



Anxiety & Depression  
Association of America

Triumphing Through Science, Treatment, and Education

[www.adaa.org](http://www.adaa.org)



ADAA

# 2024 IMPACT REPORT

Triumphing  
Through  
Science,  
Treatment,  
and Education



## ADAA MISSION

ADAA's mission is to improve the quality of life for all individuals affected by anxiety disorders, depression, OCD, PTSD, and bipolar disorder by:

- **ADVANCING** scientific understanding to uncover the causes of and pave the way to more effective treatments and prevention.
- **PROMOTING** the use of scientifically supported care by mental health professionals.
- **RAISING** awareness and educating professionals and the public.

# TABLE OF CONTENTS

President and Executive Director's Message ..... 4

Who We Are and What Makes Us Unique ..... 5

Public Community ..... 6

    Who We Support ..... 7

    Personal Stories from our Community ..... 8

    Strengthening Our Digital Impact in 2024 ..... 10

    2024 Projects ..... 11

    Who We Collaborate With – Corporate Sponsors ..... 12

    Who We Collaborate With – Community Partners ..... 13

    Meet ADAA's Donors ..... 14



Professional Membership ..... 16

    ADAA Board of Directors ..... 18

    Professional Member Committees ..... 20

    Membership Benefits ..... 21

    Annual Conference ..... 22

    Professional Publications ..... 23

    Awards Programs ..... 24

    ADAA by the Numbers ..... 26

# PRESIDENT AND EXECUTIVE DIRECTOR'S MESSAGE



Through collaboration, thought sharing, research, and innovative educational programming and opportunities, ADAA is changing lives for those struggling with anxiety disorders and depression.

ADAA continues to **build partnerships with organizations focused on mental health** to promote evidence-based practices for the professional and public communities. ADAA recently hosted a successful in-person conference in Boston, featuring over 150 sessions. The conference brings together a global, interdisciplinary audience to share the latest mental health breakthroughs. Additionally, ADAA offered many professional education webinars on anxiety disorders and depression, along with free webinars and blogs for the public.

We are grateful to our generous sponsors [Johnson & Johnson Innovative Medicine](#), [McLean Hospital](#), [Otsuka](#), [Sage Therapeutics](#), and [Teva Pharmaceuticals](#) who collaborated with ADAA to launch a series of educational animated health-literate videos for the public on subjects ranging from anxiety, depression, major depressive disorder, post-partum depression, anhedonia, PTSD, tardive dyskinesia, suicide, and various treatment types (CBT, EMDR, and more). Many of these videos have been seen by thousands of people via [ADAA's YouTube platform](#) underscoring the importance of offering these types of videos.

This year, we launched a **three-year strategic planning process** to determine how best ADAA can continue to enhance our educational offerings for our professional community and concurrently, what new evidence based free programs we can offer the public. We are excited to be working with a cross section of our membership on the new strategic plan, which will also include input from our donors, sponsors, community partners, and those with lived experience.

In 2024, ADAA launched its fully owned open access scientific [Journal of Mood and Anxiety Disorders™](#) published by Elsevier. Since the launch and through December of 2024, we will have published eight issues on research topics ranging from using genetics to predict anxiety disorder risk factors to a review of the impact of screen media on youth.

This year, ADAA teamed up with the American Psychiatric Association (APA) to publish a [Patient Guide to Mood and Anxiety Disorders](#). The book for the public provides readers with accessible, scientific, evidence-based knowledge, and practical tools to understand mood disorders and make informed decisions toward lasting mental health and wellbeing. Many of the chapters were authored by ADAA members and board members.

All of this year's accomplishments and new initiatives were achieved with the help of the ADAA board of directors, involved members, and a wonderful staff who value ADAA's interlinked public and professional mission. We are grateful for our generous sponsors, partners, and foundations who support ADAA's mission. We could not do all we do without the support of ADAA's corporate partners, many of them small independently owned businesses that share proceeds of sales with ADAA. And a special thank you to our individual donors who donate so generously to support ADAA's work.

**Together we raise awareness, provide educational resources to millions each year, and successfully work towards ending the stigma associated with mental illness.**

We are grateful that we work with and for such a mission-driven organization.

– **Susan K. Gurley, JD – Executive Director**  
– **Helen Blair Simpson, MD, PhD – Board President**



## Advancing Science and Research

**We advance global research leading us closer to a cure.** Our open access scientific journal curates and disseminates innovative and groundbreaking research findings. With a diverse membership pool of professionals and a global reach, ADAA's impact is significant and far-reaching.

**We know that collaboration leads to innovation and innovation leads to new therapies, medications and a potential cure.** By advancing mental health, we are investing the well-being of everyone.

**We waste no time.** By supporting, sharing, and distributing this research in real-time, we allow professionals to implement cutting-edge findings and best practices immediately.

**We invest in the future.** Increased investments in science, interventions and preventions inspires the next generation of researchers and clinicians to continue this critical work.

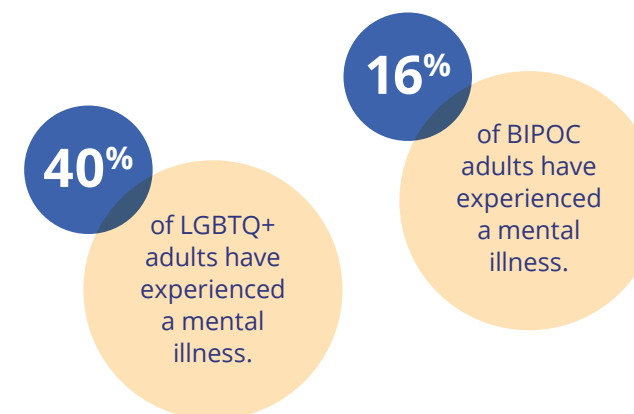
## Developing and Expanding Evidence-Based Educational Tools and Resources

ADAA's website saw 5.5 million unique visitors access its resources in 2024. As a critical front-line educational resource, ADAA provides trustworthy and evidence-based information empowering individuals to connect to the help they need.

Through our community of expert professional members, ADAA develops and shares relevant, and accessible educational resources, and intervention tools with the public. Our information provides a critical and life-saving difference.

## Investing in the Mental Health of Underserved Communities

Minority and underserved communities experience increased levels of mental health struggles due to limited access to care and resources, lack of representation within the mental health community, and for many, the impacts of racial trauma. ADAA is committed to partnering with and meeting the needs of minority and underserved communities by investing in our professional members supporting these communities and by developing specific and [evidence-based free educational resources](#).



Improving the Quality of Life for Those Affected by Anxiety, Depression, and Related Disorders.



WHO WE SUPPORT



READ MORE

“ I believe mental health is a challenge many people face, often making them feel misunderstood or isolated. By sharing my story with ADAA, I hope to show others that they are not alone and that they are more than valuable just as they are. It’s important to recognize that struggling with mental health doesn’t negate one’s strength; rather, working to improve your mental well-being is a sign of resilience. I aim to challenge the current misconceptions about mental health and promote a more supportive perspective. ”

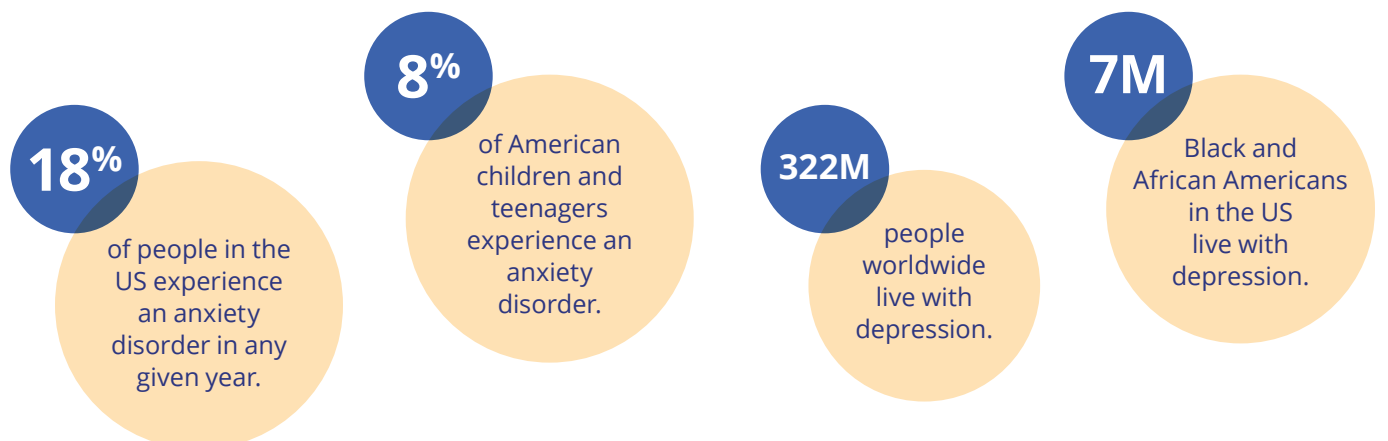
– Max Riseman, ADAA Public Community

ADAA’s website and outreach channels provide treatment information, free evidence-based education, and support resources.

- Learn about evidence-based **treatment options**, including how to choose and find a therapist.
- Find support by **sharing with others**.
- Search for **information** for any demographic and age group.
- Stay informed: subscribe to ADAA’s free monthly **Triumph newsletter**.
- Find self-help **books and publications**.
- Read **blog posts and news articles** featuring ADAA’s members.
- Watch and listen to free **webinars, videos and podcasts**.

ADAA’s Public Education Committee

ADAA professional members develop and expand public education and outreach through website content, webinars, podcasts, videos, blog posts, infographics, social media outreach, and other collaborative educational projects.





# PERSONAL STORIES FROM OUR COMMUNITY

ADAA receives [personal stories](#) every year from our public community. These stories share how people living with anxiety, depression, obsessive-compulsive, and trauma-related disorders have struggled, coped, and triumphed. Their stories inspire others who are struggling to know that hope and recovery are possible.

“ I made that decision for my mental health. I needed to sit with what I was going through. I needed therapy and treatment and a safe place to open up. I needed to learn to impose and maintain boundaries and I needed to be fully healthy. People always think athletes are so healthy. We think that of ourselves too and it can sometimes get in the way of knowing when we’re not. ”

– Alexis Belton



[READ MORE](#)



[READ MORE](#)

“ I have been able to overcome these disorders and challenges, and I use negativity to fuel my dream as a musician! I’m a goth musician who books his own shows, while spreading the message and raising awareness about mental health and anxiety. My music persona “Goldyngambit” has become my brand about being an advocate about mental health awareness. And had I not battled this illness, I wouldn’t have been able to create my art. It has not been an easy road, but the journey I’m on looks bright as I take it one day at a time to become a better and healthier version of me. ”

– Goldyn Gambit

**6 MILLION** adults are affected by panic disorders.

“ Through my experiences, I want to share my experiences, what I have learned, and my optimism with as many people and peers as I can. That is why I wanted to share my experiences with loss and my anxiety disorder with the ADAA community with the hope that at least one person can gain a bit of strength, hope, and peace from my story and life so far. ”

– Bryan Jung



[READ MORE](#)

**19 MILLION** US adults are affected by specific phobias.



[READ MORE](#)

“ A critical moment in my healing came when I attended my first ADAA conference as a practicing therapist. The universality of my harm OCD was laid bare. I learned through these trainings that anxiety disorders create a fiction in your mind that you feel is reality. I realized that I was taking my intrusive thoughts way too seriously. Clearly, I was trying to ruminate my way out of fear. Both as a therapist and as an experiencer of OCD, I finally saw that I need to lean into the distress and accept the fear. And on top of that, I-CBT and ERP were the most effective modalities to help with my OCD. ”

– Natalia Aíza



[READ MORE](#)

“ If you’re feeling hopeless, worthless, like a burden or disappointment, or stuck and filled with despair thinking no one understands or cares; don’t believe those lies. There is a purpose for your life—there is a purpose for this pain. Don’t miss your future by choosing to end it in this dark season of your life. Reach out to sites like ADAA and allow others to help you. There are so many of us who have been through the devastation you are experiencing. Let us share some light and help you get through it. Your better life is waiting for you! ”

– Julie Streifel

# STRENGTHENING OUR DIGITAL IMPACT IN 2024

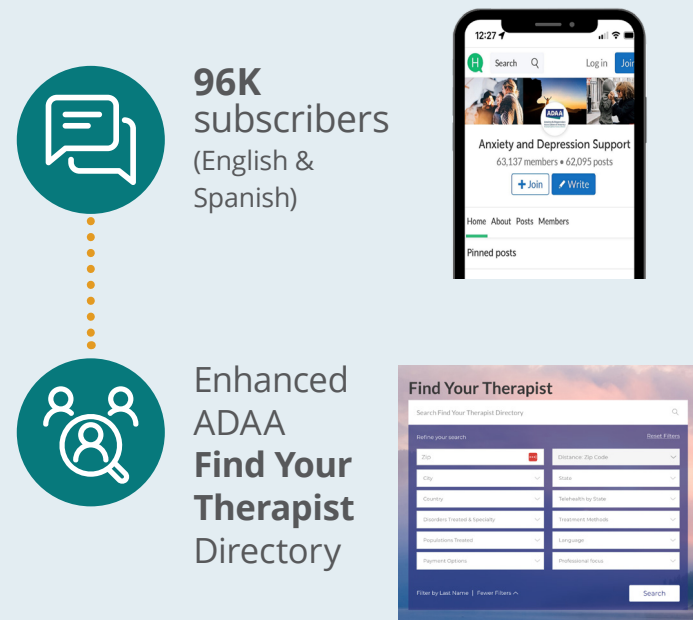
ADAA has a vibrant and active digital presence. Our website, newsletters and social media platforms offer a wide variety of content including personal stories, awareness raising campaigns, current news and research, upcoming events, and more. Our free [anxiety and depression](#), [MDD](#), [PTSD](#) and [Spanish language peer-to-peer communities](#) offer a safe place for people to share experiences and learn from others struggling with an anxiety, depression, OCD, PTSD, bipolar disorder or a co-occurring disorder.



## SOCIAL MEDIA



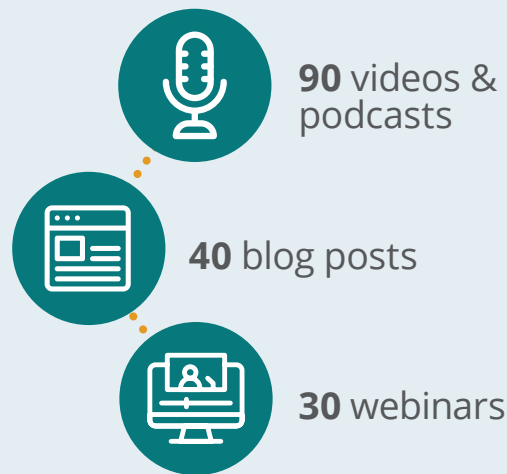
## ADAA ONLINE SUPPORT COMMUNITIES



## WEBSITE & NEWSLETTERS



## COMMUNITY EDUCATION



# ADAA'S MENTAL HEALTH ANIMATED VIDEO SERIES

With support from our generous sponsors [Johnson & Johnson](#), [McLean Hospital](#), [Otsuka](#), [Sage Therapeutics](#), and [Teva Pharmaceuticals](#), we added to our library of "What Is" educational health-literate videos for the public and also created new webinars on various mental health topics.

### Sponsored by Johnson & Johnson

- [What is Anhedonia? \(For the public\)](#)
- [What is Anhedonia? \(For professionals\)](#)

### Sponsored by McLean

- [What is Bipolar Disorder?](#)
- [AFRID and Depression/Anxiety](#)
- [Self-Harm/Injury and Depression/Anxiety](#)
- [What is Menopause?](#)
- [What is ADHD?](#)

### Sponsored by Otsuka

- [What is EMDR \(Eye Movement Desensitization and Reprocessing\)?](#)
- [What is CBT \(Cognitive Behavioral Therapy\)?](#)

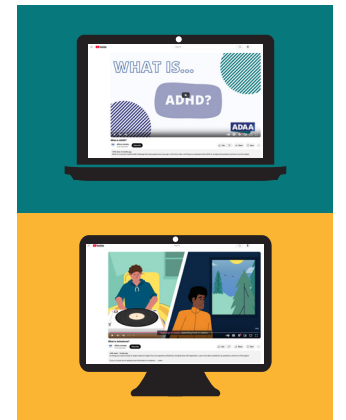
- [What is CPT \(Cognitive Processing Therapy\)?](#)
- [What is PE \(Prolonged Exposure Therapy\)?](#)

### Sponsored by Sage Therapeutics

- [What is PPD \(Postpartum Depression\)? For professionals](#)

### Sponsored by TEVA

- [What is Tardive Dyskinesia \(TD\)?](#)
- [Tardive Dyskinesia \(TD\) for Caregivers](#)
- [¿ Que es la discinesia tardía \(TD\)?](#)



# INSIDE MENTAL HEALTH PODCAST

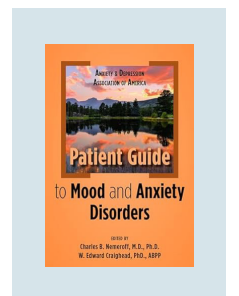


Partnering with [Psych Central](#) and "Inside Mental Health" ADAA launched a new podcast project to provide evidence-based, easy to understand information about a variety of mental health disorders from trusted, expert mental health professionals. Hosted by Gabe Howard, "Inside Mental Health" is a podcast that aims to make mental health more accessible. Sharing important conversations about mental health, helping to break down stigmas, and building a more understanding and supportive community is key to ADAA's mission and we look forward to growing this collaboration.



# PATIENT GUIDE TO MOOD AND ANXIETY DISORDERS

With case vignettes that illustrate important information, a multitude of easily referenced tables, and suggested readings for further exploration, [ADAA's Patient Guide to Mood and Anxiety Disorders](#) provides readers with the knowledge and tools to make informed decisions and embark on a journey toward lasting wellness. Published by the American Psychiatric Association, with many chapters written by ADAA member experts, the guide is designed to empower patients and their support networks in their quest for wellness.



And check out ADAA's extensive [Self-Help Bookstore](#) to explore books written by renowned ADAA mental health expert members to help support people through their mental health journey.

# WHO WE COLLABORATE WITH

ADAA partners with like-minded national and international nonprofits, companies and mental health organizations that support our mission. Together we are stronger. Together we change lives.

ADAA seeks to build partnerships with additional organizations to deliver the highest quality programs, education, and information to our members and the public. **Interested in partnering with ADAA?** Please email Katie Russo: [krusso@adaa.org](mailto:krusso@adaa.org).

# CORPORATE SPONSORS



“ Our collaboration with ADAA has focused on educating the public on both MDD and PTSD, and it has been exactly what a great collaboration should be. They have shared their expertise with us, we have learned together from the community, and we have worked in true partnership to understand unmet needs. I am also very impressed by ADAA’s eagerness to work with other organizations. It shows that ADAA’s goal is to make a real, meaningful impact on both professional and lived experience communities. ”

– Eli Perez, Senior Director, Patient Advocacy & Stakeholder Management, [Otsuka](https://www.otsuka.com)

# COMMUNITY PARTNERS



“ The Mental Health Coalition is thrilled to partner with ADAA. Over the past few years, through our work with ADAA, we have been able to raise awareness around anxiety, depression, and other mental health conditions. We deeply value ADAA’s expertise and consistently leverage their resources to encourage our community to take advantage of the programs and research. ”



– Jennifer Moore, [Mental Health Coalition Executive Director](https://www.mentalhealthcoalition.org)

# MEET ADAA'S DONORS

## Individual and Foundation Gifts

ADAA is grateful to all our donors—individuals, small businesses and corporations—who supported our work in the fiscal year as of December 31, 2024. We are so thankful for all those who [donate to our organization](#) in honor or in memory of a loved one, who fundraise through a peer-to-peer campaign or special event on behalf of ADAA, who donate proceeds from their business, give through their workplace, or support us through a legacy gift. We are profoundly grateful.



Donate to ADAA

**Together we change lives and help to raise the profile of mental illness in communities throughout the country. Thank you!**

### Major Donors (Gifts over \$1,000)

The Ascension of our Lord Greek Orthodox Church	Andrew Miller
Be Your Possible Comfrt.com	Sandra O'Brien
Harry and Coleen Castonguay	Pura Vida Bracelets (Creative Genius Corporation)
Schuyler Clayton	Maura Samuel
Christopher Dixon	Noah Sanders
Justin Healy	Rosemary Silva
Suan Kropf	Robert Sjoberg
Sanjay and Desi Mathew	Stephen and Stacy Strakowski

### Recurring Donors

Recurring donors provide monthly gifts to help ADAA's mission year-round.

Carolyn Bick	Joseph Miler
Ninane Boscia	Michael Patrizio
Lakota Capito	Aileen Rodriguez
Comfrt.com	Charlie Simon
Kathleen Davis	Stephen and Stacy Strakowski
Evelyn Carrascal	John Telfer
Erica Corso	Cody Thibeau
Geoff Day	Yim Ting Tang
Eazed Apparel LLC	Kimberly Vu
Christophe Galletto	John Wiggins
Mark Grabon	Kirk Yamatani
Robert Knelson	Z G
Mariana Lazo	
Michael Lakus	

### FOUNDATION GIFTS

<b>America Online Giving Foundation</b>	<b>Potts Trust Annual Gift</b>
<b>Charity Vest</b>	<b>Raymond James Charitable Trust</b>
<b>Charles and Blanche Muller Trust</b>	<b>Swanson Charitable Giving Fund</b>
<b>Fidelity Charitable</b>	<b>Talon Communications</b>
<b>Gardner Family Foundation</b>	<b>The Bailey Family Fund</b>
<b>Give Lively</b>	<b>The Cooper Family Foundation</b>
<b>LPL Financial</b>	<b>The Diane and Howard Wohl Family Foundation, Inc.</b>
<b>Marshall, Gerstein &amp; Borun LLP</b>	<b>The Henry Foundation</b>
<b>Mulroy Family Impact Fund Grant</b>	<b>The Stafford Family Foundation</b>
<b>Patel USSS Charitable Fund</b>	<b>Vanguard</b>

“I struggle with bad social anxiety and I know how frustrating and debilitating it can be. I want to donate to ADAA to help others with mental health issues because I believe that your work is improving the lives of many people that go through what I go through daily.”

– Shawn Nguyen

## ADAA Champions

We are extraordinarily grateful to the many individuals who support ADAA's mission by creating peer to peer campaigns, walking, running, biking and more for our organization.

A special thank you this year to **Collin Williams** and his supporters for donating more than \$10,000 to ADAA through his 120-mile bike ride over three Rocky Mountain bypasses and to **Shannel** for raising more than \$20,000 and so publicly championing awareness about anxiety and depression during the 2024 season of RuPaul's All Star Drag Queens race!

**Together we can change lives and triumph over anxiety and mood disorders!**



“I chose ADAA [they are] very near and dear to my heart because while I don't have depression and never really suffered from it, I do from anxiety...I learned it's OK to not be OK. With ADAA it's a small group but they give you the tools and resources to help you be OK again.”

– Shannel, RuPaul Drag Race All Stars



“In supporting ADAA, I am investing in a world where I am part of the conversation. ADAA stresses evidence-based research, information, and treatment while being inclusive, empathetic, and genuine. It's an organization for which I'm willing to climb mountains, and I have, and hope to again.”

– Collin Williams

## Shop to Support ADAA

Proceeds from the purchase of any of the products below help support ADAA's mission.

Ambient Wick™

Comfrt



Elaina Makes Jewelry



puravida  
LIVE FREE





# PROFESSIONAL MEMBERSHIP



ADAA is the only multidisciplinary mental health professional organization engaging the world's leading experts, students, and early career professionals who are in clinical practice or conduct research on anxiety, depression, and co-occurring disorders.



“Joining ADAA is not just about supporting an organization and its mission, it’s also about the relationship that you can form with the members as individuals and how they can help you achieve your goals while giving back.”

– Johanna Kaplan, PhD  
ADAA Member since 2004



“I have been with ADAA since it was the Phobia Society of America. It was probably during its first few years of existence, and it is an organization I feel proud to serve.”

– Fugen Neziroglu, PhD, ABPP  
ADAA Member since 1984

# ADAA BOARD OF DIRECTORS

ADAA's volunteer Board of Directors oversees the strategic plan and fiscal health of the organization. **ADAA's leadership is committed to ensuring that ADAA's programming supports cultural equity.**



## ADAA EXECUTIVE COMMITTEE



**Helen Blair Simpson, MD, PhD**  
President  
Columbia University Medical Center/New York State Psychiatric Institute



**Charles B. Nemeroff, MD, PhD**  
Immediate Past President  
Dell Medical School, The University of Texas, Austin



**Sanjay Mathew, MD**  
President-Elect, and Chief Medical Officer  
Baylor College of Medicine



**Tanja Jovanovic, PhD**  
Treasurer  
Wayne State University School of Medicine



**Jill Emanuele, PhD**  
Secretary  
Urban Yin Psychology, PLLC, New York City



**Ken Goodman, LCSW**  
Private Practice  
Los Angeles, CA



**Krystal Lewis, PhD**  
National Institute of Mental Health (NIMH)



**Allison LoPilato, PhD, LCSW, ABPP**  
Emory School of Medicine



**Vasiliki Michopoulos, PhD**  
Emory University School of Medicine



**Diego Pizzagalli, PhD**  
McLean Hospital/  
Harvard Medical School



**Michelle Patriquin, PhD, ABPP**  
UTHealth Houston



**Martin Paulus, MD**  
Laureate Institute for Brain Research



**Victoria Risbrough, PhD**  
University of California San Diego School of Medicine



**Alicia E. Meuret, PhD**  
Southern Methodist University, Dallas  
Ex Officio Board Member and Scientific Council Chair



**Stephen M. Strakowski, MD, PhD**  
Indiana University School of Medicine (IUSM)  
Dell Medical School, University of Texas, Austin  
Ex Officio and ADAA Journal Editor-in-Chief

ADAA's Board of Directors is comprised of distinguished researchers, clinicians, and psychiatrists who contribute a broad range of experience in patient care, academics, and research.

ADAA could not serve the public and mental health professional community without the dedication and commitment of these volunteers, many of whom have demanding full-time careers outside of the work they do for ADAA.

“ I am very excited to be the President of ADAA and to work with both the board and ADAA members to advance ADAA's mission: the prevention, treatment, and cure of anxiety disorders and depression through education, practice, and research. I hope all affected by these disorders will go to ADAA's website and join our cause; together, we can accomplish our mission. ”

– Helen Blair Simpson, MD, PhD Board President

## ADAA PAST PRESIDENTS



**Charles B. Nemeroff, MD, PhD**  
Immediate Past President  
Dell Medical School, The University of Texas, Austin



**Luana Marques, PhD**  
Harvard Medical School and Massachusetts General Hospital



**Beth Salcedo, MD**  
The Ross Center for Anxiety & Related Disorders



**Karen Cassidy, PhD, ACT**  
The Anxiety Treatment Center



**Mark H. Pollack, MD**  
Chief Medical Officer  
Reunion Neuroscience, Inc.



**Terrence M. Keane, PhD**  
VA Boston Healthcare System



**Jerrold F. Rosenbaum, MD**  
Massachusetts General Hospital



**Robert DuPont, MD**  
1st ADAA President  
Institute for Behavioral Health

Meet the ADAA Board

## ADAA LEADERSHIP



**Susan K. Gurley**  
Executive Director



**Lise Bram**  
Deputy Executive Director



**Katie Russo**  
Vice President, Strategic Business Development and Operations

Meet the ADAA Team

# PROFESSIONAL MEMBER COMMITTEES



## Scientific Council (SC)

Comprised of senior-level basic and clinical researchers who contribute scientific expertise and mentorship. The SC participates in projects that maintain ADAA's leading edge in research, dissemination, and treatment.

## Annual Conference Committee

Helps develop the theme for the conference, invites experts, reviews submissions, makes final selections for high quality educational content, and organizes special sessions.

“ ADAA's Scientific Council is a distinguished consortium of foremost experts who synergize their efforts to propel ADAA's mission of conquering depression and anxiety through cutting-edge science, education, and training. ”

– Alicia Meuret, PhD – Scientific Council Chair and Ex-Officio Board Member

## Membership Committee

Helps to build and promote ADAA membership, increase retention of current members, and ensure ADAA member benefits continue to meet not only industry standards but our members' specific professional needs.

## Alies Muskin Career Development Leadership Program (CDLP) Committee

Develops intensive mentoring and professional development program for early career clinicians and researchers offered at ADAA's annual conference.

## Professional Education Committee

Promotes the investigation and implementation of empirically supported treatments and best practices across disciplines and career levels through the development of a cohesive ADAA professional education program for inter-disciplinary professionals.



# MEMBERSHIP BENEFITS

## COLLABORATE & NETWORK

- Join a [Special Interest Group](#) or [Committee](#).
- Post and share on the online members' only community.
- Participate in monthly peer consultations.

## LEARN & MENTOR

- Earn free CEs/CMEs.
- Participate in [live webinars and watch on-demand webinars](#).
- Enjoy free access to ADAA's [Journal of Mood and Anxiety Disorders™](#)
- Attend the [annual conference](#) at a reduced fee.
- Mentor early career professionals.

## INSTITUTIONAL MEMBERSHIP

[ADAA Institutional membership](#) provides unparalleled member benefits and streamlines the billing process through a single consolidated invoice for ADAA members within an organization.

ADAA Institutional Membership offers leadership opportunities, connections, personal and professional growth opportunities, while also contributing to ADAA's critical mission to provide free evidence-based resources to those struggling with anxiety and depression.

As of this publication, ADAA has **24 Institutional members!**



## PROMOTE & ENHANCE

- Share research and clinical trials.
- List your practice on [Find Your Therapist](#).
- Post new publications and media placements.
- List [job postings](#) and [clinical trials](#).

## SUPPORT & HOST

- Support ADAA's public mission through annual dues.
- Share expertise—create content for the [ADAA website](#), [newsletters](#), and social media.
- Host professional or [public focused webinars, videos and podcasts](#).
- Write [professional](#) or [public](#) focused blog posts.



Learn more about **ADAA Membership**



[Yale Child Study Center](#)

“ I can't think of a better way to put my money to work than group membership with ADAA for my organization. To have the opportunity to make ADAA's wealth of professional resources and trainings available to my staff is priceless. ”

– Debra Kissen, PhD, MHSA, Light On Anxiety, ADAA Institutional Member

# ANNUAL CONFERENCE



The ADAA annual conference brings together clinicians and researchers from across the US and around the world who want to improve treatments and find cures for anxiety, depression, and co-occurring disorders. At the 2024 Boston conference, more than 1400 attendees chose from 150+ sessions, heard from engaging plenary speakers, learned about cutting-edge thinking in research and clinical practice, and earned up to 21 enduring CE/CME credits.



The 2025 conference will be held in Las Vegas (April 3-5).



“ The ADAA Conference is a highlight of my year... Every time I leave the Conference, I carry with me hope and aspirations for the next year in terms of how I can collaborate with colleagues and sharpen my skills for the individuals I get the opportunity to sit with every day. It never disappoints in its professionalism, wide range of topics, and rejuvenation for the field. ”



- Angela M. Henry, LCSW

# PROFESSIONAL PUBLICATIONS



## Insights

*Insights on Anxiety and Depression* is ADAA's bi-weekly e-newsletter that delivers current research and program news about anxiety and depression from respected journals and media outlets.



Subscribe to *Insights*

## ADAA's *Journal of Mood and Anxiety Disorders*<sup>TM</sup>

ADAA's *Journal of Mood and Anxiety Disorders*<sup>TM</sup>, has published eight issues in 2024. The journal welcomes original clinical, translational, and basic research as well as synthetic review articles covering neurobiology (genetics and neuroimaging), epidemiology, experimental psychopathology, pathophysiology and treatment (psychotherapeutic, neuromodulation, and pharmacologic) aspects of mood and anxiety disorders.



Stephen M. Strakowski, MD, PhD  
Editor-in-Chief



Olusola Alade Ajilore, MD, PhD  
Associate Editor



Erika Wolf, PhD  
Associate Editor

Meet the *Journal* Editorial Board

Submit to the *Journal*

“ Our mission is to improve education and research and ultimately to ensure optimal treatment is available to all individuals suffering from these very common conditions. The broad scope of ADAA is reflected in the scope of our journal, to represent a true ‘bench-to-bedside-to-population’ health goal. We’re striving to be the highest impact journal, both in traditional metrics and in real-world effects on treatment advances. ”

- Stephen M. Strakowski, MD, PhD, Editor-in-Chief

# AWARDS PROGRAMS



Promoting careers and professional development is a central focus of ADAA's mission. The [ADAA annual awards](#) program has provided more than one million dollars to 800+ aspiring professionals and given them access to a professional home, pairings with senior mentors, and unparalleled networking opportunities.

“ I am appreciative and grateful for the support of ADAA for early career investigators, particularly through the Donald F. Klein Early Career Investigator Award. Due to this award, my research in transdiagnostic processes associated with anxiety disorders was highlighted at the national conference and promoted on a broader scale to clinicians and researchers, an invaluable opportunity for someone early in their career. I also valued meeting the vast array of talented researchers and clinicians involved in ADAA and the support offered to continue to build my professional community and connections. This is a fantastic program and one of many to support students, postdoctoral fellows, and early career investigators offered by ADAA. ”



– Kristin Szuhany, PhD, 2024 Klein Awardee

## Member Recognition Awards

ADAA recognizes member participation and commitment to the association and to the community through a number of special annual recognition awards..



## Donald F. Klein Early Investigator Award

This award is given annually to an early career investigator for the best original research paper on neurobiology, psychopharmacology, psychosocial treatments, or experimental psychopathology of anxiety disorders and depression. This award is named for Donald F. Klein, MD (1928-2019).



## Alies Muskin Career Development Leadership Award Program (CDLP)

CDLP offers an environment where ADAA's next generation of leaders can flourish. CDLP is an intensive mentoring and professional development opportunity for early career clinicians and researchers. More than 800 early career professionals have been a part of the CDLP program.



## BIPOC Scholarship Program

ADAA offers annual membership scholarships to students and early career professionals from the BIPOC community. This opportunity provides two years of free ADAA membership for up to ten individuals each year, including graduate students, interns, residents, postdoctoral fellows, or early career professionals focusing on anxiety, depression, or related disorders. Over 30 early career professionals have received this BIPOC award to date.



“ I had a wonderful experience participating in ADAA's CDLP program. The opportunity to network with talented peers, gain insights into my professional development from an assigned mentor, and present my research and grant application ideas for constructive feedback was invaluable. The CDLP program facilitated meaningful connections with colleagues and offered outstanding mentorship that continues to benefit me beyond the conference setting. I highly recommend early career colleagues consider applying to CDLP! ”

–Mark Shuquan Chen, PhD, 2024 CDLP Research Awardee

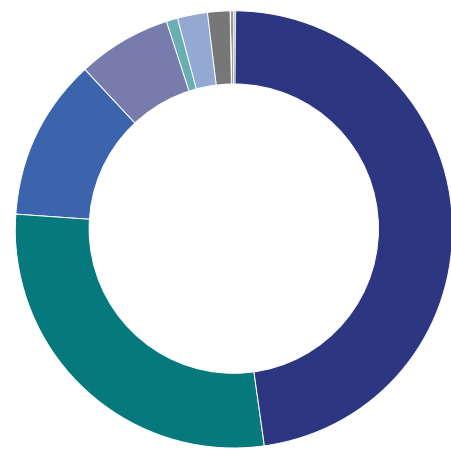
“ ADAA has encouraged my research interest to understand risk and protective factors for psychopathology in minority child populations who have experienced adversity, thorough opportunities of poster presentations and scholarship. ADAA has strived to advance psychological research for all through diversity, equity, and inclusion (DEI) as a minimal anchor, in that they also encourage collaboration and mentoring to future BIPOC leaders. ”



– Nia Cole, BS, 2024 BIPOC Awardee

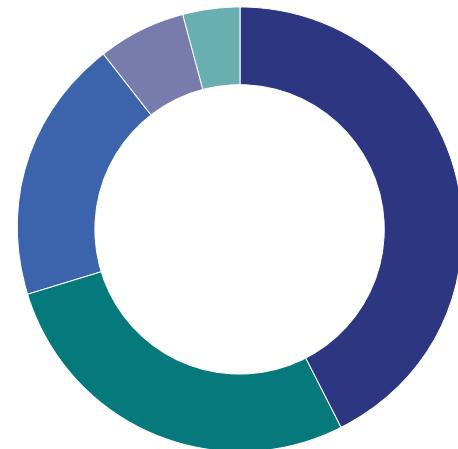
# ADAA BY THE NUMBERS

ADAA is pleased to report that the “financial state of our union” is strong and poised for future growth. With deep appreciation, we acknowledge the partnership and dedication of ADAA leadership, staff, volunteers, members, individual and corporate donors for their commitment, guidance, and support.



## 2023 Revenue

■ Contributions	\$ 1,137,200
■ Conference Revenue	\$678,413
■ Membership Dues	\$283,186
■ Web Sponsorship	\$159,964
■ Advertising Revenue	\$24,293
■ Royalty - Journal	\$48,507
■ Webinar Revenue	\$42,549
■ Publication Sales	\$2,278
■ Other Income	\$1,070
<b>Total Revenue</b>	<b>\$2,377,460</b>



## 2023 Expenses

■ Conference and Other Professional Education	\$871,878
■ Public Outreach and Education	\$570,191
■ General and Administrative	\$394,943
■ Professional Membership	\$132,352
■ Fundraising	\$80,225
<b>Total Expenses</b>	<b>2,049,589</b>

“ ADAA is a special organization, supporting new and important research, clinical evidence-based practices and advocating for mental health. I truly appreciate the fine work they do. ”

– Susan Wagner, PhD



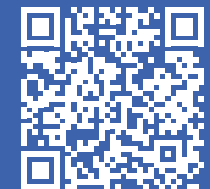
**Anxiety & Depression Association of America**  
Triumphing Through Science, Treatment, and Education

With our partners and supporters we will continue to triumph over anxiety and depression through science, treatment, and education.

We will continue to provide support to those struggling with mental health disorders while simultaneously empowering our professional community to further research, and to one day find a cure.

Together we are changing lives.

**Thank you for your support.**



**Donate to ADAA**



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