



Heather Ryan Pankow

Life Science Rsch Prof 2, Psych/General Psychiatry and Psychology (Adult)

Bio

BIO

Heather graduated with a BS in Microbiology with an emphasis in Biotechnology from Florida Atlantic University. She is a Life Science Research Professional that joined the Department of Psychiatry in 2000, exploring genetic markers in antidepressant treatment and smoking cessation, gene expression in Alzheimer's disease transgenic mouse models, cytokine expression in primary microglia and microglial-hippocampal organotypic co-cultures, and organizing a database of mood disorders subjects across labs to facilitate collaboration. She is currently focused on clinical research, working with the human side of the DNA she previously studied, and contributing to the advance of treatment options for depression and other mood disorders.

CURRENT ROLE AT STANFORD

Life Science Research Professional 2 in The Depression Research Clinic

Publications

PUBLICATIONS

- **LOW DOSE BUPRENORPHINE ENHANCES THE ANTISUICIDAL EFFECTS OF KETAMINE IN MAJOR DEPRESSIVE DISORDER: A RANDOMIZED CONTROLLED TRIAL**

Bandeira, I. D., Tucciarone, J. M., Blasey, C., Kratter, I. H., Ehrie, J., Keller, J., Pankow, H., Chang, M., Hawkins, J., Evers, A. G., Bernert, R., Debattista, C., Truong, et al
SPRINGER NATURE.2026

- **Evaluating Augmentation of Anti-Suicidal Effects of Intravenous Ketamine by Low Oral Doses of Opioid Receptor Partial Agonism**

Tucciarone, J., Bandeira, I. D., Kratter, I. H., Ehrie, J., Pankow, H., Chang, M., Hawkins, J., Blasey, C., Heifets, B., Schatzberg, A.
ELSEVIER SCIENCE INC.2025

- **Comparing the Antisuicidal and Antidepressant Effects of Intravenous Ketamine in Major Depressive Episodes With Suicidal Ideation**

Bandeira, I. D., Tucciarone, J., Kratter, I. H., Heifets, B. D., Pankow, H., Chang, M., Hawkins, J., Schatzberg, A. F.
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- **Proteomic profiles of cytokines and chemokines in moderate to severe depression: Implications for comorbidities and biomarker discovery.** *Brain, behavior, & immunity - health*

Watson, K. T., Keller, J., Spiro, C. M., Satz, I. B., Goncalves, S. V., Pankow, H., Kosti, I., Lehallier, B., Sequeira, A., Bunney, W. E., Rasgon, N. L., Schatzberg, A. F.
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- **Stanford Neuromodulation Therapy (SNT): A Double-Blind Randomized Controlled Trial.** *The American journal of psychiatry*

Cole, E. J., Phillips, A. L., Bentzley, B. S., Stimpson, K. H., Nejad, R., Barmak, F., Veerapal, C., Khan, N., Cherian, K., Felber, E., Brown, R., Choi, E., King, et al
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- **Stanford Accelerated Intelligent Neuromodulation Therapy for Treatment-Resistant Depression.** *The American journal of psychiatry*
Cole, E. J., Stimpson, K. H., Bentzley, B. S., Gulser, M. n., Cherian, K. n., Tischler, C. n., Nejad, R. n., Pankow, H. n., Choi, E. n., Aaron, H. n., Espil, F. M., Pannu, J. n., Xiao, et al
2020: appiajp201919070720
- **Attenuation of Antidepressant Effects of Ketamine by Opioid Receptor Antagonism**
Williams, N. R., Heifets, B. D., Blasey, C., Sudheimer, K., Pannu, J., Pankow, H., Hawkins, J., Birnbaum, J., Lyons, D. M., Rodriguez, C. I., Schatzberg, A. F.
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- **Attenuation of Antidepressant Effects of Ketamine by Opioid Receptor Antagonism.** *The American journal of psychiatry*
Williams, N. R., Heifets, B. D., Blasey, C., Sudheimer, K., Pannu, J., Pankow, H., Hawkins, J., Birnbaum, J., Lyons, D. M., Rodriguez, C. I., Schatzberg, A. F.
2018: appiajp201818020138
- **KETAMINE'S ANTIDEPRESSANT EFFECT IS BLOCKED BY A MU-OPIOID RECEPTOR ANTAGONIST IN HUMANS AND MICE**
Heifets, B. D., Williams, N., Sudheimer, K., Pankow, H., Blasey, C., Lyons, D., Schatzberg, A. F.
LIPPINCOTT WILLIAMS & WILKINS.2018: 343
- **Corticotropin-releasing factor 1 receptor haplotype and cognitive features of major depression.** *Translational psychiatry*
Davis, E. G., Keller, J. n., Hallmayer, J. n., Pankow, H. R., Murphy, G. M., Gotlib, I. H., Schatzberg, A. F.
2018; 8 (1): 5
- **Association of CRHR1 TAT Haplotype with Cognitive Features of Major Depressive Disorder**
Davis, E., Keller, J., Hallmayer, J., Ryan, H., Murphy, G., Gotlib, I., Schatzberg, A.
ELSEVIER SCIENCE INC.2017: S225–S226
- **Response to Transdermal Selegiline Smoking Cessation Therapy and Markers in the 15q24 Chromosomal Region.** *Nicotine & tobacco research*
Sarginson, J. E., Killen, J. D., Lazzeroni, L. C., Fortmann, S. P., Ryan, H. S., Ameli, N., Schatzberg, A. F., Murphy, G. M.
2015; 17 (9): 1126-1133
- **ABCB1 (MDR1) predicts remission on P-gp substrates in chronic depression** *PHARMACOGENOMICS JOURNAL*
Ray, A., Tennakoon, L., Keller, J., Sarginson, J. E., Ryan, H. S., Murphy, G. M., Lazzeroni, L. C., Trivedi, M. H., Kocsis, J. H., Debattista, C., Schatzberg, A. F.
2015; 15 (4): 332-339
- **BDNF and CREB1 genetic variants interact to affect antidepressant treatment outcomes in geriatric depression.** *Pharmacogenetics and genomics*
Murphy, G. M., Sarginson, J. E., Ryan, H. S., O'Hara, R., Schatzberg, A. F., Lazzeroni, L. C.
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- **Markers in the 15q24 Nicotinic Receptor Subunit Gene Cluster (CHRNA5-A3-B4) Predict Severity of Nicotine Addiction and Response to Smoking Cessation Therapy** *AMERICAN JOURNAL OF MEDICAL GENETICS PART B-NEUROPSYCHIATRIC GENETICS*
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- **ABCB1 (MDR1) polymorphisms and antidepressant response in geriatric depression** *PHARMACOGENETICS AND GENOMICS*
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- **A beta peptide conformation determines uptake and interleukin-1 alpha expression by primary microglial cells** *NEUROBIOLOGY OF AGING*
Parvathy, S., Rajadas, J., Ryan, H., Vaziri, S., Anderson, L., Murphy, G. M.
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- **Gene expression profile of the PDAPP mouse model for Alzheimer's disease with and without Apolipoprotein E** *NEUROBIOLOGY OF AGING*
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- **Microglia overexpressing the macrophage colony-stimulating factor receptor are neuroprotective in a microglial-hippocampal organotypic coculture system** *JOURNAL OF NEUROSCIENCE*
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