



## Shebani Sethi Dalai MD

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

### CLINICAL OFFICES

- **Psychiatry**

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### Bio

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#### BIO

Dr. Sethi Dalai is double board certified in both Psychiatry and Obesity Medicine. She is an Attending Psychiatrist in the Department of Psychiatry and Behavioral Sciences and Director of Metabolic Psychiatry ([https://med.stanford.edu/psychiatry/patient\\_care/metabolic.html](https://med.stanford.edu/psychiatry/patient_care/metabolic.html)). She has specialized training and expertise in obesity medicine and adult eating disorders. She completed her residency in Psychiatry at Stanford University. Dr. Sethi Dalai received her MD jointly from Duke University School of Medicine and National University of Singapore. She also received a Masters degree in Biotechnology from Johns Hopkins University. Dr. Sethi Dalai's approach to psychiatric treatment incorporates principles of obesity treatment, metabolic health, and nutrition. She was awarded a grant by the Obesity Treatment Foundation as principal investigator to study the effectiveness of a low - carbohydrate dietary intervention in an outpatient cohort of patients with obesity and bipolar illness or schizophrenia. In addition, she is a co-investigator on a clinical trial testing an FDA approved obesity medication for binge-eating disorder and bulimia nervosa at Stanford University funded by SPARK. She is a recipient of the Symonds Fellow Award from the Association of Women Psychiatrists for innovation in psychiatry and contributions to women's health. She is a member of the Obesity Medicine Association, the American Psychiatric Association, and served on the council of the Northern California Psychiatric Association.

#### CLINICAL FOCUS

- Psychiatry
- Obesity Medicine
- Adult Eating Disorders
- Metabolic Syndrome

#### ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences

#### HONORS AND AWARDS

- Obesity Treatment Foundation Grant Award, Obesity Medicine Association (2018)
- Symonds Fellow Award, Association of Women Psychiatrists (2016)

- ASCP Clinical Trial Scholarship, American Society of Clinical Psychopharmacology (2016)
- Recipient, The Coaching Fellowship (2015)
- Scholar, Stanford Society of Physician Scholars (2015)
- Clinical and Translational Science Award (CTSA) Seed Grant, Stanford Office of Community Health (2010-2012)

## PROFESSIONAL EDUCATION

- Board Certification, Obesity Medicine , American Board of Obesity Medicine (2020)
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2018)
- Residency: Stanford University Adult Psychiatry Residency (2017) CA
- Residency, Stanford University Medical Center , Psychiatry (2017)
- Internship, Stanford University Medical Center , Psychiatry (2014)
- MD, National University of Singapore , Medicine (2013)
- MD, Duke University School of Medicine , Medicine (2013)
- MS, Johns Hopkins University , Biotechnology (2007)

## Research & Scholarship

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### CURRENT RESEARCH AND SCHOLARLY INTERESTS

Clinical and academic interests are in the management of psychiatric disorders with co-morbid obesity, poor metabolic health and/or eating disorders, particularly binge eating disorder and bulimia nervosa. Improving metabolic and mental health through dietary interventions, pharmacological optimization, and other lifestyle means in those with severe mental illness, such as bipolar disorder or schizophrenia is another major focus of her research.

### CLINICAL TRIALS

- Impact of a Ketogenic Diet on Metabolic and Psychiatric Health in Patients With Schizophrenia or Bipolar Illness, Recruiting
- FDA Approved Medication to Reduce Binge Eating and/or Purging, Not Recruiting

## Publications

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### PUBLICATIONS

- **Treating binge eating and food addiction symptoms with low-carbohydrate ketogenic diets: a case series**  
Carmen , M., Safer, D. L., Saslow, L. R., Kalayjian , T., Mason, A. E., Westman, E. C., Sethi Dalai , S., et al  
Journal of Eating Disorders. Biomed Central .  
2020
- **Ketogenic diet as a metabolic treatment for mental illness.** *Current Opinion in Endocrinology, Diabetes and Obesity.*  
Norwitz , N., Sethi Dalai , S., Palmer , C.  
2020 ; 27 (5)
- **Low Carbohydrate Ketogenic Therapy as a Metabolic Treatment for Binge Eating and Ultra-processed Food Addiction.** *Current Opinion Endocrinology, Diabetes and Obesity*  
Sethi Dalai , S., Anika, S., Ashley , G.  
2020; 27 (5)
- **Ketogenic diet as a metabolic therapy for bipolar disorder: Clinical developments**  
Yu, B., Oz, R., Sethi Dalai , S., et al  
Research Square Preprint .  
2021
- **If Americans were healthier, we could have been better prepared for this pandemic.**  
Sethi Dalai , S.

The Hill Op-Ed.  
2020

- **A randomized, placebo-controlled crossover trial of phentermine-topiramate ER in patients with binge eating disorder and bulimia nervosa** *International Journal of Eating Disorders*  
Safer, D. L., Adler, S., Sethi Dalai, S., Bentley, J., Toyama, H., Parajito, S., Najarian, T., et al  
2019
- **Study protocol and rationale for a randomized double-blinded crossover trial of phentermine-topiramate ER versus placebo to treat binge eating disorder and bulimia nervosa.** *Contemporary clinical trials*  
Dalai, S. S., Adler, S. n., Najarian, T. n., Safer, D. L.  
2018; 64: 173–78
- **Could Pokémon Go Have Some Mental Health Benefits?**  
Sethi Dalai, S.  
American Psychiatric Association . Washington DC.  
2016