

David Steffens, M.D., M.H.S.

Professor and Chair, Psychiatry at University of Connecticut School of Medicine
Farmington, CT, US

Dr. Steffens' research focuses on late-life mood and cognitive disorders.

Biography

Dr. Steffens became chair of UConn Psychiatry in July, 2012, after more than 20 years at Duke University School of Medicine, where he had served as a professor of psychiatry, vice chair for education and Division Chief of Geriatric Psychiatry in the Department of Psychiatry and Behavioral Sciences. Dr. Steffens is the past president of the American Association for Geriatric Psychiatry, has authored more than 300 peer-reviewed papers and is the co-editor of the leading textbook in geriatric psychiatry. Dr. Steffens also has considerable experience in medical education and mentoring undergraduate and graduate students, medical students, resident physicians, and junior faculty. A graduate of Rice University and the University of Texas, Houston Health Science Center School of Medicine, Dr. Steffens moved to Duke in 1988, where he completed his internship and residency in psychiatry. Since joining the Duke faculty and now at UConn Health, Dr. Steffens' career has focused on mood and cognitive disorders in older adults.

Dr. Steffens received a Master's of Health Science in Clinical Research from Duke in 2000. He has held an NIMH-supported Mid-Career Development Award, and his major area of research focuses on links between depression in later life and development of cognitive decline and dementia. Dr. Steffens has been continuously supported by NIMH/NIH for over twenty years. At UConn, Dr. Steffens has continued his research pursuits with a new NIMH-supported study, known as NBOLD, that examines the relationship between stress and depression in older adults. In addition, Dr. Steffens' research and mentorship activity at UConn Health have been supported by a generous gift from the Leo and Anne Albert Trust. With new faculty hires in psychiatry and neuropsychology, Dr. Steffens has developed a clinical geriatric mental health service that focuses on assessment and treatment of anxiety, depression and cognitive disorders in the elderly.

Areas of Expertise

Dementia, Late-Life Depression

Education

Duke University Medical Center
M.H.Sc. Health Sciences

University of Texas Health Science Center at Houston
M.D.

Rice University
B.A. Biochemistry

Accomplishments

Martin Symonds Man of Good Conscience Award - 2018

Association of Women Psychiatrists for support of women psychiatrists seeking leadership roles and other professional opportunities.

Geriatric Psychiatry Research Award

Awarded by the American College of Psychiatrists.

Annual Clinically Based Research Mentoring Award

Awarded by the Duke University School of Medicine.

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