

# Mihir A. Upadhyaya, M.D.

Adult, Child, Adolescent, And Emergency Psychiatrist

Qualified Psychiatrist, Academic, and Public Speaker, adept at treating patients with diverse psychiatric conditions. Well-rounded and culturally sensitive with commitment to providing first-rate emotional support to patients and family members. In-depth knowledge of varied conditions and treatment plans. Also well-versed in clinical trials, Phase I to IV.

## Work History

2020-07 - Current

### Per Diem Psychiatrist, Child and Adolescent Psychiatry

*Kaiser Permanente, Fontana Medical Center, Fontana, CA*

- Prescribed, directed and administered psychotherapeutic treatments or medications to treat various mental, behavioral and emotional disorders.
- Analyzed and evaluated patients' data and tests and examined findings to diagnose nature and extent of mental disorders.
- Served as Chief Fellow in the second year of fellowship

2020-10 - Current

### Staff Psychiatrist

*Achieve Medical Center, San Diego, CA*

- Prescribed, directed and administered psychotherapeutic treatments or medications to treat various mental, behavioral and emotional disorders.
- Analyzed and evaluated patients' data and tests and examined findings to diagnose nature and extent of mental disorders.
- Oversaw supervision, training and creation of treatment protocol for multi-office psychiatric practice.

2020-07 - Current

### Attending Psychiatrist

*Vituity, Santa Ana, CA*

- Working in emergency psychiatry at the Orange County Crisis Stabilization Unit.
- Crisis Stabilization Units (CSUs) provide the community with 24-hour, 7-day a week, year-round service for individuals who are experiencing a behavioral health crisis requiring emergent stabilization that cannot wait until a regularly scheduled appointment.

2017-07 - 2020-06

### Resident

*Icahn School Of Medicine At Mount Sinai, Bronx, NY*

- Resident psychiatrist at BronxCare Health System, working in both inpatient and outpatient settings. Attend weekly didactic sessions, lectures and lead discussions in journal clubs, case conferences and other teaching opportunities.
- Published 8 articles in peer-reviewed journals. Presented posters at the American Psychiatric Association Annual Meeting in 2018, 2019, and 2020, and multiple other psychiatry conventions.
- Intern of the Year in 2018
- Resident of the Year in 2019

**2015-10 - 2017-07**

### **Senior Clinical Research Coordinator**

*City Of Hope National Medical Center, Duarte, CA*

- Collected data and followed research protocols, operations manuals and case report form requirements.
- Screened patient records, databases and physician referrals to identify prospective candidates for research studies.
- Monitored unit budget to meet financial objectives for spend rate and funding.
- Coordinated clinical trials focused on disorders such as multiple myeloma and leukemia.

**2014-04 - 2015-10**

### **Clinical Research Coordinator**

*Innovative Clinical Research Institute, Whittier, CA*

- Collected data and followed research protocols, operations manuals and case report form requirements.
- Screened patient records, databases and physician referrals to identify prospective candidates for research studies.
- Monitored unit budget to meet financial objectives for spend rate and funding.
- Coordinated clinical trials focused on a range of cancers, along with multiple Phase I trials.

## **Publications**

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Upadhyaya, M., Kozman, M. The Blue Whale Challenge, Social Media, Self-Harm, and Suicide Contagion: A Case Report. *Primary Care Companion for CNS Disorders* (submitted for publication)

Upadhyaya, M., Carvajal, M, Chilukuri, K., Qayum, F., & Gunturu, S.. Lithium Toxicity in the Inpatient Setting: A Case Report. *Indian Journal of Psychiatry*. 2019, Jun

Upadhyaya, M.A.. A Kick to Kick Off Residency. *Current Psychiatry*. 2019, Feb

Upadhyaya, M. & Sher, L.. Suicide in the Elderly. *Brazilian Journal of Psychiatry*. 2019, Apr

Upadhyaya, M., James, M.. Topical Triamcinolone-Induced Psychosis. *American Journal of Psychiatry Residents' Journal*. 2019, Apr; 14(4): 4-5.

Upadhyaya, M.A., Korenis, P.. Cross-dressing as a defense mechanism against loss in a bisexual male.. *Journal of Gay & Lesbian Mental Health*. 2018, Dec; 22(4): 412-420.

Upadhyaya, M.A., Nasrallah, H.A.. Xenomelia: Profile of a man with intense desire to amputate a healthy limb. *Current Psychiatry*. 2018, Aug; 17(8): 34-43.

Upadhyaya, M.A., Frischer K.. Activation Syndrome in a Male with Negative Symptoms of Schizophrenia Started on Sertraline. *SciTz Psychiatry Research Mental Health*. 2018, Jan; 1(1): 1-5.

Upadhyaya, M., & Nasrallah, H.. The Intense Desire for Healthy Limb Amputation: A Disproprioceptive Neuropsychiatric Disorder. *Annals of Clinical Psychiatry*. 2017, May; 29(2): 125-132.

Ho J, Ondos J, Ning H, Smith S, Kreisl T, Iwamoto F, Sul J, Kim L, McNeill K, Krauze A, Shankavaram U, Fine HA, Camphausen K.. Chemoradiation for Glioblastoma Multiforme: The National Cancer Institute Experience. *PLoS One*. 2013, Aug; 8(8): e70745.

Mavalankar DV, Vora KS, Ramani KV, Raman P, Sharma B, Upadhyaya M.. Maternal Health in Gujarat, India: A Case Study. *Journal of Health, Population, and Nutrition*. 2009, Apr; 27(2): 235-248.

Vora KS, Mavalankar DV, Ramani KV, Upadhyaya M, Sharma B, Iyengar S, Gupta V, Iyengar K.. Maternal Health Situation in India: A Case Study.. *Journal of Health, Population, and Nutrition*. 2009, Apr; 27(2): 184-201.

## Peer Reviewed Book Chapters

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Appleton, N.. (2004). Inflammation and Disease.. In M.A. Upadhyaya (Ed.), *Stopping Inflammation: Relieving the Cause of* (pp. 57-119). Garden City Park: Square One Publishers. Degenerative Diseases

Appleton, N.. (2004). Understanding Inflammation. In M.A. Upadhyaya (Ed.), *Stopping Inflammation: Relieving the Cause of* (pp. 5-39). Garden City Park: Square One Publishers. Degenerative Diseases

Appleton, N.. (2004). Guidelines for Preventing and Reversing Inflammation. In M.A. Upadhyaya (Ed.), *Stopping Inflammation: Relieving the Cause of Degenerative Diseases* (pp. 123-169). Garden City Park: Square One Publishers. Relieving the Cause of Degenerative Diseases

Upadhyaya, M.A.. (2019). Understanding and Ensuring Postpartum Health. In S. Fink and P. Korenis (Ed.), *Women's Pearls* 60-70). New York: Nova Science Publishers, Inc.

## Invited Talks

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Upadhyaya, M.. (February, 2022). Incels: The Implications of Involuntary Celibacy, at BronxCare Health System, Department of Psychiatry Grand Rounds; Bronx, NY, USA.

Upadhyaya, M.. (April, 2019). The Church of Scientology and the Anti-Psychiatry Movement, at BronxCare Health System, Department of Psychiatry Grand Rounds; Bronx, NY, USA.

Korenis, P., Upadhyaya, M., Bhullar, D., James, M. et al.. (September, 2018). The Curious Case of Rosa R., at BronxCare Health System, Department of Psychiatry Grand Rounds; Bronx, NY, USA.

Upadhyaya, M.. (February, 2019). Xenomelia: The Intense Desire for Healthy Limb Amputation - A New Dis-Proprioceptive Disorder, at Saint Louis University School of Medicine, Department of Psychiatry Grand Rounds; St. Louis, MO, USA.

Upadhyaya, M.. (November, 2018). An Investigation into the "Black Experience" in America, and Its Impact on the Birth Weight of Infants Born to African American Mothers, at BronxCare Hospital Day; Bronx, NY, USA.

Upadhyaya, M.. (May, 2018). Cross-Dressing as a Defense Mechanism in a Bisexual Male, at Association of Gay and Lesbian Psychiatrists Annual Meeting; New York, NY, USA.

Upadhyaya, M.. (March, 2018). Xenomelia: The Intense Desire for Healthy Limb Amputation - A New Dis-Proprioceptive Disorder Oral Presentation presented at: BronxCare Health System, Department of Psychiatry Grand Rounds; Bronx, NY, USA.

Upadhyaya, M.. (June, 2008). Oral Presentation presented at: Biola University Psychology Conference; Apotemnophilia: A Case Study La Mirada, CA, USA.

Upadhyaya, M.. (June, 2008). Oral Presentation presented at: Walden University Body Integrity Identity Disorder and Apotemnophilia Alumni Association; Minneapolis, MN, Uiatry Grand Rounds; Bronx,

## Education

2008-09 - 2013-05

### Doctor of Medicine

*Universidad Autonoma De Guadalajara - Guadalajara, Jalisco, Mexico*

2006-08 - 2008-05

### Master of Public Health

*Walden University - Minneapolis, MN*

1998-09 - 2002-03

### Bachelor of Science: Psychobiology

*University of California - Los Angeles - Los Angeles, CA*

- Graduated Magna Cum Laude
- UC Regents Scholar