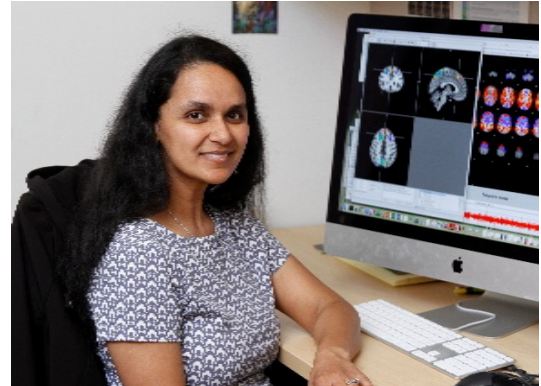


# Faculty Spotlight:

## Manpreet K. Singh, MD, MS

### **Manpreet K. Singh, MD, MS**

*Associate Professor, Psychiatry and Behavioral Sciences  
Director, Pediatric Mood Disorders Program  
Director, Pediatric Emotion And Resilience Lab*



*“We are bringing about a powerful renaissance in the understanding of early onset mood disorders by integrating clinical, neuroimaging, genetic and neuroendocrine tools.”*

### **Mood disorders typically manifest early in life.**

Yet they are more difficult to diagnose in children. Today, clinicians and researchers believe that mood disorders in children and adolescents remain one of the most underdiagnosed mental health problems.

As Director of the Pediatric Mood Disorders Program and the Pediatric Emotion and Resilience Lab, Dr. Manpreet Singh passionately engages in the clinical, research, and teaching missions in the Department of Psychiatry and Behavioral Sciences. Her goal is to accelerate understanding and treatment in youth with or at high risk for developing lifelong mood disorders. She believes that **if it is predictable, it is preventable**. That is, if we can identify symptoms early in life, we can prevent them from progressing to more disabling chronic conditions.

Dr. Singh leads a multidisciplinary team that evaluates and treats youth with a spectrum of mood disorders as young as age 2 and well into their 20s. Her research investigates the origins and pathways for developing mood disorders during childhood, as well as discovering methods to

protect and preserve function after symptoms begin. After completing her National Institute of Mental Health career development award that characterized emotion regulation in healthy offspring of parents with bipolar disorder, she received a Faculty Scholar Award in Pediatric Translational Medicine. Now, she is leading three independent NIMH funded studies examining mechanisms underlying mood disorders and their treatment.

In the service of preventing mood disorders from continuing for a lifetime, Dr. Singh's research portfolio is broad and deep, with exceptional potential for returns in investment. She is examining the benefits and the risks to the developing brain of medications for mood problems. She is using cutting edge strategies to directly modulate the brain using transcranial magnetic stimulation and real time neurofeedback. She is investigating the benefits of psychotherapies, such as family focused psychotherapy, and mindfulness meditation to reduce mood symptoms and family stress. All of these areas of research hold considerable promise to impact our understanding of the core mechanisms underlying mood disorders and how treatment early in life can pave the path to more adaptive outcomes.

## **Biography**

Dr. Singh earned her MD at Michigan State University and her MS at University of Michigan. She completed her combined and integrated residency training in Pediatrics, Psychiatry, and Child and Adolescent Psychiatry at Cincinnati Children's Hospital Medical Center. After two years of postdoctoral training at the Center for Interdisciplinary Brain Sciences Research at Stanford University, she joined the faculty at Stanford in 2009.



*For information on how you can support this important work, contact:*

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