

Benjamin Goldstein, MD, PhD, FRCPC

Scientist

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Education:

- BA, 1996, psychology, University of Pennsylvania, U.S.
- M.Ed., 1997, psychology, University of Toronto, Canada
- PhD, 2001, psychology, U of T, Canada
- MD, 2001, medicine, University of Calgary, Canada
- FRCPC, 2006, psychiatry, U of T, Canada

Appointments and Affiliations:

- Scientist, [Evaluative Clinical Sciences](#), [Brain Sciences Research Program](#), Sunnybrook Research Institute
- Academic lead, youth division, department of psychiatry, Sunnybrook Health Sciences Centre
- Associate professor, departments of psychiatry and pharmacology, faculty of medicine, U of T
- Adjunct assistant professor, Western Psychiatric Institute and Clinic, University of Pittsburgh School of Medicine

Research Foci:

- Adolescent bipolar disorder
- Peripheral biomarkers
- Inflammation and oxidative stress
- Endothelial dysfunction
- Comorbid cardiovascular disease and risk factors
- Neuroimaging

- Novel therapeutics

Research Summary:

Dr. Goldstein's research focuses on bipolar disorder among adolescents. Bipolar disorder is the fourth most disabling medical condition among adolescents worldwide. Adolescent-onset bipolar disorder can often be a particularly severe variant of this illness, underscoring the need for early identification and treatment. To date, assessment and treatment decisions have been guided primarily by subjective factors, and objective biological markers do not yet inform clinical decisions. Bipolar disorder is also associated with greatly increased risk of premature cardiovascular disease; thus far, this association is not well understood.

Dr. Goldstein's research encompasses three aims:

- to identify biomarkers which enhance clinical decision-making for adolescents with bipolar disorder
- to advance the understanding of shared biological factors underlying the links between bipolar disorder and cardiovascular disease
- to examine the impact of novel pharmacological and behavioral treatments on psychiatric and cardiovascular outcomes among youth with bipolar disorder.

The lines of research informed by these three aims offer hope of reduced stigma, earlier identification and improved outcomes for adolescents with bipolar disorder. Dr. Goldstein and his colleagues are pursuing these lines of research with the support of the Canadian Institutes of Health Research, the Depressive and Bipolar Disorder Alternative Treatment Foundation, the Heart and Stroke Foundation of Ontario, the National Institute of Mental Health, the Ontario Mental Health Foundation and generous donations.

Selected Publications:

See [current publications list at PubMed](#)

1. Recent progress in understanding pediatric bipolar disorder. *Arch Pediatr Adolesc Med.* 2012 Apr; 166(4):362–371.
2. Preliminary findings regarding proinflammatory markers and brain-derived neurotrophic factor among adolescents with bipolar spectrum disorders. *J Child Adolesc Psychopharmacol.* 2011 Oct; 21(5):479–484.
3. Cardiovascular disease and hypertension among adults with bipolar I disorder in the United States. *Bipolar Disord.* 2009 Sep; 11(6):657–662.
4. Inflammation and the phenomenology, pathophysiology, comorbidity and treatment of bipolar disorder: a systematic review of the literature. *J Clin Psychiatry.* 2009 Aug; 70(8):1078–1090.
5. Preliminary findings regarding overweight and obesity in pediatric bipolar disorder. *J Clin Psychiatry.* 2008 Dec; 69(12):1953–1959.

Related News and Stories:

- [Scientists capture tri-council funding](#): Operating grants support work in brain sciences and cancer research (July 15, 2014)
- [Mood disorders across our lives](#) (from [2013 SRI Magazine](#))
- [Competition spurs high scores](#): Scientists secure funding with federal agency (July 25, 2013)
- [Scientist honoured for bipolar research](#): Sunnybrook psychiatrist Benjamin Goldstein wins prestigious award (May 17, 2013)
- [Ask a Scientist: What Are You Reading?](#) (from [SRI Magazine, 2012](#))
- [Psychiatrist returns to Sunnybrook to tackle bipolar disorder in youth](#) (Feb. 25, 2010)

Related Links:

- [Canadian Partnership for Stroke Recovery](#)