

CURRICULUM VITAE

9.1.2016

Tiina Maria Paunio

1. Education and degrees awarded

Degrees Professor of Psychiatry, University of Helsinki (UH) (1.2.2014); Research Professor, National Institute for Health and Welfare (THL) (15.8.2014); Docent in Clinical Psychiatry, UH (13.10.2009); Specialist in Psychiatry, UH (15.5.2007); Docent in Experimental Psychiatry, UH (2.9.2002); Doctor of Medical Sciences, UH (5.9.1995); Licentiate of Medicine, UH (2.11.1993)

Other education and training University Pedagogy, UH (31.5.2008); Qualification in Management, Haaga Institute (12.6.2006); Course in Leadership, UH (engl.) (on-going)

2. Linguistic skills

Finnish (native); Swedish (excellent), Language certificate for Swedish, National Board of Education, 2009, C2; English (excellent), C2; French (fluent), B2; German (fluent), B2

3. Current positions

Professor of Psychiatry, Medical Faculty, University of Helsinki (Swedish) (UH) (2010-); Research Professor, Public Health Genomics Unit, National Institute for Health and Welfare (THL) (part-time) (2014-); Chief Physician, Helsinki University Hospital (HUCH) and Finnish Institute of Occupational Health (TTL) (part-time) (2010-)

4. Previous work experience (selected)

Lecturer and specialist, UH and HUCH (total 42 months) 2007- 2010; Senior Research Scientist, THL (total 30 months) (1999-2014); House Officer, Helsinki City Hospital, Helsinki City Psychiatric Hospital, HUCH (total 60 months) (1999-2007); Postdoctoral scientist, LGN/CNRS, Hôpital Pitié-Salpêtrière, Paris, France (27 months) (1996-1998); Postdoctoral scientist, THL (17 months) (1995-1996); Research Scientist, THL (total 40 months) (1990-1995)

5. Research funding, leadership and supervision

Funding (PI) Academy of Finland Academy Projects 440 000 € (2015-2019), 450 000 € (2011-2015), 120 000 € (2004-2006); Helsinki University Hospital Research Grant (EVO) Various research projects, 580 000 € (2005-2017); Gyllenberg foundation 40 000 € (2014-2015), 50 000 € (2012-2014) and 75 000 € (2010-2011); The Finnish Work Environment Fund: TOSI, 199 000 € (2013-2015); TEKES: Sound Deep Sleep, 199 000 € (2013-2014); Finska Läkaresällskapet 9600 € (2013); Skidi-kids, 323690 € and 155 000 € (2010-2013); Work, 333 720 € (2008-2011); Sigrid Juselius foundation 144 000 € (2010-2012); European Union: Research Grant of STREP, 120 000 € (2005-2008); *postdoctoral research* European Union, Research Grant of Biotechnology, BIO4ACT965101, appr. 100000 € (1996-1998)

Group Leader Research Group at THL, Public Health Genomics Unit 2004-

Leadership of scientific consortia FISH consortium (PI for genetic studies) (2008-2012); Child-Sleep consortium (Chair of the Steering committee, PI for genetic studies) (2009-); FinnBrain consortium (PI for genetic studies) (2009-); Healthy sleep for young adults, HUCH (2015-)

Supervision of post-doc researchers Katri Kantojärvi, PhD in 2013 (main supervisor) (2013-)

Experience as officially appointed supervisor to undergraduate and post-graduate students Supervision of 7 completed doctoral thesis: *As primary supervisor* Markus Lagus UH (2013), Hanna Ollila UH (2013), Pia

Soronen UH (2012), Siddheshwar Utge (2012), *As secondary supervisor* Outi M. Palo (2010), Joni Turunen (2007), William Hennah (2005); 6 on-going (in 5 primary, 1 secondary); Supervisor for seven master or advanced studies theses (1999-2010)

6. Merits in teaching and pedagogical competence

Pedagogical training and competence Course of University Pedagogy (31.5.2008); Competence for a variety of teaching methods: Lectures, Interactive lectures, Interactive seminars, Case seminars, Problem-based learning, Reflective group, Practical assignments, Journal clubs, Individual supervision

Curriculum planning *Faculty of Medicine, UH:* Vice Chef (Education), Clinicum (2015-) ; Responsible for education of psychiatry (Swedish) for medical students (2010-); Responsible for postgraduate students specializing in psychiatry, (2010-) ; Curriculum planning for psychiatry for basic medical and postdoctoral students, UH (2010-) ; Planning committee for Specialist education according to new legislation (2015-); *University of Helsinki / National:* National collegium of professors in Psychiatry (2014-); National consensus committee for psychotherapy (2011-); Steering committee for psychotherapy education (Chair/Vice chair) (2011-); Planning committee for psychotherapy education at UH (Chair) (2011-2014); *International:* European Somnologist examination subcommittee, European Sleep Research Society (ESRS) (Chair) (2015-), Education committee, ESRS (Chair) (2014-)

Implementation of education programs and courses Implementation of numerous courses for postgraduate and medical students and for health care personnel on psychiatry and genetics; Establishment of Psychotherapy education at UH (as Chair or co-chair of the Steering committee) (2012-)

Teaching activity Teaching in numerous lectures, groups and seminars with interactive teaching methods (in Finland and abroad)

Development and application of teaching methods Lectures, Interactive lectures, Interactive seminars, Case seminars, Problem-based learning, Reflective group, Practical assignments, Journal clubs, Individual supervision; Dissemination of learning materials at level of universities and research institutes

7. Other academic merits

Service as a pre-examiner or opponent in doctoral dissertation *Opponent:* Riikka Roisko, University of Oulu (2014); Erkki Heinonen, UH (2014), Esko Tonu, University of Tartu, Estonia (2012); Tero Hallikainen University of Eastern Finland (2009); *Oppent as part of the thesis committee:* Tiina Järvinen UH and Karolinska Institutet, Sweden (2010); Kristiina Tammimies, Karolinska Institutet, Sweden (2010)

Membership in thesis committees (Finland) and examiner for doctoral theses Membership in six thesis committees (Finland) (2007-); Examiner for ten doctoral theses (2005-2012)

Member of international peer evaluation committees of funding applications Wellcome Trust (2009); European Research Council (2013); Evaluation panel (neuronal and psychiatry), Swedish Research Council (2011-2013, 2015); *Evaluation of scientific competence for academic positions* University of Toronto, Canada (2014)

Memberships and positions of trust in scientific and scholarly societies *National:* Finnish Psychiatric Association Member of Board for Education (2012-2014), Member of the Board (2014-); Brain Research Society of Finland Member of Board (2009-2012); Finnish Sleep Research Society (SUS) Member of Board (2008-2012), Treasurer (2008-2011); *International:* International Society of Psychiatric Genetics (ISPG) (1999-), Brain storming retreat (2013); European Society of Sleep Research (ESRS) Member of Scientific Committee (election) (2012-2014), Member of Board (election) (2014-2016), Head of Education committee (2014-2016); Nordic Psychiatric Association, Scientific Committee of (2015-); *Organizing committee for international symposia and scientific congresses* World Sleep Medicine (2015), ESRS Congress Bologna (2016), Nordic Psychiatric Congress (2015), ESRS congress Tallinn (2014), for the World Congress of Psychiatric Genetics (2012, 2014), *Varia:* Co-founder and chair of the 1st Finnish symposium of Psychiatric Genetics (2015)

Membership in national or international expert groups, evaluation or steering committees Committee for

intellectual property rights (IPR), THL (2014-); Scientific Committee, European Society of Sleep Research (2012-2014); Planning committee for psychotherapy education at UH (Chair) (2011), Steering committee for psychotherapy education at UH (Chair/Vice chair) (2011-); National consensus committee for psychotherapy (2011-); Brain & Mind Research School, UH, Evaluation committee (2014, 2015); Committee planning for specialist training, Dept of Psychiatry, UH (2012-2013)

Membership in boards of national funding organizations Committee for Finnish Cultural Foundation (2015); for medical fellowships, Finnish Medical Foundation (2012-); Committee for medical fellowships, Duodecim (2008-2010); Committee

Member of editorial boards Duodecim Editorial board for scientific updates on Psychiatry (2006-), Editor for theme number on Psychosomatics (2008); Finnish Medical Journal Editor for a theme number on Sleep (2012)

Referee for scientific and scholarly journals Annals of Medicine, Archives of General Psychiatry, Bipolar disorder, Biological psychiatry, European Journal of Human Genetics, Gene Therapy, Human Mutation, JAMA Psychiatry, Neurobiology of disease, Pharmacogenomics, PlosOne, Scandinavian Journal of Work Environment & Health, Schizophrenia Research

Awards, prizes and honors Best psychiatric report in Finland, Psychiatric association, Finland (2004); Award for study on psychosis, Finnish Psychiatric Research Association (2008); Selected for "Promoting excellence in research", Meilahti Medical Campus, UH (2008); Innovative publication of the year, Finnish Medical Journal (2010)

Administrative responsibilities Vice leader for Clinicum, Faculty of Medicine, UH (2015-2018); Champion at fund-raising, UH, Medical Faculty (2014-2015); Group of evaluation of genetic studies, Health2000 Study, THL (chair) (2014-); Steering committee of BPD and SZ studies, THL (2010-); The board AVARA, Faculty of Medicine, UH (2009-2010); Executive group, Genomics and Biomarkers, THL (2002-); Committees "Interface between special health care and primary health", "Oberon software" and "Addictions", Department of Psychiatry, HUCH (2008); Graduate school of the medical faculty (1993-1996); Committee for basic education in medical faculty (1990-1991)

Involvement in scientific consortia FISH consortium (PI for genetic studies) (2008-2012); Child-Sleep consortium (Chair of the Steering committee, PI for genetic studies) (2009-); FinnBrain consortium (PI for genetic studies) (2009-); Psychiatric Genomics Consortium (2010); ADDICTOR consortium (2011-)

8. Scientific and societal impact of research

Publications Altogether 115 peer-reviewed original articles and 16 review articles; Number of citations 6104 times; H-index 33 (Web of Science)

Merits in science communication and expert assignments in media Tens of radio, TV and newspaper interviews and media conferences (f.ex. Yleisradio / in Finnish and Swedish, Helsingin sanomat, Iltalehti, Iltasanomat, Potilaan lääkrilehti for general population, Social health politic magazine Tesso) on psychiatry, sleep, education, and scientific research; Popular reviewer in Finnish media on issues related to sleep and psychotic issues; Expert for psychiatric and sleep-related issues in Finnish health care system and media during the past 8 years

Public lectures (selected) Sleep and mental health, national day for mental health, THL (7.12.2015); Trauma of war, Corner of science, UH (Chair) 24.4.2014; Sleep for health, Heureka Science Centre, Vantaa (4.3.2014); What happens when the mind brakes? Studia Medicina, Biomedicum, Helsinki (23.3.2011)

Networking events Good sleep for health, Alumni Meeting, UH (1.9.2015); Stress, too much or too little? Seminar and group work with Medical students (Presenter and Chair for group work) (5.3.2014); Promotion and monitoring of health and sleep habits at the Finnish Defence Forces (visit and lecture at Vekarajärvi garrison, 20.11.2015, ongoing activity planned for the period 2015-2017)

Publications for general audience 36 publications in Finnish for general practitioners and health care officials (Duodecim and Lääkrilehti) (not enlisted here); Paunio, T. Finland in the frontline of population genetics sleep studies. In: Klockars M, Porkkka-Heiskanen T. The many aspects of sleep, Acta Gyllenbergiana VIII.

Helsinki: The Signe and Ane Gyllenberg Foundation (2009); Härmä M, Hublin C, Kukkonen-Harjula K, Kronholm E, Paunio T, Puttonen S, Stenberg T. (2011). Nukuitko hyvin? Työperäiset unihäiriöt ovat yksilöllisiä. Teoksessa Pietikäinen Petteri (toim.) Työstä, jouta ja jaks: työn ja hyvinvoinnin tulevaisuus. Helsinki: Gaudeamus, 79-91. Finnish [Occupational sleep problems are individual]; Paavonen J, Pölkki P, Vierikko E, Häkälä N, Saarenpää-Heikkilä O, Stenberg T, Paunio T. Uni perhesuhteiden haasteena, s. 139-152 Gaudeamus (2013), Ketä kiinnostaa? Lasten ja nuorten hyvinvointi ja syrjäytyminen; toim. Reivinen J ja Vähäkylä L. Finnish [Sleep as challenge to families]; Paunio T. (2015) Mielialahäiriöt. Kirjassa Käyttäytymisgenetiikka (eds. A. Latvala ja K. Silvennoinen). Gaudeamus,. Finnish [Mood disorders. In: Behavioral Genetics]; Peltomäki P and Paunio T. Epigenetiikka. Kirjassa Lääketieteellinen genetiikka, (eds. M. Perola, J. Ignatius, J. Moilanen, K. Aittomäki) Duodecim, in press. Finnish [Epigenetics. In: Medical genetics]; Paunio T and Lehtonen J. Aivojen kypsymisen merkitys nuoruudessa. Kirjassa Lasten- ja nuorten psykiatrian oppikirja (toim. E. Aronen, HE Ebling, E Laukkanen, K Puura, A. Sourander, M. Marttunen) Duodecim, in press. Finnish [Maturation of brain during adolescence. In: Child and adolescence psychiatry] ; Heinonen E, Melartin T, Paunio T. Psykoterapiat. Kirjassa Kuntoutuminen, Duodecim, in press. Finnish [Psychotherapies. In: Rehabilitation]; Paunio T, Tuisku K, Korhonen T. Sleep, work and mental Health, *Psychiatia Fennica* (2015:55-56)

9. Positions of trust in society and other societal merits

Finnish Psychiatric Association Member of Board (2014-) (active commentary on current topics on psychiatry and mental health at national level; targeted for public, health care personnel as well as social and health care officials incl. legislators at Ministry of Social affairs and health, and recommendations for Current Care Guidelines)

Psychiatry Research Association Member of Board (2015-) (societal discussion and reflection of issues related to mental health, targeted for public and patient organizations)

European Society of Sleep Research Member of Board and Head of Education Committee (2014-) (European and worldwide co-ordination of activity within sleep medicine)

National consensus committee for psychotherapy Representative of UH (2011-) (directive for setting norms to practices in education and implementation of psychotherapy in Finland, advisory role and discussions with officials from the Social Insurance Institution of Finland, Kela, and National Supervisory Authority for Welfare and Health, Valvira, as well as commentaries and initiative targeted at Ministry of Social affairs and health, STM)

Unit for Psychosocial cares, HUCH Chief Physician (promotion of public health via symposia and internet platforms; organizing symposia for health and social care personnel and officials)