
BIOGRAPHY

NAME: JOHN M. DE FIGUEIREDO

POSITION TITLE: Clinical Professor of Psychiatry, Yale University School of Medicine

EDUCATION/TRAINING

INSTITUTION AND LOCATION	DEGREE (if applicable)	Completion Date MM/YYYY	FIELD OF STUDY
Goa Medical College	MBBS	03/1973	Medicine
Johns Hopkins University	Doctor of Science	05/1976	Mental Health
Columbia University	Postdoctoral Fellow	06/1977	Psychiatric Epidemiology
Johns Hopkins University	Resident	06/1980	Psychiatry
National Institute on Aging	Senior staff Fellow	06/1981	Gerontology

A. Personal Statement

I have been a member of Sigma Xi since 2008. I am Clinical Professor in the Department of Psychiatry of Yale University School of Medicine. For the past 50 years my research has been focused on the assessment of demoralization in patients with medical illness. I have a broad background in psychiatry and public health with specific training and expertise in psychiatric epidemiology, health services research, and cultural psychiatry. I established the theoretical and the empirical groundwork for my research by developing a scale to measure subjective incompetence and highlighting its role as the clinical hallmark of demoralization. As PI on several research grants, I successfully directed several projects on neuropsychiatric aspects of Parkinson disease in which this scale was administered, together with measures of demoralization, depression, anxiety, resilience, and quality of life. I supervised the administration of all aspects of these projects, including recruitment of subjects, staffing, research protection, and budgets, and collaborated with other researchers (psychiatrists and neurologists). Several peer reviewed publications emerged from these projects.

I am Principal Investigator of the following ongoing projects that I would like to highlight:

A Cross-National, Multi-center Study of Depression, Demoralization, and Functional Impairment in Cancer Patients (Funded by the World Psychiatric Association)

Subjective incompetence and demoralization in patients with Parkinson disease (Privately funded)

Demoralization in patients receiving palliative care (Privately funded)

Health problems during Covid-19 pandemic (Privately funded)

Psychological adjustment to tardive dyskinesia (Funded by Neurocrine Biosciences)

Reduction of Demoralization after Treatment of Tardive Dyskinesia with Valbenazine (Funded by Neurocrine Biosciences)

Citations:

Koo BB, Chow CA, Shah DR, Khan FH, Steinberg B, Derlein D, Nalamada K, Para KS, Kakade VM, Patel AS, **de Figueiredo JM**, Louis ED: Demoralization in Parkinson disease. *Neurology* 2018; 90: e1613-e1617 DOI: 10.1212/WNL.0000000000005425

Zhu B, Kohn R, Patel A, Koo, BB, Louis ED, **de Figueiredo JM**. Demoralization and quality of life in patients with Parkinson disease. *Psychotherapy and Psychosomatics* 2021;90:415-421. DOI: 10.1159/000514270

de Figueiredo JM, Zhu B, Patel A, Kohn R, Koo BB, Louis ED. From perceived stress to demoralization in Parkinson disease: A path analysis. *Frontiers in Psychiatry*. 2022; 13: 876445. Published online 2022 May 10. DOI: 10.3389/fpsy.2022.876445

de Figueiredo JM, Zhu B, Patel AS, Kohn R, Koo BB, Louis ED. Differential impact of resilience on demoralization and depression in Parkinson disease *Frontiers in Psychiatry*. July 24, 2023. <https://doi.org/10.3389/fpsy.2023.1207019>

B. Positions, Scientific Appointments, and Honors

Positions at Yale University School of Medicine

7/2015-Present: Clinical Professor of Psychiatry
 7/1987-6/2015: Associate Clinical Professor of Psychiatry
 7/1981-6/1987: Assistant Professor of Psychiatry

Scientific Appointments:

2021-Present: Treasurer, American Psychopathological Association
 2020: Elected Treasurer-elect, American Psychopathological Association
 2020-Present: Member of the Research Committee, International Federation of Psychotherapy Board
 2019-Present: President, International College of Cultural Psychiatry
 2014-Present: Honorary Adviser, Transcultural Psychiatry Section, World Psychiatric Association
 2014-2016: Chair, American Psychiatric Association Assembly Reference Committee on "Defining and Supporting Professional Values"
 2012-2014: Chair, Awards Committee, Society for the Study of Psychiatry and Culture
 2012-2013: Member, American Psychiatric Association Nominating Committee
 2011-2016: Member, American Psychiatric Association Assembly Committee on DSM-5, Workgroup on Global Psychiatry, Steering Committee on Practice Guidelines, and Caucus on Maintenance of Certification Issues.
 2011: Elected Treasurer, Transcultural Psychiatry Section, World Psychiatric Association
 2008: Elected Representative of Connecticut Psychiatric Society to the Assembly of The American Psychiatric Association (served from 2008 till 2017)
 2007-2008: Member, Council on Aging, American Psychiatric Association
 2006-2010: Member, Continuing Medical Education Committee, American Association for Geriatric Psychiatry
 2005-2009: Member (2005-2008) and Corresponding Member (2008-2009), Committee on Developmental Disabilities, American Psychiatric Association
 2001-2004: Member, Task Force on Aging, American Public Health Association

- 1998-2000: Member, Research Committee, American Association for Geriatric Psychiatry
 1993-1995 Member, Research Committee, American Association for Geriatric Psychiatry
 1993-1995: Chair, Committee on Ethnic Elders, A American Association for Geriatric Psychiatry
 1992-1993: Member, Task Force on State Mental Hospitals and the Elderly Council on Aging, American Psychiatric Association
 1990-1995: Representative, Hospital and Medical Staff Section of the House of Delegates, American Medical Association
 1994-1997: Member, Action Board, American Public Health Association
 1994-1996: Member, Reference Committee of the Joint Policy Committee, American Psychiatric Association
 1993. Representative of the American Association for the Advancement of Science (AAAS) to the Annual Meeting of the Indian Science Congress Association, January 4-8, 1993
 1991-1997: Member, Mental Health Section Council, American Public Health Association
 1990-1994: Member, Committee and Task Force on Ethnic Minority Elderly, Council on Aging, American Psychiatric Association
 1989-1992: Teacher of interns and residents in the Primary Care Internal Medicine Program, Yale University School of Medicine
 1987-Present: Supervisor and tutor of medical students, residents, fellows, and visiting fellows, Yale University School of Medicine
 1983-1984: Member, Committee on Admissions to Yale University School of Medicine

Honors

- 2017: Elected member, American College of Psychiatrists
 2015: Nancy C. A. Roeske Award of the American Psychiatric Association given for excellence of teaching of medical students in the Department of Psychiatry, Yale University School of Medicine
 2015: Received the 2014-2015 Outstanding Clinical Faculty Award from the Department of Psychiatry, Yale University School of Medicine.
 2014: Elected Associate Fellow, Saybrook College, Yale University
 2013: Elected President, Beaumont Medical Club (History of Medicine), Yale University
 2013-Present: Elected Fellow, American Psychopathological Association, for "important, original and independent contributions to knowledge of psychopathology"
 2012: Received Profile of Courage Award of the American Psychiatric Association
 2009: Received Exemplary Psychiatrist Award of the National Association for the Mentally Ill (NAMI)
 2009-Present: Distinguished Life Fellow, American Psychiatric Association
 2008-Present: Inducted as Member, Sigma Xi (The Scientific Research Society)
 2008-Present: Unanimously elected member, International College of Psychosomatic Medicine
 2008: Selected as one of "America's Top Psychiatrists" and listed in the "Guide to America's Top Psychiatrists" by Consumers' Research Council of America
 2003: Elected Distinguished Fellow, American Psychiatric Association
 1998: Received Certificate of Appreciation for 25 years of continuous support and Dedication to the American Public Health Association
 1996: Elected Overseas Fellow, Royal Society of Medicine, London, England
 1995: Received Outreach Program Highest Award, Hospital and Medical Staff Section, American Medical Association
 1982: Elected Fellow, American College of Epidemiology

1977: Received National Research Service Award, National Institute of Mental Health

C. Contributions to Science

- **Assessment of Demoralization**

I identified two separate components of the clinical construct “demoralization”: distress and subjective incompetence. I developed a scale to assess subjective incompetence and my colleagues and I applied it in a variety of clinical settings. The scale has been translated into languages other than English and applied for cross-national comparisons. The use of this scale made it possible to separate depression from demoralization.

Cockram C, Doros G., **de Figueiredo JM**: Diagnosis and measurement of subjective incompetence, the clinical hallmark of demoralization. *Psychotherapy and Psychosomatics* 2009, 78: 342-345

Cockram C, Doros G, **de Figueiredo JM**: Subjective incompetence as the clinical hallmark of demoralization in cancer patients without mental disorder. *Primary Psychiatry*, 2010, 17 (7): 54-58

- **Identification of demoralization in medically ill patients**

Research on Parkinson disease of which I was PI found that demoralization is highly associated with depression, but not completely; lifetime histories of both depression and demoralization are more likely in patients than in controls; demoralization explains disruptions in health-related quality of life better than depression; demoralized patients are more likely than controls to have suicidal ideation; depression, anxiety, and subjective incompetence are mediators between perceived stress and demoralization, with subjective incompetence being the largest contributor to demoralization, and depression connected to demoralization indirectly via subjective incompetence; and resilience favors protection against demoralization over protection against depression.

de Figueiredo JM, Zhu B, Patel A, Kohn R, Koo BB, Louis ED. From perceived stress to demoralization in Parkinson disease: A path analysis. *Frontiers in Psychiatry*. 2022 May 10; 13: 876445.. DOI: 10.3389/fpsy.2022.876445

de Figueiredo JM, Zhu B, Patel AS, Kohn R, Koo BB, Louis ED. Differential impact of resilience on demoralization and depression in Parkinson disease *Frontiers in Psychiatry*. July 24, 2023 <https://doi.org/10.3389/fpsy.2023.1207019>

- **Study of acculturative stress**

After examining results obtained in diverse societies, I concluded that for a given level of sociocultural change, demoralization is inversely associated with sociocultural integration. Following this reasoning, I described certain adaptive strategies used by populations exposed to acculturative stress, resulting in prevention or minimization of demoralization, and introduced the concept of “cultural receptors” to refer to themes in the two sets of symbols (prevailing and conflicting) in which social roles or cultural mandates are missing, unclear, ambiguous, or

congruent. I demonstrated that the adaptive strategies involved in acculturation are both hierarchically organized and interconnected and that they are applied so that dominant sentiments are preserved through skillful use of cultural receptors. The result is the formation of a hybrid culture. I studied and described the implications of these findings for psychotherapy.

de Figueiredo JM: Adaptive strategies for the prevention of demoralization in prolonged bicultural conflict and interaction. *International Journal of Culture and Mental Health* 2013, 6 (1); 29-44 DOI:10.1080/17542863.2011.602567

de Figueiredo JM, Gostoli S: Culture and demoralization in psychotherapy. Invited article. Published on line before print, *Advances in Psychosomatic Medicine*, June 25, 2013, 33: 75-87

- **Impact of the findings on progress in science**

Largely due to my work in this area, demoralization is widely recognized as an important construct for the understanding of the boundary between the homeostatic and the pathological responses to stress. A special issue of *The European Journal of Psychiatry* was devoted to demoralization and I was invited to be its Guest Editor. I have been invited to speak about demoralization at Grand Rounds and scientific meetings in the United States and other countries. In a review on the clinical characterization of demoralization published in the journal *Psychological Medicine*, the authors conclude that subjective incompetence is a factor common to all instruments measuring demoralization; that several findings are consistent with my definition of demoralization as the convergence of psychological distress and subjective incompetence; that the relationship between demoralization, understood as subjective incompetence and distress, and coping deficits, described in my articles, may have extremely useful implications in the medical setting and that the results obtained with DCPR criteria confirm my previous observations on the differentiation between demoralization and major depression.

de Figueiredo JM: Editorial: Advances in the Study of Demoralization: An Overview. *The European Journal of Psychiatry* 2013, 27 (1): 5-6 (Special issue devoted to demoralization)

Tecuta L, Tomba E, Grandi S, Fava GA: Demoralization: a systematic review on its clinical characterization. *Psychological Medicine* 2015 MR; 45 (4): 673-691

Complete list of published work in PUBMED:

<https://www.ncbi.nlm.nih.gov/myncbi/john.de%20figueiredo.1/bibliography/public/>