# Emrah Yıldız, MD

*Academic Curriculum Vitae*

**Adult Psychiatrist** · Gaziantep, Türkiye · emrahyildizdr@gmail.com
ORCID 0000-0002-1478-7823 · Google Scholar · Practice website

Adult psychiatrist in private practice in Gaziantep, Türkiye. Research focuses on circadian biology in bipolar disorder, EMDR for trauma-related conditions, and neuromodulation in psychiatry.

## International Research Experience

**Research Fellow in Psychiatry** 26 January–30 June 2015
Harvard Medical School and McLean Hospital, Belmont, Massachusetts, USA

Held a concurrent Harvard Medical School academic appointment during a fellowship in McLean's Translational Neuroscience Laboratory, Basic Neuroscience Division. Worked with Harry Pantazopoulos in Sabina Berretta's laboratory on circadian variation in perineuronal nets, using immunocytochemistry and computer-assisted light microscopy on human brain tissue.

## Clinical Appointments

**Adult Psychiatrist** Current
Private practice, Gaziantep, Türkiye

Assessment and treatment of adults with mood, anxiety, obsessive-compulsive, and trauma-related disorders. Clinical practice includes pharmacotherapy, EMDR, and repetitive and deep transcranial magnetic stimulation (rTMS, dTMS).

**Specialist Psychiatrist** Compulsory public service
Kilis State Hospital, Kilis, Türkiye

## Medical Education and Specialty Training

**Residency in Psychiatry** 2013–2018
Gaziantep University Faculty of Medicine, Gaziantep

Specialty thesis (2017), "Circadian rhythm neuropeptide levels among bipolar disorder patients." Thesis advisor Gülçin Elboğa.

**Doctor of Medicine (MD)** 2013
Akdeniz University Faculty of Medicine, Antalya

**Final-Year Clinical Internship and Farabi Exchange** 2012–2013
Istanbul University, Cerrahpaşa Faculty of Medicine, Istanbul

## Research Projects

**2026** **Deep TMS in major depressive disorder** · Retrospective clinical study, Gaziantep University ethics application.

**2026** **Deep TMS in obsessive-compulsive disorder** · Prospective clinical study, SANKO University ethics application.

**2026** **Systematic review of deep TMS for depression** · Systematic review and meta-analysis protocol for randomized H-coil trials, with Mehmet Başaran.

# Publications

## Peer-Reviewed Research Articles

**01** **Yildiz E**, Sayiner ZA. Eye movement desensitization and reprocessing in trauma related panic disorder: clinical outcomes through a neuroendocrine lens. *Medicine (Baltimore)*, 2026, 105(42), e50943. DOI 10.1097/MD.0000000000050943

**02** Hurşitoğlu O, Kurutas EB, Strawbridge R, Uygur OF, **Yildiz E**, Reilly TJ. Serum NOX1 and raftlin as new potential biomarkers of interest in schizophrenia: a preliminary study. *Neuropsychiatric Disease and Treatment*, 2022, 18, 2519–2527. DOI 10.2147/NDT.S385631

**03** **Yildiz E**, Elboga G, Uygun MC, Yilmaz R, Selvi Y, Ulusal H, Çelik E, Sahpolat M, Yildiz ZZ, Hursitoglu O, Altindag A, Tarakçıoğlu M, Pantazopoulos H. Lower morning levels of cortisol and neuropeptides in blood samples from patients with bipolar disorder. *Journal of Affective Disorders Reports*, 2022, 10, 100406. DOI 10.1016/j.jadr.2022.100406

**04** Yilmaz R, Öztop DB, Sener EF, Cikili-Uytun M, Dal F, **Yildiz E**, Sahpolat M, Zararsiz G. BDNF gene expression association with suicide and psychiatric disorders in children and adolescents: (Relationship between BDNF gene expression and suicide). *Behavioural Brain Research*, 2021, 410, 113350. DOI 10.1016/j.bbr.2021.113350

**05** Pantazopoulos H, Gisabella B, Rexrode L, Benefield D, **Yildiz E**, Seltzer P, Valeri J, Chelini G, Reich A, Ardelt M, Berretta S. Circadian rhythms of perineuronal net composition. *eNeuro*, 2020, 7(4), ENEURO.0034-19.2020. DOI 10.1523/ENEURO.0034-19.2020

## Letter to the Editor

**Yildiz E**. Concerns About Co-Authoring AI Tools in Academic Papers. *European Journal of Therapeutics*, 2023, 29(4), 986–987. DOI 10.58600/eurjther1836

## Book Chapter

**Yıldız E**. Egzersiz bağımlılığı [Exercise addiction]. In Yılbaş B, Öztürk Hİ (eds.). *Alkol Madde Kullanım Bozuklukları ve Davranışsal Bağımlılıklar.* Akademisyen Kitabevi, 2022, pp. 353–356. In Turkish. Publisher record

## International Conference Contributions

**2023** **Yıldız E**, Yıldız ZZ, Karadağ M. Effect of EMDR therapy on post-traumatic stress symptoms, symptom severity and anxiety level in psychotic patients with at least one traumatic events. 31st European Congress of Psychiatry abstract. European Psychiatry, 66(Suppl 1), S1053. DOI 10.1192/j.eurpsy.2023.2234

**2023** **Yıldız E**, Yıldız ZZ, Dağdelen SN. Examining the relationship between exposure to psychological violence and aggression level in adult individuals. European Association for Behavioural and Cognitive Therapies (EABCT) Congress, abstract 536. Abstract book

**2019** **Yildiz E**. Trauma-oriented approach in social anxiety disorder. 11th International Congress on Psychopharmacology, Antalya. Invited talk, abstract 0751. Abstract book

**2018** **Yıldız E**, Elboğa G, Altındağ A. Circadian rhythm neuropeptide levels among bipolar disorder patients. 10th International Congress on Psychopharmacology, Antalya. Oral presentation. Psychiatry and Clinical Psychopharmacology, 28(Suppl 1), 274–276. Congress supplement

**2016** Pantazopoulos H, **Yildiz E**, Seltzer P, Turiak L, Zaia J, Berretta S, Ardelt M. Microglial associated circadian regulation of perineuronal net composition. 55th Annual Meeting of the American College of Neuropsychopharmacology, congress abstract. Neuropsychopharmacology, 41, S420–S421.

**2015** Karayagmurlu A, Alpak G, **Yildiz E**, Bayar H, Bulbul F, Unal A, Virit O, Savas HA. A comprehensive retrospective study regarding the efficacy of electroconvulsive therapy in an adolescent population. Congress abstract. Bulletin of Clinical Psychopharmacology, 25(Suppl 1), S205–S206. Journal record

# Conferences and Professional Training

## Selected National Congress Presentations

**2021** **EMDR in dissociative cases** · 57th National Psychiatry Congress. Abstracts

**2021** **Regulation of the sleep–wake rhythm in mood disorders** · 57th National Psychiatry Congress. Abstracts

**2020** **Clinical experience with EMDR in specific phobia** · 56th National Psychiatry Congress. Abstracts

**2018** **Psychological resilience and responses to traumatic stress** · 54th National Psychiatry Congress, İzmir, talk.

**2017** **Use of electroconvulsive therapy in older adults** · 53rd National Psychiatry Congress, Bursa, talk.

**2017** **An American dream: a psychiatry resident's Harvard diaries** · 21st Psychiatric Association of Türkiye Clinical Education Symposium, Antalya, talk.

**2017** **Ecchymosis associated with aripiprazole use** · Yıldız E, Ünal A, Altındağ A. 21st Clinical Education Symposium, poster PB-041.

**2016** **Ecchymosis associated with venlafaxine use** · Yıldız E, Ünal A, Altındağ A. 52nd National Psychiatry Congress, poster. Abstracts

## Certificates and Professional Training

**2022** **Integrating EMDR into Your Clinical Practice** · EMDR Consulting, Istanbul. EMDRIA-approved 50-hour course, completed 26 April.

**2022** **Theoretical Training in Cognitive Behavioral Therapy** · Association for Cognitive Behavioral Psychotherapies, 50 hours, May–July.

**2020–2021** **Foundations of Sexuality and Sexual Dysfunction** · Association for Sexual Education, Treatment and Research (CETAD), Module 1.

**2019** **Migrant health training for healthcare personnel** · Ministry of Health and SIHHAT Project. Two training sessions, September–November.

**2017** **Foundational Hypnosis Training** · Psychiatric Association of Türkiye, 53rd National Psychiatry Congress, Bursa.

**2015–2016** **Cognitive behavioral therapy training** · Adana.

**2014** **Advanced Good Clinical Practice Training** · AkademiKA, 26–28 September.

**2014** **EMDR training** · Gaziantep, September.

**2014** **Dementia and Geriatric Psychiatry Training** · Şanlıurfa, 3 May.

**2014** **Applied Basic Biostatistics Training** · Gaziantep University Faculty of Medicine, 18 hours, 10–12 January.

## Professional Memberships

Psychiatric Association of Türkiye · EMDR and Biological Rhythms working groups

Turkish Medical Association, Gaziantep–Kilis Medical Chamber

## Languages

Turkish (native) · English