

CURRICULUM VITAE

Ryan S. Sultan, MD

PERSONAL DATA:

- **Name:**
Ryan S. Sultan
- **Contact Information:**
Date of Birth: May 18, 1984
Birthplace: New York City
Citizenship: US
Address: 351 W 24th St Apt 19B, New York, NY 10011
Phone: (516) 353-5124
Email: Rs3511@cumc.columbia.edu

WORK EXPERIENCE

07/2019 – Present	Columbia Vagelos College of Physicians and Surgeons <i>Assistant Professor of Clinical Psychiatry</i>	New York, NY
07/2016 – Present	New York-Presbyterian Hospital <i>Attending</i>	New York, NY
08/2015 – Present	Integrative Psych <i>Medical Director</i>	New York, NY
07/2016 – 06/2018	Mount Sinai Hospital – Adult Psychiatry Units (Clark 8 & 7G) <i>Inpatient Attending Physician</i>	New York, NY
07/2013 – 07/2014	Georgia Regional Hospital <i>Psychiatric Emergency Room Physician</i>	Atlanta, GA

EDUCATION

05/2011	Drexel University College of Medicine <i>Doctor of Medicine</i>	Philadelphia, PA
05/2006	Trinity College <i>Bachelor of Science in Environmental Science with Human Relations Award</i>	Hartford, CT

POST-DOCTORAL TRAINING

Expected 07/2026	Columbia Vagelos College of Physicians and Surgeons Department of Psychiatry NIDA Mentored Clinical Scientist Development Program (K12) <i>Focus: Bioinformatics and Substance Use</i>	New York, NY
---------------------	---	--------------

Mentors: Frances Levin, MD and Tim Wilens, MD

06/2019	Columbia University College of Physicians and Surgeons Department of Psychiatry NIMH Translational Research Fellowship (T32) <i>Focus: Child Mental Health Epidemiology and Psychopharmacology</i> Mentors: Mark Olfson, MD MPH, and Jeremy Veenstra-VanderWeele, MD	New York, NY
06/2016	New York-Presbyterian Hospital, Columbia and Cornell Department of Psychiatry <i>Fellowship Training in Child and Adolescent Psychiatry</i>	New York, NY
06/2014	Emory University School of Medicine Department of Psychiatry <i>Residency Training in General Psychiatry</i>	Atlanta, GA
05/2014	Emory School of Medicine Department of Psychiatry, Psychoanalytic Institute <i>Certificate in Psychoanalytic Studies</i>	Atlanta, GA

GAPS IN EMPLOYMENT

None

CERTIFICATIONS

Massachusetts General Hospital at Harvard Medical School – Positivity And Relaxing Training (PART) Program
EMDR Institute – EMDR Therapy Training
American Board of Psychiatry and Neurology – Board Certified in Child and Adolescent Psychiatry (2016)
American Board of Psychiatry and Neurology – Board Certified in General Psychiatry (2015)
DELE Spanish Language Certification – B2 Intermediate Level

LICENSURE

Licensed to practice Medicine in the State of New York, License #275559.
Licensed to practice Medicine in the State of Virginia, License #0101269261.
Licensed to practice Medicine in the State of Florida, License #TPME5432.

HONORS/AWARDS

Human Relations Award, Trinity College, May 2006
Chief Fellow, Columbia University Irving Medical Center, 2018
Excellence in Teaching, Columbia and Creedmore Residents, 2019

ADMINISTRATIVE LEADERSHIP AND ACADEMIC SERVICE

Academic Service

American Academy of Child and Adolescent Psychiatry Pharmacology and Neurotherapeutics Committee
2023 – Present

Sexual Orientation and Gender Identity Issues, AACAP Committee
Sept 2013 – Oct 2014

Residency Education Committee, Department of Psychiatry, Emory SOM
July 2011 – June 2014

Department of Psychiatry Education Committee, Emory SOM
February 2012 – June 2014

Ethics Committee, Grady Memorial Hospital, Emory SOM
December 2011 – June 2013

Quality Academy: Leadership for Healthcare Improvement, Emory SOM
September 2011

Administrative Leadership at CUIMC and NYP

Tricampus Committee on Child Psychiatry Training Outpatient Services, NYP Hospital
Sept 2015 – June 2016

PROFESSIONAL ORGANIZATIONS AND SOCIETIES

Memberships and Positions

American Academy of Child and Adolescent Psychiatry (AACAP) Member
American Psychological Association (APA) Member

Consultative

2020 – 2023	Avenues The World School, Chelsea Campus Consultation On Youth Mental Health During The COVID-19 Pandemic	New York, NY
2017 – 2018	New York Center for Autism Charter School Behavioral & Psychopharmacological Consultation	New York, NY

Reviewing Editor

Springer Nature Reviewer Communities
September 2025
Journal Affiliation: *BMC Psychiatry*

Journal Reviewer

American Journal of Psychiatry
2025

The British Journal of Psychiatry (BJPsych)
2025

BMJ Group
2025

JAACAP Open
2025

FELLOWSHIP AND GRANT SUPPORT

Active Research Funding

Funding Source	Role in Project	Dates	Direct Costs	Supplemental Info
Columbia University Research Stabilization Fund	Principal Investigator	06/2025	100,000	
NIDA Mentored Clinical Scientist Institutional Career Development Award	Principal Investigator	7/1/2021	100,000	
Using AI to Improve Mental Health Screening Outcomes	Principal Investigator	12/2023		
The Christopher D. Smithers Foundation, Inc.				

Past Support

Funding Source	Role in Project	Dates	Direct Costs	Supplemental Info
AACAP Pilot Research Award	Primary Investigator	7/1/2016	15,000	

Pending Funding

Funding Source	Role in Project	Dates	Direct Costs	Supplemental Info
----------------	-----------------	-------	--------------	-------------------

NIDA SBIR Phase I Seeking Products to Address Social Needs impacting substance use disorders (SUD)	<i>Primary Investigator</i>	3/13/2025
---	-----------------------------	-----------

Planned Funding

Funding Source	Role in Project	Dates	Direct Costs	Supplemental Info
Funding collaborating with Dr. Xu Hai Orson	<i>Co-Primary Investigator</i>			

EDUCATIONAL CONTRIBUTIONS

Direct Teaching/Precepting/Supervising

Teaching Activity/Topic	Level	Role	Students	Number Of Hours Week/Month/Yr	Years Taught
Integrative Psych Lecture Series	<i>Licensed Clinicians</i>	<i>Lead</i>	<i>10 Licensed Clinicians at Integrative Psych</i>	<i>Weekly throughout the year</i>	<i>2021-present</i>
Seminar in Psychotherapy	<i>Undergrad</i>	<i>Co-Lecturer</i>	<i>Columbia University Undergraduate Students</i>	<i>1 semester / year</i>	<i>2023</i>
Columbia Psychiatry Residency	<i>Resident</i>	<i>Supervisor</i>	<i>Medical Residents</i>	<i>Weekly Clinic at I6</i>	<i>July 2016-June 2018</i>
Advanced Child and Adolescent Psychiatry	<i>Resident</i>	<i>Lecture</i>	<i>10 Creedmoor/Columbia Residents</i>	<i>3 hours/week</i>	<i>2014-2019</i>
Medical Student and Resident Teaching/Child and Adolescent Psychiatry	<i>Medical Student</i>	<i>Resident teacher</i>	<i>Medical Students and General Psychiatry Residents, Weill Cornell and Columbia</i>	<i>1 hour/week</i>	<i>2014-2016</i>

Medical Student Teaching/General Psychiatric Principles	<i>Medical Student</i>	<i>Resident teacher</i>	<i>Medical Students, Emory School of Medicine</i>	<i>1 hour/week</i>	<i>2011-2014</i>
Pediatric teaching rounds/Emotional Dysregulation	<i>Resident Course</i>	<i>Lecturer</i>	<i>30 Residents and attending at Cornell Medical College</i>	<i>1/year</i>	<i>2015</i>
Pediatric teaching rounds/Catatonia	<i>Resident Course</i>	<i>Lecturer</i>	<i>15 Residents and attending at Cornell Medical College</i>	<i>1/year</i>	<i>2016</i>
Resident Teaching Teaching/General Psychiatric Principles	<i>Resident Course</i>	<i>Lecturer</i>	<i>Medical Students, Emory School of Medicine</i>	<i>1/year</i>	<i>2014</i>
Resident Teaching Teaching/General Psychiatric Principles	<i>Medical Student</i>	<i>Evaluator</i>	<i>Medical Students, Emory School of Medicine</i>	<i>1/year</i>	<i>2011-2014</i>

Educational Administration and Leadership

Director of Sultan Lab at Columbia University Irving Medical Center – Team of 7 researchers
January 2021 – Present

Director of Integrative Psych – Team of 10 clinicians
2014 – Present

Tricampus Committee on Child Psychiatry Training Outpatient Services, NYP Hospital
Sept 2015 – June 2016

REPORT OF CLINICAL CARE AND PUBLIC HEALTH INTERVENTIONS

Clinical or Public Health Innovations

Developing An Integrative Model of Care with Dr. Timothy Becker (Under Progress)
Integrating the Biopsychosocial Model in the Advanced Care Model
Apr 2025 – Present

PATENTS & INVENTIONS

Patent Applications

Psychiatric Education Assessment Tool (PEAT) (Under Progress)
Feb 2025 – Present

PUBLICATIONS

Peer-Reviewed Research Publications in Print or other Media Articles

Sultan, R. S., Zhang, A. W., Becker T. D., Sethaputra, P., Simon, K. M., Huang, Y., Levin, F. R., Levy, S., Olfson, M.; Cannabis Use Among US Adolescents. *Pediatrics* January 2026; 157 (1): e2024070509. 10.1542/peds.2024-070509

Becker T. D., Menzi P. J., Olfson, M., Mosharova, P., Levin, F. R., & **Sultan, R. S.** (2025). Labeling of cannabis products from licensed and unlicensed retailers in New York. *American Journal of Preventive Medicine*, 108000. DOI: 10.1016/j.amepre.2025.108000

Sultan, R. S., Saunders, D. C., & Veenstra-VanderWeele, J. (2025). Protective Effects of ADHD Medication on Real-World Outcomes. *JAMA psychiatry*, New Online. DOI: 10.1001/jamapsychiatry.2025.0918.

Becker TD, Olfson M, Menzi PJ, Levin, F. R., Hasin, D. S., Nuckolls, C., & **Sultan, R. S.** (2025). Cannabis Access by Retailer Type in New York. *Pediatrics*, 155(3), e2024068669. DOI:10.1542/peds.2024-068669

Sultan, R. S., Zhang, A. W., Olfson, M., Kwizera, M. H., & Levin, F. R. (2023). Nondisordered Cannabis Use Among US Adolescents. *JAMA Network Open*, 6(5), e2311294-e2311294.

Sultan, R. S., Wang, S., Crystal, S., & Olfson, M. (2019). Antipsychotic Treatment Among Youths with Attention-Deficit/Hyperactivity Disorder. *JAMA Network Open*, 2(7), e197850. DOI:10.1001/jamanetworkopen.2019.7850.

Sultan, R. S., Liu, S. M., Hacker, K. A., & Olfson, M. (2021). Adolescents with Attention-Deficit/Hyperactivity Disorder: Adverse Behaviors and Comorbidity. *Journal of Adolescent Health*, 68(2), 284-291. doi: 10.1016/j.jadohealth.2020.09.036. Erratum in: *Journal of Adolescent Health*, 68(5), 1024. PMID: 33541601.

Sultan, R. S., Correll, C. U., Zohor, J., Zalsman, G., & Veenstra-VanderWeele, J. (2018). What's in a Name? Moving to Neuroscience-Based Nomenclature in Pediatric Psychopharmacology. *Journal of the American Academy of Child & Adolescent Psychiatry*, 57(10), 719-721. doi: 10.1016/j.jaac.2018.05.024.

Olfson, M., Wall, M., Liu, S., **Sultan, R. S.**, & Blanco, C. (2019). E-Cigarette Use Among Young Adults in the U.S. *American Journal of Preventive Medicine*, pii: S0749-3797(19)30024-8. doi: 10.1016/j.amepre.2018.12.004.

Sultan, R. S., Correll, C., Schoenbaum, M., King, M., Walkup, J. T., & Olfson, M. (2018). National Patterns of Commonly Prescribed Psychotropic Medications to Young People. *Journal of Child and Adolescent Psychopharmacology*, January 29.

Sultan, R. S. (2017). Off-Label Prescribing of Antipsychotics for Youths: Who Should Be Treated? *Psychiatric Times*, September 18.

Sultan, R. S., Olfson, M., Correll, C. U., & Duncan, E. J. (2017). Evaluating the Effect of the Changes in FDA Guidelines for Clozapine Monitoring. *Journal of Clinical Psychiatry*, July 18.

Sultan, R. S., Riva-Posse, P., Garlow, S. J., & Schwartz, A. C. (2014). Pre-Treatment with Ketamine Infusion Before ECT in Treatment Resistant Depression. *Psychosomatics*, August.

Sultan, R. S. (2013). Disparities in Clozapine Use in the Veteran Affairs Medical System. *Residents' Journal of the American Journal of Psychiatry*, September.

Poster Presentations:

Sultan, R. S., & Zhang, A. (2024). Impact of Cannabis on ADHD and Comorbid Conditions. *American Academy of Child & Adolescent Psychiatry*, Orlando, FL.

Sultan, R. S., Zhang, A., Levin, F. R., Wilens, T., & Olfson, M. (2024). K12 Retreat. *American Academy of Child & Adolescent Psychiatry*, New York, NY.

Sultan, R. S., Zhang, A., & Levin, F. R. (2023). Patterns and Associations of Cannabis Use Among US Adolescents. *American Academy of Addiction Psychiatry*, San Diego, CA.

Sultan, R. S., Zhang, A., & Levin, F. R. (2023). Patterns and Associations of Substance Use Among US Adolescents. *American Academy of Child & Adolescent Psychiatry*, New York, NY.

Sultan, R. S., Zhang, A., & Levin, F. R. (2023). K12 Retreat. *American Academy of Child & Adolescent Psychiatry*, New York, NY.

Sultan, R. S., Zhang, A., & Levin, F. R. (2022). Mental Health and Life Events in Adolescents with Substance Use Disorders in the United States. *College on Problems of Drug Dependence*, Minneapolis, MN.

Sultan, R. S. (2022). K12 Mini-Retreat. *American Academy of Child & Adolescent Psychiatry*, New York, NY.

Sultan, R. S., Mohatt, J. M., & Walkup, J. T. (2019). ADHD Outcomes and Impairments: Beyond a Childhood Disorder. *American Psychiatric Association*, San Francisco, CA.

Sultan, R. S., & Olfson, M. (2016). National Rates of Psychotropic Medication Prescribing in Pediatric Populations. *American Academy of Child & Adolescent Psychiatry*, New York, NY.

Sultan, R. S., & Olfson, M. (2016). Rates of Psychotropic Prescribing Among Children, Adolescents, and Young Adults. *Congress of AEPNYA, American Academy of Child & Adolescent Psychiatry*, San Sebastian, Spain.

Sultan, R. S., Duncan, E., & Olfson, M. (2016). Changes in FDA Guidelines for Clozapine Monitoring System in the Veteran Affairs Medical System. *American Psychiatric Association, Annual Meeting*, Atlanta, GA.

Sultan, R. S., Carroll, C. L., Smith, S. R., & Zucker, A. R. (2007). Obesity Increases ICU Asthma Admission in Children. *Pediatric Academic Societies, Annual Meeting*, Toronto, Canada.

Walkup, J. T., & **Sultan, R. S.** (2018). ADHD and Comorbidity. *IACAPAP*, Prague, Czech Republic.

Sultan, R. S., Olfson, M., & Posner, J. (2018). Antipsychotics and ADHD: Clinical Factors Associated with Antipsychotic Prescribing in Youth with ADHD. *IACAPAP*, Prague, Czech Republic.

Other Peer Reviewed Publications in Print or other Media Presentations:

Geiss, C. E., Abrams, J. L., & **Sultan, R. S.** (2005). Multi-Proxy Analysis of Lake Sediments from Western Connecticut Reveals Changes in Past Environments and Land Use. *EOS Transactions AGU*, 86(18), Joint Assembly Supplement.

Geiss, C. E., Abrams, J. L., **Sultan, R. S.**, & Rodriguez, E. A. (2005). Multi-Proxy Analysis of Lake Sediments Reveals Paleo-Environmental Change in Western Connecticut Throughout the Holocene. *Geological Society of America Abstracts with Programs*, 37(5), 72.

Books/Textbooks for Medical or Scientific Community

Sultan, R. S., Zhang, A., & Levin, F. R. (2021). Adult Attention Deficit Hyperactivity Disorder in Patients with Substance Use Disorders.

Other Non-Peer Reviewed Publications in Print or Other Media

Sultan, R. S. (2020, April 29). Coping with the Crisis: How to Help Our Children. *Shelter Island Reporter*.

Sultan, R. S. (2020, April 13). Coping with the Crisis: What We Know. *Shelter Island Reporter*.

Sultan, R. S. (2020, June 13). Re-Entry Anxiety. *Shelter Island Reporter*.

Sultan, R. S. (2020, April 23). Settling into a New Life. *Shelter Island Reporter*.

Sultan, R. S. (2020, May 14). Past Fear, Masks, and Back to an Island Tradition. *Shelter Island Reporter*.

INVITED AND/OR PEER-SELECTED PRESENTATIONS

Columbia Data Science Institute, AI Companion Workshop: AI Companions & the Future of Care
March 27, 2026

The American Professional Society of ADHD and Related Disorders (APSARD), Saturday Morning Plenary: Do Stimulant Medications Prevent Substance Use?
January 17 2026

Invited Grand Rounds and Case Conference at Creedmoor Psychiatric on Clozapine Treatment

Invited Talk on Emerging Issues on Addiction - Dr. Sultan and Dr. Becker & CASNY Pilot Phase I, II, and III - A Multi-dimensional analysis of cannabis in the NYC area
Dec 4 2025

MEDIA & PRESS

Sultan, R. S. (2025, April 28). How Much Sleep Do You Really Need? We Asked the Experts. *CNET*.

Sultan, R. S. (2025, April 03). Your Weed Habit May Be Messing With Your Sperm. *The New York Times*.

Sultan, R. S. (2025, March 03). No ID? No problem. Undercover camera reveals ease of buying cannabis in NYC. *NBC NEW YORK*.

Sultan, R. S. (2025, January 28). What to Know About ADHD in Adults. *Health Matters, NewYork-Presbyterian*.

Sultan, R. S. (2024, November 19). Adult ADHD: Overdiagnosed? Or finally getting the attention it deserves? *AAMCNEWS*.

Sultan, R. S. (2024, September 13). Could America's divide on marijuana be coming to an end? *The Sentinel*.

Sultan, R. S. (2024, June 10). People often overestimate their resilience following failure, research suggests. *NBC NEWS*.

Sultan, R. S. (2024, May 21). Top US drug agency a notable holdout in Biden's push to loosen federal marijuana restrictions. *Democrat Herald*.

Sultan, R. S. (2023, December 13). Is Cannabis Bad for Teens? Data Paint a Conflicting Picture. *Scientific American*.

Sultan, R. S. (2023, November 28). How Long Does Klonopin Stay in Your System? *HealthCentral*.

Sultan, R. S. (2023, November 24). Is Your Reaction To Caffeine A Sign You Have ADHD? *ADHD Online*.

Sultan, R. S. (2023, November 18). I Was Diagnosed With Autism at Age 30—And That New Understanding Has Transformed My Love Life for the Better. *Well+Good*.

Sultan, R. S. (2023, November 13). ADHD Brain vs 'Normal' Brain: Understanding the Differences. *HealthCentral*.

Sultan, R. S. (2023, November 11). Adderall Psychosis: Symptoms, Causes, and Treatment. *HealthCentral*.

Sultan, R. S. (2023, November 10). Does ADHD Affect The Onset Of Puberty? *ADHD Online*.

Sultan, R. S. (2023, November 06). Your Child Has ADHD — Could They Have SAD Too? *ADHD Online*.

Sultan, R. S. (2023, November 03). How Long Does Xanax Last In Your System? *HealthCentral*.

Sultan, R. S. (2023, November 02). Hot Yoga Can Reduce Depression by 50%, New Study Says—The Easy Way to Start. *BestLife*.

Sultan, R. S. (2023, November 01). So You've Been Diagnosed With ADHD — What's Next? *ADHD Online*.

Sultan, R. S. (2023, November 01). 10 Things You Should Never Say To Your Child According to Experts. *TPR Teaching*.

Sultan, R. S. (2023, October 27). 10 Most Relaxing Ways to Unwind After a Long Day. *BestLife*.

Sultan, R. S. (2023, October 26). What Happens to Your Body When You Watch a Scary Movie? *Verywell Health*.

Sultan, R. S. (2023, October 26). 8 Red Flags Someone Is Being Fake Nice to You, Therapists Say. *BestLife*.

Sultan, R. S. (2023, October 27). What Is Ayahuasca? Benefits, Side Effects And Retreats. *Forbes Health*.

Sultan, R. S. (2023, October 21). How to battle Seasonal Affective Disorder this winter season. *New York Post*.

Sultan, R. S. (2023, October 19). What Is Ketamine and Is It Effective for Depression? *U.S. News*.

Sultan, R. S. (2023, October 19). Suicide warning signs are missed by most Americans, new survey finds: It's 'alarming'. *Fox News*.

Sultan, R. S. (2023, October 19). Self-sabotage: How to overcome self-defeating behavior. *MedicalNewsToday*.

Sultan, R. S. (2023, October 18). This One State Is Apparently 25 Percent More Tired Than the Rest. *Sleepopolis*.

Sultan, R. S. (2023, October 17). The Benefits of ADHD: Unlocking Its Advantages. *HealthCentral*.

Sultan, R. S. (2023, October 17). The First 7 Things Your Therapist Notices About You. *BestLife*.

Sultan, R. S. (2023, October 17). Here's What Happens When a TikTok Dad With Parasomnia Feeds His Baby in the Middle of the Night. *Sleepopolis*.

Sultan, R. S. (2023, October 16). The Psychological Reason Why You Think "I Could Live Here" While Traveling. *ApartmentTherapy*.

Sultan, R. S. (2023, October 16). Medical Alert System Methodology | How Experts Test. *HelpGuide.org*.

Sultan, R. S. (2023, October 16). The First 7 Things Your Therapist Notices About You. *BestLife*.

Sultan, R. S. (2023, October 11). Is cannabis today really much more potent than 50 years ago? *newscientist*.

Sultan, R. S. (2023, October 11). Disorganized Attachment Style: What It Means, Why It Happens & How to Deal With It. *AskMen*.

Sultan, R. S. (2023, October 09). The Best BiPAP Machines: A 2023 Guide. *Forbes Health*.

Sultan, R. S. (2023, October 07). 9 Daily Affirmations for a Happy Marriage. *BestLife*.

Sultan, R. S. (2023, October 07). What To Do When You Have No Family Or Friends. *She's SINGLE Magazine*.

Sultan, R. S. (2023, October 06). 9 Surprising Benefits of Crying. *BestLife*.

Sultan, R. S. (2023, October 05). What Is the New "Silent Walk" Trend, and Does It Actually Help With Sleep? *Sleepopolis*.

Sultan, R. S. (2023, October 04). 6 Bedtime Habits of People Who Never Get Sick. *BestLife*.

Sultan, R. S. (2023, September 28). Is OCD Genetic or Environmental? *Healthline*.

Sultan, R. S. (2023, September 21). 10 Things the Happiest People Do Every Morning. *BestLife*.

Sultan, R. S. (2023, August 30). How a Steady Routine Can Make Mood Swings With Bipolar Disorder Less Intense. *Self*.

Sultan, R. S. (2023, August 04). Could Creatine Be the Secret Ingredient in Combating Depression? *Well+Good*.

Sultan, R. S. (2023, July 27). ADHD and Hypersexuality: What's the Connection? *Psycom*.

Sultan, R. S. (2023, July 26). Neurofeedback Therapy: Effective For ADHD? *ADHD Online*.

Sultan, R. S. (2023, July 25). Critical Period in Brain Development: Definition, Importance. *verywell mind*.

Sultan, R. S. (2023, July 24). Have Epilepsy and Fear Going Out? Here's How to Overcome Your Fear, According to Experts. The Ability Toolbox.

Sultan, R. S. (2023, July 23). Ommetaphobia (Fear of Eyes): Signs, Causes, How to Cope. *verywell mind*.

Sultan, R. S. (2023, July 14). TikTok's boat jumping, like other risky trends, is causing a spike in injuries, hospital visits, and deaths. *MDLinx*.

Sultan, R. S. (2023, July 13). Bed Rotting Is TikTok's New Obsession. How to Do It Right. *wondermind*.

Sultan, R. S. (2023, July 12). Being A Friend To Someone With ADHD. *ADHD Online*.

Sultan, R. S. (2023, July 12). I Added Fire To My Meditation Practice And It Helped Calm Me Down. *Fatherly*.

Sultan, R. S. (2023, July 10). Making Friends When You Are An Adult With ADHD. *ADHD Online*.

Sultan, R. S. (2023, June 29). 10 Questions Every Gay or Bisexual Man Should Ask Their Doctor. *The Healthy*.

Sultan, R. S. (2023, June 27). 9 Questions Every Lesbian or Bisexual Woman Should Ask Their Doctor, Say Experts. *The Healthy*.

Sultan, R. S. (2023, June 21). This Simple Self-Hypnosis Technique Is A Great Way To Fight Stress — And Insomnia. *Fatherly*.

Sultan, R. S. (2023, June 19). Anxiety and Sleep: How to Rest When Worry Won't Stop. *VitaCost*.

Sultan, R. S. (2023, June 17). Depression: Birth control pills may raise risk by 130%. *MedicalNewsToday*.

Sultan, R. S. (2023, June 14). 15 Mental Health Reminders for the LGBTQ+ Community—From Therapists Who Get It. *wondermind*.

Sultan, R. S. (2023, June 08). I'm an Autistic Woman, and These 7 Stereotypes About Autism Are Flat-Out Wrong. *Well+Good*.

Sultan, R. S. (2023, June 07). Is the 'Spotlight Effect' Hurting You at Work? Here's What It Is and 6 Therapist-Backed Ways To Shake It Off. *Parade*.

Sultan, R. S. (2023, June 07). Post-Maternity Leave: When Is It Time for a Detour? *Today's Parent*.

Sultan, R. S. (2023, June 06). Karmic Relationships: Navigating Intense Connections for Spiritual Growth. *verywell mind*.

Sultan, R. S. (2023, June 05). What It Means to Be Abrosexual—And How to Tell If You're Sexually Fluid. *verywell mind*.

Sultan, R. S. (2023, May 26). Marijuana linked to mental health risks in young adults, growing evidence shows. *NBC NEWS*.

Sultan, R. S. (2023, May 26). Surgeon general's advisory on social media and youth mental health comes amid 'real-time experiment'. *Fox News*.

Sultan, R. S. (2023, May 24). From rushing to roommates, a University of Alabama student talks about her traumatic college experience: 'Bro how could the police not go ANYTHING'. *Yahoo Sport*.

Sultan, R. S. (2023, May 23). Karmic Relationships: Navigating Intense Connections for Spiritual Growth. *Yahoo Entertainment*.

Sultan, R. S. (2023, May 16). 18 Basic Life Skills Kids Should Know by Different Ages. *TinyBeans*.

Sultan, R. S. (2023, May 10). Teens and social media: American Psychological Association issues guidance for safe use and 'instruction'. *Fox News*.

Sultan, R. S. (2023, May 05). Teens are turning to Snapchat's 'My AI' for mental health support — which doctors warn against. *Fox News*.

Sultan, R. S. (2023, May 05). All the Reasons Why Getting Enough Sleep Is Essential for Your Health. *Columbia University*.

Sultan, R. S. (2023, April 30). Recreational Cannabis Use By Teens Linked to Risk of Depression, Suicidality. *AOL*.

Sultan, R. S. (2023, April 04). Adult ADHD Online Tests: Are They Legit? Plus, How To Use. *Parade*.

Sultan, R. S. (2022, December 27). 461 | Why Treat ADHD? with Ryan Sultan, MD. *ADHD reWired*.

Sultan, R. S. (2022, December 01). The Importance of Screening for Anxiety and Depression. *rtor.org*.

Sultan, R. S. (2022, November 28). Self-Care & Mental Wellness: Dr. Ryan Sultan Of Integrative Psych On The Top Five Selfcare Practices That Improve Mental Wellness. *Authority Magazine*.

Sultan, R. S. (2021, October 05). The Past, Present, and Future of Cognitive Behavioral Therapy: Q&A with Judith S. Beck, PhD. *Psychiatric Times*.

Sultan, R. S. (2021, June 15). Even Vaccinated People Are Nervous About Going Back to 'Normal'. Here's How to Cope. *Time Magazine*.

Sultan, R. S. (2020, June 25). How Wearing a Face Mask, or Not, Became the Dumbest Culture War. *Daily Beast*.

Sultan, R. S. (2020, June 15). Amid Surge In COVID-19 Cases, CDC Has More Advice For How To Stay Safe. *NPR*.

Sultan, R. S. (2020, June 11). How to Soothe Your 'Re-Entry Anxiety' as COVID-19 Lockdowns Lift. *Time Magazine*.

Sultan, R. S. (2017, August 04). New Clozapine Guidelines Likely to Limit Treatment Interruptions. *Psychiatric News*.

Sultan, R. S. (2016, February 12). Psychotropic Prescriptions for Toddlers Increase as ADHD Cases, Psychiatric Conditions Rise. *Healio.com*.

RESEARCH PROFILE

Currently, in my K12 Mentored Clinical Scientist Development Program, I am working under the mentorship of Frances Levin, MD, to investigate patterns and outcomes of adolescent substance use and ADHD-related risk behaviors. Our 2023 JAMA Network Open publication on adolescent nondisordered cannabis use ranked among the top 1% of articles for media attention. Under my leadership at the Sultan Lab, we also examine ADHD epidemiology and comorbidity, including recent findings that adolescents with ADHD face substantially elevated risks of suicidality, aggression, and psychiatric comorbidity.

During my T32 Translational Research Fellowship grant, I worked extensively with Mark Olfson, MD, MPH, at Columbia University, focusing on psychopharmacological epidemiology using large national datasets, including IQVIA and MarketScan. Our research has examined clozapine-induced agranulocytosis, real-world stimulant and antidepressant prescribing trends, and antipsychotic use in youth with ADHD—identifying both guideline-concordant patterns and areas of inappropriate antipsychotic prescribing. This work has resulted in multiple peer-reviewed publications and several competitive abstracts.

CLINICAL PROFILE

I am a double board-certified psychiatrist with training from Columbia University, Cornell University, and Emory School of Medicine. I am a professor of clinical psychiatry at Columbia University and specialize in Substance Use, Anxiety, Ketamine, Depression, and ADHD. I have extensive experience treating adults, adolescents, and children across private, state, city, and VA medical systems, with a focus on emergency and consult-liaison psychiatry.

My integrative approach combines advanced psychopharmacology with mindfulness exercises, Cognitive Behavioral Therapy (CBT), and evidence-based Eastern medicine practices. I collaborate with patients and families to create individualized treatment plans and lead a team of 10 clinicians.