

Varsha Vaidya, M.D.

Current Appointments:

Clinical Appointments:

Director Total Wellness Inc. Baltimore MD/ New York

Student Mental Health New York University NY

Academic Appointments:

Assistant Professor Psychiatry NYU Langone

Education and Training:

	<u>Degrees/Year</u>	<u>Discipline</u>	<u>Institution</u>
<u>Undergraduate:</u>	S.S.C/1979	(Secondary School Certificate)	Gloria Convent High School Bombay, India
	HSC/1981	Science with Honors	SIES College Bombay, India
<u>Doctoral/Graduate:</u>	MBBS/1981 to 1985	Medicine and Surgery Grade I.	Seth G.S. Medical College Bombay, India
<u>Post Doctoral:</u>	Board Certification 1997	Psychiatry	ABPN
	Recertified 2007	Psychiatry	Washington DC
	Recertified 2017	Psychiatry	Washington DC

Professional Experience:

<u>Position</u>	<u>Institutions</u>	<u>Dates</u>
<u>Intern:</u>		
Medicine Surgery	KEM Hospital	Jan. 1986-Jan. 1987
OB GYN	Bombay, India	Jan. 1986
Community Med		Jan. 1987
Elective Dermatology		
<u>Senior House Officer:</u>		
General Adult Psychiatry	Southeast Thames Rotation	July 1988
Child & Adolescent	Scheme Joyce Green &	Jan. 1990
Psychogeriatrics	Stone House Hospital	Aug. 1990-Nov.1990
	Affiliated with (Guys Hospital	

& Medical School,
University of London)
London U.K.

Registrar:

Learning Disabilities & Mental Retardation	Same as above	Dec. 1990-July 1991
Psychogeriatrics		Aug. 1991 - Sept. 1991
Community Psychiatry		Oct. 1991 - Jan. 1992
Liaison Psychiatry		Feb. 1992 - June 1992

Registrar:

Child & Adolescent Psychiatry	LEEDS University	July 1992 - April 1993
Psychogeriatrics	St. James University Hospital	
Adult Psychiatry	(Largest teaching hospital in Europe)	

RESIDENCY IN THE US: (Following USMLE I &II) in September 1993, my UK experience was credited by the American Board of Psychiatry and I was required to do only two years of a Psychiatry Residency in the US.

Intern:

PGY I		
Psychiatry	Georgetown University	July 1994 to
Consultation Liaison Psychiatry	Washington, D.C.	June 1995
Medicine & CCU Neurology	USA	

Resident:

PGY III		
Consultation Liaison Psychiatry	Georgetown University	July 1995 to
Child & Adolescent Psychiatry		June 1996

Instructor:

JHU School of Medicine	JHU & JHBMC	July 1996 to June 1999
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Assistant Professor:

Joint appointment: Department of Psychiatry & General Internal Medicine	JHU & School of Medicine	June 1999 to 2008
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Completed the Faculty Development Teaching course offered by JHMI/GIM JHBMC	JHBMC	Sept. 1998 - June 1999
Director Consultation Liaison Psychiatry	JHBMC	1996-2008

Consultant Psychiatrist Center for Addiction and Psychiatry	JHH	1996-2008
Psychiatrist University of Maryland Student Mental health	UMD College park	8/2013- 8/2019
<u>Assistant Professor:</u> <u>Student Health Center NYU</u>	NYU Langone Health	11/2019- Current

Previous Appointments :

Assistant Professor of Psychiatry at Johns Hopkins University and School of Medicine Baltimore 1996-2008.
 Assistant Professor of General Internal Medicine at Johns Hopkins University and School of Medicine Baltimore 1996-2008.
 Director of the Consultation Liaison Service Johns Hopkins Bayview Medical Center. 1997-2008
 Consultant at Center for Addiction and Pregnancy 1996-2008
 Assistant Director Creative Alternatives Johns Hopkins University 1996-2008
 Founded the Obesity Psychiatry Program at Johns Hopkins Bayview Medical center 1999-2008
 Staff Psychiatrist: University of Maryland Student health center 2013-2019

Program building:

Founded and developed **the Obesity Psychiatry Program:** Starting in 1999 I founded and developed the obesity psychiatry program at Johns Hopkins Bayview Medical center. This program evaluates patients prior to bariatric surgery for obesity and treats patients for psychiatric symptoms. I started a specialized cognitive behavioral therapy group for patients with BED/ EED. Given that these patient's are a unique group we developed a specialized service to cater to their needs.

Awards, Honors:

April 1981 - Honors in Physics Chemistry and Biology. SIES College Bombay, India
 First prize in National Photography 1985. KEM Hospital Bombay, India.

Research:

Medical Illness in the severe and persistently mentally ill. Presented at the Institute of Psych Services meeting - Autumn 1997.

Smoking and Cardiac Risk Factors in the severe and persistent mentally ill. Presented at the Institute of Psych Services - Autumn 1998.

Absorption of Psychotropic medication after gastric bypass surgery for obesity 2006

Cognitive Behavior Therapy for bariatric patients 2007

Principal Investigator: in psychological causes of weight regain in bariatric surgery patients 2007

Principal Investigator in a research study of Body Image and Psychological issues in patients following reconstructive surgery for massive weight loss. **2006.**

Principal Investigator in a research study of absorption of psychotropic medications after gastric bypass surgery for obesity **2006.**

Principal Investigator in a research study of cognitive behavior therapy and weight regain in patients with binge eating disorder following gastric bypass surgery **2006.**

Principal Investigator in a research study on Clonidine abuse in pregnant opiate dependent women. 1997.

Principal Investigator in a study on Psychiatric predictors of outcomes of Gastric Bypass Surgery for Obesity. 2001- ongoing.

Principal Investigator Prozac Weekly and outcomes in Pregnancy/ Labor/ and the Neonate. 2002.

Co-investigator in research study on Dopamine receptors and obesity in bariatric surgery patients. **2006**

Physician Co-Investigator for the BPR01-02-13-01 research protocol, on Reinforcement based therapy and abstinence contingent housing for drug abusers.

Physician Co-Investigator for the HBV-99-02-05-01 research protocol, on Voucher incentive therapies for pregnant drug abusers.

Physician Co-Investigator for the BPR99-10-22-01 research protocol, on treating the partners of pregnant drug abusing women.

Physician Co-Investigator for the WIRB 20020912 research protocol, on Recovery housing for pregnant women.

Physician Co-Investigator for the WIRB 20021129 research protocol, on maternal fetal attachment, parenting and infant outcome: effects of prenatal methadone maintenance vs. non-pharmacotherapy treatment.

Grants:

Cert Grant obtained July 1997 for the above study: Clonidine abuse in opiate dependent pregnant women.

Research grant applied for Wyeth to study the absorption of psychotropics in patients with bariatric surgery. Pending approval

Clinical Activity:

I work at the Student Health Center in Counseling and Wellness, treating students with mental health problems. I serve as a specialist on the Gender team and Eating Disorders team. I work in Liaison with the other branches of the Student health center to serve the student body.

Education Activity:

I have worked in Academics since 1996 as Faculty at Johns Hopkins University and School of Medicine. I worked with psych residents and medical students as well as residents from General Internal Medicine. **I completed the faculty development teaching course September 1998 - May 1999, given by JHMI - GIM at JHBMC.**

Have made changes in the curriculum of GIM residents, (who rotate through the Consult Psychiatry Service) to include didactics and bedside teaching rounds. Starting 1998, I was able to negotiate with the Department of Internal Medicine, to pay for the teaching by faculty on the Consult Psychiatry Service.

I have delivered CME lectures teaching and workshops to primary care, Internal Medicine, Psychiatry conferences in the USA and have been an invited speaker to conferences internationally. (Please see the list of my speaking engagements listed below)

Have been involved in teaching services since residency to include med students, junior staff, and nurses. I taught didactics once a week to house staff on the Consult Psychiatry Service. I was also involved in doing in service training for - Geriatric Fellows; JHBMC nurses and allied mental health professionals at Creative Alternatives and Center for Addiction and Pregnancy.

In 2013 I started working at the University of Maryland at the student health center and supervised residents and taught CME lectures at the University of Maryland Student Health Center.

Lectures:

1. Antidepressant Therapy a Clinical Discussion: September 10, 2001 Reisterstown, MD.
2. Topics in Ambulatory Medicine December 2000. Johns Hopkins University Workshop on Anxiety Disorders Diagnosis and Management in Primary Care. Harbor Place Renaissance Baltimore, MD.
3. Choice of Antidepressants in Special Populations, Elderly & Co morbid Substance Abuse. November 8, 2000. Ellicott City, MD.
4. The Management of Chronic Pain: Grand Rounds Department of Medicine JHBMC 2000.
5. Topics in Geriatric Psychiatry/ choice of Antidepressants in the Elderly: March 12, 2001. Geriatric Center Johns Hopkins Bayview Medical Center Baltimore, MD.
6. New Strategies in the Management of Bipolar Disorders: March 31, 2001 Washington DC.
7. Treatment of Agitation and Psychosis in the Elderly: April 30, 2001. Canton, MD.

8. New Strategies in the Treatment of Bipolar Disorder: June 13, 2001. Clinton, MD.
9. Use of Psychotropics in Pregnancy and Lactation. In-service teaching at The Center for Addiction and Pregnancy. JHBMC.
10. Use of Psychotropics in Pregnancy and Lactation. Franklin Square Hospital Baltimore MD. April 2002.
11. Use of Psychotropics in Pregnancy and Lactation. Community Psychiatry Program Johns Hopkins Hospital Baltimore MD November 20 2002.
12. Management of Agitation and BPAD in the Elderly, Maryland Society for Health System Pharmacists, March 16 2004.
13. Pregnancy and Substance abuse workshop, Maryland Medical Convention Med Chi Eastern shore MD October 15 2004.
14. **The problem of Global Obesity: Invited Speaker International ACLS Conference Mumbai India. February 2005.**
15. Psychotropics in pregnancy: International ACLS Conference Mumbai India. February 2005.
16. Treatment strategies in the non compliant patient June 3 2005, Baltimore MD
17. Atypical antipsychotics June 4th 2005 Baltimore MD.
18. The non-compliant patient case studies: June 29th Sheppard Pratt Hospital Baltimore MD.
19. Case studies in Schizophrenia and Schizoaffective disorder, February 2006 Perry Point VA Perry Point.
20. **Bariatric psychiatry: Invited speaker at the consultation liaison research group at the Maudsley Hospital, Institute of Psychiatry London UK. February 13th 2006.**
21. Treating Depression in primary care August 2006 Annville PA.
22. Depression in primary care, August 2006 Leonard town MD.
23. Prevent study data in primary care Sept 2007 Silver spring MD
24. Depression in primary care Sept 2007 Baltimore MD
25. Obesity and beyond: Lecture at Johns Hopkins Healthcare Glen Burnie MD Sept 2007.

26. Workshop on Obesity Psychiatry. Academy of Psychosomatic Medicine Annual Meeting, Amelia Island Florida November 2007.
27. Management of Obesity. University of Maryland College Park CME lecture at the Health Center College Park 2014.
28. Treatment Strategies in Bipolar disorder. Key Point Baltimore MD 2015.
29. Bariatrics and Beyond Obesity Psychiatry. International Conference on Obesity Amrita College Medical Sciences Kerala India December 1, 2017.
30. **Workshop on Psychopharmacology of mental illness in College students ACHA Conference Denver 2019.**

Professional Service:

I served as a Consultant advisor to Medifast Inc. and Pharmaceuticals such as Johnson and Johnson, Pfizer, Allergan and Eli Lilly

Editor Activities:

Editor Recent advances in Obesity a series in the Recent Advances in psychosomatic medicine Vol 27 See Publications

Peer review for Journal of Psychiatric Services 1996 - Current.

Book Review for JAMA

Reviewer for CMJ 2006

Organizational Activities:

Treasurer Indo American Psychiatric Association Maryland Chapter. 2003

Junior Doctor's Representative (February 91-May 92) for the Southeast Thames Rotational Scheme - London, England.

Member of the APA

Member of the Washington Psychiatric Society

Clinical Activities:

Inceptor to the Royal College of Psychiatrists July 1988 - April 1993

Board Certified in Psychiatry - May 1997, Recertified 2007, 2017

Licensed in Maryland #D0050646 NY# 30178

Served as an expert witness in court since 1988 both in the UK as well as in the USA

Publications:

Books:

Health and Treatment Strategies in Obesity: Advances in Psychosomatic Medicine. Vol 27. January 2006.

Peer Reviewed:

- 1 Sertraline in the Treatment of Intractable Hiccups, Vaidya V. Psychosomatics August 2000.
- 2 Body Image and Sexuality in Obese patients seeking bariatric surgery. Bariatric Times 2006.
- 3 Fitzsimons HE, Tuten M, Vaidya V, Jones HE. Vol 32 Issue 1, pg 19-25, Mood Disorders affect drug treatment success of pregnant drug-dependent women. Journal of Substance Abuse Treatment.
- 4 Eating disorders associated with obesity. Vaidya V.; Malik A. Future Medicine. 2009.

Chapters:

Principles of Ambulatory Care Medicine. Sixth edition Chapter 10. Evaluation of Psychosocial Problems. 2002

Conn's Current Therapy. "Hiccup" for the 58th (2006) edition

Psychosocial Aspects of Obesity: Chapter 6: Health and Treatment Strategies in Obesity: Advances in Psychosomatic Medicine. Vol 27. January 2006.

Cognitive Behavior therapy of Binge Eating Disorder Chapter 7, Health and Treatment Strategies in Obesity: Advances in Psychosomatic Medicine. Vol 27. January 2006.

Obesity Section for Textbook of Psychiatry Kaplan and Sadok 2008.

Abstract and Oral Poster Presentations:

Psychological co-relates in outcomes of Gastric Bypass Surgery for Morbid Obesity. Royal College of Psychiatry, Residential meeting of Consultation Liaison Psychiatrists. **Barcelona Spain**, March 2003.

Body Image and Sexual Functioning in patients having Gastric By-pass Surgery for Obesity. Royal College of Psychiatry, Residential Meeting of Consultation Liaison psychiatrists. **Cambridge England**, March 2004.

Obesity Workshop. Academy of Psychosomatic Medicine **Amelia Island Florida**. Nov 2007

Cognitive Behavior Therapy in Obese patients seeking bariatric surgery. CINP **Munich Germany** 2008