Stanford



Shebani Sethi MD, ABOM

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CLINICAL OFFICE (PRIMARY)

- **Psychiatry**

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Bio

BIO

Dr. Sethi is a Clinical Associate Professor in the Department of Psychiatry and Behavioral Sciences and Founding Director of the flagship academic Metabolic Psychiatry Clinic and Research program. She is dual boarded in Obesity Medicine and Psychiatry with expertise in adult eating disorders. She completed her residency in Psychiatry at Stanford University and specialized training in Obesity Medicine at Duke Medical Center. Dr. Sethi received her MD jointly from Duke University School of Medicine and the National University of Singapore. She received a Masters degree in Biotechnology from Johns Hopkins University. "Metabolic Psychiatry" is a term she coined in 2015 to describe the emerging clinical discipline focused on the integrative study and treatment of metabolic dysfunction and its relationship to mental illness. Dr. Sethi's approach to psychiatric treatment incorporates detection and treatment of metabolic abnormalities, principles of obesity medicine, nutrition and metabolism. Her initial funding was awarded by the Obesity Treatment Foundation and Baszucki Brain Foundation to study the effectiveness of a low - carbohydrate ketogenic dietary intervention in patients with bipolar illness or schizophrenia with overlapping metabolic abnormalities. Her previous research included a randomized clinical trial testing an FDA-approved obesity medication for binge-eating disorder and bulimia nervosa at Stanford University funded by SPARK. She is a recipient of the Kuen Lau Bipolar Research Award and the Symonds Fellow Award from the Association of Women Psychiatrists for innovation in psychiatry and contributions to women’s health. She is a member of the Obesity Medicine Association, the American Psychiatric Association, and served on the council of the Northern California Psychiatric Association. her work has been featured in the New York Times, NPR, Forbes, Good Morning America, and Stanford Medicine.

CLINICAL FOCUS

- Psychiatry
- Obesity Medicine
- Adult Eating Disorders
- Metabolic Syndrome
- Metabolic Psychiatry

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences

- Member, Wu Tsai Human Performance Alliance

ADMINISTRATIVE APPOINTMENTS

- Founding Director, Metabolic Psychiatry Clinic, Stanford University School of Medicine, (2019- present)
- Faculty Affiliate, Wu Tsai Human Performance Alliance, (2026- present)

HONORS AND AWARDS

- Kuen Lau Bipolar Research Award, Kuen Lau Research Foundation (2025)
- Inverted Pyramid Award, Bracia Rodzeń, Low Carb Festival (2025)
- Kuen Lau Bipolar Research Award, Stanford Department of Psychiatry (2021)
- Metabolic Psychiatry Research Fund, Baszucki Brain Foundation (2021)
- Obesity Treatment Foundation Grant Award, Obesity Medicine Association (2018)
- Symonds Fellow Award, Association of Women Psychiatrists (2016)
- ASCP Clinical Trial Scholarship, American Society of Clinical Psychopharmacology (2016)
- Recipient, The Coaching Fellowship (2015)
- Scholar, Stanford Society of Physician Scholars (2015)
- Clinical and Translational Science Award (CTSA) Seed Grant, Stanford Office of Community Health (2010-2012)

PROFESSIONAL EDUCATION

- Residency: Stanford University Psychiatry Residency (2017) CA
- Board Certification: Obesity Medicine, American Board of Obesity Medicine (2020)
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2018)
- Residency, Stanford University Medical Center , Psychiatry (2017)
- Internship, Stanford University Medical Center , Psychiatry (2014)
- MD, National University of Singapore , Medicine (2013)
- MD, Duke University School of Medicine , Medicine (2013)
- MS, Johns Hopkins University , Biotechnology (2007)

LINKS

- Stanford Metabolic Psychiatry: https://med.stanford.edu/psychiatry/patient_care/metabolic.html

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Improving metabolic and mental health through dietary metabolic therapies, pharmacological optimization, and other lifestyle interventions in those with severe mental illness, such as bipolar disorder, schizophrenia, major depression is a major focus of her research. Clinical and academic interests include management of psychiatric disorders with co-morbid obesity, insulin resistance, metabolic dysfunction and/or eating disorders, particularly binge eating disorder and bulimia nervosa.

CLINICAL TRIALS

- Can Neural Network Instability in Schizophrenia be Improved With a Very Low Carbohydrate Ketogenic Diet?, Not Recruiting
- FDA Approved Medication to Reduce Binge Eating and/or Purging, Not Recruiting
- Impact of a Ketogenic Diet on Metabolic and Psychiatric Health in Patients With Bipolar Illness, Not Recruiting

- Impact of a Ketogenic Diet on Metabolic and Psychiatric Health in Patients With Bipolar or Schizophrenia Illness, Not Recruiting
- Ketogenic Metabolic Therapy in Schizophrenia, Bipolar Disorder, Major Depressive Disorder: Deep Omic Profiling, Not Specified

Publications

PUBLICATIONS

- **The ketogenic diet is not for everyone: contraindications, side effects, and drug interactions.** *Annals of medicine*
  Dyńka, D., Rodzeń, Ł., Rodzeń, M., Łojko, D., Karakuła-Juchnowicz, H., Ede, G., Grzywacz, Ż., Antosik, K., Sethi, S., Unwin, D.
  2026; 58 (1): 2603016
- **Ketogenic metabolic therapy in schizophrenia spectrum and bipolar disorders: population descriptors and feasibility outcomes from a randomized, controlled clinical trial.** *Frontiers in nutrition*
  Longhitano, C., Swift, J. L., Finlay, S., Suvarna, B., Gordon, S., Shareef, O., Peachey, I., Rudd, D., Campbell, I., Sethi, S., Palmer, C., Sarnyai, Z.
  2026; 13: 1962072
- **Reply to Najjar, R.S. Myths of the Low-Carbohydrate Diet "Myths". Comment on "Teicholz et al. Myths and Facts Regarding Low-Carbohydrate Diets. Nutrients 2025, 17, 1047".** *Nutrients*
  Teicholz, N., Croft, S. M., Cuaranta, I., Cucuzzella, M., Glandt, M., Griauzde, D. H., Jerome-Zapadka, K., Kalayjian, T., Murphy, K., Nelson, M., Shanahan, C., Nishida, J. L., Oh, et al
  2026; 18 (21)
- **Metabolic Improvements with a Ketogenic Diet Correlate with Symptom Improvement in Psychosis: A Randomized Controlled Trial.** *Schizophrenia bulletin*
  Abram, S. V., Kyner, J. M., Vu, A., Naeem, Z., Sethi, S., Jacob, M. S., Fryer, S. L., Mathalon, D. H., Ford, J. M.
  2026; 52 (4)
- **Correction: Dyńka et al. Ketogenic Diets for Body Weight Loss: A Comparison with Other Diets. Nutrients 2025, 17, 965.** *Nutrients*
  Dyńka, D., Rodzeń, Ł., Rodzeń, M., Pacholak-Klimas, A., Ede, G., Sethi, S., Łojko, D., Bartoń, K., Berry, K., Deptuła, A., Grzywacz, Ż., Martin, P., Unwin, et al
  2026; 18 (11)
- **Ketogenic Diet Improves Metabolic Markers, Psychiatric Symptoms and Cognition in Psychosis: A Randomized Controlled Trial**
  Kyner, J., Abram, S. V., Vu, A., Naeem, Z., Sethi, S., Jacob, M., Fryer, S. L., Mathalon, D. H., Ford, J. M.
  ELSEVIER SCIENCE INC.2026
- **Metabolic psychiatry targeting metabolic dysregulation in mental health** *NATURE MENTAL HEALTH*
  Sethi, S., Berk, M., Andreazza, A., Mujica-Parodi, L., Campbell, I., Campbell, H., Longhitano, C., Rasgon, N., Volek, J., Calkin, C., Ford, J., McCullumsmith, R., Cunnane, et al
  2026
- **Awareness and best practices in using ketogenic therapy to treat serious mental illness: a modified Delphi consensus** *FRONTIERS IN NUTRITION*
  Ede, G., Bernstein, M., Calabrese, L., Campbell, I. H., Laurent, N., Palmer, C. M., Sethi, S., Zupec-Kania, B.
  2026; 13
- **Awareness and best practices in using ketogenic therapy to treat serious mental illness: a modified Delphi consensus.** *Frontiers in nutrition*
  Ede, G., Bernstein, M., Calabrese, L., Campbell, I. H., Laurent, N., Palmer, C. M., Sethi, S., Zupec-Kania, B.
  2026; 13: 1749406
- **Serious Mental Illness** *Ketogenic Diet Therapies for Epilepsy and Other Conditions*
  Sethi, S.
  edited by E. Kossoff, E.
  Springer Publishing.2026; 8th
- **Ketogenic Metabolic Therapy: A Metabolic Psychiatry Application in Serious Mental Illness** *Lifestyle Psychiatry*
  Sethi, S.
  edited by Noordsy, D. L.
  American Psychiatric Association Publishing.2026

- **TOWARD: a metabolic health intervention that improves food addiction and binge eating symptoms.** *Frontiers in psychiatry*
  Saner, E., Kalayjian, T., Buchanan, L., Calkins, M., Soto-Mota, A., Jun, D., Sethi, S.
  2025; 16: 1612551

- **Ketogenic Diet Improves Metabolic and Cognition Function in Psychotic Spectrum Disorders**
  Ford, J., Kyner, J., Mathalon, D., Sethi, S., Fryer, S.
  ELSEVIER SCIENCE INC.2025: S12-S13

- **Myths and Facts Regarding Low-Carbohydrate Diets.** *Nutrients*
  Teicholz, N., Croft, S. M., Cuaranta, I., Cucuzzella, M., Glandt, M., Griauzde, D. H., Jerome-Zapadka, K., Kalayjian, T., Murphy, K., Nelson, M., Shanahan, C., Nishida, J. L., Oh, et al
  2025; 17 (6)

- **Myths and Facts Regarding Low-Carbohydrate Diets** *NUTRIENTS*
  Teicholz, N., Croft, S. M., Cuaranta, I., Cucuzzella, M., Glandt, M., Griauzde, D. H., Jerome-Zapadka, K., Kalayjian, T., Murphy, K., Nelson, M., Shanahan, C., Nishida, J. L., Oh, et al
  2025; 17 (6)

- **Ketogenic Diets for Body Weight Loss: A Comparison with Other Diets.** *Nutrients*
  Dyńka, D., Rodzeń, Ł., Rodzeń, M., Pacholak-Klimas, A., Ede, G., Sethi, S., Łojko, D., Bartoń, K., Berry, K., Deptuła, A., Grzywacz, Ż., Martin, P., Unwin, et al
  2025; 17 (6)

- **Ketogenic Diets for Body Weight Loss: A Comparison with Other Diets** *NUTRIENTS*
  Dynka, D., Rodzen, L., Rodzen, M., Pacholak-Klimas, A., Ede, G., Sethi, S., Lojko, D., Barton, K., Berry, K., Deptula, A., Grzywacz, Z., Martin, P., Unwin, et al
  2025; 17 (6)

- **Ketogenic Diet as a Nutritional Metabolic Intervention for Obsessive-Compulsive Disorder: A Narrative Review.** *Nutrients*
  Lounici, A., Iacob, A., Hongler, K., Mölling, M. A., Drechsler, M., Hersberger, L., Sethi, S., Lang, U. E., Liwinski, T.
  2024; 17 (1)

- **The effects of ketogenic metabolic therapy on mental health and metabolic outcomes in schizophrenia and bipolar disorder: a randomized controlled clinical trial protocol.** *Frontiers in nutrition*
  Longhitano, C., Finlay, S., Peachey, I., Swift, J. L., Fayet-Moore, F., Bartle, T., Vos, G., Rudd, D., Shareef, O., Gordon, S., Azghadi, M. R., Campbell, I., Sethi, et al
  2024; 11: 1444483

- **Ketogenic Diet Intervention on Metabolic and Psychiatric Health in Bipolar and Schizophrenia: A Pilot Trial.** *Psychiatry research*
  Sethi, S., Wakeham, D., Ketter, T., Hooshmand, F., Bjornstad, J., Richards, B., Westman, E., Krauss, R. M., Saslow, L.
  2024; 335: 115866

- **Correction: Treating binge eating and food addiction symptoms with low-carbohydrate Ketogenic diets: a case series.** *Journal of eating disorders*
  Carmen, M., Safer, D. L., Saslow, L. R., Kalayjian, T., Mason, A. E., Westman, E. C., Sethi, S.
  2023; 11 (1): 171

- **Impact of a ketogenic diet on metabolic and psychiatric health in patients with bipolar or schizophrenia illness: A pilot clinical trial**
  Sethi, S., Saslow, L., Ketter, T.
  WILEY.2023: 19-20

- **The Role of Ketogenic Metabolic Therapy on the Brain in Serious Mental Illness: A Review** *Journal of Psychiatry & Brain Sciences*
  Sethi , S., Ford , J.
  2022; 7:e220009.

- **Ketogenic Diet as a Metabolic Therapy for Bipolar Disorder: Clinical Developments** *Journal of Affective Disorders Reports*
  Yu , B., Oz, R., Sethi, S.
  2022

- **Ketogenic Diet as a Metabolic Therapy for Bipolar Disorder: Clinical Developments**
  Yu, B., Oz, R., Sethi , S., et al

Research Square Preprint .
2021

- **Ketogenic Diet as a Metabolic Treatment for Mental Illness.** *Current Opinion in Endocrinology, Diabetes and Obesity.*
  Norwitz , N., Sethi , S., Palmer , C.
  2020 ; 27 (5): 269-274

- **Ketogenic diet as a metabolic treatment for mental illness.** *Current opinion in endocrinology, diabetes, and obesity*
  Norwitz, N. G., Sethi, S., Palmer, C. M.
  2020; 27 (5): 269-274

- **Low carbohydrate ketogenic therapy as a metabolic treatment for binge eating and ultraprocessed food addiction.** *Current opinion in endocrinology, diabetes, and obesity*
  Sethi, S., Sinha, A., Gearhardt, A. N.
  2020; 27 (5): 275-282

- **Treating Binge Eating and Food Addiction Symptoms with Low-carbohydrate Ketogenic Diets: A Case Series**
  Carmen , M., Safer, D. L., Saslow, L. R., Kalayjian , T., Mason, A. E., Westman, E. C., Sethi , S., et al
  Journal of Eating Disorders. Biomed Central .
  2020

- **Treating binge eating and food addiction symptoms with low-carbohydrate Ketogenic diets: a case series.** *Journal of eating disorders*
  Carmen, M., Safer, D. L., Saslow, L. R., Kalayjian, T., Mason, A. E., Westman, E. C., Sethi Dalai, S.
  2020; 8: 2

- **If Americans were healthier, we could have been better prepared for this pandemic.**
  Sethi Dalai , S.
  The Hill Op-Ed.
  2020

- **Low Carbohydrate Ketogenic Therapy as a Metabolic Treatment for Binge Eating and Ultra-processed Food Addiction.** *Current Opinion Endocrinology, Diabetes and Obesity*
  Sethi , S., Anika, S., Ashley , G.
  2020; 27 (5)

- **A randomized, placebo-controlled crossover trial of phentermine-topiramate ER in patients with binge-eating disorder and bulimia nervosa.** *The International journal of eating disorders*
  Safer, D. L., Adler, S., Dalai, S. S., Bentley, J. P., Toyama, H., Pajarito, S., Najarian, T.
  2019

- **A Randomized, Placebo#controlled Crossover Trial of Phentermine#topiramate ER in Patients with Binge#eating Disorder and Bulimia Nervosa** *International Journal of Eating Disorders*
  Safer, D. L., Adler, S., Sethi , S., Bentley , J., Toyama, H., Parajito , S., Najarian , T., et al
  2019

- **Study protocol and rationale for a randomized double-blinded crossover trial of phentermine-topiramate ER versus placebo to treat binge eating disorder and bulimia nervosa.** *Contemporary clinical trials*
  Dalai, S. S., Adler, S. n., Najarian, T. n., Safer, D. L.
  2018; 64: 173–78

- **Could Pokémon Go Have Some Mental Health Benefits?**
  Sethi Dalai, S.
  American Psychiatric Association . Washington DC.
  2016