



## Ilang M. Guiroy, MD

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

### CLINICAL OFFICE (PRIMARY)

- **Psychiatry Clinic**

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MC 5797

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### Bio

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#### BIO

Dr. Ilang M. Guiroy is a board-certified, fellowship-trained physician scientist and psychiatrist at Stanford Health Care and Lucile Packard Children's Hospital Stanford. She is a Clinical Assistant Professor in the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine.

Dr. Guiroy is director of the Guiroy Lab at Stanford. Her research explores maternal-infant mental health and digital mental health, including the use of social media, digital communities, and AI for mental health. She developed a groundbreaking telehealth platform to deliver psychotherapy via group chat to digital communities.

Dr. Guiroy treats mental health conditions in patients throughout the lifespan, from conception to elder age. She has a special interest in infant, child, and maternal mental health and provides medication management during pregnancy, postpartum, and breastfeeding. Dr. Guiroy provides expert support to patients coping with birth trauma, transitioning to motherhood, and fostering infant attachment and maternal bonding. Dr. Guiroy is skilled in over twelve therapy modalities including maternal-infant dyadic therapy, interpersonal therapy (IPT), and cognitive behavioral therapy (CBT).

Dr. Guiroy has published her research in peer-reviewed journals, including Journal of Technology in Behavioral Science and Telemedicine and e-Health. She has also presented to her peers at national conferences for the American Academy of Child and Adolescent Psychiatry (AACAP) and the Society for Digital Mental Health (SDMH).

Dr. Guiroy is a member of the AACAP, the SDMH, the American Psychiatric Association (APA), and the International Marcé Society for Perinatal Mental Health.

#### CLINICAL FOCUS

- Maternal-Infant Mental Health

- Digital Mental Health
- Young Child
- Child and Adolescent Psychiatry

### **ACADEMIC APPOINTMENTS**

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences
- Member, Maternal & Child Health Research Institute (MCHRI)

### **ADMINISTRATIVE APPOINTMENTS**

- Leadership Committee, Leadership Committee, (2025- present)
- Member, Tech Hub, Stanford University, (2022- present)
- Psychiatrist, Evaluation Clinic, Stanford Health Care, (2025- present)
- Psychiatrist, Maternal-Infant Mental Health Dyadic Psychotherapy Clinic, Stanford Health Care, (2022-2024)
- Psychiatrist, Obstetrics Mental Health Clinic, Lucile Packard Children's Hospital Stanford, (2026- present)
- Psychiatrist, Parent-Child Interaction Therapy Clinic, Stanford Health Care, (2023-2024)
- Psychiatrist, Pediatric Mood Disorders Clinic, Stanford Health Care, (2022-2024)
- Psychiatrist, Women's Wellness Clinic, Stanford Health Care, (2025- present)
- Psychiatrist, Young Child Evaluation Clinic, Stanford Health Care, (2022-2023)

### **HONORS AND AWARDS**

- Appreciation Award, LAC+USC Psychiatry Residency Program (2021)
- Early Career Research Colloquium, American Academy of Child and Adolescent Psychiatry (2021)
- Fellowship Recipient, Child Intervention, Prevention & Services (CHIPS) Research Training Institute (2025)
- James M. Bell, MD Award in Child and Adolescent Psychiatry, Albany Medical College (2017)
- Junior Investigator Colloquium in Perinatal Mental Health Research, Marcé Society of North America (MONA) Perinatal Mental Health (2025)
- Research Colloquium for Junior Investigators, APA (2020)
- Resident Research Award, LAC+USC Psychiatry Residency Program (2021)
- Reviewer of the Month, mHealth (2025)
- Trainee Innovator Award, Stanford (2022)

### **BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS**

- Member, AACAP (2021 - present)
- Member, APA (2017 - present)
- Member, International Marcé Society for Perinatal Mental Health (2021 - present)
- Member, SDMH (2022 - present)

### **PROFESSIONAL EDUCATION**

- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2021)
- Board Certification: Child and Adolescent Psychiatry, American Board of Psychiatry and Neurology (2025)
- Fellowship: Stanford University Child and Adolescent Psychiatry Fellowship (2024) CA
- Fellowship, Stanford Health Care , Child and Adolescent Psychiatry (2024)
- Residency: LAC USC Psychiatry Residency (2021) CA

- Internship and Residency, Los Angeles County + University of Southern California , Adult Psychiatry (2021)
- Medical Education: Albany Medical College (2017) NY
- M.D., Albany Medical College , School of Medicine (2017)
- B.A., Wellesley College , Neuroscience, Art History Double Major (2009)

## Research & Scholarship

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### RESEARCH INTERESTS

- Child Development
- Diversity and Identity
- Early Childhood
- Gender Issues
- Parents and Family Issues
- Technology and Education

## Teaching

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### GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Child Psychiatry (Fellowship Program)

## Publications

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### PUBLICATIONS

- **BETTER BEGINNINGS: LATEST EVIDENCE-BASED SCREENING AND INTERVENTIONS TO INCREASE ACCESS TO CARE FOR DIVERSE MOTHER-BABY DYADS**  
Guiroy, I. M., Tobon, A.  
ELSEVIER SCIENCE INC.2025
- **NEEDS AND ACCEPTABILITY OF TEXT MESSAGE THERAPY AND TEXT MESSAGE GROUP THERAPY AMONG PERIPARTUM MOTHERS**  
Guiroy, I. M.  
ELSEVIER SCIENCE INC.2025
- **The Viability, Necessity, and Acceptability of Text Message Group Therapy Among Low-Income Racial-Ethnic Minority Mothers: A Qualitative Study.**  
Guiroy, I., Caicedo, B., Nouri, R., Semple, R., Kuhn, E.  
Journal of Technology in Behavioral Science.  
2025
- **The Necessity and Acceptability of Text Message Therapy to Peripartum Mothers.** *Telemedicine journal and e-health : the official journal of the American Telemedicine Association*  
Guiroy, I. M., Rodman, J. C., Kuhn, E., Semple, R. J.  
2024
- **Considerations for Psychiatric Evaluation and Treatment of Pregnant and Postpartum Adolescents**  
Guiroy, I., Wright , T., Wu , B., Nasrallah, H.  
. In Nemeroff and Schatzberg (Eds.), Textbook of Mood Disorders. American Psychiatric Pub..  
2022
- **Medical Assistance in Dying as an Adaptive Preference in Individuals with Mental Illness.**  
Guiroy, I., Sisti, D.  
Journal of Ethics in Mental Health. Special Theme Issue II, 1-2..  
2016