

PROMOTION RECOMMENDATION
THE UNIVERSITY OF MICHIGAN
MEDICAL SCHOOL
DEPARTMENT OF PSYCHIATRY

Ewa Czyz, Ph.D., assistant professor of psychiatry, Department of Psychiatry, Medical School, is recommended for promotion to associate professor of psychiatry, with tenure, Department of Psychiatry, Medical School.

Academic Degrees:

Ph.D.	2015	University of Michigan, Ann Arbor, MI
M.S.	2012	University of Michigan, Ann Arbor, MI
M.A.	2007	Northwestern University, Evanston, IL
B.S.	2004	Loyola University Chicago, Chicago, IL

Professional Record:

2019-present	Assistant Professor, Department of Psychiatry, University of Michigan
2018-2019	Research Assistant Professor, Department of Psychiatry, University of Michigan

Summary of Evaluations:

Teaching: Dr. Czyz's primary teaching activities involve mentoring research trainees and providing training in suicide risk assessments and interventions at multiple learner levels. Learners include faculty members, post-doctoral fellows, graduate students, and undergraduate students. She created a practicum rotation that offers specialized training in assessments and interventions for high-risk adolescents. Teaching evaluations were very good to excellent, with mentees highlighting the quality of her guidance, instruction, and support. She has been an engaged mentor and participated in multiple didactic teaching lectures at the departmental level.

Research: Dr. Czyz's research program focuses on youth suicide prevention, especially around the processes underlying short-term risk for suicide and intentional self-harm among adolescents during their high-risk care transitions such as discharge from the emergency department or inpatient psychiatric services. Her work uses adaptive intervention designs to provide personalized strategies via mobile phones and wearable sensors for reducing the risk for intentional self-harm and suicide prevention among youth. Dr. Czyz has been successful in obtaining independent funding and has current funding from the National Institutes of Health (NIH) and the American Foundation for Suicide Prevention. Her past funding includes her role as the principal investigator of one NIH K23 grant, two foundation grants, and two institutional grants. During her K23, she led one of the first studies using mobile-based intensive longitudinal assessments and machine learning to develop decision algorithms. She has authored 56 peer reviewed manuscripts in important journals such as *Psychological Medicine*, *Journal of Psychiatric Research*, and *Psychotherapy*. She has been invited on nine occasions to speak about her work nationally and internationally including in Switzerland. She was recognized as a Mobile Health Training Institute Scholar (UCLA).

Recent and Significant Publications:

- Czyz EK, King CA, Al-Dajani N, Zimmermann L, Hong V, Nahum-Shani I, “Ecological momentary assessments and passive sensing in the prediction of short-term suicidal ideation in young adults,” *JAMA Netw Open.* 6: e2328005, 8/2023. PM37552477
- Czyz EK, Koo HJ, Al-Dajani N, Kentopp SD, Jiang A, King CA, “Temporal profiles of suicidal thoughts in daily life: Results from two mobile-based monitoring studies with high-risk adolescents,” *J Psychiatr Res.* 153: 56-63, 09/2022. PM35797815
- Czyz EK, Koo HJ, Al-Dajani N, King CA, Nahum-Shani I, “Predicting short-term suicidal thoughts in adolescents using machine learning: developing decision tools to identify daily level risk after hospitalization,” *Psychol Med.*: 1-10, 12/2021. PM34879890
- Czyz EK, King CA, Prouty D, Micol VJ, Walton M, Nahum-Shani I, “Adaptive intervention for prevention of adolescent suicidal behavior after hospitalization: a pilot sequential multiple assignment randomized trial,” *J Child Psychol Psychiatry.* 62(8): 1019-1031, 08/2021. PM33590475
- Czyz EK, Arango A, Healy N, King CA, Walton M, “Augmenting Safety Planning With Text Messaging Support for Adolescents at Elevated Suicide Risk: Development and Acceptability Study,” *JMIR Ment Health.*7(5): e17345, 05/2020. PM32160150

External Reviewers:

Reviewer A: “She has served on 5 NIMH grant reviews during the past 2 years, a significant load and further evidence of her service contributions. Additionally, she has served on 2 grant review panels at the University of Michigan, evidence of her service to the local University of Michigan community. Dr. Czyz has also taught/teaches a number of courses at [the] University of Michigan and mentors undergraduate, doctoral, and post-doctoral trainees, and provides mentorship for a junior faculty member. Her record of service and teaching is indicative of a strong commitment to the field and the University of Michigan program.”

Reviewer B: “...Dr. Czyz has demonstrated an excellent track record of mentorship. Despite a challenging funding climate, her mentees have consistently received extramural funding (e.g., Dr. Al-Dajani’s receipt of the American Foundation of Suicide Prevention mentorship award)...Given Dr. Czyz’s unquestionable success as a researcher and mentor, she is in high demand for invited presentations...As a testament to her national stature, Dr. Czyz is regularly serving as a reviewer for several panels of NIMH study section. Taken together, Dr. Czyz is an extraordinary mentor, and both institutionally and nationally, has made immense contributions to the field.”

Reviewer C: “Dr. Czyz is clearly identified as a rising star in the field of youth suicide research. She has distinguished herself in this area for her high degree of productivity, the excellent quality of her research, and her use of novel methods and approaches. Dr. Czyz has published 51 peer-reviewed manuscripts to date, 37% of which are first-authored. These figures distinguish her relative to her peers at a similar level, and particularly among individuals conducting research with high-risk clinical samples. She has already made substantial contributions that have potential to inform clinical practice.”

Reviewer D: “Dr. Czyz’s work is of the highest caliber. In addition, she has a very strong publication record, with high impact publications. I am working on a suicide publication currently

where we quote from her SMART study which has very promising outcomes. I would put her in the top 10-20%--she would be at the very top, but she is still relatively young in this field.”

Reviewer E: “...Dr. Czuz’s funding trajectory is extremely strong and demonstrates a clear commitment to seek funding to support her research going forward. She has proceeded from internal institutional funding as a graduate student and predoctoral intern/postdoctoral fellow to private national foundation funding from the American Foundation of Suicide Prevention, which is very competitive. She then progressed to a K23 from NIMH. Impressively, Dr. Czuz then transitioned to an NIMH R34 as well as an American Foundation for Suicide Prevention Young Investigator Award. This work, along with her career development award, formed the building blocks for her eventual awarding of a New Investigator R01 from NIMH. This trajectory resembles that of many senior researchers early in their psychiatry research careers and bodes well for Dr. Czuz’s continued pursuit of grant funding and success in those pursuits. This systematic progression of grant funding is also an indication of her commitment to research.”

Service: Dr. Czyz provides service at the institutional and national levels. Nationally, she currently serves as the vice co-chair for the Suicide and Self-Injury special interest group for the Anxiety and Depression Association of America. She serves on five NIH study sections and is an ad hoc reviewer for a dozen journals including the *Journal of Clinical Child and Adolescent Psychology*, *Archives of Suicide Research*, and the *Journal of Psychiatric Research*. Institutionally, Dr. Czyz serves on the Injury Prevention Center’s Suicide Research Summit Planning committee, and five departmental committees including holding a co-chair position of a departmental research conference planning committee, the Albert J. Silverman Research Conference two departmental study sections.

Summary of Recommendation:

Dr. Czyz is a rising star with work of the highest caliber, using novel methods that are moving the field of youth suicide assessment and intervention strategies for prevention forward. Dr. Czyz is a productive scientist with a track record of important discoveries, an excellent organizational citizen, and a dedicated mentor. I am pleased to recommend Ewa Czyz, Ph.D. for promotion to associate professor of psychiatry, with tenure, Department of Psychiatry, Medical School.



Marschall S. Runge, M.D., Ph.D.
Executive Vice President for Medical Affairs
Dean, Medical School

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