



Smita Das

Clinical Associate Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **Psychiatry Department**

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Bio

BIO

Smita Das, MD, PhD, MPH is Board Certified in Psychiatry, Addiction Psychiatry and Addiction Medicine. Dr. Das studied Chemistry and Statistics at Stanford, completed her Masters in Public Health at Dartmouth College, and then completed her MD/PhD in Community Health at the University of Illinois at Urbana Champaign. She completed psychiatry residency and was chief resident at Stanford followed by an addiction psychiatry fellowship at UCSF. She has over 2 decades of experience in research in healthcare quality and addiction. Dr. Das is chair of the APA Council on Addiction Psychiatry and has been a member for over a decade. She has been a leader in the Northern California Psychiatric Society since 2012 and is a Past President of the APA District Branch. Prior to her position as Medical Director of Psychiatry at Lyra Health, Dr. Das was Director of Addiction Treatment Services at the Palo Alto VA. In addition to her work at Lyra, Dr. Das practices in addictions at Stanford School of Medicine where she is a Clinical Associate Professor.

CLINICAL FOCUS

- Addiction Psychiatry

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences

ADMINISTRATIVE APPOINTMENTS

- Chair, Council on Addiction Psychiatry, American Psychiatric Association, (2021- present)
- President Elect, President, Immediate Past President, Northern California Psychiatric Society, American Psychiatric Association District Branch, (2018-2021)

HONORS AND AWARDS

- Committee Member of the Year, Northern California Psychiatric Society (2018)
- Young Investigator Award, American Society of Addiction Medicine (2016)
- Addiction Fellowship, Substance Abuse and Mental Health Services Administration (2015)
- George Ginsberg MD Fellowship, American Association for Directors of Psychiatric Residency Training (2015)
- Miller Paper Award, Stanford Psychiatry and Behavioral Sciences (2015)

- Outstanding Resident Award, Stanford Psychiatry and Behavioral Sciences (2015)
- Ruth Fox Scholarship, American Society of Addiction Medicine (2015)
- Leadership Fellowship, Association of Women Psychiatrists (2014)
- Resident Recognition Award, American Psychiatric Association (2014)
- Resident Travel Scholarship, American Academy of Addiction Psychiatry, NIDA Sponsored (2014)
- American Psychiatric Leadership Fellow, American Psychiatric Association (2013)
- Miller Foundation Research Grant, Stanford Psychiatry (2013)
- Member, Arnold P. Gold Humanism in Medicine Honor Society (2011)
- The David Mortimer Olkon Scholarship in Psychiatry and Neurology, University of Illinois (2011)
- The David and Nancy Morse Scholarship, University of Illinois (2011)
- The O'Morchoe Award for Excellence in the Promotion of Learning by Medical Students, University of Illinois (2011)
- First place, Oral Vignette Competition, Research Symposium, University of Illinois (2010)
- William H. Creswell Award for Outstanding Graduate Student, Community Health University of Illinois (2008)
- Outstanding Teacher among those rated as Excellent, University of Illinois (2006)
- Best Scientific Poster, Annual Meeting of the Society of Behavioral Medicine (2003)
- Silicon Valley Scholars 20,000 award Recipient, Intel/Noyce Foundation (2000)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Council Member, Center for Workplace Mental Health's Advisory Council, American Psychiatric Association Foundation (2023 - present)
- Appointed Member, AMA Task force on Cannabis (2020 - present)
- Member and former Ruth Fox Fellow, American Society of Addiction Medicine (2015 - present)
- Council Member, Council on Addiction Psychiatry, American Psychiatric Association (2014 - present)
- Councilor, Council on Addictions, American Psychiatric Association (2014 - present)
- Member, American Academy of Addiction Psychiatry (2014 - present)
- Member and Leadership Fellow (former), Association of Women Psychiatrists (2014 - present)
- Scholar, Stanford Society of Physician Scholars (2014 - present)
- Secretary, Northern California Psychiatric Society (APA District Branch) (2014 - 2016)
- Member, Leadership Fellow, SAMHSA fellow, American Psychiatric Association (2013 - 2016)

PROFESSIONAL EDUCATION

- Board Certification: Addiction Medicine, American Board of Preventive Medicine (2020)
- Board Certification: Addiction Psychiatry, American Board of Psychiatry and Neurology (2016)
- Fellowship: UCSF Addiction Psychiatry Fellowship (2016) CA
- Residency: Stanford University Adult Psychiatry Residency (2015) CA
- Board Certified, American Board of Psychiatry & Neurology , Psychiatry (2015)
- MD, University of Illinois at Urbana Champaign (2011)
- PhD, University of Illinois at Urbana Champaign , Community Health (2010)
- MPH, Dartmouth College , Public Health (2005)
- BS, Stanford University , Chemistry, Statistics (2004)

Publications

PUBLICATIONS

- **Telemental Health Collaborative Care Medication Management: Implementation and Outcomes** *TELEMEDICINE AND E-HEALTH*
Das, S., Wang, J., Chen, S., Chen, C. E.
2021
- **Primary Care Is Essential in Screening, Treating, and Referring People for Unhealthy Drug Use.** *American family physician*
Weissman-Ward, A., Das, S.
2021; 103 (12): 711-712
- **E-Cigarette Use and Perceptions Among Veterans Receiving Outpatient Treatment in Veterans Affairs Substance Use and Mental Health Clinics.** *Military medicine*
Dixit, D., Herbst, E., Das, S.
2020
- **Problematic Use of a Smartphone Game Leading to Excessive Spending**
Kleinman, R., Das, S.
WILEY.2020: 216–17
- **Excessive Spending in a "Free-to-Play" Smartphone Game.** *The American journal on addictions*
Kleinman, R. A., Das, S. n.
2020
- **The CBD Dialectic in Mental Health: Benign and Powerful?** *Psychiatric services (Washington, D.C.)*
Das, S.
2019: appips201900394
- **E-Cigarettes: Harmful or Harm-Reducing? Evaluation of a Novel Online CME Program for Health Care Providers.** *Journal of general internal medicine*
Fielding-Singh, P. n., Brown-Johnson, C. n., Oppezzo, M. n., Das, S. n., Jackler, R. n., Prochaska, J. J.
2019
- **Tobacco use disorder and treatment: new challenges and opportunities** *DIALOGUES IN CLINICAL NEUROSCIENCE*
Ziedonis, D., Das, S., Larkin, C.
2017; 19 (3): 271-+
- **Treating Smoking in Adults With Co-occurring Acute Psychiatric and Addictive Disorders.** *Journal of addiction medicine*
Das, S., Hickman, N. J., Prochaska, J. J.
2017
- **Innovative approaches to support smoking cessation for individuals with mental illness and co-occurring substance use disorders.** *Expert review of respiratory medicine*
Das, S. n., Prochaska, J. J.
2017; 11 (10): 841–50
- **Smoking, Mental Illness, and Public Health.** *Annual review of public health*
Prochaska, J. J., Das, S., Young-Wolff, K. C.
2016
- **Intravenous Use of Intranasal Naloxone: A Case of Overdose Reversal.** *Substance abuse*
Das, S., Shah, N., Ghadiali, M.
2016: 0
- **Smoking Trends Among Adults With Behavioral Health Conditions in Integrated Health Care: A Retrospective Cohort Study.** *Psychiatric services*
Young-Wolff, K. C., Kline-Simon, A. H., Das, S., Mordecai, D. J., Miller-Rosales, C., Weisner, C.
2016; 67 (9): 996-1003
- **Update on Smoking Cessation: E-Cigarettes, Emerging Tobacco Products Trends, and New Technology-Based Interventions.** *Current psychiatry reports*
Das, S., Tonelli, M., Ziedonis, D.

2016; 18 (5): 51

- **Addiction Training: Striving to Fill an Unmet Need.** *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*
 Das, S. n., Roberts, L. W.
 2016
- **Prospective Validation Study of the Prediction of Alcohol Withdrawal Severity Scale (PAWSS) in Medically Ill Inpatients: A New Scale for the Prediction of Complicated Alcohol Withdrawal Syndrome** *ALCOHOL AND ALCOHOLISM*
 Maldonado, J. R., Sher, Y., Das, S., Hills-Evans, K., Frenklach, A., Lolak, S., Talley, R., Neri, E.
 2015; 50 (5): 509-518
- **Smoking & Mental Illness: Strategies to Increase Screening, Assessment & Treatment** *The Journal of Lifelong Learning in Psychiatry*
 Zidonis, D., Das, S., Tonelli, M.
 2015; 12 (3): 290-306
- **Chapter 144: Tobacco, Smoking and Mental Health** *Encyclopedia of Mental Health*
 Das, S., Prochaska, J. J.
 Elsevier .2015; 2
- **Bus therapy: a problematic practice in psychiatry.** *JAMA psychiatry*
 Das, S., Fromont, S. C., Prochaska, J. J.
 2013; 70 (11): 1127-1128
- **Cytisine, the world's oldest smoking cessation aid.** *BMJ (Clinical research ed.)*
 Prochaska, J. J., Das, S., Benowitz, N. L.
 2013; 347: f5198-?
- **Cytisine, the world's oldest smoking cessation aid** *British Medical Journal*
 Prochaska, J. J., Das, S., Benowitz, N. L.
 2013; 347 (f5198)
- **Infection and the Risk of Topical Anesthetic Induced Clinically Significant Methemoglobinemia after Transesophageal Echocardiography** *ECHOCARDIOGRAPHY-A JOURNAL OF CARDIOVASCULAR ULTRASOUND AND ALLIED TECHNIQUES*
 Vallurupalli, S., Das, S., Manchanda, S.
 2010; 27 (3): 318-323
- **Clinical efficacy of beta1 selective adrenergic blockers in the treatment of neurocardiogenic syncope - a meta-analysis.** *Clinical pharmacology : advances and applications*
 Vallurupalli, S., Das, S.
 2010; 2: 163-167
- **Reliability of self-report: paper versus online administration** *COMPUTERS IN HUMAN BEHAVIOR*
 Luce, K. H., Winzelberg, A. J., Das, S., Osborne, M. I., Bryson, S. W., Taylor, C. B.
 2007; 23 (3): 1384-1389
- **Who pays for poor surgical quality? Building a business case for quality improvement** *JOURNAL OF THE AMERICAN COLLEGE OF SURGEONS*
 Dimick, J. B., Weeks, W. B., Karia, R. J., Das, S., Campbell, D. A.
 2006; 202 (6): 933-937
- **Application of an algorithm-driven protocol to simultaneously provide universal and targeted prevention programs** *INTERNATIONAL JOURNAL OF EATING DISORDERS*
 Luce, K. H., Osborne, M. I., Winzelberg, A. J., Das, S., Abascal, L. B., Celio, A. A., Wilfley, D. E., Stevenson, D., Dev, P., Taylor, C. B.
 2005; 37 (3): 220-226
- **Dissemination of an effective inpatient tobacco use cessation program** *NICOTINE & TOBACCO RESEARCH*
 Taylor, C. B., Miller, N. H., Cameron, R. P., Fagans, E. W., Das, S.
 2005; 7 (1): 129-137
- **Reliability of Self-Report: Paper versus Online Administration** *Computers in Human Behavior*
 Luce, K. H., Winzelberg, A. J., Das, S., Osborne, M., Bryson, S. W., Taylor, C. B.

2003; 23 (3): 1384-1389

PRESENTATIONS

- HEARING ON "COMBATting AN EPIDEMIC: LEGISLATION TO HELP PATIENTS WITH SUBSTANCE USE DISORDERS" - Congressional Subcommittee on Health