Stanford



Parnika Prashasti Saxena

Clinical Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **Psychiatry and Behavioral Sciences**

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Bio

BIO

Parnika Saxena is board certified in general and geriatric psychiatry. She completed her residency at St Elizabeth's Medical Center (affiliated with Tufts University School of Medicine) in Massachusetts and a clinical geriatric fellowship at the University of California, Los Angeles. She also worked as a research fellow in Clinical Psychopharmacology at Mclean Hospital (affiliated with Harvard Medical School) and also completed a psychoanalytic psychotherapy fellowship from the Boston Psychoanalytic Society and Institute. Her primary research interests lie in pharmacological and interventional treatments for resistant depression. At Stanford, she works on the inpatient service, outpatient geropsychiatry clinic and the electroconvulsive therapy service. She also serves at the program director of the Geriatric Psychiatry Fellowship. In addition to her clinical and research interests, she is passionate about patient advocacy and promoting mental health legislative changes to benefit patient care and has testified in state senate hearings to that end as a physician representative of organizations like the Northern California Psychiatric Association and American Psychiatric Association.

CLINICAL FOCUS

- Geriatric Psychiatry

ACADEMIC APPOINTMENTS

- Clinical Professor, Psychiatry and Behavioral Sciences

ADMINISTRATIVE APPOINTMENTS

- Program Director, Geriatric Psychiatry Fellowship, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine, (2023- present)
- Member, Council of Geriatric Psychiatry, American Psychiatric Association, (2025- present)
- President, Northern California Psychiatric Society, (2025-2026)
- Chair, Government Affairs Committee, California State Association of Psychiatrists, (2024-2025)
- Treasurer and Chair, Budget and Finance Committee, Northern California Psychiatric Society, (2024-2025)
- APA Representative and Councilor, Massachusetts Psychiatric Society, (2020-2022)
- Chair, Public Sector Committee, Massachusetts Psychiatric Society, (2020-2022)

HONORS AND AWARDS

- Distinguished Fellow, American Psychiatric Association

PROFESSIONAL EDUCATION

- Board Certification: Geriatric Psychiatry, American Board of Psychiatry and Neurology (2018)
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2017)
- Fellowship: UCLA Psychiatry Residency (2017) CA
- Residency: St Elizabeth's Medical Center Psychiatry Residency (2016) MA
- Research Fellow, McLean Hospital, Harvard Medical School , Clinical Psychopharmacology (2012)
- Medical Education: Maharashtra University of Health Sciences (2010) India

Teaching

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Geriatric Psychiatry (Fellowship Program)
- Psychiatry and Behavioral Science (Fellowship Program)

Publications

PUBLICATIONS

- **Predictive Value of Parasympathetic Tone in Individuals Receiving Electroconvulsive Treatment.** *The journal of ECT*
  Saxena, P. P., Lin, F. V., Liu, Y. M., Oh, K. M., Raj, K., Guillen-Mendez, I., Bhati, M., Ehrie, J., Kim, D., Salaheldin, K., Shanbour, A., Matout, M., Sommer, et al
  2026
- **FASTER, SMARTER, SAFER: REDUCING LENGTH OF STAY IN GERIATRIC PSYCHIATRY**
  Saxena, P. P.
  ELSEVIER SCIENCE INC.2026: S59-S60
- **Brain network correlates of affective symptoms in aMCI.** *Aging brain*
  Saxena, P. P., Turnbull, A., Kim, D., Sommer, B., Vankee Lin, F.
  2024; 6: 100126
- **Brain network correlates of affective symptoms in aMCI** *AGING BRAIN*
  Saxena, P. P., Turnbull, A., Kim, D., Sommer, B., Lin, F.
  2024; 6
- **Leucovorin as an Antidepressant Adjunct in Elderly Inpatients With Treatment-resistant Depression.** *The primary care companion for CNS disorders*
  Saxena, P. P., Kyomen, H.
  2021; 23 (2)
- **An Emerging Paradigm for Psychiatric Practice in Integrated Care Amidst a Crisis** *AMERICAN JOURNAL OF GERIATRIC PSYCHIATRY*
  Saxena, P.
  2020; 28 (7): 784-785
- **Opioidergic Agents as Antidepressants: Rationale and Promise** *CNS DRUGS*
  Saxena, P. P., Bodkin, J.
  2019; 33 (1): 9-16
- **BOOSTING RESILIENCE IN OLDER ADULTS PARTICIPATING IN A MULTI-MODULE GROUP INTERVENTION TARGETING PHYSICAL, MENTAL, SOCIAL AND COGNITIVE HEALTH**
  Cassidy-Eagle, E., Yenko, I., Gould, C., Makowski, M., Le Tran, S., Li, O., Mukwikwi, E., Saxena, P., Lin, F., Gallagher-Thompson, D.

ELSEVIER SCIENCE INC.2026: S48-S49

- **Electroconvulsive Therapy-Associated Serotonin Syndrome: A Case Series.** *The American journal of geriatric psychiatry : official journal of the American Association for Geriatric Psychiatry*
  Jan, A., Pate, R., Saxena, P.
  2026

- **Tackling the Geriatric Psychiatry Workforce Shortage Through the Development of Concentrated Training Experiences.** *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*
  Eichenberger, A., Wang, L., Koblova, O., Feil, D., Duong, T., Mansoor, D., Saxena, P., Teverovsky, E., Unützer, J.
  2025

- **Electroconvulsive Therapy and Clozapine Augmentation in an Older Adult With Bipolar Disorder With Psychotic Features: Case Report** *JOURNAL OF ECT*
  Lomayesva, N., Solomon, E., Hardamon, C., Lan, L., Saxena, P.
  2025; 41 (2): e26-e28

- **SHARED AND UNIQUE FUNCTIONAL CONNECTIVITY CORRELATES OF GERIATRIC DEPRESSION SUBSCALES**
  Saxena, P., Turnbull, A., Sommer, B., Kim, D., Lin, F.
  ELSEVIER SCIENCE INC.2023: S103-S104

- **Predictive value of depression and social support with respect to alcohol abstinence.** *Indian journal of psychological medicine*
  Saxena, P. P., Mital, A. K.
  2011; 33 (2): 115-8