

Claudio N Soares, MD, PhD, FRCPC, MBA

Dr. Soares is a trained psychiatrist from the University of Sao Paulo, Brazil. While in Brazil, he founded the first clinical and research center of its kind in South America that was exclusively dedicated to women's mental health issues. Dr. Soares then pursued his Ph.D. work in the area of psychoneuroendocrinology, exploring the putative antidepressant benefits of estrogen for the management of depression in perimenopausal women. Upon completion of his medical and research training in Brazil, Dr. Soares pursued a postdoctoral fellowship in Perinatal and Reproductive Psychiatry at the Massachusetts General Hospital, Harvard Medical School, where he later went on to serve as Assistant Professor and Director for Research at the Perinatal Psychiatry Program until 2004.

Dr. Soares was recruited in 2004 by McMaster University, in Ontario Canada as an Associate Professor of the Department of Psychiatry and Behavioural Neurosciences with a cross appointment in the Department of Obstetrics and Gynecology and Director of the Women's Health Concerns Clinic; he was later on appointed Head of the Mood and Anxiety Disorders Division (2008) and promoted to Full Professor and Vice-Chair, Research for the Department of Psychiatry (2012).

Over the past 15 years, Dr. Soares has been a pioneer in exploring novel concepts and effective treatments for mood and anxiety disorders across the female life cycle, with particular emphasis on midlife women and the menopausal transition. His research not only incorporated the assessment of psychiatric and somatic aspects among midlife women but also explored novel hormonal and non-hormonal treatment pathways for this population. His contribution to the conceptual framework of a 'window of vulnerability' for depressive symptoms during the menopause transition is internationally recognized.

Dr. Soares has written extensively in the areas of mood disorders and women's mental health, with **more than 260 publications** (peer-reviewed manuscripts, book chapters and abstracts), including articles in the *Archives of General Psychiatry*, *Menopause*, *Obstetrics and Gynecology*, *Journal of Clinical Psychiatry*, *American Journal of Psychiatry*, to name a few. He currently serves as Co-Editor-in-Chief of the Archives of Women's Mental Health.

His seminal work on estrogen and depression, published in the Archives of General Psychiatry was the first and the largest placebo-controlled trial on estrogen therapy for menopause-related depression published in the psychiatric literature. To this date, this work has received more than 600 citations. He is also an excellent educator and sought after speaker, who has given more than *160 presentations at national and international meetings*; his work has been cited 4221 times, with 2250 citations over the past five years. His current **h-index is 31** and his i10 h-index (# of publications with at least 10 citations) is 63, all of them reflecting the impressive effect of his work in our field.

He is a recipient of numerous grants (more than 25 grants as PI or co-PI) and awards, including **3 NARSAD Awards** (Brain and Behavior Research Foundation, formerly known as the National Alliance for Schizophrenia and Depression). NARSAD is one of the most prestigious medical research foundations in North America, supporting promising, independent and experienced scientists worldwide whose work is innovative in Mental Health and Neuroscience.

Over the past few years (2013-2015), Dr. Soares has attended and earned degrees in Business Administration (**M.B.A**) at two prestigious Institutions; **Queen's University** in Canada and **Cornell University** in the US.