

Appendix: Physicians and Medical Students with Self-Disclosed Lived Experience

Andres Martin, MD, MPH

Child psychiatrist

Yale Child Study Center

Depression

Martin A. Setting the River on Fire: A Study of Genius, Mania, and Character, and This Close to Happy: Reckoning With Depression (Book Forum). *J Am Acad Child Adolesc Psychiatry*. 2018;57(1):61-64.

Miguel Paniagua, MD

100 Days of Rain

Physician with depression

NBME

Beth Baxter, MD

Psychiatrist

Nashville

Bipolar Disorder

<https://www.statnews.com/2017/10/16/doctors-mental-health-licenses/>. Accessed August 25, 2019.

Julie Chilton, MD

Child psychiatrist

Yale Child Study Center

Depression

Chilton J. "Dude— Me, Too!": The Importance of Wellness Mentorship from Day One. *J Am Acad Child Adolesc Psychiatry*. 2017;56(9):721-722.

Alice Flaherty, MD

Neurologist

Massachusetts General Hospital

Bipolar Disorder

The Midnight Disease: The Drive to Write, Writer's Block, and the Creative Brain. By Alice W Flaherty. Boston: Mariner Books; 2005.

<https://stores.kotisdesign.com/afspexternal/films/struggling-in-silence-physician-depression-and-suicide-dvd/40714>

Linda Gask, MB, ChB, Msc(Psychiatry), PhD, FRCPsych, FRCGP

Psychiatrist, University of Manchester

Depression

The Other Side of Silence: A Psychiatrist's Memoir of Depression. By Linda Gask. Chichester: Vie; 2016.

Paul Golden, MD

Neurologist

Bipolar Disorder

Bipolar MD: My Life as a Physician with Bipolar Disorder. By Paul Golden, MD. Independently published. 2019.

Peter Grinspoon, MD

Primary care physician

Boston, Massachusetts General Hospital

Addiction

Free Refills: A Doctor Confronts His Addiction. By Peter Grinspoon, MD. New York: Hachette Books; 2016.

<https://www.modernhealthcare.com/article/20160514/MAGAZINE/305149988/when-the-addict-is-a-doctor>. Accessed August 25, 2019.

Rahael Gupta, MD, PhD

UCLA psychiatry resident

Depression

Gupta R. A Piece of My Mind: I Solemnly Share. *JAMA*. 2018;319(6):549-550.

Sourav Sen Gupta

Jama April 2019

Rebuilding more of me

Adam B Hill, MD

Pediatric palliative care physician

Depression, alcoholism

Hill AB. Breaking the stigma—a physician’s perspective on self-care and recovery. *N Engl J Med*. 2017 Mar 23;376(12):1103-5.

Timothy Huckabee, MD

Anesthesiologist and Medical Director of Orlando (Fla) Recovery Center

Substance Use

<https://www.modernhealthcare.com/article/20160514/MAGAZINE/305149988/when-the-addict-is-a-doctor>. Accessed August 25, 2019.

Kyle Jones, MD

Family Medicine physician

University of Utah

Anxiety and depression

https://www.aafp.org/news/blogs/freshperspectives/entry/overcoming_the_stigma_of_mental.html. Accessed August 25, 2019.

Erin McKean, MD

Otolaryngologist
Postpartum Depression
Physicians Connected. <https://physiciansconnected.org/isolemnlyshare>. Accessed August 25, 2019.

Steven Miles, MD

Gerontologist
Minnesota
Bipolar Disorder
Miles SH. Licensing Boards and the Stigma of Mental Illness—Reply. *JAMA*. 1999 Feb 17;281(7):606-7.
<https://www.statnews.com/2017/10/16/doctors-mental-health-licenses/>. Accessed August 25, 2019.

Nathaniel P Morris, MD

Psychiatry resident at Stanford University School of Medicine
Depression
https://www.washingtonpost.com/national/health-science/why-doctors-are-leery-about-seeking-mental-health-care-for-themselves/2017/01/06/b19bc4ba-ad02-11e6-a31b-4b6397e625d0_story.html. Accessed August 25, 2019.

Sherwin Nuland, MD

Surgeon, Yale School of Medicine
Depression,
https://www.ted.com/talks/sherwin_nuland_on_electroshock_therapy. Accessed August 25, 2019.

Jason Ramirez, MD

Family medicine physician and Director of Family Medicine Residency Program at University of Maryland School of Medicine
Depression
The Hard Way: A Doctor's Fight Against Addiction, Poverty and Depression. By Jason Ramirez MD. CreateSpace Independent Publishing Platform; 2017.

Michael Rose

SIGECAPS, SSRIs and Silence
NEJM March 22, 2018

Mike Shooter

British psychiatrist and former president of Royal College of Psychiatrists
Depression
Growing Pains: Making Sense of Childhood, A Psychiatrist's Story. By Mike Shooter. London: Hodder & Stoughton; 2018.

Mark Vonnegut, MD

Pediatrician

Massachusetts

Schizophrenia

AMA Journal of Ethics. <https://journalofethics.ama-assn.org/article/recovery-and-service-being-physician-mental-illness/2016-06>. Accessed August 25, 2019.

Vonnegut M. *Just Like Someone Without Mental Illness Only More So*. New York, NY: Delacorte Press; 2010.

Vonnegut M. *The Eden Express: A Memoir of Insanity*. New York, NY: Praeger Publishers; 1975; Seven Stories Press; 2002.

Suzanne Vogel-Scibilia, MD

Psychiatrist, Western Psychiatric Institute, President of NAMI

Bipolar Disorder

<https://www.bphope.com/conspiracy-of-silence-when-the-psychiatrist-has-bp/>. Accessed August 25, 2019.

Michael Weinstein

Out of the Straitjacket

NEJM