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Dr. Nierenberg earned his MD from the Albert Einstein College of Medicine. He did his residency at NYU/Bellevue Hospital and then his fellowship as a Robert Wood Johnson Clinical Scholar at Yale. After working at McLean Hospital, he then went to Massachusetts General Hospital where he has been since 1992.

Dr. Nierenberg focuses on clinical trials for bipolar disorder and depression, with over 630 published papers and a Google Scholar h-index of over 130. He has been listed among The Best or Top Doctors in America for the treatment of mood and anxiety disorders yearly since 1994. He has been honored with the International Society for Bipolar Disorders Mogens Schou Award for Research, the Brain and Behavior Research Foundation's Colvin Prize, and the National Alliance for Mental Illness (NAMI) Scientific Research Award. He leads the Bipolar Action Network, a Learning Health Network comprising multiple healthcare systems, which breaks down the barriers between clinical, research, and quality improvement activities to achieve better outcomes. Dr. Nierenberg has an active clinical practice, supervises and teaches residents, serves on multiple nonprofit advocacy boards, is a member of multiple journal editorial boards, and is the editor-in-chief of Psychiatric Annals.