



Rania Awaad

Clinical Associate Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICES

- **Psychiatry**

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Bio

BIO

Rania Awaad, M.D., is a practicing Psychiatrist based at the Stanford University School of Medicine. She is a Clinical Associate Professor in the Stanford Department of Psychiatry and Behavioral Sciences and pursues her clinical practice through the department's community psychiatry track. She is also a researcher and the Director of the Stanford Muslims and Mental Health Lab where she mentors and oversees multiple lines of research focused on Muslim mental health. She completed her psychiatric residency training at Stanford Hospital and Clinics where she also pursued a postdoctoral clinical research fellowship with the National Institute of Mental Health (NIMH). Her research and clinical work are focused on the mental health needs of Muslims. She has been the recipient of several awards and grants for her work.

Through community partnerships established by the Stanford Department of Psychiatry, she is currently the Psychiatric Director of the El Camino Women's Medical Group (Mountain View and San Jose) where she pursues her interest in women's mental health. Additionally, through another community partnership with the Stanford Department of Psychiatry, she serves as the Clinical Director of the Bay Area branch of the Khalil Center (Santa Clara), a spiritual wellness center pioneering the application of traditional Islamic spiritual healing methods to modern clinical psychology.

Dr. Awaad also has an interest in refugee mental health and has traveled to Amman, Jordan multiple times with the Care Program for Refugees (CPR) sponsored by Al-Alusi Foundation, a local non-profit organization. She has worked on developing and presenting a "train the trainers" curriculum to aid workers and therapists in Amman working with Syrian and Iraqi refugees. Dr. Awaad is passionate about community mental health and lectures widely nationally and internationally, particularly in communities where mental health is highly stigmatized. Recently, she was invited by President Obama to present her work on Muslim Mental Health at a convening at the Department of Health in DC. Dr. Awaad received this invitation as a leader who is nationally recognized for her work on the mental health needs of Muslim populations.

Locally, she hosts a monthly meeting at Stanford for Bay Area Muslim Mental Health Professionals (BAMMHP) that facilitates mentorship and networking opportunities for mental health professionals, paraprofessionals and students interested in working with the Muslim population. Her other interests include psycho-

spiritual well-being and interfaith work as it relates to mental health. In this vein, Dr. Awaad co-teaches a course to Stanford Psychiatry residents entitled, "Culture and Religion in Psychiatry."

Prior to studying medicine, Dr. Awaad pursued classical Islamic Studies in Damascus, Syria and holds certification (Ijaza) in Qur'an, Islamic Law and other branches of the Islamic Sciences. She is a Professor of Islamic Law at Zaytuna College, an American Muslim Liberal Arts College in Berkeley, CA. In addition, she serves as the Director of The Rahmah Foundation, a non-profit organization dedicated to educating Muslim women and girls.

CLINICAL FOCUS

- Psychiatry
- Cultural Psychiatry
- Women's Mental Health
- Muslim Mental Health
- Refugee Mental Health

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences

ADMINISTRATIVE APPOINTMENTS

- Director, Stanford Muslims and Mental Health Lab, (2014- present)
- Psychiatric Director, El Camino Women's Medical Group, (2015- present)
- Clinical Director, Khalil Center- Bay Area, (2015- present)

HONORS AND AWARDS

- APA/SAMHSA Minority Fellowship Award, American Psychiatric Association/Substance Abuse and Mental Health Services Administration (2011-2013)
- Arnold P. Gold Foundation Award for Humanism and Excellence in Teaching, Arnold P. Gold Foundation (2011)
- Young Investigators Award, American Psychiatric Association (2009)
- Minorities in Mental Health APA Travel Scholarship, American Psychiatric Association (2008-2009)
- Program for Minority Research Training in Psychiatry National Research Service Award (NRSA), American Psychiatric Institute for Research and Education and NIMH (2008-2009)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Founder and Member, Community Advisory Board on Muslim Mental Health (2016 - present)
- Fellow, Stanford Center of Global Innovation in Global Health (2015 - present)
- Reviewer, Journal of Muslim Mental Health (2015 - present)
- Advisor and Host, Bay Area Muslim Mental Health Professionals (2014 - present)
- Education Committee Member, Society for the Study of Cultural Psychiatry (2014 - present)
- Reviewer, Journal of Academic Psychiatry (2014 - present)
- Admissions Committee Member, Zaytuna College (2013 - present)
- Member, Stanford Community Mental Health Committee (2013 - present)
- Member, APA Council of Healthcare Systems and Financing (2011 - 2013)
- Member, Stanford Society for Physician Scholars (2010 - present)
- Member, California Psychiatric Society (2010 - present)
- Founding Director, The Rahmah Foundation (2008 - present)

- Member, American Psychiatric Association (2008 - present)
- Member, Physicians for Human Rights (2005 - present)
- Member, Phi Rho Sigma Medical Society (2005 - present)

PROFESSIONAL EDUCATION

- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2015)
- Fellowship, Stanford University School of Medicine , T32 NIMH Clinical Research Fellowship (2014)
- Residency: Stanford Hospital and Clinics (2014) CA
- Medical Education: Wright State University Boonshoft School of Medicine (2009) OH

COMMUNITY AND INTERNATIONAL WORK

- Community Based Participatory Research (CBPR) with American Muslim Community
- Capacity Building Pilot Project, Sacramento Muslim Community
- Bay Area Muslim Mental Health Professionals
- Mental Health Emergency response team
- The Khalil Center
- El Camino Women's Medical Group
- Train the Trainers Curriculum Refugee Mental Health

LINKS

- Stanford Muslims and Mental Health Lab: <http://med.stanford.edu/psychiatry/research/MuslimMHLab.html>
- "Psychiatrist Forwards Understanding of Islam, MH Care for Muslim Women": <http://psychnews.psychiatryonline.org/doi/full/10.1176/appi.pn.2015.5b22>
- "Learning About Spirituality Improves Competency": <http://psychnews.psychiatryonline.org/doi/full/10.1176/appi.pn.2015.1b13>
- Muslim Wellness Foundation Professional Spotlight: <https://twitter.com/mwfnational/status/567751495148638208>
- The Khalil Center, Community Partner: www.khalilcenter.com
- El Camino Women's Medical Group, community partner: www.elcaminowomen.com
- The Rahmah Foundation: www.therahmahfoundation.org

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

As the Director of the Muslims and Mental Health Lab, Dr. Awaad is dedicated to creating an academic home for the study of mental health as it relates to the Islamic faith and Muslim populations. The lab aims to provide the intellectual resources to clinicians, researchers, trainees, educators, community and religious leaders working with or studying Muslims.

Current lines of research include:

- Community Based Participatory Research (CBPR) with American Muslim Community
- Historical representations of Mental Health in the Muslim world
- Psychometric Scales Specific to Muslims
- Islamic Framework for Mental Health
- Social Justice and Muslim Mental Health
- International and Refugee Mental Health

- Resources for Muslim Mental Health Researchers (Resource Information Networks)

Teaching

COURSES

2019-20

- Islamic Psychology: PSYC 244 (Spr)
- Psychology of Xenophobia: PSYC 86Q (Win)

2018-19

- Psychology of Xenophobia: PSYC 86Q (Aut)

STANFORD ADVISEES

Med Scholar Project Advisor

Besher Ashouri

Publications

PUBLICATIONS

- **US policy of public charge inadmissibility and refugee suicides** *LANCET PSYCHIATRY*
Awaad, R., Dailami, M., Nouredine, N.
2020; 7 (3): E12
- **US policy of public charge inadmissibility and refugee suicides.** *The lancet. Psychiatry*
Awaad, R., Dailami, M., Nouredine, N.
2020; 7 (3): e12
- **Considerations for clinicians treating Muslim patients with psychiatric disorders during Ramadan** *LANCET PSYCHIATRY*
Furqan, Z., Awaad, R., Kurdyak, P., Husain, M. I., Husain, N., Zaheer, J.
2019; 6 (7): 556–57
- **Considerations for clinicians treating Muslim patients with psychiatric disorders during Ramadan.** *The lancet. Psychiatry*
Furqan, Z., Awaad, R., Kurdyak, P., Husain, M. I., Husain, N., Zaheer, J.
2019
- **Facilitating mental health screening of war-torn populations using mobile applications** *SOCIAL PSYCHIATRY AND PSYCHIATRIC EPIDEMIOLOGY*
Hashemi, B., Ali, S., Awaad, R., Soudi, L., Housel, L., Sosebee, S. J.
2017; 52 (1): 27-33
- **A Muslim Graduate Student From Sudan Trapped by the Travel Ban.** *The American journal of psychiatry*
Awaad, R.
2017; 174 (10): 925–26
- **Facilitating mental health screening of war-torn populations using mobile applications.** *Social psychiatry and psychiatric epidemiology*
Hashemi, B., Ali, S., Awaad, R., Soudi, L., Housel, L., Sosebee, S. J.
2016: -?
- **A modern conceptualization of phobia in al-Balkhi's 9th century treatise: Sustenance of the Body and Soul.** *Journal of anxiety disorders*
Awaad, R., Ali, S.
2016; 37: 89-93
- **A Process-Oriented Approach to Teaching Religion and Spirituality in Psychiatry Residency Training.** *Academic psychiatry*
Awaad, R., Ali, S., Salvador, M., Bandstra, B.
2015; 39 (6): 654-660

- **Obsessional Disorders in al-Balkhi's 9th century treatise: Sustenance of the Body and Soul** *JOURNAL OF AFFECTIVE DISORDERS*
Awaad, R., Ali, S.
2015; 180: 185-189
- **A Journey of Mutual Growth: Mental Health Awareness in the Muslim Community** *Partnerships in Mental Health*
Awaad, R.
edited by Roberts, L.
Springer International Publishing Switzerland .2015

PRESENTATIONS

- At a Cross Roads: Islam and Mental Health - Muslim Mental Health Community Day
- Mobilizing Muslim Mental Health Professionals - Muslim Wellness Foundation
- A Millennium before DSM: al-Balkhi on Obsessional Disorders - Conference on Medicine and Religion
- Attitudes and Perceptions of Muslim Women towards Mental Health - " Santa Clara County Grand Rounds
- Development of the Muslims' Perceptions and Attitudes to Mental Health (M-PAMH) Scale - 166th American Psychiatric Association Annual Meeting
- Brain Based Therapy and Trauma: A Culturally Congruent Approach to Refugees in Jordan - Muslim Mental Health Conference
- A Can of Worms: Teaching Content while Respecting Process in a Culture and Spirituality Course. - 1st International Congress on Religious-Spiritual Counseling
- A Can of Worms: Teaching Content while Respecting Process in a Culture and Spirituality Course - Conference on Medicine and Religion
- . Empowered Women's Health: Nourishing Our Bodies, Caring for Ourselves - 7th Annual Arab Women's Conference, Arab Cultural and Community Center
- Stressed Out: The Struggle for Success - Zaytuna College
- Cloud 9: A Seminar on Marital Expectations and Management - Islamic Society of Milwaukee
- The Art of Marriage: Fostering Love and Mercy - 1st Annual Community Wellness Conference, Khalil Center
- Coping with Tragedy and Fear" in response to the Chapel Hill Shootings - Muslim Community Association
- Perceptions of Mental Illness among American Muslim Women - International Congress of Early Career Psychiatrists
- Women in Islam - Islam Awareness Month, Stanford University