



McGill

Department of Psychiatry    Département de psychiatrie

## Departmental Distinguished Grand Rounds

### *Treatment of Sleep Disturbances in Depression*

**Dr. Amit Chopra, MD**

**Massachusetts General Hospital,  
Harvard Medical School**

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**Date and Time:** Thursday, March 27, 2025. The lecture will be from 12:00 - 13:00, including Q&A. The following 30 minutes (13:00 – 13:30) will be dedicated to young trainees and residents particularly interested in Dr. Chopra's research and career path.

**Location:** This seminar will be virtual. Please register via [Zoom](#)



#### **Biography:**

Dr. Amit Chopra is a Psychiatrist and Sleep Specialist at Massachusetts General Hospital (MGH) and an Assistant Professor at Harvard Medical School. He completed his medical training at Sawai Man Singh College, Jaipur, India, followed by research and clinical training in the UK at King's College London and University College London.

Dr. Chopra completed his Adult Psychiatry Residency, Sleep Medicine Fellowship, and Deep Brain Stimulation Fellowship at Mayo Clinic, Rochester, Minnesota.

Dr. Chopra has multiple areas of interest, including mood disorders, sleep disorders, and brain stimulation interventions for treating psychiatric disorders. He served as a medical director for the Center for Treatment-Resistant Depression and Center for Psychiatric Neuromodulation and as president of the Pittsburgh Psychiatric Society before joining MGH.

Dr. Chopra has established the Treatment-Resistant Depression Initiative (TRDi) at MGH. This innovative clinical care approach incorporates the principles of early intervention and a one-team approach and provides expedited access to specialized care for TRD patients in the Boston area.

Dr. Chopra has received prestigious research and clinical awards for his work, including Distinguished Fellow of the American Psychiatric Association. Dr. Chopra is passionate about the interface of Psychiatry and Sleep Medicine and co-authored a book "Management of Sleep Disorders in Psychiatry".

#### **Objectives:**

- To **identify and differentiate** between the common sleep disorders associated with Major Depressive Disorder
- To **review** the current standard treatments and **explore** emerging treatments for sleep disorders in the context of Major Depressive Disorder