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Bio

BIO

Kalpana Nathan, MD is an adjunct clinical professor, Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. After completion of residency and research fellowship at Stanford, she served 4 years at the San Francisco General Hospital/UCSF, gaining experience in the areas of substance use, HIV and public health. She worked at Palo Alto VA for more than a couple of decades. She served as chief medical director at Mental Health and Addiction services, El Camino Health for two and a half years, and later was the Executive Medical Director of Custody Behavioral Health at Santa Clara County. She is a certified physician executive. She has worked and taught in various settings, both inpatient and outpatient, as well as private and public sectors. She is board certified in General, Addiction and Forensic Psychiatry, as well as Lifestyle Medicine. Her interests include wellness and self-care for physicians, women's health, health creation and resiliency building for the community. She is a certified meditation teacher, has completed sprint and Olympic triathlons, and enjoys traveling around the world. She received the outstanding community clerkship preceptor award in 2010 and the Arthur L. Bloomfield Award in Recognition of Excellence in the Teaching of Clinical Medicine in 2015 at the Stanford University School of Medicine.

Recent Publications:

1. Yen Li, M, Mata C, Nathan K: Is Life Unlivable for Youth in Post-DEI America?: Understanding Rising Suicide Rates Across Diverse Youth Groups Through Traditional Suicide Paradigms. Healthcare 2025 Oct, 13(20), 2585 https://doi.org/10.3390/healthcare13202585

2. Tran BX, Nguyen TT, Boyer L, Fond G, Auquier P, Nguyen HSI,Ha Thi Nhi Tran HTN, Nguyen HM, Choi J, Le HT, Latkin CA, Nathan KI, Husain SF, et al: Differentiating people with schizophrenia from healthy controls in a developing country: An evaluation of portable functional near infrared spectroscopy (fNIRS) as an adjunct diagnostic tool. Frontiers of Psychiatry 2023 Jan 26; vol 14

3. Tatum, J, Nathan, K: The USA. Lancet Psychiatry 2021, 8(5):365-366

4. Nathan N & Nathan KI: Suicide, Stigma, and Utilizing Social Media Platforms to Gauge Public Perceptions. Front. Psychiatry 2020 January 13

5. Tran BX, Nathan KI, Phan HT, Hall BJ, Vu GT et al: A Global Bibliometric Analysis of Services for Children Affected by HIV/Acquired Immune Deficiency Syndrome: Implications for Impact Mitigation Programs (GAPRESEARCH). AIDS Rev. 2019 Oct 3;21(3).

6.Lee A, Nathan KI: Understanding Psychosis in a Veteran With a History of Combat and Multiple Sclerosis. Fed Pract. 2019 Jun;36(Suppl 4):S32-S35.

7. Tran BX, Ha GH, Vu GT, Nguyen LH, Latkin CA, Nathan K, McIntyre RS, Ho CS, Tam WW, Ho RC: Indices of Change, Expectations, and Popularity of Biological Treatments for Major Depressive Disorder between 1988 and 2017: A Scientometric Analysis. Int J Environ Res Public Health. 2019 Jun 26;16(13)