



## Rania Awaad, MD

Clinical Associate Professor, Psychiatry and Behavioral Sciences

### CLINICAL OFFICES

- **Psychiatry**

401 Quarry Rd Ste 2114

MC 5723

Stanford, CA 94305

**Tel** (650) 498-9111      **Fax** (650) 724-9900

- **El Camino Women's Medical Group**

2495 Hospital Dr Ste 670

Mountain View, CA 94040

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### Bio

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#### BIO

Rania Awaad, M.D. is a Clinical Associate Professor of Psychiatry at the Stanford University School of Medicine where she is the Director of the Stanford Muslim Mental Health & Islamic Psychology Lab as well Stanford University's Affiliate Chaplain. She also serves as the Associate Division Chief for Public Mental Health and Population Sciences as well as the Section Co-Chief of Diversity and Cultural Mental Health. In addition, she is a faculty member of the Abbasi Program in Islamic Studies at Stanford University. She pursued her psychiatric residency training at Stanford where she also completed a postdoctoral clinical research fellowship with the National Institute of Mental Health (NIMH).

As a nationally recognized leader in Muslim mental health, Dr. Awaad has been invited by Presidents Obama and Biden, the CDC, HHS and SAMHSA to present her work at national convenings in DC. She has pioneered by establishing the first Muslim Mental Health Community Advisory Board (BAMMH CAB) in the US. Dr. Awaad has also established multiple Muslim mental health clinics as well as custom-tailored clinical and educational training programs for clinicians, religious and community leaders to address the mental health needs of Muslim communities.

Through community partnerships established by the Stanford Department of Psychiatry, Dr. Awaad is currently the Psychiatric Director of the El Camino Women's Medical Group where she pursues her interest in women's mental health. Additionally, she serves as the Executive Director of Maristan, a holistic mental health nonprofit serving Muslim communities. Previously, she served as the founding Clinical Director of the Bay Area branch of the Khalil Center.

Her courses at Stanford range from teaching a pioneering course on Islamic Psychology (PSYC 144/244), to instructing medical students, psychiatry residents and clinical psychology trainees on implicit bias and integrating culture and religion into medical care (PAU's CLDV 700 and Stanford's PGY-3 "Culture and Religion

in Psychiatry”), to teaching undergraduate and graduate students the psychology of xenophobia (PSYC 86Q). Some of her recent academic publications include an edited volume on "Islamophobia and Psychiatry" (Springer, 2019), "Applying Islamic Principles to Clinical Mental Health" (Routledge, 2020) and an upcoming clinical textbook on Muslim Mental Health for the American Psychiatric Association. She has also produced a toolkit, fact sheet, CME course on Muslim mental health for the APA.

Dr. Awaad is particularly passionate about uncovering the historical roots of mental health care in the Islamic intellectual heritage and has two upcoming books on the topic. In addition, she is affiliate faculty of Islamic Psychology at the Cambridge Muslim College and The Islamic Seminary of America. She is also a Senior Fellow at the Yaqeen Institute and the Institute for Social Policy and Understanding. She 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. She worked on developing and presenting a "train the trainers" curriculum to aid workers and therapists in Amman working with Syrian and Iraqi refugees.

Prior to studying medicine, she pursued classical Islamic studies in Damascus, Syria and holds certifications (ijaza) in Qur'an, Islamic Law and other branches of the Islamic Sciences. Dr. Awaad has also previously served as the first female Professor of Islamic Law at Zaytuna College, a 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. Dr. Awaad been the recipient of several awards and grants for her work. She is a nationally recognized speaker, award-winning teacher, researcher and author in both the Islamic and medical sciences. Follow her @Dr.RaniaAwaad

## **CLINICAL FOCUS**

- Psychiatry
- Muslim Mental Health
- Faith, Spirituality, Religion and Mental Health
- Cultural Psychiatry
- Women's Mental Health
- Refugee Mental Health

## **ACADEMIC APPOINTMENTS**

- Clinical Associate Professor, Psychiatry and Behavioral Sciences

## **ADMINISTRATIVE APPOINTMENTS**

- Associate Chief, Division of Public Mental Health and Population Sciences, (2020- present)
- Co-Chief, Diversity Section, Adult Psychiatry, (2020- present)
- Co-Chief, Diversity Retention and Recruitment, (2020- present)
- Chief, centerspace Clinic, (2020- present)
- Director, Stanford Muslim Mental Health & Islamic Psychology Lab, (2014- present)
- Psychiatric Director, El Camino Women's Medical Group, (2015- present)
- Clinical Director, Khalil Center- Bay Area, (2015-2020)

## **HONORS AND AWARDS**

- Department Faculty Professional and Leadership Award, Stanford University School of Medicine (2021)
- Outstanding Faculty Teaching Award, Stanford Psychiatry Residency Program (2021)
- Stanford Leadership Development Program, Stanford University (2020-2021)
- Top 25 Faith and Spiritual Influencers of 2020 Award, HolyTV (2020)

- Community Achievement Award for exceptional commitment to promoting mental health wellbeing, ACCESS California (2019)
- Faculty Teaching Award, Stanford University School of Medicine (2019)
- Annual Leadership Award, Muslim Coalition of Connecticut (2018)
- Islamic Psychology Researcher of the Year Award, University of Southern California (2018)
- Stanford Outstanding Community Partnership Award, Stanford University Office of Community Engagement (2017)
- 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**

- Advisor, Stanford Public Psychiatry Track, Stanford Psychiatry Adult Residency Program Advisory Committee (2021 - present)
- Advisory Board Member, International and National Board of the Centre for Islamic Psychology (Pakistan) (2021 - present)
- Advisory Board Member, Al-Balkhi Institute of Islamic Psychology Research (UK) (2021 - present)
- Affiliate Chaplain, Stanford University (2021 - present)
- Content Expert, Special Taskforce on Spirituality, International Islamic University Malaysia (Malaysia) (2021 - present)
- Executive Director, Maristan (2021 - present)
- Advisory Board Member, Islamic Association of Social and Educational Professions (Germany) (2020 - present)
- Chair, Diversity Coalition, Stanford Psychiatry Department (2020 - present)
- Member, Chair's Diversity, Equity and Inclusion Advisory Committee (2020 - present)
- Senior Fellow, Institute of Social Policy and Understanding (2020 - present)
- Mentor, LEAD (Leadership Education in Advancing Diversity), Stanford Medicine (2020 - 2021)
- Search Committee member, Associate Dean for Muslim Life, Stanford University (2020 - 2021)
- Senior Fellow, Yaqeen Institute (2019 - present)
- Interim Chaplain, Stanford University (2019 - 2021)
- Advisor, Muslim Student Association (MSA) West (2018 - present)
- Fellow, International Association of Islamic Psychology (2018 - present)
- Faculty Steering Committee member, Haas Center for Public Service, Stanford University (2018 - 2021)
- Committee Member, Diversity and Inclusion Faculty Wellness Workgroup, Department of Psychiatry, Stanford University SOM (2018 - 2020)
- Faculty Steering Committee member, Stanford Refugee Research Project, Stanford University (2018 - 2020)
- Board Member, Abbasi Program in Islamic Studies Education Advisory Board, Stanford University (2017 - present)
- Faculty Advisor, Muslim Student Union, Stanford University (2017 - present)
- Founder and Member, Community Advisory Board on Muslim Mental Health (2016 - present)
- Reviewer, Journal of Muslim Mental Health (2015 - present)
- Senior Fellow, Stanford Center of Global Innovation in Global Health (2015 - present)
- Advisor and Host, Bay Area Muslim Mental Health Professionals (2014 - present)
- Consultant, Care Program for Refugees/ Al-Alusi Foundation (2014 - present)
- Reviewer, Journal of Academic Psychiatry (2014 - present)

- Education Committee Member, Society for the Study of Cultural Psychiatry (2014 - 2016)
- Member, Stanford Community Mental Health Committee (2013 - present)
- Admissions Committee Member, Zaytuna College (2013 - 2018)
- Member, APA Council of Healthcare Systems and Financing (2011 - 2013)
- Member, California Psychiatric Society (2010 - present)
- Member, Stanford Society for Physician Scholars (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**

- Maristan
- 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
- 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>
- El Camino Women's Medical Group, community partner: [www.elcaminowomen.com](http://www.elcaminowomen.com)
- The Rahmah Foundation: [www.therahmahfoundation.org](http://www.therahmahfoundation.org)

## **Research & Scholarship**

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### **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

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### COURSES

#### 2021-22

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

#### 2020-21

- Islamic Psychology: PSYC 144, PSYC 244 (Spr)
- Psychology of Xenophobia: PSYC 86Q (Win)

#### 2019-20

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

#### 2018-19

- Psychology of Xenophobia: PSYC 86Q (Aut)

## Publications

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### PUBLICATIONS

- **Improving Recruitment for Mental Health Research in Muslim American Women : Research Recruitment in Muslim American Women.** *Community mental health journal*  
Awaad, R., Abolaban, H., Maklad, S., Ahmad, R., Koopman, C.  
2021
- **Suicide Attempts of Muslims Compared With Other Religious Groups in the US.** *JAMA psychiatry*  
Awaad, R., El-Gabalawy, O., Jackson-Shaheed, E., Zia, B., Keshavarzi, H., Moghed, D., Altalib, H.  
2021
- **Predicting rejection attitudes toward utilizing formal mental health services in Muslim women in the US: Results from the Muslims' perceptions and attitudes to mental health study.** *The International journal of social psychiatry*  
Ali, S., Elsayed, D., Elahi, S., Zia, B., Awaad, R.  
2021: 207640211001084
- **THE MENTAL HEALTH CHALLENGES FACING MUSLIM YOUTH IN THE ERA OF COVID-19**  
Adam, B. S., Awaad, R. Y., Abbasi, F. Z.  
ELSEVIER SCIENCE INC.2021: S16
- **BELIEFS AND BEHAVIORS OF TRANSITIONAL-AGED MUSLIM YOUTH IN COVID-19**  
Awaad, R. Y.  
ELSEVIER SCIENCE INC.2021: S17
- **Common and Country-Specific Characteristics Associated With Suicidality in the Arab Region.** *The Journal of clinical psychiatry*

- Daouk, S., Awaad, R., Ahmed, B., Barakat, S., Munoz, R. F., Leykin, Y.  
2020; 82 (1)
- **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. n., Dailami, M. n., Nouredine, N. n.  
2020; 7 (3): e12
  - **Development and Validation of the Muslims' Perceptions and Attitudes to Mental Health (M-PAMH) Scale with a Sample of American Muslim Women** *JOURNAL OF MUSLIM MENTAL HEALTH*  
Awaad, R., Fisher, A. J., Ali, S., Rasgon, N.  
2019; 13 (2): 119–35
  - **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
  - **A Muslim Graduate Student From Sudan Trapped by the Travel Ban.** *The American journal of psychiatry*  
Awaad, R.  
2017; 174 (10): 925-926
  - **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
  - **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