

# Curriculum Vitae

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## Tantawan Awirutworakul

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**Academic position** Assistant professor in psychiatry

**Interests** Insomnia, Mindfulness therapy

**Current positions** กรรมการทีม CLT ภาควิชาจิตเวชศาสตร์

## Education and Training

Year	Qualification	Institute
2004	Certificate of Proficiency in Psychaitry	Faculty of Medicine Ramathibodi Hospital, Mahidol University
2001	Diploma in Clinical Science (Psychiatry)	Faculty of Medicine Ramathibodi Hospital, Mahidol University
2000	M.D.	Faculty of Medicine Siriraj Hospital, Mahidol University

## Postdoctoral training

Year	Qualification	Institute
2012-2013	Postdoctoral research scholar fellow, Field of Research: Insomnia	Centre for Sleep and Chronobiology, Department of Psychiatry, Faculty of Medicine, University of Toronto, Toronto, Canada

## Professional experience

2012-present	Assistant professor in psychiatry	Department of Psychiatry, Mahidol University
2005-2012	Instructor in Psychiatry	Department of Psychiatry, Mahidol University
2003-2005	Psychiatrist	Suansaranrom Psychiatric Hospital, Suratthani
2000-2003	Resident in Psychiatry	Department of Psychiatry, Mahidol University

## Publications

1. **Awirutworakul T**, Lotrakul M. Stressful life events before the onset of major depressive disorder and panic disorder. *Journal of the Psychiatric Association of Thailand*. 2011;56(3): 277-86.
2. **Suradechasakul T**, Satra T, Kongsakon R. Smoking cessation program in public hospitals in Thailand. *Journal of the Psychiatric Association of Thailand*. 2010;55(1): 55-62.

## Books & book chapters

1. **Awirutworakul T**. Adjustment disorder. In: Lotrakul M, Sukanich P, editors. *Ramathibodi's Essential of Psychiatry*. 3rd edition. Bangkok: Department of Psychiatry; Faculty of Medicine Ramathibodi Hospital: 2012 page 265-273.
2. **Awirutworakul T**, Putthisri S. Mental health promotion and prevention. In: Lotrakul M, Sukanich P, editors. *Ramathibodi's Essential of Psychiatry*. 3rd edition. Bangkok: Department of Psychiatry; Faculty of Medicine Ramathibodi Hospital: 2012 page 523-540.
3. Limsuwan N, **Suradechasakul T**. Buddhist psychotherapy: A cognitive approach. In: Losatiankij P, editor. *Buddhist psychotherapy: Manual for training psychiatric residents*, 1st edition. Bangkok: The Royal College of Psychiatrists of Thailand: 2009 page 32-43.
4. **Suradechasakul T**. Alcohol-induced disorder. In: Limpijankit T, Kiertiburanakul S, Sungkanuparph S, editors. *Emergency in Medicine: Ramathibodi Handbook of Medicine*, 1st edition. Bangkok: Department of Medicine; Faculty of Medicine Ramathibodi Hospital: 2006 page 511-517.
5. Kongsakon R, **Suradechasakul T**. Management for smoking cessation. In: Wattanasirichaigoon S, editor. *Tobacco control: Academic health handbook for health professionals*, 1st edition. Bangkok: Thai Health Professionals Against Tobacco; Thai Health Promotion Foundation: 2006: page 117-137.
6. **Suradechasakul T**. Mental health promotion and prevention. In: Lotrakul M, Sukanich P, editors. *Ramathibodi's Essential of Psychiatry*. 2nd edition. Bangkok: Department of Psychiatry; Faculty of Medicine Ramathibodi Hospital: 2005 page 481-496.

## Presentations

1. **Awirutworakul T**, Brott K, Kwong T, Moldofsky H. Patients with Unrefreshing or Non-restorative Sleep (NRS) Have More Somatic and Fatigue Symptoms But Show No Differences in Depression Than Those With Chronic Difficulties Initiating Sleep (DIMS) (poster presentation). 2nd ASEAN Sleep Congress in Bangkok, Thailand.
2. **Awirutworakul T**, Brott K, Kwong T, Moldofsky H. Primary Sleep Disorders and EEG Anomalies in Patients with Chronic Difficulties Initiating and/or Maintaining Sleep, and Non-restorative sleep (poster presentation). *Sleep 2013*, the 27th Annual Meeting of the Associated Professional Sleep Societies, June 1-5, 2013, at the Baltimore Convention Center in Baltimore, Maryland, USA.
3. Brott K, **Awirutworakul T**, Kwong T, Moldofsky H. Polysomnographic and Clinical features distinguish Non-restorative Sleep from Insomnia (oral presentation). *Sleep 2013*, the 27th Annual Meeting of the Associated Professional Sleep Societies, June 1-5, 2013, at the Baltimore Convention Center in Baltimore, Maryland, USA.
4. Kuasirikul S, **Suradechasakul T**. Insomnia: An approach and management (workshop). 38th Annual Meeting of the Royal College of Psychiatrist of Thailand, October 14, 2010, Bangkok, Thailand.