



Smita Das

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICES

- **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 20 years of experience in research in healthcare quality and addiction. Dr. Das has an appointment to the APA Addiction Council. She has been a leader in the Northern California Psychiatric Society since 2012 and is now 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 Assistant Professor.

CLINICAL FOCUS

- Psychiatry

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences

HONORS AND AWARDS

- 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

- Member, Leadership Fellow, SAMHSA fellow, American Psychiatric Association (2013 - 2016)
- Member and Leadership Fellow (former), Association of Women Psychiatrists (2014 - present)
- Member and former Ruth Fox Fellow, American Society of Addiction Medicine (2015 - present)
- Member, American Academy of Addiction Psychiatry (2014 - present)
- Scholar, Stanford Society of Physician Scholars (2014 - present)
- Councilor, Council on Addictions, American Psychiatric Association (2014 - present)
- Secretary, Northern California Psychiatric Society (APA District Branch) (2014 - present)

PROFESSIONAL EDUCATION

- Board Certification, American Board of Preventive Medicine , Addiction Medicine (2020)
- Board Certification: Addiction Psychiatry, American Board of Psychiatry and Neurology (2016)
- Fellowship: UCSF Addiction Psychiatry Fellowship (2016) CA
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2015)
- Residency: Stanford University Adult Psychiatry Residency (2015) CA
- Medical Education: University of Illinois at Chicago College of Medicine Urbana (2011) IL
- Board Certified, American Board of Psychiatry and Neurology , Addiction Psychiatry (2016)
- Board Certified, American Board of Psychiatry & Neurology , Psychiatry (2015)
- Addiction Psychiatry Fellowship, UCSF (2016)
- Psychiatry Residency, Stanford Psychiatry and Behavioral Sciences (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

- **Excessive Spending in a "Free-to-Play" Smartphone Game.** *The American journal on addictions*
Kleinman, R. A., Das, S.
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., Brown-Johnson, C., Oppezzo, M., Das, S., Jackler, R., 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., 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
- **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
- **Intravenous Use of Intranasal Naloxone: A Case of Overdose Reversal.** *Substance abuse*
Das, S., Shah, N., Ghadiali, M.
2016: 0
- **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., 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
- **Chapter 144: Tobacco, Smoking and Mental Health** *Encyclopedia of Mental Health*
Das, S., Prochaska, J. J.
Elsevier .2015; 2
- **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

- **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-?
- **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