# CURRICULUM VITAE Javaid I. Sheikh, M.D., M.B.A.

### PERSONAL DATA

Date of Birth 04-21-54

Place of Birth Lahore, Pakistan Citizenship United States

Marital Status Married with two children

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#### PRESENT POSITIONS

Associate Dean for Veterans Affairs, Stanford University School of Medicine Professor of Psychiatry and Behavioral Sciences
Chief of Staff, Veterans Affairs Palo Alto Health Care System (VAPAHCS)
Chairman of the Board, Palo Alto Institute for Research and Education (PAIRE)
Acting Director, Cooperative Studies Program Coordinating Center
Clinical Director, Mental Illness Research and Education Center (MIRECC)
Research Director, National Center for Post-traumatic Stress Disorder (NCPTSD)

#### **EDUCATION**

1991	M.B.A.	Golden Gate University, San Francisco, CA
1978	M.B., B.S.	King Edward Medical College, Lahore, Pakistan

## **POSTDOCTORAL TRAINING**

1986-87	Postdoctoral Fellow in Geriatric Psychiatry
	Stanford University School of Medicine
1984-86	Postdoctoral Research Fellow in Psychiatry
	Stanford University School of Medicine
1983-84	Resident and Chief Resident in Psychiatry
	Stanford University School of Medicine
1981-83	Resident in Psychiatry
	University of Connecticut School of Medicine
1979-80	Assistant to Consultant (House Officer)
	Departments of Medicine and Psychiatry
	University of Malta Medical School, Malta

## HONORS AND SCHOLARSHIPS

1996-2001	Listed in the "Best Doctors in America"
1996-99	National Institutes of Health Consultant
1969-71	National Talent Scholarship

Board of Education, Lahore, Pakistan

# PROFESSIONAL CERTIFICATION

2000	Recertification, Added Competence in Geriatric Psychiatry (#408)
1992	Diplomate, American Board of Medical Management
1991	Certificate of Added Competence in Geriatric Psychiatry
1987	Diplomate, American Board of Psychiatry & Neurology (Psychiatry)
1983	California Medical License No: A 040578

# ACADEMIC APPOINTMENTS

2003-present	Professor of Psychiatry and Behavioral Sciences (with tenure)
	Stanford University School of Medicine
2001-present	Associate Dean for Veterans Affairs
	Stanford University School of Medicine
1996-2003	Associate Professor of Psychiatry (tenure track)
	Stanford University School of Medicine
1993-1996	Associate Professor of Psychiatry
	Stanford University Medical Center
1991-93	Assistant Professor of Psychiatry
	Stanford University Medical Center
1989-90	Clinical Assistant Professor of Psychiatry
	Stanford University School of Medicine
1986-89	Clinical Instructor in Psychiatry
	Stanford University School of Medicine

## **LEADERSHIP & MANAGEMENT POSITIONS**

2005-present	Acting Director, Cooperative Studies Program Coordinating Center VA Palo Alto Health Care System
2001-present	Chairman of the Board, Palo Alto Institute for Research and Education
2001-present	Chief of Staff, VA Palo Alto Health Care System
2002-2003	Acting Associate Chief of Staff for Research and Development,
	VA Palo Alto Health Care System
1998-Present	Clinical Director, Mental Illness Research, Education, and Clinical
	Center, Veterans Integrated Services Network (VISN) #21
1997-2000	Associate Chief of Staff for Mental Health, VA Palo Alto Health Care
	System
1996-97	Chief of Psychiatry, VA Palo Alto Health Care System
1995-96	Chief of Psychiatry, Menlo Park Division of the
	VA Palo Alto Health Care System
1992-96	Founding Director, Geriatric Psychiatry Program,
	Stanford University Medical Center
1988-92	Medical Director, General Psychiatry Inpatient Program,

# Stanford University Medical Center

May-June 1986 Acting Director, Psychiatric Intensive Care Unit,

VA Palo Alto Health Care System

# **CLINICAL POSITIONS**

1997-present	Staff Physician, Psychiatry Service, Veterans Affairs, Palo Alto Health
	Care System, CA
1988-2000	Attending Physician, Psychiatry Service
	Stanford University Medical Center, CA
1987-90	Attending Physician, Consultation Psychiatry Service,
	Veterans Administration Medical Center, Palo Alto, CA
1984-88	Consultant, Emergency Psychiatry Service, Santa Clara Valley
	Medical Center, San Jose, CA
1982-83	Consultant, Methadone Clinic, Hartford, CT
1982-83	Consultant, Blue Hills Hospital for Alcohol Detoxification and
	Rehabilitation, Hartford, CT

## TEACHING EXPERIENCE

1990-95	Core Faculty, Stanford Geriatric Education Center
1989-present	More than 400 CME Presentations on Anxiety, Depression, Psychosis,
-	Agitation Associated with Dementia, and Geriatric
	Psychopharmacology
1988-95	Lecturer in the Ethnogeriatric Program of the Stanford Geriatric
	Education Center
1986-2000	Coordinator, Geriatric Psychiatry Training Program at Stanford
1984-present	Teaching of medical students, psychiatry residents, and fellows at
-	Stanford in multiple settings. Didactic lecture subjects: Anxiety
	Disorders, Geriatric Anxiety and Depression, Anxiety and
	Depression in the Medically Ill, Geriatric Psychopharmacology,
	Electroconvulsive Therapy

## **FUNDED RESEARCH**

2004-2009	Principal Investigator, "Light Treatment of Sleep/Wake Disturbances
	in Alzheimer's Disease." NIA R01 AG021134-01A2.
2003-2007	Principal Investigator, "Sleep in PTSD/Panic: A Multimodal,
	Naturalistic Study." NIMH R01MH064724-01A2.
2000-2004	Principal Investigator, "Specific Interventions for Agitation in
	Alzheimer's Disease." VA Merit Review Program.
2001-2004	Site Principal Investigator, "The Clinical Antipsychotic Trials of
	Intervention Effectiveness." National Institute of Mental Health.
2000-2002	Principal Investigator, "A Placebo-Controlled Study of Pregabalin in
	the Elderly Patients with Generalized Anxiety Disorder."
	Sponsored by Pfizer Pharmaceuticals.
2000-2002	Principal Investigator, "An 8-Week, Double-Blind, Randomized,
	Multicenter, Flexible-Dose, Placebo-Controlled Study of
	Pagoclone in Patients with Panic Disorder." Sponsored by Pfizer
	Pharmaceuticals.

1998-2000	Principal Investigator, "Treatment of Panic Disorder in Older Adults" Sponsored by Pfizer Pharmaceuticals.
1998-2000	Principal Investigator, "Treatment of Mixed Anxiety-Depression in Older Adults" Sponsored by Bristol-Myers Squibb.
1998-1999	Principal Investigator, "Comparison of Olanzapine versus Risperidone in the Treatment of Negative Symptoms in the Older Adult with Schizophrenia" Sponsored by Eli Lilly & Co.
1998-1999	Principal Investigator, "Brain Changes in Psychiatric Patients." VA Merit Review Program
1997-2000	Site Investigator, "The Clinical and Economic Impact of Olanzapine in Schizophrenia." VA Cooperative Study #451, Sponsored by Eli Lilly & Co.
1997-99	Principal Investigator, "An Eight-Week, Multicenter, Parallel-Group, Double-Blind, Placebo-Controlled Study of Sertraline in the Treatment of Elderly Outpatients with DSM-IV Major Depression." Sponsored by Pfizer Pharmaceuticals, Inc.
1997-98	Principal Investigator, "A Flexible-dose Study of Nefazodone in the Treatment of Post-Traumatic Stress Disorder." Sponsored by Bristol-Myers Squibb.
1996-97	Principal Investigator, "An Open-Label Long-term Study of Risperidone for Treatment of Behavioral Disturbances in Subjects with Dementia." Sponsored by Janssen Research Foundation.
1996-97	Principal Investigator, "A Randomized, Double-Blind, Placebo Controlled Study of Risperidone for Treatment of Behavioral Disturbances in Subjects with Dementia." Sponsored by Janssen Research Foundation.
1994-95	Principal Investigator, "Olanzapine vs. Placebo in the Treatment of Patients with Psychosis Associated with Dementia." Sponsored by Eli Lilly & Co.
1993-97	Principal Investigator, NIMH FIRST Award, "Aging and Panic Disorder: Early Versus Late-Onset."
1992-93	Principal Investigator, "A Placebo-Controlled Study of Pramiracetam in Depressed Inpatients Undergoing Electroconvulsive Therapy." Sponsored by Cambridge Neurosciences.
1992-93	Co-Principal Investigator, "A Double-Blind Clinical Trial of CP-93, 393 in Generalized Anxiety Disorder." Sponsored by Pfizer Pharmaceuticals.
1991-93	Principal Investigator, "A Double-Blind Clinical Trial of Sertraline in Panic Disorder." Sponsored by Pfizer Pharmaceuticals.
1991-92	Principal Investigator, "A Double-Blind Clinical Trial of Amisergide in Generalized Anxiety Disorder." Sponsored by Eli Lilly & Co.
1990-91	Co-Investigator, "A Double-Blind Clinical Trial of Fluoxetine in Geriatric Depression." Sponsored by Eli Lilly & Co.
1987-91	Principal Investigator, "Nature and Treatment of Panic Disorder in the Elderly." Veterans Administration Merit Review Program.
1987	Principal Investigator, "Interrelationship of Anxiety, Insomnia, and Cognitive Decline." Teaching Nursing Home Program.
1987	Co-Principal Investigator, "Development of a Software Package for Cognitive Training." National Institute of Aging.

# EDITORIAL WORK, JOURNAL REVIEWERSHIP, REVIEW COMMITTEES

1998-present	Journal of General Internal Medicine
1996-present	International Journal of Geriatric Psychiatry
1992-present	American Journal of Psychiatry
1992-present	American Journal of Geriatric Psychiatry
1991-present	Journal of American Geriatrics Society
1987-present	Clinical Gerontologist

## **PROFESSIONAL AFFILIATIONS**

1989-present	The American College of Physician Executives
1985-present	American Association for Geriatric Psychiatry
1984-present	Northern California Psychiatric Society
1981-present	American Psychiatric Association
1992-94	Academy of Organizational and Occupational Psychiatry
1987-88	American Association for Artificial Intelligence
1986-87	Sigma Xi
1985-88	The Gerontological Society of America

## ACADEMIC AND HOSPITAL COMMITTEES

# Stanford University School of Medicine

2003-present	School of Medicine Executive Committee
2001-2003	Dean's Staff Committee
1997-2000	Stanford-VA Affiliation Review Committee
1996-98	Administrative Panel on Human Subjects in Medical Research
1994-95	Council on Diversity
1993-99	Psychiatry Representative on the Faculty Senate

## Stanford University Department of Psychiatry

1995-present	Executive Committee
1991-2000	Residency Selection Committee
1991-93	Residency Education Evaluation Committee
1990-95	Quality Assurance Committee
1990-95	Chair, Electro Convulsive Therapy Committee
1989-95	Clinical Policies Committee
1988-95	Chair, Policy, Procedures, and Practice Committee

# Veterans Affairs Palo Alto Health Care System

2001-present	Chairman of the Board, Palo Alto Institute for Research and Education
2001-present	Chair, Medical Executive Board
1997-present	Member, Executive Leadership Committee
1997-98	Chair, Chief of Staff Search Committee
1995-2000	Member, Medical Executive Board
1995-2000	Chair, Mental Health Council
1995-97	Dean's Committee for Academic Affairs
1995-97	Medical Information Committee

### NATIONAL AND REGIONAL COMMITTEES

2001-present	Chair, Mental Health Product Line Group
•	Sierra Pacific Veterans Integrated Services Network (VISN #21)
1997-present	Mental Health Liaison for VA Central Office
	Sierra Pacific Veterans Integrated Services Network (VISN #21)
1997-2000	Co-Chair, Mental Health Product Line Group
	Sierra Pacific Veterans Integrated Services Network (VISN #21)
1996-98	Member, Committee on Recertification of the
	American Association for Geriatric Psychiatry
1990-93	Member, Task Force for the DSM-IV of the American Association for
	Geriatric Psychiatry
1988-91	Chair, Committee on Aging of Northern California Psychiatric Society
1986-89	Member, Task Force on Geriatric Psychiatry Boards of the American
	Association for Geriatric Psychiatry

#### **BIBLIOGRAPHY**

### **BOOKS**

Sheikh JI (ed), Treating the Elderly. San Francisco, CA, Jossey-Bass, 1996.

#### ARTICLES

- 1. **Sheikh JI**, Yesavage JA: Practical Geriatrics: A Knowledge Assessment Test for Geriatric Psychiatry. *Hospital and Community Psychiatry*, 36:1160-1161, 1985.
- 2. **Sheikh JI**, Yesavage JA: Towards a Practical Approach to Memory Problems. *Contemporary Psychology*, 30: 686-687, 1985.
- 3. **Sheikh JI**, Yesavage JA: Geriatric Psychiatry Knowledge Test, Form 1. *Hospital and Community Psychiatry*, 36:1162-1166, 1985.
- 4. **Sheikh JI**, Yesavage JA: Geriatric Psychiatry Knowledge Test, Form II. *Hospital and Community Psychiatry*, 36:1271-75, 1985.
- 5. Ehlers A, Margraf J, Roth WT, Taylor CB, Maddock RJ, **Sheikh JI**, Kopell ML, McClenahan KL, Gossard D, Blowers GH, Agras WS, Kopell BJ: Lactate Infusions and Panic Attacks: Do Patients and Controls Respond Differently? *Journal of Psychiatric Research*, 17:295-308, 1986.
- 6. Taylor CB, **Sheikh JI**, Agras WS, Roth WT, Margraf J, Ehlers A, Maddock RJ, Gossard D: Ambulatory Heart Rate Changes in Patients with Panic Attacks. *American Journal of Psychiatry*, 143:478-482, 1986.
- 7. **Sheikh JI**, Yesavage JA: Geriatric Depression Scale (GDS):Recent Evidence and Development of a Shorter Version. *Clinical Gerontologist*, 5:165-173, 1986.

- 8. Yesavage JA, Tanke ED, **Sheikh JI**: Tardive Dyskinesia and Steady-State Serum Levels of Thiothixene. *Archives of General Psychiatry*, 44:913-915, 1987.
- 9. **Sheikh JI,** Yesavage JA, Gullevich G: Validation of the "Geriatric Psychiatry Knowledge Test" (GPKT). *Hospital and Community Psychiatry*, 39:369 & 375, 1988.
- 10. **Sheikh JI**, Hill AD, Yesavage JA: Long-term Efficacy of Cognitive Training for Minimal Memory Impairment: A Six-month Follow-up Study. *Journal of Developmental Neuropsychology*, 2(4): 413-421, 1986.
- 11. Hill R, Evankovich K, **Sheikh JI**, Yesavage J: Imagery Mnemonic Training in a Patient with Primary Degenerative Dementia. *Psychology and Aging*, 2(2):204-205, 1987.
- 12. Yesavage JA, **Sheikh JI**, Tanke ED, Hill R: Individual Differences in Response to Memory Training: Verbal Intelligence and State Anxiety Predict Improvement. *American Journal of Psychiatry*, 145:636-639, 1988.
- 13. Hill RD, **Sheikh JI**, Yesavage JA: The Effect of Mnemonic Training on Perceived Recall Confidence in the Elderly. *Experimental Aging Research*, 13:185-188, 1988.
- 14. Yesavage JA, **Sheikh JI**: Non-Pharmacological Treatments for Age-Associated Memory Impairment. *Comprehensive Therapy*, 14:44-46, 1988.
- 15. Lierer VO, Morrow DG, Pariante GM, **Sheikh JI**: Elders' Nonadherence, Its Assessment, and Computer Assisted Instruction for Medication Recall Training. *Journal of American Geriatrics Society*, 36:877-884, 1988.
- 16. Morrow D, Lierer V, **Sheikh JI**: Improving Adherence to Prescribed Medications in the Elderly. *Journal of American Geriatrics Society*, 36:1147-1160, 1988.
- 17. Yesavage JA, Poulsen SL, **Sheikh JI,** Tanke ED:Rates of Change of Common Measures of Impairment in Senile Dementia of the Alzheimer's Type. *Psychopharmacology Bulletin*, 24:531-534, 1988.
- 18. **Sheikh JI**: Developmental Psychology. In, *Resource Manual for Guidelines for Exercise Testing and Prescription: American College of Sports Medicine*. Lee & Febiger, Philadelphia, pp. 305-308,1988.
- 19. Hill RD, **Sheikh JI**, Yesavage JA: Three Pretraining Methods Enhance Mnemonic Training In the Elderly. *Experimental Aging Research*, 14:207-211, 1988.
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- 21. Hill RD, Crook T, Zadek A, **Sheikh JI**, Yesavage J: The Effects of Age on Recall of Information of a Simulated Television News Broadcast. *Educational Gerontology*, 15:47-53, 1989.

- 22. Hill RD, Yesavage J, **Sheikh JI**, Friedman L: Mental Status as a Predictor of Response to Memory Training. *Educational Gerontology*, 15:633-639, 1989.
- 23. Gratzinger P, **Sheikh JI**, Freidman L, Yesavage J: Cognitive Interventions to Improve Face-Name Recall: The Role of Personality Trait Differences. *Developmental Psychology*, 26:889-893, 1990.
- 24. Lierer V, Morrow D, **Sheikh JI**, Periante G: Memory Skills Elders Want to Improve. *Experimental Aging Research*, 16:155-158, 1990.
- 25. Yesavage JA, **Sheikh JI**, Friedman L, Tanke E: Learning Mnemonics:Roles of Aging and Subtle Cognitive Impairment. *Psychology and Aging*, 5:133-137, 1990.
- 26. **Sheikh JI**: Anxiety Rating Scales for the Elderly. In, Salzman C, Leibowitz B, (eds), *Anxiety in the Elderly*. New York, Springer Publishing Company, Inc. pp. 251-265, 1991.
- 27. **Sheikh JI**, Yesavage JA, Brooks JO, Gratzinger P, Friedman L, Hill RD, Zadeik A, Crook T: Proposed Factor Structure of the Geriatric Depression Scale. *International Psychogeriatrics*, 3:23-28, 1991.
- 28. Margraf J, Ehlers A, Roth WT, Clark DB, **Sheikh JI**, Agras WS, Taylor CB: How Blind are Double-Blind Studies? *Journal of Consulting and Clinical Psychology*, 59:184-187, 1991.
- 29. **Sheikh JI**: Anxiety Disorders in the Elderly. In, Blazer DG, Hazzard WR, (eds), *Current Problems in Geriatrics*. Littleton, Massachusetts, Mosby-Year Book, Inc. February, 1991.
- 30. **Sheikh JI**, King R, Taylor CB: Comparative Phenomenology of Early Versus Late-Onset Panic Attacks: A Pilot Survey. *American Journal of Psychiatry*, 148:1231-1233, 1991.
- 31. **Sheikh JI**: Problems Associated with Long-Term Benzodiazepine Use in the Elderly. In, Shamoian C, (ed), *Complications of Treatment in the Elderly*. Washington DC, APA Press Inc. pp. 71-87, 1992.
- 32. **Sheikh JI**: Anxiety and its Disorders in Old Age. In, Birren JE, Sloane RB, Cohen G, (eds), *Handbook of Mental Health and Aging, Second Edition*. Orlando, Florida, Academic Press, Inc. pp .409-432, 1992.
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- 34. Swales PJ, **Sheikh JI**: Hysterectomy in Patients with Panic Disorder. *American Journal of Psychiatry*, 149:846, 1992.
- 35. Swales PJ, Friedman LF, **Sheikh JI**: Interrelationship of Anxiety and Sleep Disorders. In, Szwabo P, Grossberg G, (eds), *Problem Behaviors in Long Term Care:Recognition, Diagnosis and Treatment*, pp. 70-80, 1992.
- 36. Swales PJ, **Sheikh JI**: "Hysterectomy in Patients with Panic Disorder: A Failure to Replicate": Reply. *American Journal of Psychiatry*, 150:993-994, 1993.

- 37. **Sheikh JI**: Effective Management of Anxiety Disorders in the Elderly. *Psychiatric Times*, May 1993.
- 38. **Sheikh JI**, Swales PJ, Kravitz J, Bail G, Taylor CB: Childhood Abuse History in Older Women with Panic Disorder. *American Journal of Geriatric Psychiatry*, 2:75-77, 1994.
- 39. **Sheikh JI**, Swales PJ: Acute Management of Anxiety and Phobias in the Elderly. In, Copeland JRM, Abou-Saleh MT, Blazer D, (eds), *The Psychiatry of Old Age: An International Textbook.* New York, John Wiley & Sons, pp. 735-739, 1994.
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- 50. Palmer BW, Jeste DV, **Sheikh JI**: Anxiety Disorders in the Elderly: DSM-IV and Other Barriers to Diagnosis and Treatment. *Journal of Affective Disorders*, 46, 183-190, 1997.
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- 53. Yesavage JA, Friedman L, Kraemer HC, Noda A, Wicks D, Bliwise DL, **Sheikh JI**, Tinklenberg J, Zarcone V: A Follow-up Study of Actigraphic Measures in Home-Residing Alzheimer Disease Patients. *J Geriat Psychiatry Neurol*, 11:7-10, 1998.
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- 55. **Sheikh JI**, Swales PJ, King RJ, Sazima GC, Bail G: Somatization in Young Versus Old Female Panic Disorder Patients. *International Journal of Geriatric Psychiatry*, 13: 564-567, 1998.
- 56. Swales PJ, **Sheikh JI**: Shared Symptoms of Panic Disorder in an Elderly Couple. *American Journal of Geriatric Psychiatry*, 6:340-344, 1998.
- 57. **Sheikh JI**, Swales PJ: Depression and Comorbid Panic Disorder. *Management of Geriatric Depression: Clinical Challenges in Geriatric Mental Health*. Monograph by the American Association for Geriatric Psychiatry, 1998.
- 58. **Sheikh JI**, Swales PJ: Treatment of Panic Disorder in Older Adults: A Pilot Study Comparison of Alprazolam, Imipramine, and Placebo. *International Journal of Psychiatry in Medicine*, 29:107-117, 1999.
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- 77. Leskin GA, Woodward SH, Young HE, **Sheikh JI**: Effects of Comorbid Diagnoses on Sleep Disturbance in PTSD. *Journal of Psychiatric Research*, 16:599-603, 2002.
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- 79. Cassidy EL, **Sheikh JI**: Pre-Intervention Assessment for Disruptive Behavior Problems: A Focus on Staff Needs. *Mental Health and Aging*, 6:166-171, 2002.
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