</sup>, Jennifer Swainson<sup>3</sup>, Valérie Tourjman.  
CADDRA Conference 2023 (Poster)

**2022** October 29: The Future of Medical Education: Opportunities and Challenges after the  
Implementation of Competence by Design (CBD) in psychiatry. **(Invited, Podium)**,  
Canadian Psychiatric Association Conference

**2022:** ADHD and the Need to build self-compassion. CADDRA Conference September 30

**2021:** New assessment, Education and Research Initiative of CADDRA in Action, CADDRA  
Conference October 2 (Virtual, **Invited**)

**2021:** ADHD and common issues. A prospective on Procrastination. CADDRA conference

**2021:** Clinical Approaches to Suicide Risk Assessment. Invited to present to the Mental  
Health Commission of Canada. (podium, **Invited**) (960 attendees clinicians and public,  
Worldwide)

**2021:** Systematic Review of Psychosocial Interventions in ADHD.. CADDRA Research Day,  
conference. (poster)

**2020:** Borderline Personality Disorder, Bipolar Disorder, and Attention Deficit  
Hyperactivity Disorder; The Importance of Differential Diagnosis in an age of Trending  
Disorders. CADDRA conference (Virtual Podium). October, 25, 2020.

**2020:** Naturalistic Exploratory Study of the Associations of Substance Use on ADHD  
Outcomes and Function. Annual research day, CADDRA conference October, 23 (Poster)

**2019:** Prescribing errors: What Went Wrong during the treatment? CADDRA conference  
October 5, 2019, Toronto, Ontario. (podium)

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

2017: ADHD comorbidities update, CADDRA conference. (podium)

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

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

2017: ADHD in acute care psychiatric inpatients. Line K, Sadek J, CADDRA conference  
[Poster]

2016: Misuse, abuse and diversion of Stimulant medications, CADDRA conference (podium)  
 2015: ADHD and suicide, CADDRA conference (podium) **(invited)**  
 October 22, 2015: NB Annual Psychiatric Association Conference, ADHD and Suicide, invited speaker **(invited)**  
 2015: Malingering and ADHD, CADDRA conference 2015. 14<sup>th</sup> Collaborative Mental Health Conference, Montreal, Canada (June 2013) (podium)  
 2013: 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> 14<sup>th</sup> Canadian Collaborative Mental Health Care Conference, Montreal, June 27, 2013. (poster)  
 2012 to 2016: ADHD institute, CADDRA conference (podium)  
 2012: ADHD and seizure disorder. Canadian ADHD Alliance conference (CADDRA), Vancouver, Canada (Nov 2012) (podium)  
 2011: Treatment of adults with ADHD and co-morbid disorders. Canadian ADHD Alliance conference (CADDRA), Toronto, Canada. Oct 2011 (podium)  
 2010: Managing complex cases of ADHD. Canadian ADHD Alliance conference (CADDRA), Vancouver, Canada (Nov 2010) (podium)  
 2005: The First Canadian Epidemiological Study of Cancer Incidence in Psychiatric Patients, Canadian Psychiatric Association conference. (Oct 2005) (podium)  
 2005: Culture Competence for psychiatrists, Canadian Psychiatric Association conference (Oct 2005) (podium)  
 2004: Ethnicity and psychopharmacology, Canadian Psychiatric Association conference. Nov 2004. W09C  
 2004: Culture Psychiatry Training in Canadian Psychiatric Residency Programs: A new Approach for Teaching. Canadian Psychiatric Association conference. CPA Nov  
 2002: Coma with atypical neuroleptic in a patient with Lewy Body Dementia, Atlantic Provinces Psychiatric Association Conference. April 2002 (podium)

### **11.3 Regional**

2023 June 28: Antipsychotics in clinical practice, Truro, NS  
 2022 June 14: Psychopharmacology for clinicians. Northern zone, NS  
 2022 April 29: 39<sup>th</sup> Annual Spring Refresher Course: ADHD Med Review  
 2022 April 29: 47<sup>th</sup> Annual Spring Refresher Course: Monitoring For Adverse Effects of Psychotropic Meds  
 2021, March 11: Major Depression Assessment and Management for GPs., (Podium, Invited)  
 2020, January 22: Depression and Anxiety in adolescents, Provincial Education day for Nurse Practitioners., Truro. NS (podium, Invited)  
 2019, March 18: 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.  
 2018, April 26: Nurse Practitioners Annual Conference. ADHD Psychiatric Comorbidities. (podium, Invited)  
 2017, December 1<sup>st</sup>: Managing ADHD in your practice. 91<sup>st</sup> Dalhousie Annual Fall Refresher, (Local, invited presentation) (podium, Invited)  
 2016, September 22: Dalhousie CME: Complex Mental Health Presentation in Adolescents & Young Adults. Claire Marie Gathering Place, St. Martha's Regional Hospital, Antigonish, Nova Scotia (podium, Invited)  
 2016, November 30: University rounds: Debate: Suicide is the responsibility of the mental health system

See teaching dossier for complete list

## **12. Medical Education**

### **12.1 Examiner**

2017 to 2019	Exam writer for 2 Dalhousie Courses offered to medical students and other Faculty of health students in interprofessional education
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

### **12.2 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.

### **12.3 Dalhousie Medical School Curriculum Development**

2017 to 2019	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

### **12.4 Committees Related to Education**

2021 to present:	<b>Chair</b> of the education committee, Canada Psychiatric Association
2021 to present	<b>Royal College Speciality Committee in psychiatry</b>
2017 to present	<b>Dalhousie Senate Appeal Special Committee, chair</b>
2015 to 7/2021	Dalhousie University progress Committee
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

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

2017 to present	Organizer of an elective database of the 4 <sup>th</sup> year medical students
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### **12.6 Professionals Teaching Activities (see teaching dossier)**

2020 to date	Med 4 acute psychosis PIER 4
2020 to date:	Med 2 Neuroscience tutorial group
2020 to date:	PIER 4 Critical Thinking Workshop



2020 to date:	Med 2 Skilled clinician tutorial groups
2020 to date:	Med 2 On call Boot Camp
2019 to present	Med 3 PIER 2 Cases
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
2017 June	Intensive Study Program for Commonwealth Judicial Educators
2013 to 2015	Morbidity and mortality (M&M) rounds for All residents
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) CRAM course
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
2013-2018	Clinical Skills Review Program for IMGs-ISANS
1995 to 1998	Applied Therapeutics 4510 College of Pharmacy, Dalhousie University

### **12.7 Course Development**

2018 to present :	Interprofessional education Mini-Course for medical students and allied health students, titled “ Interaction with students seeking stimulants to improve their academic performance”
2017 to present:	Interprofessional education Mini-Course, entitled "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

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

2019 to 2020:	Member of CADDRA conference planning committee
2014 to 2017:	Member of CADDRA conference planning committee

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

#### **Dalhousie CME : See teaching dossier for full list**

2022	47 <sup>th</sup> Annual Spring Refresher Course: Monitoring For Adverse Effects of Psychotropic Meds April 29
2022:	Annual Spring Refresher Course: ADHD Med Review April 29

- 2021 Depression in primary care. March 11
- 2021 Overcoming procrastination. March 4
- 2020 Depresssion across Life span, New Glasgow GP May 28
- 2020 Depression across life span, Truro GP. May 29
- 2017 42 Annual February Refresher Course: Emergency Medicine. Invited to present on Practical Tips for Managing Adult ADHD in your Office. Plenary. (440 GPs) December 1.
- 2016 Dalhousie CME: Complex Mental Health Presentation in Adolescents & Young Adults. Claire Marie Gathering Place, St. Martha's Regional Hospital, Antigonish, NS September 22
- 2013 39<sup>th</sup> Annual February Refresher Course: Emergency Medicine  
Invited to present on Assessment and Management of the Suicidal Patient (380 GPs). February 13
- 2011 Dalhousie Emergency Medicine refresher. Suicide Risk Assessment. February 18
- 2011 Management of agitation in medically ill patients-South shore Regional H.

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

- 2020 September 30: Poor response to pharmacological treatment, Interesting acses.
- 2019 September 25: Challenges encountered during the management of patients with psychiatric disorders.
- 2017 September 27: University Rounds: Long-Term outcome in ADHD
- 2016 November 30: University rounds: Debate on the topic: Suicide is the responsibility of the mental health system. (Winner of the psychiatry debate)
- 2015 October 28: Psychiatry Clinical Academic Rounds, Malingering and Psychiatric Co morbidity.
- 2015 January 13: suicide and substance abuse for mental health staff.
- 2006-2015: numerous journal clubs and university rounds and psychotherapy Seminar at Nova Scotia Hospital

#### **12.11 Full Day Workshop**

- March 14 2017: Diagnosis and adult management of ADHD to Corrections Canada mental health staff (full day workshop), Springhill, NS
- 2014 to 2017: ADHD Institute. (full day workshop prior to CADDRA conference).

#### **12.12 Suicide Risk Assessment Teaching**

- 2020 June 23 Suicide risk assessment: Train the trainer sessions, Province of NLFD, LTC (invited)
- 2018 May 4 Suicide risk assessment: Train the trainer sessions, Province of PEI (invited)
- 2017 April 11 Suicide risk assessment: Train the trainer sessions, Halifax
- 2017 April 18 Suicide risk assessment: Train the trainer sessions, Antigonish
- 2017 June 8 Suicide risk assessment and management to psychiatrists, central zone, Halifax, NS
- 2017 June 9 Suicide risk assessment and management to psychiatrists, South Shore Regional Hospital, Bridgewater, NS
- 2017 June 30 Suicide risk assessment and management to the East Coast Psychiatrists, Dartmouth, NS
- 2017 June 30 Suicide risk assessment and management to the Psychiatrists of Western Zone, Kentville, NS
- 2017 September SRA for all residents

### **12.13 University Student Health Centers**

2023 February 28: Dalhousie University Student Health. ADHD assessment.  
2016 October 29 : Saint Mary's University physicians and clinicians teaching  
2017 April 6 : ADHD Treatment Algorithm. Memorial University Student Health.  
Veterans memorial way, St Johns, Newfoundland.

### **12.14 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.  
2015 February 4: Long acting antipsychotics for Mayflower staff  
2014 June to date: Regular teaching sessions to nursing staff, Mayflower unit, NSH  
2013 March 3: ADHD education to community Pharmacists of Compass Pharmacies (Pharmasave/Pharmachoice), NS.

### **12.15 Suicide Risk Assessment and Management Teaching**

May 24, 2017: East Coast Forensic mental health psychologists and nursing staff, Halifax, NS  
May 25, 2017: Nova Scotia Hospital mental health staff, Halifax, NS  
June 2, 2017 Mobile mental health team and emergency room mental health staff (crisis portfolio), central zone, Halifax, NS  
June 7, 2017: The Eating disorder Team, Halifax, NS  
June 21, 2017: Connections staff, Central zone, NS  
June 27, 2017: Bedford Sackville Mental Health Team, Halifax, NS  
June 28, 2017: QEII mental health staff, Halifax, NS  
June 29, 2017: Nursing staff of central zone, Halifax, NS

### **12.16 Judiciary Education**

2023 Septetember 22: mental wellness to the legal community of Turks and Caicos.  
2023 July 6: Judicial wellbeing for South African Judges.  
2023 May 11 : Commonwealth judicial insstitue 2 presentations, Invited. Gaborone, Botswana  
2022 October 30: New strategies towards wellness and peer support to Judiciary, the next steps. CAJO conference. St. Lucia  
2022 July 28: "Mental Wellbeing of Nations". Chief Justices (CARICOM) Conference, Cayman Island. July 29, 2022. Invited.  
2022 March 29: "Managing stress and burnout'. Newly appointed Jamica judges.  
2021 April 9: Health and Wellness Education Day for the Jamaican judiciary (80 Judges)  
2021 February 11: : key Note Speaker. Improving management of stress and anxiety. Supreme Court of Jamica Judicial meeting. (International, Invited).  
2020 July 31: key Note Speaker. Psychological Wellbeing at work. Supreme Court of Belize Judicial meeting. (Virtual). (International, Invited).  
2019 October 31: Caribbean Association of Judicial Officers (CAJO) 6th Biennial Conference. "Judicial Stress", Judicial stress. Sadek Joseph, Belize City, Belize. (Podium) (invited)  
2018: Keynote speaker. Biennial judiciary meeting of the commonwealth Judiciary Chief Justices. CJEI, "Cognitive techniques to lessen delay in the delivery of judgments and self detection of judicial arrogance". Trinidad (Podium) (invited)  
2017 to present: Commonwealth Judiciary Institute: yearly Lecture on mental Health to high court judges and Justice Ministers from most commonwealth countries.

### **12.17 Other Output**

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

### **12.18 COVID Related Education:**

2020 April 22: Checking your stress level: how do you know and what to do?.

202 April 24: New strategies for time management during stressful times.

202 April 30: How do I manage stress in my relationship?

### **12.19 Website Development**

**1-** LMS Module for suicide prevention training at NSHEALTH Website (mandatory for all new staff at NSH in NS)

**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.

### **12.20 Tools and Scales Development**

2017: Nova Scotia Tool for suicide Risk Assessment

2015: ADHD Mnemonics

2014: Personality Difficulties Questionnaires (PDQ)

2014: Personal Adversity Questionnaire (PAQ)

## **13. Awards, Acknowledgements and Grants**

### **13.1 AWARDS and Recognitions**

**Award of Merit** for the outstanding services given to the judiciaries of the Commonwealth.  
May 2023

Letter of Recognition **“top 10% of Med 2 Skilled Clinician tutors”**. Dalhousie University,  
Undergraduate Medical Education 2021

Kids Brain Health Network (KBHN)/CADDRA Research Day Registration Award for  
Research Day2020: Poster Presentation 'Naturalistic Exploratory Study of  
the Associations of Substance Use on ADHD Outcomes and Function'

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

Harvard University Medical School commendation for the Capstone Research Project 2015

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

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).

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

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

### **13.2 Grants**

Dr. Sylvia Simpson RIM Summer Studentship, Luke MacDonald (supervisor)

Keshen AR, Helson T, Milliken H, Kaplan A, Nunes A, Cookey J, Aubie C, Radchuck K, Sadek J. A Randomized, Double-blind, Placebo-controlled, Pilot Study to Evaluate Lisdexamfetamine Dimesylate (Vyvanse) in Adults with Bulimia Nervosa [Grant - Submitted] – NSHRF 2019

Aaron Keshen, Thomas Helson, Laura Dixon, Sarrah Ali, Abraham Nunes, Heather Milliken, Kaplan, Allan, McElroy, Susan, Gamberg, Susan, Cheryl Aubie, , Joseph Sadek,. A Feasibility Study to Evaluate Lisdexamfetamine Dimesylate (Vyvanse) in Adults with Bulimia Nervosa [Grant] – NSHA 2017

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

Dalhousie University education grant (under \$10,00.00) for developing educational website for professionals (2002)

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

### **13.3 Teaching Award Nomination**

2017: Larry Buffet Teaching Award

2017: Teacher of the year award

2016: Outstanding clinician award

2015: Best teacher award by residents

2013: Nominated by the Head of the department of psychiatry 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.

### **13.4 Media Interviews**

- 2005: The Globe & Mail: Cancer Mortality rate higher among psychiatric patients.
- The Chronicle Herald, September 2012: suicide prevention
- February 1<sup>st</sup>, 2012, letter to the Editor, National Post (CADDRA board)
- The Brandon Sun, September 2012: suicide prevention
- The Canadian Press, September 2012: suicide prevention
- CTV interview, September 10, 2012 <http://atlantic.ctvnews.ca/suicide-risk-assessment-tool-valuable-step-in-prevention-professor-1.949492>
- CTV Interview, August 12, 2014
- CBC Interview, August 12, 2014
- CBC Cape Breton Interview August 13, 2014
- Chronicle Herald Interview, August 13, 2014
- CBC morning news Interview August 14, 2014
- 2015 <http://www.cbc.ca/player/Radio/Local+Shows/Maritimes/ID/2658576672/>
- CTV Interview ADHD and suicide 2015, April 4
- 2016, September 7: CBC interview Doctors calling for a united front on suicide prevention
- CTV First at Five ADHD treatment. 2017 January 17
- June 2017 Media interview on ECT teaching for Healthcare professionals
- October 12, 2017 Chronicle Herald ECT article
- <http://thechronicleherald.ca/novascotia/1510760-electroconvulsive-therapy-stigma-robs-depression-sufferers-of-successful-treatment>
- 2018, June 11 CKBW on Suicide
- 2018 CTV interview on new study for ADHD, July 2018
- 2019, March 31: The Chronicle Herald, 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)
- September 23, 2019 at 9 PM (AST). 97.5 FM Radio <https://tunein.com/radio/975-Community-Radio-s247589/> Podcast <https://podcasts.apple.com/ca/podcast/mental-health-lets-talk-about-it/id1400483625>
- 2021, June 19 Radio Canada

### **13.5 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 NS 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

## **14. Public and Community Contribution**

### **14.1 Public Lectures**

2021 November 23: Detecting and Coping with stress and Anxiety. CHABAD Maritimes, Halifax. Mental Health Support for the Jewish Community of NS. Program with Rabbi Mendelson Feldman.

2019 November 28: understanding depression at the public library

2019 November 14: understanding anxiety at the public library

2019 October 17: understanding Borderline personality disorder at the public library

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

2019 April 1: Suicide prevention in NS for the public. Invited by CAMH at Halifax Library

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: Healthy Parenting course for the community, Halifax (4 lectures per year)

2017 to present: Strengthening our families' course, Halifax, NS (6 lectures per year)

2016: Invited speaker to ISIS (Federal Immigrant Association) to provide 2 lectures on adjustment, studying and working for immigrants.

2012 October: Invited speaker by the Schizophrenia Society of Canada, NS chapter to provide public education on ECT.

### **15 Personal Information:**

Married to Dr. Irene Sadek, Professor and head, Department of Pathology, Dalhousie University with 2 Children ages 33 and 26