

Stanford



Isheeta Zalpuri

Clinical Associate Professor, Psychiatry and Behavioral Sciences - Child and Adolescent Psychiatry

CLINICAL OFFICES

- **Psychiatry**

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Bio

BIO

Dr. Isheeta Zalpuri is a child, adolescent and adult psychiatrist. She specializes in the treatment of pediatric mood and anxiety disorders.

Dr. Zalpuri has a special interest in cultural psychiatry as well as physician well-being and professional development of trainees and faculty.

CLINICAL FOCUS

- Child and Adolescent Psychiatry

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences - Child and Adolescent Psychiatry

ADMINISTRATIVE APPOINTMENTS

- Assistant Program Director, Stanford Child and Adolescent Psychiatry Fellowship Program, (2018-2020)
- Acting Co-Director, Stanford Pediatric Mood Disorders Clinic, (2020-2020)
- Associate Program Director, Stanford Child and Adolescent Psychiatry Fellowship Program, (2020- present)
- Co-Director, Stanford Pediatric Mood Disorders Clinic, Pediatric Anxiety and Traumatic Stress Clinic, (2021- present)

HONORS AND AWARDS

- American Academy of Child and Adolescent Psychiatry, Educational Outreach Award for General Psychiatry Residents (2013)
- American Psychiatric Association, Resident Research Award (2013)
- American Association for Directors of Psychiatry Residency Training, International Medical Graduate Fellowship Awardee (2014)
- American Psychiatric Association, Annual Research Colloquium for Junior Investigators Awardee (2014)

- American Psychiatric Association Substance Abuse and Mental Health Services Administration, SAMHSA Minority Fellowship Awardee (2014-16)
- Resident Psychiatric Educator Award, Association for Academic Psychiatry (2014)
- Educational Outreach Award for Child and Adolescent Psychiatry, American Academy of Child and Adolescent Psychiatry (2015)
- Laughlin Fellowship, American College of Psychiatrists (2016)
- Outstanding Faculty Award, Stanford Child and Adolescent Psychiatry Fellowship (2019)
- Excellence in Fellow Advocacy Award, Stanford Child and Adolescent Psychiatry Fellowship (2020)

PROFESSIONAL EDUCATION

- Board Certification: Child and Adolescent Psychiatry, American Board of Psychiatry and Neurology (2016)
- Fellowship: Stanford University Child and Adolescent Psychiatry Fellowship (2016) CA
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2014)
- Residency: University of Massachusetts Psychiatry Residency (2014) MA
- Medical Education: Kasturba Medical College (2009) India

Publications

PUBLICATIONS

- **Sexual Health in Child and Adolescent Psychiatry: Multi-Site Implementation Through Synchronized Videoconferencing of an Educational Resource Using Standardized Patients** *FRONTIERS IN PSYCHIATRY*
Drozdownicz, L., Gordon, E., Shapiro, D., Jacobson, S., Zalpuri, I., Stewart, C., Lewis, A., Robinson, L., Myint, M., Daniolos, P., Williamson, E. D., Pleak, R., Graeff Martins, et al
2020; 11: 593101
- **Trainees on Technological Terrain: a Video Vignette-Based Tool to Teach E-Professionalism.** *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*
Zalpuri, I. n., Domakonda, M. n., Wrzosek, M. n., DeJong, S. n.
2020
- **Child and adolescent asynchronous technology competencies for clinical care and training: Scoping review.** *Families, systems & health : the journal of collaborative family healthcare*
Hilty, D. M., Zalpuri, I. n., Torous, J. n., Nelson, E. L.
2020
- **Clinical Conundrum: How do you treat youth with depression and a family history of bipolar disorder?** *BIPOLAR DISORDERS*
Angal, S., DelBello, M., Zalpuri, I., Singh, M. K.
2019; 21 (4): 383–86
- **Pharmacological Approaches for Treating Suicidality in Adolescents** *EVIDENCE-BASED TREATMENT APPROACHES FOR SUICIDAL ADOLESCENTS: TRANSLATING SCIENCE INTO PRACTICE*
Zalpuri, I., Singh, M. K., Berk, M.
2019: 293–331
- **Principles of Treatment of Mood Disorders Across Development** *CLINICAL HANDBOOK FOR THE DIAGNOSIS AND TREATMENT OF PEDIATRIC MOOD DISORDERS*
Zalpuri, I., Singh, M., Singh, M. K.
2019: 83–104
- **Social Media and Networking Competencies for Psychiatric Education: Skills, Teaching Methods, and Implications.** *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*
Zalpuri, I., Liu, H. Y., Stubbe, D., Wrzosek, M., Sadhu, J., Hilty, D.
2018
- **Therapeutic Assignments: Piloting a Way for Medical Students on the Psychiatry Clerkship to Interact with Patients Beyond the Initial Interview.** *Academic psychiatry*

Zalpuri, I., Dvir, Y.
2017

- **Treatment of psychiatric symptoms among offspring of parents with bipolar disorder.** *Current treatment options in psychiatry*
Zalpuri, I. n., Singh, M. K.
2017; 4 (4): 341-56
- **Does psychosis increase the risk of suicide in patients with major depression? A systematic review** *JOURNAL OF AFFECTIVE DISORDERS*
Zalpuri, I., Rothschild, A. J.
2016; 198: 23-31
- **Relationship between serum uric acid level and cardiometabolic risks in nondiabetic patients with schizophrenia** *INTERNATIONAL CLINICAL PSYCHOPHARMACOLOGY*
Rajan, S., Zalpuri, I., Harrington, A., Cimpeanu, C., Song, X., Fan, X.
2016; 31 (1): 51-56
- **Decisional Capacity in Pregnancy: A Complex Case of Pregnancy Termination** *PSYCHOSOMATICS*
Zalpuri, I., Byatt, N., Gramann, S. B., Dresner, N., Brendel, R.
2015; 56 (3): 292-297