

Recent Publications

Chang BP, Kessler R, Pincus H, Nock MK. Digital Approaches for Mental Health in the Age of COVID-19. *British Medical Journal*. 2020 Jun 29; 369(2):22-23.

Chang BP, Bonanno G. Battle Scars and Resilience at the Healthcare Frontline. *Academic Emergency Medicine*. (Accepted -in press).

Wong AH, Pacella-LaBarbara ML, Ray JM, Ranney ML, **Chang BP**. Healing the Healer: Protecting Emergency Healthcare Workers' Mental Health During COVID-19. *Ann Emerg Med*. (Accepted-in press).

Shechter A, Diaz F, Moise N, Anstey D, Ye S, Agarwal S, Birk J, **Chang BP**, Claasen J, Cornelius T, Derby L, Abdallah M. Psychological Distress, Coping Behaviors, and Preferences for Support among New York Healthcare Workers during the COVID-19 Pandemic. *General Hospital Psychiatry*. (Accepted-in press).

Bernard P. Chang, MD, PhD

Bernard P. Chang is the Vice Chair of Research and Associate Professor in the Department of Emergency Medicine at Columbia University. Trained as a psychologist and an emergency physician, he has become a national leader on patient and clinician mental health. As an investigator, he has pioneered the relationships between psychological health and physical health, publishing on the impact of clinician burnout on cardiovascular health in providers. His research on clinician mental health has been supported at the institutional, state, and federal level, and he is currently the Principal Investigator of one of the nation's largest longitudinal studies on emergency clinician long-term psychological and physical health. His advocacy for clinician well-being has also driven his advocacy efforts at the state and national level. As a member of the Board of Directors at American College of Physicians-New York Chapter, he has helped stimulate efforts aimed at supporting clinician mental health, while his committee work on ACEP and SAEM has focused on highlighting the need for clinician psychological support. He received his PhD from Harvard in psychology, his MD from Stanford and completed his Emergency Medicine residency training at the Harvard Affiliated Emergency Medicine Residency at Massachusetts General Hospital and Brigham and Women's Hospital. Prior to going to medical school, he served as a professional sailboat captain and crew doing yacht deliveries internationally.



Vice Chair of Research

Associate Professor of Emergency Medicine

Department of Emergency Medicine

Columbia University Irving Medical Center