

**The Faculty of Medicine of Harvard University
Curriculum Vitae**

Date Prepared: April 3, 2023
Name: Michael Tsappis, M.D.
Office Address: 333 Longwood Avenue, 5th Floor
Boston, MA 02115
Work Phone: 617-355-7181
Work Email: michael.tsappis@childrens.harvard.edu
Place of Birth: Stockton, California

Education:

06/1996	BS Manga cum laude	Biochemistry and Cell Biology	University of California, San Diego
06/2000	MD	Medicine	Loma Linda University

Postdoctoral Training:

07/00-06/03	Resident	Psychiatry	University of Vermont, Fletcher Allen Healthcare
07/03-06/05	Resident	Child and Adolescent Psychiatry	Penn State Milton S. Hershey Medical Center
07/04-06/05	Chief Resident	Child and Adolescent Psychiatry	Penn State Milton S. Hershey Medical Center

Faculty Academic Appointments:

07/00-06/03	Clinical Instructor	Psychiatry	University of Vermont College of Medicine
11/14-	Instructor	Psychiatry	Harvard Medical School

Appointments at Hospitals/Affiliated Institutions:

07/01-06/03	Per Diem On Call Physician	Psychiatry	Vermont State Hospital
10/03-06/05	Per Diem Resident Psychiatrist	Psychiatry	Holy Spirit Hospital
07/05-12/05	Locum Tenens Psychiatrist	Psychiatry	North Shore Medical Center
01/08-12/14	Physician	Psychiatry	North Shore Medical Center
01/08-12/14	Physician	Psychiatry	Spaulding Rehabilitation Hospital, North Shore Medical Center

11/14-	Attending Psychiatrist	Psychiatry	Boston Children's Hospital
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Other Professional Positions:

07/05-01/08	Psychiatrist	Comprehensive Psychiatric Associates	
03/11-05/18	Psychiatrist, Director	Family Psychiatric Care	
09/13-06/17	Consulting Psychiatrist	Landmark School	
11/14-	Psychiatrist	Pediatric Health Care Associates	10 hour per week

Major Administrative Leadership Positions:

Local

2008-2014	Medical Director, Outpatient Psychiatry	MassGeneral for Children at North Shore Medical Center
2016-	Director of Psychiatric Services	Pediatric Health Care Associates
2017-	Co-Director, Clinic for Interactive Media and Internet Disorders	Boston Children's Hospital
2019	Course Director Massachusetts Department of Public Health School Nurses Training	Boston Children's Hospital
2021	Course Director Problematic Interactive Media Use (PIMU): Gaming, Social Media and More...	Boston Children's Hospital
2022	Course Director Identifying and Addressing Problematic Interactive Media Use (PIMU) Post Graduate Medical Course	Boston Children's Hospital

National

2019-	Co-Chair, Adolescent Psychiatry Committee	American Academy of Child and Adolescent Psychiatry
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Committee Service:

Local

2014-2016	Depression Population Management Group	Adolescent/Young Adult Medicine, Boston Children's Hospital
2014-2016	LGBTQD Youth Health Consortium	Boston Children's Hospital

Regional

2017-2018	Advisory Council, PCORI: Healing Families Project	Families for Depression Awareness
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Professional Societies:

American Medical Association
American Academy of Child and

Adolescent Psychiatry
2016-
2020-

Adolescent Psychiatry Committee
Liaison to the Media Committee

Association for the Advancement of
Philosophy and Psychiatry
American Psychiatric Association
Society for Adolescent Health and
Medicine

Editorial Activities:

- **Ad hoc Reviewer**

Contemporary Behavioral Health Care

Honors and Prizes:

1994	Howard Hughes Undergraduate Science Enrichment Program	University of California, San Diego	Academic Achievement
1996	Caledonian Society of John Muir College	University of California, San Diego	Academic Achievement

Report of Funded and Unfunded Projects

Past

2020 Identifying the Unique Characteristics of a Clinical Sample of Patients with Media-Use Disorders: Building toward a Research-Based Clinical Tool
McCarthy Family Foundation
Co-Investigator (PI: David Bickham)
Determine recurring and dominant patterns of behavioral and functioning domains among a patient sample of the Clinic for Interactive Media and Internet Disorders. Primary contributor to project design.

Current

2023 Problematic Interactive Media Use Detection
- Point32 Health Services, Inc.
2025 Co-Investigator (PI: Michael Rich)
Develop and validate a standardized instrument for detection and brief intervention for adolescents at risk for Problematic Interactive Media Use. Primary contributor to project design and implementation.

Report of Local Teaching and Training

Teaching of Students in Courses:

2015	SBS 208 Adolescent Health Master's in Public Health Students	HSPH
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2016	SBS 208 Adolescent Health Master's in Public Health Students	2-hr lecture on Adolescent Psychiatry HSPH 2-hr lecture on Adolescent Psychiatry
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Formal Teaching of Residents, Clinical Fellows and Research Fellows (post-docs):

2014-	Adolescent Psychiatry Leadership Education in Adolescent Health Fellows	Boston Children's Hospital Monthly 1-hr seminar
2015	Introduction to Psychopharmacology Adolescent Mental Health Fellows	Boston Children's Hospital 1-hr lecture
2016	Case Based Psychopharmacology Lecture Adolescent Mental Health Fellows	Boston Children's Hospital 1-hr lecture
2016	Eating Disorders Psychiatry Residents	Harvard South Shore Psychiatry Residency 1-hr lecture
2017	Eating Disorders Developmental Pediatrics Fellows	Boston Children's Hospital 1-hr lecture
2018	Psychiatric Interview Developmental Pediatrics Fellows	Boston Children's Hospital 1-hr lecture
2018	Psychopharmacology for Depression and Suicidality in Children and Teens Developmental Pediatrics Fellows	Boston Children's Hospital 1-hr lecture
2019	Psychopharmacology for Anxiety Disorders Including OCD and PTSD Developmental Pediatrics Fellows	Boston Children's Hospital 1-hr lecture
2019	Problematic Interactive Media Use Complex Case Conference Leadership Education in Adolescent Health Fellows	Boston Children's Hospital 1-hr case-based discussion
2021	Eating Disorders Child and Adolescent Psychiatry Fellows	Boston Children's Hospital 1-hr lecture
2021	Eating Disorders Child and Adolescent Psychiatry Fellows	Boston Children's Hospital 1-hr case-based discussion
2021	Crash Course on CIMAID Clinic Child and Adolescent Psychiatry Fellows	Boston Children's Hospital 30-min lecture
2022	Eating Disorders Child and Adolescent Psychiatry Fellows	Boston Children's Hospital 1-hr lecture

Clinical Supervisory and Training Responsibilities:

2014-	Psychiatric Nurse Practitioner Supervision	Pediatric Health Care Associates
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	PPOC Pediatric Practice	2-hr per month
2014-2018	Clinical Group Supervision Adolescent Mental Health Team Meeting	Boston Children's Hospital 2-hr per month
2017-	Clinic for Interactive Media and Internet Disorders Clinical and Administrative Supervision Child and Adolescent Psychiatry, Adolescent Medicine and Mental Health Fellows	Boston Children's Hospital 1-hr per week
2017-	Psychiatric Nurse Practitioner Supervision Adolescent/Young Adult Medicine Clinic	Boston Children's Hospital 2-hr per week
2017-	Psychiatric Nurse Practitioner Supervision Massachusetts Department of Youth Services	Boston Children's Hospital 2-hr per week
2018-	Adolescent Psychiatry Elective Rotation Precepting and supervision Child and Adolescent Psychiatry Fellows	Boston Children's Hospital 2-hr per week
2019	Child and Adolescent Psychiatry Clinical Skills Verification Examiner Child and Adolescent Psychiatry Fellows	Boston Children's Hospital 1-hr examination

Mentored Trainees and Faculty:

2018-2019	Muhammad Zeshan, MD / Assistant Clinical Professor of Psychiatry, Rutgers New Jersey Medical School Career stage: fellow. Mentoring role: fellowship mentor. Accomplishments: Development and piloting of the first elective rotation in Adolescent Psychiatry for Child and Adolescent Psychiatry Fellows. Support in career planning and selection of post-training professional setting.
2019-2020	Tarek Aly, MD / Private Practice Child and Adolescent Psychiatrist, Clerkship Faculty, Florida State University College of Medicine Career stage: fellow. Mentoring role: fellowship mentor. Accomplishments: Support in development of academic focus on problematic interactive media use. Participated in the development of a child and adolescent psychiatry clinical rotation in the Clinic for Interactive Media and Internet Disorders. Preparation and presentation of a lecture on Internet Gaming Disorder presented at You Inc., a large non-profit mental health service agency.

Formal Teaching of Peers (e.g., CME and other continuing education courses):

No presentations below were sponsored by 3rd parties/outside entities

2011	SSRI Uses and Cautions for Youth MassGeneral for Children North Shore Community Conference	1-hr lecture Danvers, MA
2015	MassGeneral for Children Psychopharmacology for the Depressed Teen	1-hr lecture

	Post Graduate Course in Adolescent Medicine Harvard Medical School	Boston, MA
2016	Autism: Behavioral and Psychopharmacologic Management	1-hr lecture
	Psychopharmacology for the Depressed Teen	1-hr lecture
	Post Graduate Course in Adolescent Medicine Boston Children's Hospital	Boston, MA
2017	Psychopharmacology of Eating Disorders Feeding and Eating Disorders Conference Boston Children's Hospital	1-hr lecture Waltham, MA
2017	Psychopharmacology for the Depressed Teen Medical Conditions with Psychiatric Manifestations: Cases	1-hr lecture 1-hr lecture
	Boston Children's Hospital	Boston, MA
2017	Internet Addiction, Sexting and Cyber-bullying Middle School through College Mental Health and Education Course Harvard Medical School	1-hr lecture 1-hr panel discussant Cambridge, MA
2018	Psychopharmacology for the Depressed Teen Post Graduate Course in Adolescent Medicine Boston Children's Hospital	1-hr lecture Boston, MA
2019	Depression and Anxiety: Psychopharmacology Post Graduate Course in Adolescent Medicine Boston Children's Hospital	1-hr lecture Boston, MA
2021	Psychopharmacology for Eating Disorders Eating Disorders: Assessment and Treatment for Primary Care Providers Boston Children's Hospital	1-hr lecture Boston, MA (Virtual Presentation)
2021	Anxiety and Depression Post Graduate Course in Adolescent Medicine Boston Children's Hospital	1-hr lecture Boston, MA (Virtual Presentation)
2021	Lecture: Etiology of Problematic Interactive Media Use Problematic Interactive Media Use (PIMU): Gaming, Social Media and More... Boston Children's Hospital	1-hr lecture Boston, MA (Virtual Presentation)
2022	Evidenced-Based Treatment for Anxiety and Depression Post Graduate Course in Adolescent Medicine Boston Children's Hospital	1-hr lecture Boston, MA (Virtual Presentation)
2022	Biopsychosocial Determinants of PIMU Media Use Therapy Identifying and Addressing Problematic Interactive Media Use (PIMU) Course Boston Children's Hospital	45-min lecture 30-min lecture 1-hr panel discussant Boston, MA (Virtual Presentation)

Local Invited Presentations:

No presentations below were sponsored by 3rd parties/outside entities

2003	A Diagnostic Dilemma/Grand Rounds Department of Psychiatry, University of Vermont School of Medicine
2010	Metabolic Risks of Second-Generation Antipsychotics/Grand Rounds Department of Pediatrics, MassGeneral for Children at North Shore Medical Center
2015	Cutting/Educational Lecture Series PPOC Learning Community, Boston Children's Hospital
2015	The Anxious Adolescent/Educational Lecture Series PPOC Learning Community, Boston Children's Hospital
2015	Case Presentation/Morbidity and Mortality Conference Division of Adolescent and Young Adult Medicine, Boston Children's Hospital
2015	Case Presentation/Morbidity and Mortality Conference Division of Adolescent and Young Adult Medicine, Boston Children's Hospital
2015	The Anxious Adolescent/Education Lecture Series PPOC Learning Community, Boston Children's Hospital
2017	Case Presentation/Morbidity and Mortality Conference Department of Psychiatry, Boston Children's Hospital
2017	Anxiety and Depression in Adolescent Males, Massachusetts Department of Public Health School Nurses Training, Boston Children's Hospital
2019	Lecture on the psychiatric examination, workshop activity on treating depression in adolescents, workshop activity on Problematic Interactive Media Use, Massachusetts Department of Public Health School Nurses Training, Boston Children's Hospital
2021	Impacts of Screen Time and Social Media on Children during the Pandemic Pediatric Network Virtual Healthcare Summit 2021 Boston Children's Hospital and South Shore Hospital Virtual Presentation

Report of Regional, National and International Invited Teaching and Presentations

No presentations below were sponsored by 3rd parties/outside entities

Regional

2011	Pediatric Anxiety/Grand Rounds Department of Pediatrics, Beverly Hospital Beverly, MA
2012	Obesity in Youth/Regional Mental Health Conference Youth at Risk Conference, Essex County Community Foundation Beverly, MA
2013	Cutting/Regional Mental Health Conference Youth at Risk Conference, Essex County Community Foundation Beverly, MA
2014	Suicide Assessment in Youth/Regional Mental Health Conference Youth at Risk Conference, Essex County Community Foundation Beverly, MA
2015	Disordered Eating/Regional Mental Health Conference Youth at Risk Conference, Essex County Community Foundation Beverly, MA
2015	Psychopharmacology for the Depressed Teen/Pediatric Practice Lecture Pediatric Health Care Associates Peabody, MA

- 2015 Update on Eating Disorders/Pediatric CME Lecture
Department of Pediatrics, Good Samaritan Medical Center
Brockton, MA
- 2016 Introduction to Psychopharmacology/Psychotherapy Practice Lecture
Azimuth Psychological
Boston, MA
- 2016 Attention-deficit/Hyperactivity Disorder/Pediatric Practice Lecture
Pediatric Health Care Associates
Peabody, MA
- 2017 Internet Addiction in Children and Adolescents/Pediatric Practice Lecture
Pediatric Health Care Associates
Peabody, MA
- 2019 2 Cases/Pediatric Practice Case Based Presentation
Pediatric Health Care Associates
Peabody, MA
- 2023 Problematic Interactive Media Use (PIMU) Internet/Gaming Addiction or Our New
Normal?
Wayside Youth Services
Virtual Presentation

National

- 2016 Psychopharmacology for the Depressed Teen: Increasing Access to Psychotropic
Medication by Improving Primary Care Clinician Skill and Comfort/Invited Presentation
Pediatric Academic Society
Baltimore, MD
- 2017 Internet Addiction in Children and Adolescents: Risk factors, Assessment and
Treatment/Invited Presentation
27th Annual Practical Pediatrics for Primary Care, Minnesota Children's Hospital
St. Paul, MN
- 2017 *Boy Interrupted*: A Discussion About Risk and Protective Factors of Suicide in Children
and Adolescents and the Impact of Completed Suicide on Families and the
Community/Invited Media Theatre Presentation
American Academy of Child and Adolescent Psychiatry 64th Annual Meeting
Washington, DC
- 2018 Addicted to the Internet? Recognizing and Treating Problematic Interactive Media Use
(PIMU)/Invited Presentation
Society for Adolescent Health and Medicine
Seattle, WA
- 2019 Problematic Gaming and Other Media Use Disorders/Invited Presentation
Michigan Council of Child and Adolescent Psychiatry
Ann Arbor, MI
- 2019 The Aftermath of Losing a Patient to Suicide: A Clinician's Perspective/Clinical
Consultation Breakfast
American Academy of Child and Adolescent Psychiatry 66th Annual Meeting
Chicago, IL
- 2019 When Online Gaming Stops Being Fun: Helping College Students Cope with Problematic
Internet Use/Clinical Perspectives Presentation
American Academy of Child and Adolescent Psychiatry 66th Annual Meeting
Chicago, IL

- 2019 Parenting, Social Media, and Substances: How to Monitor, How to Respond/Clinical Perspectives Presentation
American Academy of Child and Adolescent Psychiatry 66th Annual Meeting
Chicago, IL
- 2020 Systematic Treatment of Internet Gaming Disorder and Related Media Use Problems/Clinical Perspectives Presentation
American Academy of Child and Adolescent Psychiatry 67th Annual Meeting
Virtual Meeting
- 2021 Characterizing Problematic Interactive Media Use
Clinical Workshop
Department of Psychiatry, Penn State Milton S. Hershey Medical Center
Hershey, PA (Virtual Presentation)
- 2021 Problematic Interactive Media Use/Grand Rounds
Department of Psychiatry, Penn State Milton S. Hershey Medical Center
Hershey, PA (Virtual Presentation)
- 2021 Problematic Digital Media Use/Addiction – Treatment
Digital Media and Mental Health Research Retreat
Children and Screens
Virtual Presentation
- 2021 Problematic Interactive Media Use/Grand Rounds
Department of Psychiatry, Cincinnati Children’s Hospital
Cincinnati, OH (Virtual Presentation)
- 2021 When Excessive Screen Habits Become a Disorder and How to Respond/Clinical Perspectives Presentation
American Academy of Child and Adolescent Psychiatry 68th Annual Meeting
Virtual Meeting
- 2021 Debate: Are Problematic Screen Habits a Behavioral Addiction?
American Academy of Child and Adolescent Psychiatry 68th Annual Meeting
Virtual Meeting
- 2022 Skills for Healthy Online Activity
Pennsylvania Autism Training Conference
Virtual Meeting

International

- 2015 Adolescent Psychiatric Illness in the United States/Invited Presentation
3rd Annual Chinese Adolescent Medicine Continuing Education Course
Fuzhou, China
- 2016 Anxiety in U.S. Adolescents/Invited Presentation
5th Qianjiang Pediatric Puberty Medicine Forum
Hangzhou, China
- 2018 DBT for Problematic Interactive Media Use/Invited Presentation
1st Latin American Congress on DBT
Buenos Aires, Argentina
- 2018 Problematic Interactive Media Use: Using what we know to proceed from recognition to understanding to treatment/Invited Presentation
23rd World Congress of the International Association of Child and Adolescent Psychiatry and Allied Professions
Prague, Czech Republic
- 2022 Media and Adolescent Mental Health Outreach/Special Interest Group Presentation
Adolescent Psychiatry: Innovations for Outreach, Engagement, and Quality Care
American Academy of Child and Adolescent Psychiatry/Canadian Academy of Child and

- Adolescent Psychiatry 69th Annual Meeting
Toronto, Canada
- 2022 Considering Contraceptives When Managing Mood Disorders/Clinical Perspectives
Presentation
American Academy of Child and Adolescent Psychiatry/Canadian Academy of Child and
Adolescent Psychiatry 69th Annual Meeting
Toronto, Canada
- 2022 Symposium on Mental Health/Discussant
Adolescent Health Conference
Indian Academy of Pediatrics
Virtual Meeting
- 2023 Problematic Interactive Media Use (PIMU)
Reckitt Global Resident Program
Boston Children’s Hospital
Virtual Meeting

Report of Clinical Activities and Innovations

Current Licensure and Certification:

2014	Diplomat in Psychiatry, American Board of Psychiatry and Neurology
2016	Diplomat in Child and Adolescent Psychiatry, American Board of Psychiatry and Neurology
2019-	Massachusetts Medical License
2020-2022	New Hampshire Emergency Medical License

Practice Activities:

2005-2008	Ambulatory Psychiatry	Comprehensive Psychiatric Associates	35 hours per week
2008-2014	Ambulatory Psychiatry	MassGeneral for Children at North Shore Medical Center	35 hours per week
2011-2018	Ambulatory Psychiatry	Family Psychiatric Care	10 hours per week
2014-	Ambulatory Psychiatry	Pediatric Health Care Associates	10 hours per week
2014-	Ambulatory Psychiatry	Adolescent/Young Adult Medicine Clinic, Boston Children’s Hospital	16 hours per week

Clinical Innovations:

Attention-deficit/Hyperactivity Disorder Evidence Based Guideline within Adolescent and Young Adult Medicine, Boston Children’s Hospital (2017) Clinic Development, Boston Children’s Hospital (2017)	Co-designer for evidence-based guideline which simplifies diagnosis and clarifies departmental procedure for management of ADHD in teens, integrates assessment tools and supports provider understanding of ADHD medications. Co-development of The Clinic for Interactive Media and Internet Disorders, a first of its kind outpatient treatment center for the evaluation and management of Problematic Interactive Media Use for adolescents and young adults.
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Report of Teaching and Education Innovations

Elective rotation in Adolescent Psychiatry for Child and Adolescent Psychiatry Fellows at Boston Children's Hospital (2018)	Development of an elective rotation in adolescent psychiatry operating within a general medical adolescent and young adult medicine clinic allowing for a specialized experience working within and integrated psychiatric care setting, assessment, and management of patients with eating disorders and patients with problematic interactive media use.
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Report of Education of Patients and Service to the Community

No presentations below were sponsored by 3rd parties/outside entities

Activities

2011	Massachusetts Society for the Prevention of Cruelty to Children/Speaker Educational presentation to parents and caregivers.
2012	Massachusetts Society for the Prevention of Cruelty to Children Educational presentation to parents and caregivers.
2014	North Shore Medical Center Family Resource Center Family rounds educational presentation to parents and caregivers.
2015	Families for Depression Awareness National webinar providing an educational lecture to clinicians, educators, parents and caregivers.

Educational Material for Patients and the Lay Community:

Books, monographs, articles and presentations in other media

2021	Is my child's relationship with screens healthy?	Expert Panelist	Digital Wellness Lab webinar
2021	Finding balance with gaming	Expert Contributor	California Partners Project web-based toolkit

Other peer-reviewed scholarship

1. **Tsappis M.** Telepsychiatry: A solution for the unmet mental health needs of the transitional age population. *Contemp Behav Health Care* 2015 Sep; 1(2):16-19.
2. **Tsappis M,** Freizinger M, Forman SF. Binge-eating disorder: emerging treatments for a new diagnosis. *Curr Opin Pediatr.* 2016 Aug; 28(4):415-420.
3. Katz-Wise S, Rosario M, **Tsappis M.** Lesbian, Gay, Bisexual, and Transgender Youth and Family Acceptance. *Pediatr Clin North Am.* 2016 Dec; 63(6):1011-1025.
4. Freizinger M, **Tsappis M,** Forman SF. Binge Eating Disorder: Identification and Treatment Updates for Medical Professionals in the Caribbean. *Caribb J Psych.* 2019 Feb; 11(2):7-36.
5. Pluhar E, **Tsappis M,** Rich M. Adapting dialectical behavioral therapy for treating problematic interactive media use. *J Psychiatr Pract.* 2020 Jan; 26(1):63-70.
6. Pluhar E, Jhe G, **Tsappis M.** A Primary Care-Based Program: Managing Problematic Interactive Media Use by Adolescents and Young Adults. *Psychiatr Serv.* 2020 Jun; 71(6):641-642.

Proceedings of meetings or other non-peer reviewed scholarship

1. **Tsappis M.** 29.3 When Online Gaming Stops Being Fun: Helping College Students Cope With Problematic Internet Use. *Journal of the American Academy of Child & Adolescent Psychiatry.* 2019;58(10):S42-S43.
2. **Tsappis M.** 82.3 Parenting, Social Media, and Substances: How to Monitor, How to Respond. *Journal of the American Academy of Child & Adolescent Psychiatry.* 2019;58(10):S119.
3. **Tsappis M.** 13.3 Systematic Treatment of Internet Gaming Disorder and Related Media Use Problems. *Journal of the American Academy of Child & Adolescent Psychiatry.* 2020;59(10):S21.
4. Bickham D, Yu Y, Moukalled S, **Tsappis M**, Rich M. 96. Identifying Behavioral and Emotional Characteristics of Problematic Interactive Media Use Patients. *Journal of Adolescent Health.* 2021;68(2):S51.
5. Bickham D, Yt Y, Moukalled S, **Tsappis M**, Behavioral health problems underlying problematic interactive media use. Highlighted e-poster presented at the Pediatric Academic Societies Annual Meeting, virtual, 2021.
6. Bickham D, Hunt E, Bediou B, **Tsappis M**, Rich M. 54. Environmental and Behavioral Patterns in Patients with Problematic Interactive Media Use. *Journal of Adolescent Health.* 2023;72(3), S34-S35.

Reviews, chapters, monographs and editorials

1. Rich M, **Tsappis M**, Kavanaugh J. Problematic Interactive Media Use Among Children and Adolescents: Addiction, Compulsion, or Syndrome? In Young K and de Abreu CN (eds.). *Internet Addiction in Children and Adolescents: Risk Factors, Assessment and Treatment.* Springer Publishing Company, 2017.
2. **Tsappis M**, Kavanaugh J, Rich M. ADHD, Gaming Disorder and Beyond. In Schonwald A (ed.). *ADHD in Adolescents: A Comprehensive Guide.* Springer Publishing Company, 2020.

Professional educational materials or reports, in print or other media:

1. Hua L, **Tsappis M.** Screen Time During a Pandemic. *AACAP News.* 2020 Nov/Dec; 51(6):269-270.