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Robert A. Kowatch, MD, PhD, is a professor of psychiatry at The Ohio State University and Nationwide Children's Hospital in Columbus, OH. He completed an internship in internal medicine at Graduate Hospital of the University of Pennsylvania in Philadelphia, PA, a residency in general psychiatry at the Hospital of the University of Pennsylvania, and a fellowship in child and adolescent psychiatry at Hahnemann University. He completed his doctorate in cognition and neuroscience at the University of Texas at Dallas. Dr Kowatch has authored or co-authored more than 100 articles, 14 book chapters, and 2 books. He has published in the areas of the diagnosis and treatment of children and adolescents with bipolar disorders, sleep disorders, and depression. His articles have been published in the *Journal of American Academy of Child and Adolescent Psychiatry*, *Neuropsychopharmacology*, *Archives of General Psychiatry*, and *Journal of Child Neurology*, among others. His clinical and research interests are in pediatric mood disorders and pediatric sleep disorders.