Bio

Dr. Aboujaoude is a Clinical Professor, researcher and writer at Stanford University's Department of Psychiatry, where he is Chief of the Anxiety Disorders Section and Director of the OCD Clinic and the Impulse Control Disorders Clinic. Besides the compulsivity-impulsivity spectrum, his work has focused on the intersection of technology and psychology, with an emphasis on the problematic use of Internet-related technologies, mental health in a post-privacy world, and the potential for telemedicine interventions such as virtual reality and video-based therapy to increase access to care and advance global health. His books include "Virtually You: The Dangerous Powers of the e-Personality" and "Mental Health in the Digital Age: Grave Dangers, Great Promise". Dr. Aboujaoude also teaches psychology on the main Stanford campus and at UC Berkeley. Scholarly and media platforms that have featured his work include The New York Times, The Wall Street Journal, The Washington Post, Congressional Quarterly, The Harvard Business Review, The Chronicle of Higher Education, BBC, PBS, and CNN.

ACADEMIC APPOINTMENTS

• Clinical Professor, Psychiatry and Behavioral Sciences

LINKS

• http://www.eliasaboujaoude.com: http://www.eliasaboujaoude.com

Publications

PUBLICATIONS

• How much online pornography is too much? A comparison of two theoretically distinct assessment scales. Archives of public health = Archives belges de santé publique

  Vera Cruz, G., Aboujaoude, E., Liberacka-Dwojka, M., Więckowski, M., Rochat, L., Khan, R., Khazaal, Y.

  2024; 82 (1): 79

• Online dating: predictors of problematic tinder use. BMC psychology

  Vera Cruz, G., Aboujaoude, E., Rochat, L., Bianchi-Demicheli, F., Khazaal, Y.

  2024; 12 (1): 106

• Finding Intimacy Online: A Machine Learning Analysis of Predictors of Success. Cyberpsychology, behavior and social networking
• Privacy, bias and the clinical use of facial recognition technology: A survey of genetics professionals. *American journal of medical genetics. Part C, Seminars in medical genetics*
  Aboujaoude, E., Light, J., Brown, J. E., Boscardin, W. J., Hallgrimsson, B., Klein, O. D. 
  2023

• Cyberbullying: next-generation research. *World psychiatry: official journal of the World Psychiatric Association (WPA)*
  Aboujaoude, E., Savage, M. W. 
  2023; 22 (1): 45-46

• Smartphone apps for mental health and wellbeing: A usage survey and machine learning analysis of psychological and behavioral predictors. *Digital health*
  Vera Cruz, G., Aboujaoude, E., Khan, R., Rochat, L., Ben Brahim, F., Courtois, R., Khazaal, Y. 
  2023; 9: 20552076231152164

• Treatment-resistant OCD: Pharmacotherapies in adults. *Comprehensive psychiatry*
  van Roessel, P. J., Grassi, G., Aboujaoude, E. N., Menchon, J. M., Van Ameringen, M., Rodriguez, C. I. 
  2022; 120: 152352

• Assessment of the Popularity and Perceived Effectiveness of Smartphone Tools That Track and Limit Smartphone Use: Survey Study and Machine Learning Analysis. *Journal of medical Internet research*
  Aboujaoude, E., Vera Cruz, G., Rochat, L., Courtois, R., Ben Brahim, F., Khan, R., Khazaal, Y. 
  2022; 24 (10): e38963

• Editorial Perspective: Missing the forest for the trees - how the focus on digital addiction and gaming diverted attention away from wider online risks. *Child and adolescent mental health*
  Aboujaoude, E., Gega, L. 
  2021

• Live psychotherapy by video versus in-person: A meta-analysis of efficacy and its relationship to types and targets of treatment. *Clinical psychology & psychotherapy*
  Fernandez, E., Woldgabreal, Y., Day, A., Pham, T., Gleich, B., Aboujaoude, E. 
  2021

• The retention challenge in remote therapy and learning seen through the lens of the COVID-19 pandemic. *World psychiatry: official journal of the World Psychiatric Association (WPA)*
  Aboujaoude, E. n., Gega, L. n., Saltarelli, A. J. 

• How Digital Technology Mediated the Effects of the COVID-19 Pandemic on Mental Health: The Good, the Bad, and the Indifferent. *Frontiers in digital health*
  Gega, L., Aboujaoude, E. 
  2021; 3: 733151

• Editorial: Online Psychology Beyond Addiction and Gaming: A Global Look at Mental Health and Internet-Related Technologies. *Frontiers in psychology*
  Aboujaoude, E., Kuss, D. J., Yao, M. Z., Leung, L. W. 
  1800; 12: 815013

• Where Life Coaching Ends and Therapy Begins: Toward a Less Confusing Treatment Landscape. *Perspectives on psychological science: a journal of the Association for Psychological Science*
  Aboujaoude, E. 
  2020: 1745691620904962

• Automated syndrome diagnosis by three-dimensional facial imaging. *Genetics in medicine: official journal of the American College of Medical Genetics*
  2020

• Editorial: Digital Interventions in Mental Health: Current Status and Future Directions. *Frontiers in psychiatry*
• The psychology of "swiping": A cluster analysis of the mobile dating app Tinder. *Journal of behavioral addictions*
  Rochat, L., Bianchi-Demicheli, F., Aboujaoude, E., Khazaal, Y.
  2019: 1–10

• Problematic Internet use two decades later: apps to wean us off apps *CNS SPECTRUMS*
  Aboujaoude, E.
  2019; 24 (4): 371–73

• Technology-Enabled Personality Traits and Post-Privacy Psychology
  Aboujaoude, E., Khazzal, Y., Starcevic, V., Tam, P.
  AKADEMIAI KIADO ZRT.2019: 7–8

• Protecting privacy to protect mental health: the new ethical imperative. *Journal of medical ethics*
  Aboujaoude, E.
  2019

• From Digital Mental Health Interventions to Digital "Addiction": Where the Two Fields Converge. *Frontiers in psychiatry*
  Aboujaoude, E., Gega, L.
  2019; 10: 1017

• Problematic Internet use two decades later: apps to wean us off apps. *CNS spectrums*
  Aboujaoude, E.
  2018: 1–3

• Telemental health: why the revolution has not arrived. *World psychiatry : official journal of the World Psychiatric Association (WPA)*
  Aboujaoude, E.
  2018; 17 (3): 277–78

• Telemental health: why the revolution has not arrived *WORLD PSYCHIATRY*
  Aboujaoude, E.
  2018; 17 (3): 277–78

• Promising Treatments for Obsessive-Compulsive Disorder: A Call for Additional Research *CURRENT MEDICINAL CHEMISTRY*
  Koran, L. M., Aboujaoude, E.
  2018; 25 (41): 5690–97

• Suicidality, psychopathology, and the internet: Online time vs. online behaviors *PSYCHIATRY RESEARCH*
  Harris, K. M., Starcevic, V., Ma, J., Zhang, W., Aboujaoude, E.
  2017; 255: 341–46

• Three decades of telemedicine in obsessive-compulsive disorder: A review across platforms *JOURNAL OF OBSESSIVE-COMPULSIVE AND RELATED DISORDERS*
  Aboujaoude, E.
  2017; 14: 65–70

• Promising Treatments for Obsessive-Compulsive Disorder: A Call for Additional Research. *Current medicinal chemistry*
  Koran, L. M., Aboujaoude, E.
  2017

• The Internet's effect on personality traits: An important casualty of the "Internet addiction" paradigm *JOURNAL OF BEHAVIORAL ADDICTIONS*
  Aboujaoude, E.
  2017; 6 (1): 1–4

• Internet addiction: reappraisal of an increasingly inadequate concept. *CNS spectrums*
  Starcevic, V., Aboujaoude, E.
  2017; 22 (1): 7-13
• Theory-Based Formative Research on an Anti-Cyberbullying Victimization Intervention Message. Journal of health communication
  Savage, M. W., Deiss, D. M., Roberto, A. J., Aboujaoude, E.
  2017; 22 (2): 124-134

• Fluvoxamine AMERICAN PSYCHIATRIC ASSOCIATION PUBLISHING TEXTBOOK OF PSYCHOPHARMACOLOGY, 5TH EDITION
  Aboujaoude, E., Koran, L. M., Schatzberg, A. F., Nemeroff, C. B.
  2017: 419–29

• When Is a New Scale not a New Scale? The Case of the Bergen Shopping Addiction Scale and the Compulsive Online Shopping Scale INTERNATIONAL JOURNAL OF MENTAL HEALTH AND ADDICTION
  Griffiths, M. D., Andreassen, C. S., Pallesen, S., Bilder, R. M., Torsheim, T., Aboujaoude, E.
  2016; 14 (6): 1107–10

• The rise of online impulsivity: a public health issue. The lancet. Psychiatry
  Aboujaoude, E., Starcevic, V.
  2016; 3 (11): 1014-1015

• Rising suicide rates: an under-recognized role for the Internet? WORLD PSYCHIATRY
  Aboujaoude, E.

• Naltrexone: A Pan-Addiction Treatment? CNS drugs
  Aboujaoude, E., Salame, W. O.
  2016; 30 (8): 719-733

• Technology at the Service of Pediatric Mental Health: Review and Assessment. journal of pediatrics
  Aboujaoude, E., Salame, W.
  2016; 171: 20-24

• Working towards an international consensus on criteria for assessing internet gaming disorder: a critical commentary on Petry et al. (2014) ADDICTION
  2016; 111 (1): 167-175

• The Bergen Shopping Addiction Scale: reliability and validity of a brief screening test FRONTIERS IN PSYCHOLOGY
  Andreassen, C. S., Griffiths, M. D., Pallesen, S., Bilder, R. M., Torsheim, T., Aboujaoude, E.
  2015; 6

• Cyberbullying: Review of an Old Problem Gone Viral JOURNAL OF ADOLESCENT HEALTH
  Aboujaoude, E., Savage, M. W., Starcevic, V., Salame, W. O.
  2015; 57 (1): 10-18

• Telemental health: A status update WORLD PSYCHIATRY
  Aboujaoude, E., Salame, W., Naim, L.
  2015; 14 (2): 223-230

• Cyberchondria, cyberbullying, cybersuicide, cybersex: "new" psychopathologies for the 21st century? WORLD PSYCHIATRY
  Starcevic, V., Aboujaoude, E.
  2015; 14 (1): 97–100

• Online disinhibition and its resulting addictions
  Aboujaoude, E., Starcevic, V.
  AKADEMIAI KIADO RT.2015: 6

• Compulsive Buying Disorder: A Review and Update CURRENT PHARMACEUTICAL DESIGN
  Aboujaoude, E.
  2014; 20 (25): 4021-4025

• Compulsive buying disorder: a review and update. Current pharmaceutical design
  Aboujaoude, E.
- Problematic Internet use: an overview. *World Psychiatry*  
  Aboujaoude, E.  
  2010; 9 (2): 85-90

- The prevalence of pathologic skin picking in US adults. *Comprehensive Psychiatry*  
  Keuthen, N. J., Koran, L. M., Aboujaoude, E., Large, M. D., Serpe, R. T.  
  2010; 51 (2): 183-186

- Double-Blind Study of Dextroamphetamine Versus Caffeine Augmentation for Treatment-Resistant Obsessive-Compulsive Disorder.  
  15th Annual Obsessive Compulsive Foundation Conference  
  Koran, L. M., Aboujaoude, E., Gamel, N. N.

  Aboujaoude, E., Barry, J. J., Gamel, N.  
  2009; 29 (1): 51-55

  Aboujaoude, E., Koran, L. M., Schatzberg, A. F., Nemeroff, C. B.  
  2009: 353–61

- Duloxetine treatment of dysthymia and double depression: an open-label trial. *Journal of Clinical Psychiatry*  
  Aboujaoude, E., Koran, L. M., Gamel, N. N.  
  2007; 68 (5): 761-765

- Escitalopram for compulsive buying disorder - A double-blind discontinuation study. *Journal of Clinical Psychopharmacology*  
  Aboujaoude, E., Koran, L. M., Solvason, B., Gamel, N. N., Smith, E. H.  
  2007; 27 (2): 225-227

- Escitalopram treatment of kleptomania: An open-label trial followed by double-blind discontinuation.  
  18th Congress of the European-College-of-Neuropsychopharmacology  
  Koran, L. M., Aboujaoude, E. N., Gamel, N. N.

- Estimated prevalence of compulsive buying behavior in the United States. *American Journal of Psychiatry*  
  Koran, L. M., Faber, R. J., Aboujaoude, E., Large, M. D., Serpe, R. T.  
  2006; 163 (10): 1806-1812

- Pulse-loaded intravenous clomipramine in treatment-resistant obsessive-compulsive disorder. *Journal of Clinical Psychopharmacology*  
  2006; 26 (1): 79-83

- Mirtazapine for obsessive-compulsive disorder: An open trial followed by double-blind discontinuation. *Journal of Clinical Psychiatry*  
  Aboujaoude, E., Gamel, N. N., Choung, H. W., Smith, E. H., Koran, L. M.  
  2005; 66 (4): 515-520

- Double-blind treatment with oral morphine in treatment-resistant obsessive-compulsive disorder. *Journal of Clinical Psychiatry*  
  Aboujaoude, E., Bullock, K. D., Franz, B., Gamel, N., Elliott, M.  
  2005; 66 (3): 353-359

- A case of kleptomania correlating with premenstrual dysphoria. *Journal of Clinical Psychiatry*  
  Aboujaoude, E., Gamel, N., Koran, L. M.  
  2004; 65 (5): 725-726
• **Overview of Kleptomania and Phenomenological Description of 40 Patients.** *Primary care companion to the Journal of clinical psychiatry*
  Aboujaoude, E., Gamel, N., Koran, L. M.
  2004; 6 (6): 244-247

• **A 1-year naturalistic follow-up of patients with compulsive shopping disorder** *JOURNAL OF CLINICAL PSYCHIATRY*
  Aboujaoude, E., Gamel, N., Koran, L. M.
  2003; 64 (8): 946-950

• **The psychiatric hospital of the cross: A sane asylum in the Middle East** *AMERICAN JOURNAL OF PSYCHIATRY*
  Aboujaoude, E.
  2002; 159 (12): 1982-1982

• **ASSAYS OF OXIDATIVE DNA-DAMAGE BIOMARKERS 8-OXO-2'-DEOXYGUANOSINE AND 8-OXOGUANINE IN NUCLEAR-DNA AND BIOLOGICAL-FLUIDS BY HIGH-PERFORMANCE LIQUID-CHROMATOGRAPHY WITH ELECTROCHEMICAL DETECTION** *OXYGEN RADICALS IN BIOLOGICAL SYSTEMS, PT D*
  Shigenaga, M. K., Aboujaoude, E. N., Chen, Q., Ames, B. N.
  1994; 234: 16-33