



## Isheeta Zalpuri

Clinical Professor, Psychiatry and Behavioral Sciences - Child & Adolescent Psychiatry and Child Development

### CLINICAL OFFICE (PRIMARY)

- **Psychiatry**

401 Quarry Rd Ste 2114

MC 5723

Stanford, CA 94305

Tel (650) 725-5591      Fax (650) 725-3762

### Bio

---

#### BIO

Dr. Isheeta Zalpuri is a child, adolescent and adult psychiatrist. She specializes in the treatment of pediatric anxiety and mood disorders.

Dr. Zalpuri has a special interest in faculty development, professional development of trainees, physician well-being and cultural psychiatry.

#### CLINICAL FOCUS

- Psychiatry

#### ACADEMIC APPOINTMENTS

- Clinical Professor, Psychiatry and Behavioral Sciences - Child & Adolescent Psychiatry and Child Development

#### ADMINISTRATIVE APPOINTMENTS

- Assistant Program Director, Stanford Child and Adolescent Psychiatry Fellowship Program, (2018-2020)
- Acting Co-Director, Stanford Pediatric Mood Disorders Clinic, (2020-2020)
- Associate Program Director, Stanford Child and Adolescent Psychiatry Fellowship Program, (2020-2023)
- Co-Director, Stanford Pediatric Mood Disorders Clinic, (2021-2023)
- Co-Director, Stanford Pediatric Anxiety and Traumatic Stress Clinic, (2021- present)
- Assistant Director of Education, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine, (2022-2025)
- Acting Program Director, Stanford Child and Adolescent Psychiatry Fellowship Program, (2023-2024)
- Program Director, Stanford Child and Adolescent Psychiatry Fellowship, (2024- present)
- Associate Chair, Clinician Educator Professional Development, Stanford Department of Psychiatry and Behavioral Sciences, (2025- present)

#### HONORS AND AWARDS

- Faculty Mentorship and Career Development Award, Child and Adolescent Psychiatry Fellowship, Stanford University School of Medicine (2022)
- AAP Early Career Development Award, Association for Academic Psychiatry (2021)
- Annual Chairman's Award in Educational Excellence, Department of Psychiatry and Behavioral Sciences, Stanford University (2021)

- Outstanding Faculty Award, Child and Adolescent Psychiatry Fellowship, Stanford University (2021)
- Excellence in Fellow Advocacy Award, Child and Adolescent Psychiatry Fellowship, Stanford University (2020)
- Outstanding Faculty Award, Child and Adolescent Psychiatry Fellowship, Stanford University (2019)
- Laughlin Fellowship, American College of Psychiatrists (2016)
- Educational Outreach Award for Child and Adolescent Psychiatry, American Academy of Child and Adolescent Psychiatry (2015)
- American Psychiatric Association Substance Abuse and Mental Health Services Administration, SAMHSA Minority Fellowship Awardee (2014-16)
- American Association for Directors of Psychiatry Residency Training, International Medical Graduate Fellowship Awardee (2014)
- American Psychiatric Association, Annual Research Colloquium for Junior Investigators Awardee (2014)
- Resident Psychiatric Educator Award, Association for Academic Psychiatry (2014)
- American Academy of Child and Adolescent Psychiatry, Educational Outreach Award for General Psychiatry Residents (2013)
- American Psychiatric Association, Resident Research Award (2013)

## BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Chair, Mentorship and Professional Growth Committee, AADPRT (2022 - 2025)
- Chair, Child and Adolescent Psychiatry Caucus, AADPRT (2025 - present)
- Member, Executive Committee, Association for Academic Psychiatry (2021 - 2024)
- Co-Chair, Training and Education Committee, AACAP (2024 - present)
- Member, Executive Committee, American Association of Directors of Psychiatric Residency Training (2022 - present)
- Editorial Board Member, Academic Psychiatry (2023 - present)

## PROFESSIONAL EDUCATION

- Board Certification: Child and Adolescent Psychiatry, American Board of Psychiatry and Neurology (2016)
- Fellowship: Stanford University Child and Adolescent Psychiatry Fellowship (2016) CA
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2014)
- Residency: University of Massachusetts Psychiatry Residency (2014) MA
- Medical Education: Kasturba Medical College (2009) India

## Teaching

---

### COURSES

#### 2025-26

- Psychiatry and Behavioral Sciences Subspecialty Areas: PSYC 249 (Win)

#### 2024-25

- Psychiatry and Behavioral Sciences Subspecialty Areas: PSYC 249 (Win)

#### 2023-24

- Psychiatry and Behavioral Sciences Subspecialty Areas: PSYC 249 (Aut)

## Publications

---

### PUBLICATIONS

- **Elevating and Empowering Professional Fulfillment Through Faculty Development.** *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*  
Asghar-Ali, A. A., Zalpuri, I., Brenner, A. M.

2026

- **Optimizing Stress to Enhance Learning** *Academic Medicine*  
Zalpuri, I., Carrion, V.  
2025: 1407-1409
- **Correction to: Mentorship, Sponsorship, and Coaching in Academic Medicine: Essential Elements of Faculty Development.** *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*  
DeGolia, S. G., Zalpuri, I.  
2025
- **Assistant and Associate Program Directors in Psychiatry: Supporting Professional Fulfillment and Growth.** *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*  
Zalpuri, I., Pershern, L. S., Lee, P. C.  
2025
- **Identifying Expert-Informed Social Media Entrustable Professional Activities (EPAs) for Health Professions Learners** *Journal of Technology in Behavioral Science*  
Zalpuri, I., Li, S., Kind, T., Hilty, D., Myint, M.  
2025
- **Obsessive-Compulsive Disorder in Children and Adolescents: Early Detection in Primary Care Settings.** *Pediatrics*  
Zalpuri, I., Matzke, M., Joshi, S. V.  
2024
- **Workforce Initiatives to Advance Health Equity and Diverse Representation.** *Child and adolescent psychiatric clinics of North America*  
Myint, M. T., Yue, H., Zalpuri, I., Sharma, N., Stewart, C.  
2024; 33 (3): 437-445
- **Advancing Health Equity, Diversity, and Inclusion in Psychiatry Graduate Medical Education.** *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*  
Zalpuri, I., Guerrero, A. P., Castillo, E. G., Coverdale, J., Brenner, A. M.  
2024
- **A scoping review of social media in child, adolescents and young adults: research findings in depression, anxiety and other clinical challenges.** *BJPsych open*  
Hilty, D. M., Stubbe, D., McKean, A. J., Hoffman, P. E., Zalpuri, I., Myint, M. T., Joshi, S. V., Pakyurek, M., Li, S. T.  
2023; 9 (5): e152
- **Obsessive-Compulsive Disorder.** *Pediatrics in review*  
Hasassri, E., Joshi, S. V., Zalpuri, I.  
2023; 44 (5): 297-299
- **The Burden of Leadership: a Survey of Burnout Experiences Among Psychiatry Program Directors.** *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*  
De Golia, S. G., Houston, L. J., Madaan, V., Zalpuri, I., Welton, R., Bernstein, C., Sengupta, S., Chaudhry, M. A., Sudak, D. M.  
2022
- **Child and Adolescent Psychiatry Fellowship Program Participation in the National Resident Matching Program Match: Trends and Implications for Recruitment.** *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*  
Williamson, E., Shoemaker, E., Kim, A., Joshi, S., Lewis, A. L., Vandekar, S., Zalpuri, I., Kerlek, A.  
2021
- **Sexual Health in Child and Adolescent Psychiatry: Multi-Site Implementation Through Synchronized Videoconferencing of an Educational Resource Using Standardized Patients** *FRONTIERS IN PSYCHIATRY*  
Drozdowicz, L., Gordon, E., Shapiro, D., Jacobson, S., Zalpuri, I., Stewart, C., Lewis, A., Robinson, L., Myint, M., Daniolos, P., Williamson, E. D., Pleak, R., Graeff Martins, et al  
2020; 11: 593101
- **Trainees on Technological Terrain: a Video Vignette-Based Tool to Teach E-Professionalism.** *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*

- Zalpuri, I. n., Domakonda, M. n., Wrzosek, M. n., DeJong, S. n.  
2020
- **Child and adolescent asynchronous technology competencies for clinical care and training: Scoping review.** *Families, systems & health : the journal of collaborative family healthcare*  
Hilty, D. M., Zalpuri, I. n., Torous, J. n., Nelson, E. L.  
2020
  - **Clinical Conundrum: How do you treat youth with depression and a family history of bipolar disorder?** *BIPOLAR DISORDERS*  
Angal, S., DelBello, M., Zalpuri, I., Singh, M. K.  
2019; 21 (4): 383–86
  - **Pharmacological Approaches for Treating Suicidality in Adolescents** *EVIDENCE-BASED TREATMENT APPROACHES FOR SUICIDAL ADOLESCENTS: TRANSLATING SCIENCE INTO PRACTICE*  
Zalpuri, I., Singh, M. K.  
edited by Berk, M.  
2019: 293–331
  - **Principles of Treatment of Mood Disorders Across Development** *CLINICAL HANDBOOK FOR THE DIAGNOSIS AND TREATMENT OF PEDIATRIC MOOD DISORDERS*  
Zalpuri, I., Singh, M.  
edited by Singh, M. K.  
2019: 83–104
  - **Social Media and Networking Competencies for Psychiatric Education: Skills, Teaching Methods, and Implications.** *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*  
Zalpuri, I., Liu, H. Y., Stubbe, D., Wrzosek, M., Sadhu, J., Hilty, D.  
2018
  - **Therapeutic Assignments: Piloting a Way for Medical Students on the Psychiatry Clerkship to Interact with Patients Beyond the Initial Interview.** *Academic psychiatry*  
Zalpuri, I., Dvir, Y.  
2017
  - **Treatment of psychiatric symptoms among offspring of parents with bipolar disorder.** *Current treatment options in psychiatry*  
Zalpuri, I. n., Singh, M. K.  
2017; 4 (4): 341–56
  - **Does psychosis increase the risk of suicide in patients with major depression? A systematic review** *JOURNAL OF AFFECTIVE DISORDERS*  
Zalpuri, I., Rothschild, A. J.  
2016; 198: 23-31
  - **Relationship between serum uric acid level and cardiometabolic risks in nondiabetic patients with schizophrenia** *INTERNATIONAL CLINICAL PSYCHOPHARMACOLOGY*  
Rajan, S., Zalpuri, I., Harrington, A., Cimpeanu, C., Song, X., Fan, X.  
2016; 31 (1): 51-56
  - **Decisional Capacity in Pregnancy: A Complex Case of Pregnancy Termination** *PSYCHOSOMATICS*  
Zalpuri, I., Byatt, N., Gramann, S. B., Dresner, N., Brendel, R.  
2015; 56 (3): 292-297