

NKECHI CONTEH, MBBS, MPH

Assistant Professor of Psychiatry | Vice Chair for Education | Psychiatry Residency Program Director

Boston University Chobanian & Avedisian School of Medicine | Boston Medical Center
Massachusetts

ACADEMIC TRAINING

05/2009 MBBS, College of Medicine, University of Ibadan, Nigeria

05/2013 MPH, Harvard T.H. Chan School of Public Health, Boston, MA

06/2016–06/2020 Resident in Psychiatry, Duke University Hospital, Durham, NC

ACADEMIC APPOINTMENTS

07/2020–06/2023 Instructor in Psychiatry, Harvard Medical School, Boston, MA

07/2023–10/2023 Instructor in Psychiatry, Boston University School of Medicine, Boston, MA

10/2023–Present Assistant Professor of Psychiatry, Boston University Chobanian & Avedisian School of Medicine, Boston, MA

CLINICAL & HOSPITAL APPOINTMENTS

07/2020–06/2023 Staff Physician, MGH Center for Women's Mental Health, Boston, MA

07/2020–06/2023 Attending Psychiatrist, Department of Psychiatry, Massachusetts General Hospital, Boston, MA

07/2023–Present Attending Psychiatrist, Department of Psychiatry, Boston Medical Center, Boston, MA

MAJOR ADMINISTRATIVE & EDUCATIONAL LEADERSHIP

01/2021–06/2023 Associate Program Director, MGH/McLean Psychiatry Residency Program, Boston, MA

07/2023–Present Program Director, BU/BMC General Psychiatry Residency Program, Boston, MA

07/2023–09/2025 Assistant Vice Chair of Education, Department of Psychiatry, Boston University/Boston Medical Center, Boston, MA

09/2025–Present Vice Chair of Education, Department of Psychiatry, Boston University/Boston Medical Center, Boston, MA

HONORS & AWARDS

05/2018 Duke Psychiatry Community Service Award

06/2020 Best Graduating Resident, Duke Psychiatry

05/2022 MGH Center for Diversity Clinician Teacher Development Award

09/2022 MGH Global Health Community Engagement Award

2018 Group for the Advancement of Psychiatry Fellowship

2019 American College of Psychiatrists' Laughlin Fellowship Award

2019 APA Junior Investigator Research Colloquium Award

2022 ABPN Faculty Innovation in Education Award

LICENSURE & CERTIFICATION

06/2020 Massachusetts Medical License, License #283495

09/2020 American Board of Psychiatry and Neurology, Certification #77146

DEPARTMENTAL, SCHOOL & UNIVERSITY COMMITTEES

02/2021–06/2023 Psychiatry Center for Diversity Selection Committee, Massachusetts General Hospital, Boston, MA

07/2018–06/2020 Member, Perinatal Psychiatry Committee, Duke University Hospital, Durham, NC

07/2018–06/2020 Member, Psychiatry Curriculum Committee, Duke School of Medicine, Durham, NC

07/2019–06/2020 Chair, Resident Fellow Council, Duke School of Medicine, Durham, NC

TEACHING EXPERIENCE & RESPONSIBILITIES

07/2020–06/2023 MGH Psychiatry Lectures on perinatal mental health

11/2021–07/2022 Psychopharmacology Supervisor, MGH Revere Health Center

01/2022–07/2023 Psychiatry Course Director, Sierra Leone Psychiatry Teaching Hospital

04/2022 Instructor, Spotlight on Women's Mental Health: Advanced Psychiatry – Topics in Considerations for Women of Color

07/2023- present: Psychiatry Course Director, Boston Medical Center

SELECTED MENTORING ACTIVITIES

11/2020–07/2022 Lucy Ogbu-Nwobodo, MD, MS, Resident mentee

Current position: Assistant Clinical Professor of Psychiatry, University of California, San Francisco School of Medicine

07/2021–07/2022 Josh Salvi, MD, PhD, Resident mentee

Current position: Attending Psychiatrist, Massachusetts General Hospital

10/2025–Present Jordyn Newmark, MD, Faculty mentee

Current position: Assistant Professor of Psychiatry, Boston University School of Medicine

PROFESSIONAL SOCIETIES & MEMBERSHIPS

2018–2020 Fellow, Group for the Advancement of Psychiatry

2021–Present Member, Gender and Mental Health Committee, Group for the Advancement of Psychiatry

2019–2020 Fellow, American College of Psychiatrists

2016–2020 Member, Disaster Psychiatry Committee, North Carolina Psychiatry Association

Member, Massachusetts Psychiatric Association

2021–Present Member, Diversity Committee, American Academy of Addiction Psychiatry

EDITORIAL & PEER REVIEW ACTIVITIES

2021–2022 Reviewer, Harvard Review of Psychiatry

2024–Present Reviewer, Journal of Clinical Psychiatry

MAJOR COMMITTEE ASSIGNMENTS

2023–Present Member, Committee on Chronic Debilitating Conditions in Women, National Academies of Sciences, Engineering, and Medicine

CURRENT & PAST SUPPORT

01/2023–12/2025 ABPN Faculty Innovation in Education Award

PI: Nkechi Conteh, MBBS, MPH | Project: Psychiatry Underrepresented in Medicine Mentorship Program (PUMP) | Total cost: \$100,000 | Role: PI

07/2022–06/2023 MGH Center for Diversity and Inclusion Clinician Educator Award

PI: Nkechi Conteh | Project: Psychiatry Underrepresented in Medicine Mentorship Program | Total cost: \$120,000 | Role: PI

INVITED LECTURES, CONFERENCE PRESENTATIONS & WORKSHOPS

09/03/2025 | International Mentorship of Diverse Residents: Challenges and Opportunities — Weill Cornell Medicine–Qatar, Qatar

03/11/2025 | National Psychiatry Underrepresented in Medicine Mentorship Program (PUMP): Mentoring the Mentors — American Association of Directors of Psychiatry Residency Training

10/24/2024 | Regional Equity and Social Justice Series: Physician Burnout and Wellness — Harvard Medical School, Boston, MA

10/18/2024 | National Psychiatry Underrepresented in Medicine Mentorship Program (PUMP): Mentoring the Mentors — American Board of Psychiatry and Neurology

11/07/2023 | International The Impact of the COVID-19 Pandemic on Racial Disparities in Perinatal Mental Health — International Association of Women's Mental Health, Maastricht, Netherlands

10/06/2022 | National Management of Substance Use Disorders in Pregnancy: A Focus on Racial Disparities — American Academy of Addiction Psychiatry

10/06/2022 | Institutional Perinatal Psychiatry: Considerations for Women of Color — Grand Rounds — Department of Psychiatry, Beth Israel Deaconess Medical Center

04/05/2022 | Institutional - The Importance of Critical Appraisal: Importance of Evidence-Based Medicine in Psychiatry Education — Workshop — Harvard Medical School, Department of Psychiatry

02/05/2022 | Regional - Perinatal Psychiatry: Considerations for Women of Color — Grand Rounds — UConn Health, Department of Psychiatry, Farmington, CT

11/07/2020 | National -Perinatal Mental Health & Maternal Wellness Panel: Challenges & Opportunities in the Context of COVID-19 — Durham, NC

12/05/2018 | International - Evaluation and Management of Perinatal Depression in People Living with HIV/AIDS — University College Hospital, Ibadan, Nigeria

BIBLIOGRAPHY

ORCID: <https://orcid.org/0000-0003-0521-1213>

MyNCBI: <https://www.ncbi.nlm.nih.gov/myncbi/nkechi.conteh.1/bibliography/public/>

Original, Peer-Reviewed Articles

Nyitray AG, Hicks JT, Hwang LY, Baraniuk S, White M, Millas S, Onwuka N, Zhang X, Brown EL, Ross MW, Chiao EY. A phase II clinical study to assess the feasibility of self and partner anal examinations to detect anal canal abnormalities including anal cancer. *Sex Transm Infect.* 2018 Mar;94(2):124–130. PMID: 28835533; PMCID: PMC6173609.

Hicks JT, Hwang LY, Baraniuk S, White M, Chiao EY, Onwuka N, Ross MW, Nyitray AG. Factors associated with self-reported anal cancer screening history in men who have sex with men. *Sex Health.* 2019 Feb;16(1):96–98. PMID: 30517839.

Case Reports, Critical Reviews & Chapters

Robinson GE, Benders-Hadi N, Conteh N, Brown KM, Grigoriadis S, Nadelson CC, Mittal LP, Wald M, GAP Committee on Gender and Mental Health. Psychological Impact of COVID-19 on Pregnancy. *J Nerv Ment Dis.* 2021 Jun 1;209(6):396–397. PMID: 34037548; PMCID: PMC8168706.

Raffi ER, Gray J, Conteh N, Kane M, Cohen LS, Schiff DM. Low barrier perinatal psychiatric care for patients with substance use disorder: meeting patients across the perinatal continuum where they are. *Int Rev Psychiatry.* 2021 Sep;33(6):543–552. PMID: 34406106. doi:10.1080/09540261.2021.1898351.

Brown KM, Robinson GE, Nadelson CC, Grigoriadis S, Mittal LP, Conteh N, Benders-Hadi N, Wald M, Feldman N, GAP Committee on Gender and Mental Health. Psychological Impact of COVID-19 on Minority Women. *J Nerv Ment Dis.* 2021 Oct 1;209(10):695–696. PMID: 34582398. doi:10.1097/NMD.0000000000001403.

Conteh N, Smith C, Davis C, Wald M, Gagliardi J. Racial disparities in perinatal mental health care during COVID-19. *Current Psychiatry.* 2022 Jan;21(1):9–14. doi:10.12788/cp.0206.

Conteh N, Gagliardi J, McGahee S, Molina R, Clark CT, Clare CA. Medical Mistrust in Perinatal Mental Health. *Harv Rev Psychiatry.* 2022 Jul–Aug;30(4):238–247. PMID: 35849741.

Zack Ishikawa R, Steere R, Conteh N, Cramer MA, Rao V, Sprich S, Cohen JN. Treating PTSD and Alcohol Use Disorder: Concurrent Cognitive Processing Therapy and Psychopharmacology. *J Clin Psychiatry.* 2022 Nov 9;84(1). PMID: 36350590.

Pederson AB, Hawkins D, Conteh N. Ethnic identity and mental health stigma among Black adults in the United States. *Ethics Med Public Health.* 2022 Dec;25. PMID: 35756327; PMCID: PMC9223146.

National Academies of Sciences, Engineering, and Medicine. *Front Matter. Advancing Research on Chronic Conditions in Women.* Washington, DC: The National Academies Press; 2024. doi:10.17226/27757.

Raviola GJ, Prom MC, Bosson R, Chemali Z, Conteh N, et al. Global psychiatry and mental health in the post-pandemic period. In: Stern TA, Wilens TE, Fava M, eds. *Massachusetts General Hospital Comprehensive Clinical Psychiatry.* 3rd ed. Philadelphia: Elsevier; 2025:946–972. doi:10.1016/B978-0-443-11844-9.00086-2.