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Diplomat, American Board of Psychiatry and Neurology

Place of Birth: New York City

Education:
1969-1973 New York University - B.A. in Psychobiology
1973-1977 Rutgers School of Medicine - M.M.S. 1975, M.D. 1977
July 1977 - June 1978 Medical internship, Wadsworth V.A. Hospital, and U.C.L.A. Neuropsychiatric Institute. Los Angeles, California
July 1978 - June 1981 Psychiatry residency, UCLA Neuropsychiatric Institute, Los Angeles, California

Employment:
July 1981 - June 1982 Co-Director, Outpatient Dept., Fair Oaks Hospital, Summit, New Jersey
July 1982 - June 1983 Ward Chief, General Psychiatry Unit, Brentwood VA Hospital, Los Angeles
July 1983 - June 1984 Ward Chief, Treatment Refractory Unit, Brentwood VA Hospital, Los Angeles
Nov. 1982 - Present Private practice, West Los Angeles, and Santa Monica.
July 1999 - Present Clinical Professor of Psychiatry, UCLA Neuropsychiatric Institute
Oct. 1988 - Present Vice-President, Pacific Psychopharmacology Research Institute, Inc.

Licensure:
California, 1978 (G37594)
New Jersey, 1981

Awards:
Fellow, American Psychiatric Association, 1991
The Best Doctors in America: Pacific Region, 1996-present
Outstanding Teaching Award, Senior Clinical Faculty, Department of Psychiatry, UCLA Neuropsychiatric Institute, 1999

Distinguished Fellow, American Psychiatric Association, 2003

Hospital Affiliations:

UCLA Neuropsychiatric Institute, present

St. Johns Hospital, Santa Monica 1982-1992

CPC Westwood Hospital 1984-1992

St. Johns Hospital, consulting staff, 1995-1999

Memberships:

American Psychiatric Association 1981-present

Southern California Psychiatric Society 1982-present

Los Angeles County Medical Association 1984-1995

California Medical Association 1984-1995

American Society of Clinical Psychopharmacology 1993-2002

American Medical Association 1996- present

Committees:

Editorial Committee, Southern California Psychiatric Society
Newsletter, 1985-1987

Psychiatry Peer Review Committee, St. Johns Hospital, 1986 - 1988

Medical Education Committee, 1987, St. Johns Hospital

Psychiatry Program Chairman, St. Johns Hospital, 1987

Psychiatry Committee, St. Johns Hospital, 1987 - 1988

Committee on Impaired Psychiatrists Southern California
Psychiatric Society, 1988 - 1990

Committees:

Medical Executive Committee, CPC Westwood Hospital, 1992, 1993 (Vice-
President)

Ethics Committee, Southern California Psychiatric Society, 1992 - present

Consultant, Jewish Family Services, Santa Monica 1992-1996

Ad Hoc Committee, UCLA-NPI Volunteer Clinical and Promotions Committee,
1997 - present

Extended Clinical Trials Committee of the American Society of Clinical Psychopharmacology, 1998

- Academic Activities:**
- Clinical Professor of Psychiatry, UCLA-Neuropsychiatric Institute - supervision of psychiatry residents; Supervisor, UCLA PS-10
 - Medical Student Program, July 1982 - June 1984; lecturer to medical students
 - Lecturer in psychopharmacology, Social Work Training Program, UCLA, 1982 to 1999
 - Research in affective disorders, anxiety disorders, schizophrenia, psychopharmacology
- Recent Studies:**
- 1987 - 1988 Buspirone in the treatment of benzodiazepine withdrawal
 - 1988 -1989 Pre and Post treatment change in MCMI-2 scale scores in obsessive-compulsive disorder
 - 1988 -1989 Clomipramine in obsessive-compulsive disorder
 - 1989 - 1990 SM-3997 in panic disorder
 - 1991 Tansospirone in depression
 - 1991 Ondansetron in generalized anxiety disorder
 - 1992 Brofaromine in social phobia
 - 1993 Moclobemide in panic disorder
- Recent Studies:**
- 1997 Lamotrigine in bipolar depression
 - 1998 Aripiprazole in schizophrenia
 - 1999 Substance P antagonist in social phobia
 - 2000 Aripiprazole in schizophrenia
- Lectures:**
- Brentwood V.A. Hospital, April 1983: The TRH test in psychiatry
 - St. Johns Hospital, January 1984: Treatment-refractory bipolar disorder
 - St. Johns Hospital, June 1989: The impaired physician
 - Brotman Memorial Hospital, September 1989: The impaired physician

UCLA Extension, "Alive and Well in the Age of Anxiety",
Drs. Benjamin Spock and Harvey Sternbach, May 17, 1986

Southern California Psychiatric Society, Psychopharmacology Update 8,
Feb. 22, 1997, The Serotonin Syndrome

Southern California Psychiatric Society, Psychopharmacology Update
10, Sept. 12, 1998 Testosterone, Aging and Men.

Journal Reviewer:

Psychiatry Research, 1982-1984

Journal of Clinical Psychopharmacology, 1991-1998, 2001, 2003,
2005-07, 2009

CNS Drugs, 1993

Biological Psychiatry, 1993

Journal of Clinical Psychiatry, 1994-present

Consultant, 1994

JAMA, 1994

Intensive Care Medicine, 1996

Western Journal of Medicine, 1996

American Journal of Psychiatry, 1999

Psychoneuroendocrinology, 2001-present

Current Psychiatry 2007

Consultant:

Consultant, "The Psychiatric Therapies", The American Psychiatric
Association Commission on Psychiatric

Therapies, APA (Publisher), 1984

Reviewer/Consultant, Practice Guidelines for the Treatment of Patients
with Bipolar Disorder, American Journal of Psychiatry,
Supplement, Vol. 151, #12, 1994

Media:

Consultant, Los Angeles Times, "A Prescription for Growing Concern",
Jan. 8, 1997, by Shari Roan

Consultant, U.S. News a World Report, "Do Men experience Menopause", July 30, 2001, by Josh Fischman

Consultant, www.healthatoz.com report, "Does Male Menopause Exist?" by Neil Sherman, December 13, 2001

PUBLICATIONS

1. Sternbach, H., Gwirtsman, H., Gerner, R.H. (1981): Dexamethasone suppression test and subtypes of depression. *Arch. Gen. Psychiatry*, 38:63.
2. Sternbach, H., Gwirtsman, H., Gerner, R.H.: Relationship of the dexamethasone suppression test, TRH stimulation test, Ritalin response, urinary MHPG and response to antidepressants in depression. Abstract, Society of Biological Psychiatry, Annual Meeting, New Orleans, May 1981, p. 42.
3. Sternbach, H., Yager, J.: Catatonia in the presence of midbrain and brainstem abnormalities. *J. Clin. Psychiatry*, 42, #9, 352-353, 1981.
4. Sternbach, H.: Pemoline-induced mania: case report. *Biol. Psychiatry*, 16, #10, 987-989, 1981.
5. Sternbach, H., Gwirtsman, H., Gerner, R.H.: The dexamethasone suppression test and response to methylphenidate in depression. *Am J Psychiatry*, 138:12, 1629-1631, 1981.
6. Sternbach, H., Gerner, R.H., Gwirtsman, H.: The thyrotropin-releasing hormone (TRH) stimulation test in depression, mania and schizophrenia: A review. *J Clin Psychiatry*, 43:1, 4-6, 1982.
7. Sternbach, H.: Puerperal psychosis in America - 1847. *Arch Gen Psychiatry*, 39:235-236, 1982.
8. Gwirtsman, H., Gerner, R.H., Sternbach, H.: The overnight dexamethasone suppression test: clinical and theoretical review of a possible neuroendocrine marker for depression. *J. Clin Psychiatry*, 43:8, 321-327, 1982.
9. Sternbach, H., Extein, I., Gold, M.S., Pottash, A.L.C.: Diurnal Cortisol, DST and TRH tests in depression. Abstract, American Psychiatric Association Meeting, May 1982, Syllabus and Scientific Proceedings, P. 223.
10. Gold, M.S., Dackis, C., Pottash, A.L.C., Martin, D., Sternbach, H.A., Annitto, W., Dackis, M.: Naltrexone, opiate addiction and endorphins. *Medicinal Research Reviews*, #2,3, 211-246, 1982.
11. Sternbach, H.A., Annitto, W., Pottash, A.L.C., Gold, M.S.: Anorexic effects of naltrexone in man. *The Lancet*, I, Feb. 13, 388-389, 1982.
12. Sternbach, H.A., Pottash, A.L.C., Gold, M.S., Extein, I.: The TRH test in psychiatry. *World Journal of Psychosynthesis*, 14:2, 36-39, 1982.

13. Sternbach, H.A., Extein, I., Pottash, A.L.C., Gold, M.S.: TRH and cortisol in depression. *New England Journal of Medicine*, 224, 1489, 1982.
14. Sweeney, D.R., Extein, I., Pottash, A.L.C., Gold, M.S., Sternbach, H.: Neuroendocrine responses in delusional depression. Abstract, American Psychiatric Association Meetings, May 1982, Syllabus and Scientific Proceedings p. 263.
15. Gold, M.S., Pottash, A.L.C., Sternbach, H.A., Baraban, J., Annitto, W.: Anti-withdrawal effects of alpha-methyl dopa and cranial electrotherapy. Abstract, Society for Neuroscience, 12th Annual Meeting, Minneapolis, 131.22, 1982.
16. Sternbach, H.: The dexamethasone suppression test in the evaluation of the Capgras syndrome. *The Journal of Psychiatric Treatment and Evaluation*, 5, 89-90, 1983.
17. Sternbach, H.A., Gold, M.S., Pottash, A.L.C., Extein, I.: Grades of thyroid failure and TRH test abnormalities in depressed outpatients. *JAMA*, 244: 1618-1620, 1983
18. Sternbach, H.A., Gold, M.S., Pottash, A.L.C., Extein, I.: TRH test abnormalities in depressed outpatients. Annual Meeting, American Psychiatric Association, May 1983, Abstract, Syllabus and Scientific Proceedings, P. 233.
19. Sternbach, H.A., Kirstein, L., Pottash, A.L.C., Gold, M.S., Extein, I., Sweeney, D.R.: The TRH test and urinary MHPG in unipolar depression. *J Affective Disorders*, 5, 233-237, 1983.
20. Fleming, J., Extein, I., Sternbach, H.A., Pottash, A.L.C., Gold, M.S.: The thyrotropin-releasing hormone and dexamethasone suppression tests in the familial classification of depression. *Psychiatry Research*, 9, 53-58, 1983.
21. Gwirtsman, H.E., Gerner, R.H., Sternbach, H.A.: Dexamethasone suppression test. *J Clin Psychiatry*, 44:3, 117, 1983.
22. Sternbach, H., Gwirtsman, H., Gerner, R.H.: Biological tests in the diagnosis and treatment of affective disorders, in *Psychoneuroendocrine Dysfunction*. Shah, N.S., Donald, A.G. (eds), Plenum, New York, 383-398, 1984.
23. Gwirtsman, H., Gerner, R.H., Sternbach, H.: Abnormalities in anorexia nervosa of the dexamethasone suppression test and urinary MHPG suggests a norepinephrine hypothesis, in *Psychoneuroendocrine Dysfunction*. Shah, N.S., Donald, A.G. (eds), Plenum, New York, 129-140, 1984.
24. Sternbach, H.A., Gwirtsman, H.E., Gerner, R.H., Pekary, E., Hershman, J.: Methodological issues in the measurement of serum TSH-implications for psychiatry. *Psychoneuroendocrinology*, 455-458, 1984.
25. Sternbach, H.A., Fleming, J., Extein, I., Pottash, A.L.C., Gold, M.S.: The dexamethasone suppression and thyrotropin-releasing hormone test in depressed borderline patients. *Psychoneuroendocrinology*, 459-462, 1984.

26. Gold, M.S., Sternbach, H.A.: Endorphins in obesity and in the regulation of appetite and weight. *Integrative Psychiatry*, Vol. 2, #5, 203-207, 1984.
27. Roy-Byrne, P., Gwirtsman, H.E., Sternbach, H.A., Gerner, R.H.: Effects of acute hospitalization on the dexamethasone suppression and TRH stimulation tests. *Biol Psychiatry*, 19, #4, 607-612, 1984.
28. Sternbach, H.A., Gold, M.S., Pottash, A.L.C., Extein, I., Sweeney, D.R.: Cortisol secretion and urinary MHPG in unipolar depression. *Int'l J of Psychiatry in Medicine*. Vol. 12, #4, 261-266, 1984.
29. Sternbach, H.A., Pottash, A.L.C., Extein, I., Gold, M.S.: Identifying lithium induced hypothyroidism in bipolar depression. *Psychosomatic*, 25, 864-866, 1984.
30. Gitlin, M.J., Gwirtsman, H., Fairbanks, L., Sternbach, H.A., Cedars, P.I., Gerner, R.H.: Dexamethasone suppression test and treatment response. *J. Clin. Psychiatry*, 45, 387-389, 1984.
31. Sternbach, H.A., Gwirtsman, H.E., Gerner, R.H., Hershman, J.M., Pekary, A.E.: The TRH stimulation test and reverse T3 in depression. *J Affective Disorders*, 8:267-270, 1985.
32. Sternbach, H.A.: Affective Disorders, in *Encyclopedia of Science and Technology*, 6th Edition, McGraw Hill, p. 155-158, 1987.
33. Sternbach, H.: Danger of MAOI therapy after fluoxetine withdrawal. *The Lancet*, No. 8615, Vol. II, 850-851, 1988.
34. Sternbach, H., Jordan, S.: Lithium-associated tardive dyskinesia, *J Clin Psychopharmacology*, 10:2, 143-144, 1990.
35. Sternbach, H.: Fluoxetine treatment of social phobia. *J. Clin Psychopharmacology*, 10:3, 230-231, 1990.
36. Sternbach, H.: Depression misdiagnosed as neuromuscular disease: case reports and review, *Ann. Clin Psychiatry*, 3:37-41, 1991.
37. Sternbach, H.: The serotonin syndrome, *Am J. Psychiatry*, 148:6,705-713, 1991.
38. Fogelson, D.L., Jacobson, S., Sternbach, H.: A retrospective study of valproate in private psychiatric practice, *Annal Clin Psychiatry*, 3:315-320, 1991.
39. Sternbach, H.: Fluoxetine-associated potentiation of calcium-channel blockers. *J. Clin Psychopharmacology*, 11:6, 390-391, 1991.
40. Sternbach, H.: The serotonin syndrome in psychiatry. *Directions in Psychiatry*, Vol. 12, #23, Nov. 13, pp 1-7, 1992.
41. Sternbach, H.: Fluoxetine-clomipramine interaction. *J. Clin Psychiatry*, 1995; 56:4,171-172.

42. Bohn, P.B., Sternbach, H.: Topical Aluminum-chloride in social phobia-related hyperhidrosis. *Am J Psychiatry*, 1996; 153:10; 1368.
43. Bohn, P.B., Sternbach, H.: Social phobia-related nausea relieve with adjunctive cisapride. *J. Clin Psychopharmacology*, 17:1, 56-57, 1997.
44. Fogelson, D., Sternbach, H.: Lamotrigine treatment of refractory bipolar disorder. *J. Clin Psychiatry*, 58:6, 271-273, 1997.
45. Fogelson, DL, Sternbach H, Payne D: A naturalistic pilot study comparing haloperidol, clozapine, sertindole and risperidone in partially responsive chronic schizophrenia or schizoaffective disorder. *J Clin Psychopharmacol*, 17:6, 492-494, 1997.
46. Bohn P, Sternbach H: Current knowledge and research directions in the treatment of paruresis. *Anxiety*, 5:41-42, 1997.
47. Sternbach H, State R: Antibiotics: Neuropsychiatric effects and psychotropic interactions. *Harvard Review of Psychiatry*, 5:214-226, 1997.
48. Bohn PB, Sternbach H: Social phobic physical symptoms: pharmacologic augmentation strategies. *Primary Psychiatry*, Vol. 5, #6, 59-64, 1998.
49. Sternbach H: Age-associated testosterone decline in men: clinical issues for psychiatry. *Am J Psychiatry*, 155:10, 1310-1318, 1998.
50. Sternbach H: Cognitive effects of testosterone supplementation. *Am J Psychiatry*, 157:2, 307-308, 2000.
51. Sternbach H: Psychiatric manifestations of low testosterone in men. *Psychiatric Annals*, 33:8; 517-524, 2003
52. Sternbach H: Adjunctive modafinil in ALS. *J Neuropsychiatry Clin Neurosciences*, 14 (2): 239, 2002.
53. Sternbach H: Venlafaxine-induced galactorrhea. *J Clin Psychopharmacology*, 23:109-110, 2003.
54. Sternbach H: Serotonin syndrome: On a spectrum from benign to fatal. *Current Psychiatry*, 2:15-24, 2003.
55. Sternbach, H: Are antidepressants carcinogenic? A review of preclinical and clinical studies. *J Clin Psychiatry*, 64: 1153-1162, 2003.