

Post Match Reporting

2017/2018 Match Cohort* Data

Specialty: Psychiatry
N= 14 (4.5% match cohort)

Item	N	% of specialty cohort	Mean	Standard Deviation
Graduation year				
2016	1	7.1%		
2017	8	57.1%		
2018	5	35.7%		
Three digit Step 1 score			231.0	13.6
MSPE Adjective:				
Outstanding	3	21.4%		
Superior	1	7.1%		
Excellent	10	71.4%		
Very Good	0	0.0%		
Good	0	0.0%		
AOA elected	0	0.0 %		
Applied to preliminary or transitional programs:	0	0.0%		
Other specialties applied to:				
Family Medicine				
Number of categorical programs applied to			22.3	10.2
Honors Received:				
Anesthesia	5	35.7%		
FCM	4	28.6%		
Internal Medicine	3	21.4%		
Neurology	4	28.6%		
Obstetrics/Gynecology	4	28.6%		
Pediatrics	2	14.3%		
Psychiatry	11	78.6%		
Surgery	2	14.3%		

*Match Cohort includes applicants who matched into this specialty via the regular match process.

Post Match Reporting

2017/2018 Survey Respondent Cohort Data

Specialty: Psychiatry
N= 10 (4.3% survey respondents)

Item	N	% of specialty cohort	Mean	Standard Deviation	Min	Max
How many programs invited you to interview?			15.9	9.6	6	34
How many interviews did you accept?			10.3	4.2	6	19
Did you review your application with a career advisor before applying?	6	60.0%				
Before ranking programs, did you review your rank list with a career advisor?	6	60.0%				
Total Spent on Interviews						
\$0-\$500	0	0.0%				
\$501-\$1000	2	20.0%				
\$1001-\$2000	1	10.0%				
\$2001-\$3000	5	50.0%				
\$3001-\$4000	1	10.0%				
>\$4000	0	0.0%				
Did you complete a Pathway project?	3	30.0%				
Did you complete a research project in the field you matched?	6	60.0%				
Did you have a publication during medical school?	7	70.0%				

The field project was in:

Chronic pain

Psychiatry

Psychiatry

Psychiatry Resident Advising Program

Stress coping mechanisms among at-risk youth

Wellbeing

Describe any publications:

Literature review in lifestyle medicine; another in substance abuse/addiction was submitted for publication

One small publication in Columbia Medical Review on medical student wellbeing. It was published after I received all of my interviews, so it didn't help me.

Poster; Wrote a book unrelated to research

Psychiatric Services Journal of Public Health

Second author

**Who was your most effective career advisor in field matched?
(number of multiple mentions)**

Amin Azzam

Andrew Booty (4)

Christina Mangurian

Lee Jones

Jonathan Nye

Haniel Shen

Margo Vener

What were your most useful career resources?

A mentor I found through the AACAP

I found the post-match reports really helpful, and I also asked Dr. Booty for the names of UCSF alumni who were residents at the programs that I was interested in so that I could talk to them to further refine my list.

Some very basic resources I used included: Doximity (for list of programs); APA Guide (for very basics on the application process): <https://www.psychiatry.org/residents-medical-students/medical-students/apply-for-psychiatric-residency>; Program websites for specific application requirements (3 vs 4 LORs, which specialties, etc.); Friends/colleagues and their impressions of different programs

If you had to do anything differently in the residency matching process, what would it be?

Respond to interview invites immediately. Good spots get taken up fast. Ideally you won't be on a clinical rotation during late September, otherwise you'll constantly be pulling out your phone on rounds

Apply to more programs

got a credit card sooner that gave bonus milage points

I would clearly and proactively let my #1 program know that it was my number one choice. It sounds patently obvious, but I hedged my bets and simply let my top four programs know that they were my top choices. Part of the reason is that I struggled to select a number one program, as none were ideal. Ultimately, though, I was forced to rank in an order, and I did it so late that I thought it was pointless to tell my number one program just that.

I would have reached out to advisers earlier in the process, as well as worked to consolidate interviews into fewer trips (to minimize costs).

Nothing. I started researching programs at the beginning of 4th year and talking to current residents months before applying, so I was confident that I had pared my program list down to just places I would be happy applying to.

Seek out more specialty-specific career advisors. Psychiatry does not have an adequate advising structure, and I should have looked for it myself.

Is there any other information helpful to UCSF students who will apply to your specialty choice in the future?

Know what you are looking for in a program. Psychiatry has strong geographical variance, so it is important to know if you want a biologic program vs. a more psychotherapeutic one.

Be proactive - there is no one set up to catch you. You need to find your advisors yourself and ask them for what you need.

Get some idea of what subspecialties you are interested in. Don't assume you'll get whatever you want just because psych is non competitive. That has been changing a lot the past few years. UCLA has like 20 people match psychiatry this year. Places like Columbia and Stanford are also seeing big increases. Apply somewhat broadly and take your interviews seriously.

I more or less assumed that coming from UCSF, applying to a non-competitive specialty, honoring in my specialty, and having no obvious red-flags would translate in me getting one of my top two choices. I was wrong. While I am satisfied with where I was placed, it behooves you to take nothing for granted--particularly messages from program directors that you are a very desired candidate. Be proactive and treat every interview you attend as if it were your only one. Come to a decision on your top choice a few weeks in advance of the deadline and let that PD know.

Let your top choice know they are your top choice.

Matching into Psychiatry has thankfully seemed a far more relaxed process compared to other specialties, but I would certainly still be diligent about preparing all requirements (LoRs, personal statements, and Step 2 if possible) on-time. LoR requirements in particular can vary by program (e.g., some may specifically require a medicine letter), so it is good to look at programs' websites and requirements earlier in 4th year. I also highly recommend consulting with career advisers or faculty you trust. If you want to stay at your home institution, make sure to let your faculty know! For the interview process, programs often have distinct strengths or areas of emphases in their training, and will usually present what they feel are the strongest aspects of their program. I would be sure to express your interest in these perceived strengths when possible to show good fit (if you actually are interested!). Inquiring about areas you feel may be weaker in the program is better suited in meetings with current residents than during formal interviews. Lastly, I would certainly recommend communicating your true interests in psychiatry whenever possible in interviews - it'll help you seem more relaxed and confident, and if a program really cannot meet that interest then it may not be a good fit anyway. Reassuringly, there are many amazing programs across the country and you are likely going to get fantastic training at wherever you match!

Talk to as many current residents as possible! Also, both Andrew Booty and Caitlin Hasser are incredible advisors. They both helped me create the best program list for me and even called programs to make sure I got the interviews I wanted. I would reach out to your advisors at the beginning of 4th year so you can develop a relationship where they will go to bat for you.

