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Department of Psychiatry

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JOSEPH T. COYLE, M.D.
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John I. Nurnberger, Jr., M.D., Ph.D.
Joyce and Iver Small Professor of Psychiatry
Department of Psychiatry
Indiana University School of Medicine
Institute of Psychiatric Research
791 Union Drive
Indianapolis, IN 46202

Dear Dr. Nurnberger,

I am pleased to write a letter in support of the nomination of Christopher John McDougle, M.D. for the GLENN W. IRWIN, JR., M.D. RESEARCH SCHOLAR AWARD for 2011. I have known Chris for over 20 years because of shared interests in the developmental aspects of psychiatry and in neuropsychopharmacology. I would view him as one of the true scientific leaders and innovators in this area of clinical investigation.

It should be noted that received both his B.A. degree from Valparaiso University and M.D. from Indiana University School of Medicine with highest distinction. He completed his post-graduate training in psychiatry and child psychiatry at Yale, one of the most competitive programs in the country at that time. Remarkably, he appointed to the faculty at Yale immediately after completing his residency. A mere seven years after completing his residency, he was appointed an endowed professor (Raymond E. Houk Professor of Psychiatry, With Tenure) at the University of Indiana School of Medicine.

Chris has made impressive contributions to the understanding of the neurobiology of and treatment of obsessive-compulsive disorder (OCD), one of the most refractory and disabling psychiatric disorder, especially implicating the serotonergic system. He systematically explored augmentation treatment in OCD for patients including lithium and neuroleptics in patients who failed to fully respond to treatment with the serotonin specific uptake inhibitor (SSRI) fluvoxamine.

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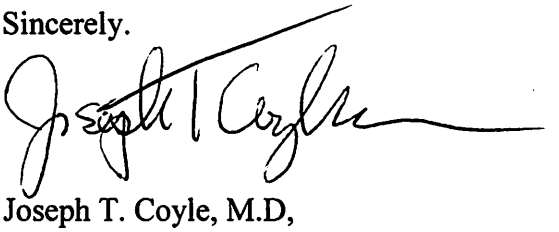
Given is training in Child Psychiatry, he also has made substantial contributions to our understanding of the neurobiology, genetics and treatment of autism. He was the first to carry out placebo controlled clinical trials on the treatment of autism. Because of evidence that the serotonin system was involved in the pathophysiology of autism, he focused on drugs that interact with this neurotransmitter system. He showed the beneficial effects of fluvoxamine on the repetitive thoughts and behaviors, maladaptive behavior and aggression. What was particularly insightful about this study was his ability to appreciate that drugs might treat some component symptoms but the entirety of the disorder. In another highly cited clinical trial in children with autism, he showed that the serotonin interacting antipsychotic, resperidone caused global improvement and decreased aggression. Finally, in an highly creative and timely clinical trial he showed that the glutamate NMDA receptor augmenting drug improved social relatedness of individuals with autism.

Chris has been a highly productive clinical scientist. He has published well over 200 peer-reviewed articles that generally have appeared in the most rigorously reviewed journals. His research has been cited over 8000 times. Notably, his *h*-index Is a very impressive 50, meaning that 50 of his articles have been cited >50 times.

He clearly satisfies other metrics for being an outstanding investigator. He sits on five editorial boards including the lead research journal in Psychiatry, *Biological Psychiatry.* For the last decade, he has regularly served on N.I.H. grant review groups including the Interventions Research Review Committee (2003-07). He also serves on scientific advisory committees including Interventions Research Review Committee and Anxiety Disorders Association of America.

Given this record of scientific accomplishments and national leadership, I believe that Christopher McDougle, M.D. would be a deserving recipient of the GLENN W. IRWIN, JR., M.D. RESEARCH SCHOLAR AWARD.

Sincerely.



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