



Khalid Salaheldin, MD

Clinical Associate Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **Stanford University Psychiatry and Behavioral Sciences Clinic**

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Bio

BIO

Khalid Salaheldin, MD, holds the position of Clinical Associate Professor and serves as an interventional psychiatrist within the Department of Psychiatry & Behavioral Sciences at Stanford University School of Medicine. His expertise lies in the specialized care of individuals who present with early psychosis.

At Stanford, Dr. Salaheldin's current responsibilities encompass a range of clinical activities, including evaluating patients with early psychosis at the INSPIRE clinic, where he is also part of the expansion team for INSPIRE 360. He provides care on the inpatient psychiatric unit and interventional psychiatry services as well. In addition to his clinical work, he is actively engaged in teaching, conducting research, and fostering collaborative learning among his patients and colleagues.

His treatment philosophy is a recovery oriented and compassionate approach evaluating vital underlying factors alongside pharmacotherapy & neuromodulatory interventions including: sleep, exercise, nutrition, mindfulness, therapy integration, underlying medical issues, substance use, psychosocial history, and importantly patients' current relationships (including pets of course!). His approach focuses on meeting patients where they are at in their health journey, aligning treatment with their personal goals, and being actively present in their management.

Dr. Salaheldin's research interests include early psychosis interventions, underlying medical causes of psychiatric symptoms, neuromodulation, community/global mental health, spirituality and mental health, novel psychiatric therapeutics, mental health parity & policy, and healthcare worker wellness through minimizing coding and documentation burden.

Before joining Stanford, Dr. Salaheldin served as the academic chief resident at Northwell Health, where his focus centered on designing a consult liaison service for patients experiencing a first episode of psychosis. This pioneering initiative aimed to provide compassionate support to patients and their families from the moment they arrived at the emergency room, throughout their inpatient stay, and during their transition to the outpatient setting. He hopes to continue this work on a local and global scale.

"True compassion means not only feeling another's pain, but also being moved to help relieve it." —Daniel Goleman

CLINICAL FOCUS

- Psychiatry
- Early Psychosis Interventions
- Schizophrenia
- Interventional Psychiatry
- Nutritional Psychiatry
- Novel Therapeutics
- Preventative Psychiatry/Medicine

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences

ADMINISTRATIVE APPOINTMENTS

- Assistant Medical Director, INSPIRE Clinic, (2022- present)
- Clinical Documentation and Billing/Coding Optimization Lead, Department of Psychiatry and Behavioral Sciences, (2025- present)

HONORS AND AWARDS

- Selected: Leadership Bootcamp Series for Junior Faculty, Stanford University School of Medicine OFDE (2025-2026)
- Excellence in Teaching Award, Stanford School of Medicine, Department of Psychiatry & Behavioral Sciences (2025)
- Excellence in Teaching Award, Stanford School of Medicine, Psychiatry & Behavioral Sciences (2023)
- Academic Chief Resident, Northwell Health (2020-2021)
- Biology Scholars Program, UC Berkeley (2008-2009)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Psychiatry Consultant, EPICAL- California State Taskforce for Early Psychosis Intervention (2024 - present)
- Consultant, Muslim Mental Health Lab (2022 - present)
- Affiliated Faculty, Wu Tsai Neurosciences Institute (2023 - present)

PROFESSIONAL EDUCATION

- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2021)
- Medical Education: St George's University School of Medicine Grenada West Indies (2017) NY West Indies
- ABPN Dipolmate, Board Certification, American Board of Psychiatry and Neurology, Psychiatry (2021)
- Residency: Zucker School of Medicine at Hofstra Northwell GME Program (2021) NY
- BA, University of California Berkeley , Public Health (2009)
- BA, University of California Santa Cruz (Transfer to UC Berkeley) (2007)
- HSDG, Lowell High School, San Francisco, CA (2005)

COMMUNITY AND INTERNATIONAL WORK

- EPICAL State Taskforce for Early Psychosis Intervention

Research & Scholarship

CLINICAL TRIALS

- A Study to Assess Efficacy and Safety of Adjunctive KarXT in Subjects With Inadequately Controlled Symptoms of Schizophrenia, Not Recruiting
- A Study to Assess the Effects of RO6889450 (Ralmitaront) in Participants With Schizophrenia or Schizoaffective Disorder and Negative Symptoms, Not Recruiting
- An Extension Study to Assess Long-Term Safety and Tolerability of Adjunctive KarXT in Subjects With Inadequately Controlled Symptoms of Schizophrenia, Not Recruiting
- CONNEX-3: A Study to Test Whether Iclepertin Improves Learning and Memory in People With Schizophrenia, Not Recruiting
- Improving Cognition Via Exercise in Schizophrenia, Not Recruiting
- Journey Study: Evaluate the Efficacy, Safety, and Tolerability of Valbenazine as Adjunctive Treatment for Schizophrenia, Not Recruiting
- Study to Evaluate the Long-term Safety, Tolerability, and Durability of Treatment Effect of ALKS 3831, Not Recruiting

PROJECTS

- The Genomics of Electroconvulsive Therapy (ECT)

Publications

PUBLICATIONS

- **Pathways to Mental Health Care: The Role of Religion and Spirituality in Help Seeking for Psychosis.** *Psychiatric services (Washington, D.C.)*
Badran, L., Niendam, T., Shapiro, D. I., Burch, K. E., Hardy, K. V., Wright, S., Safdar, M., Bhatt, A., Giroux, C., Hotz, B., Adhikari, N., Salaheldin, K., Hayes, et al
2026: appips20250629
- **Administering Electroconvulsive Therapy to Critically Ill Individuals: Risks, Monitoring, and Benefits.** *The primary care companion for CNS disorders*
Ibrahim, S., Cumming, D., Robbins-Welty, G. A., Bond, K., Mastronardi, K., Dragonetti, J. D., Roy, K., Bui, M. P., Salaheldin, K., Lorenzo, J., Henry, M., Stern, T. A.
2026; 28 (2)
- **I THINK MY PATIENT MAY BE EXPERIENCING PSYCHOSIS - NOW WHAT? HOW PROVIDERS CAN SUPPORT EARLY IDENTIFICATION AND INTERVENTION.**
Eisen, K., Chari, S., Salaheldin, K., Zepp, C., Ballon, J., Hardy, K.
OXFORD UNIV PRESS INC.2022: S1
- **The relationship between prototype ratings of personality and self and interpersonal functioning with an adolescent inpatient sample** *CLINICAL PSYCHOLOGY & PSYCHOTHERAPY*
Haggerty, G., Esang, M., Salaheldin, K., Lima, A.
2021; 28 (2): 364-372
- **Phobias** *5MinuteConsult*
Farooq, U., Salaheldin, K.
Wolters Kluwer.2020

PRESENTATIONS

- Utility of a First Episode Psychosis Order Set for Inpatient Hospital Services - Northwell Health (5/1/2021)
- A Case Report of LSD Induced Psychosis in an Adolescent - Northwell Health (5/1/2021)
- Is it real or is it all in my head?: A case of auditory hallucinations in a patient with familial cerebral cavernous malformation syndrome - Academy of Consult Liaison Psychiatry Annual Conference (11/1/2021)
- A Case Study of Suspected Cannabis Withdrawal VS Sleep Deprivation Psychosis - APA 2020 (Cancelled due to COVID)
- Case Study- Clozapine Associated NMS - New York State Psychiatric Association (2018)

- Investigating the validity of the Readiness for Inpatient Psychotherapy Scale (RIPS): Comparisons with the Child Behavior Checklist and the Youth Self-Report with an adolescent inpatient sample - AACAP (October 2019)
- Prototype Matching Approach to Adolescent Axis I Diagnosis - AACAP (October 2019)