

ZAINAB IJAZ, MD

zijaz@ualberta.ca

313-643-3999

Academic Qualification:

- 07/2024- 06/2026 **Child & Adolescent Psychiatry Fellow at Henry Ford Health** Michigan, USA
Expected graduation date June 2026
- 07/2025- 06/2026 **Chief Fellow**, Child & Adolescent Psychiatry, Henry Ford Health
- 07/2021- 06/2024 **Psychiatry Residency at Corewell Health Dearborn Michigan**, United States
- 07/2023- 06/2024 **Chief resident**, Psychiatry Residency, Corewell Health Dearborn
- 05/2015 – 10/2020 Windsor University School of Medicine, Saint Kitts and Nevis
- 09/2011 – 04/2015 Undergraduate - University of Alberta, Edmonton, Alberta, Canada.
Major in Biological sciences with Minor in Sociology

Membership in Professional Societies:

- 2021- Present: American Psychiatric Association
2022- Present: American Academy of Child and Adolescent Psychiatry

Licensure/Certification:

- College of Surgeon and Physicians of Alberta Psychiatry certification 2026
American Board of Psychiatry and Neurology 2026
Board of Medicine, Physician License, 2026 (Michigan, United States)
Board of Pharmacy, Controlled Substance License, 2026 (Michigan, United States)
ACLS certified, 2026
BLS certified, 2026

Academic Awards:

- Nominated as Henry Ford Star for being above and beyond in the support of peer/colleagues 2025
Beaumont Psychiatry Residency Award- Excellence in Academic Psychiatry 2023
Nominated for Academic Achievement Award for Basic Sciences in Windsor Medical School 2016
Awarded University of Alberta Academic Excellence Undergraduate Scholarship 2015

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Alberta Innovated Health Solutions (AIHS) Summer Studentship Award 2014

Alberta Innovated Health Solutions (AIHS) Summer Studentship Award 2013

Research Experience:

9/2024- current

Collaborating on the design and implementation of a technology-based suicide safety planning (eSafety) tool to enhance suicide prevention in pediatric primary care at Henry Ford Health

5/2022- 2023

Co-PI in Oxford School Peer Mentorship Research Project at Corewell Health Michigan. This project was in collaboration with 42 Strong Organization, located in Oxford, Michigan. The goal of the project was to study the efficacy of a peer mentorship program over 12 months

11/2020 – 06/2021

Research assistant (Remote), University of New Mexico. Responsibilities included manuscript proofreading, data extraction and compilation, table formatting, writing brief review articles, video editing, and using Adobe Photoshop for clinical image challenges. Co-authored three review articles and one case report

05/2012 – 08/2014

Undergraduate Summer Student's Research Program at University of Alberta, AB Canada
Conducted data collection, literature reviews, data analysis, and manuscript writing. Co-authored one case-control study and one retrospective cohort study

SCHOLARLY WORK Articles Published in Peer Reviewed Journals:

Publications 2024:

Loving BA, Almahariq MF, Sivapalan S, Levitin R, Qu L, Ramanathan S, **Ijaz Z**, Dilworth JT. Newly Diagnosed Mental Health Disorders in Patients With Breast Cancer Receiving Radiation Therapy. *Int J Radiat Oncol Biol Phys*. 2024 Oct 1;120(2):508-515. doi: 10.1016/j.ijrobp.2024.03.028. Epub 2024 Apr 4. PMID: 38582232.

Publications 2022:

Javed, N., **Ijaz, Z.**, Khair, A. H., Dar, A. A., Lopez, E. D., Abbas, R., & Sheikh, A. B. (2022). Covid-19 loss of taste and smell: Potential psychological repercussions. *Pan African Medical Journal*, 43. <https://doi.org/10.11604/pamj.2022.43.38.31329>

Mirza, S. A., Sheikh, A. A., Barbera, M., **Ijaz, Z.**, Javaid, M. A., Shekhar, R., Pal, S., & Sheikh, A. B. (2022). Covid-19 and the endocrine system: A review of the current information and misinformation. *Infectious Disease Reports*, 14(2), 184–197. <https://doi.org/10.3390/idr14020023>

Sheikh, A. B., Javed, N., **Ijaz, Z.**, Leyba, K., Barrett, E., & Dunn, A. (2022). Easing dementia caregiver burden, addressing interpersonal violence. *The Journal of Family Practice*, 71(1). https://doi.org/10.12788/jfp.034_9

Publications 2021:

Sheikh, A. B., Javed, N., Leyba, K., Khair, A. H., **Ijaz, Z.**, Dar, A. A., Hanif, H., Farooq, A., & Shekhar, R. (2021). Pet-assisted therapy for delirium and agitation in hospitalized patients with neurocognitive impairment: A review of literature. *Geriatrics*, 6(4), 96. <https://doi.org/10.3390/geriatrics6040096>

Sheikh, A. B., **Ijaz, Z.**, Javed, N., Upadyay, S., & Shekhar, R. (2021). COVID-19 with non-obstructive coronary artery disease in a young adult. *Journal of Community Hospital Internal Medicine Perspectives*, 11(1), 111–114. <https://doi.org/10.1080/20009666.2020.1845928>

Sheikh, A. B., Javed, N., **Ijaz, Z.**, Barlas, V., Shekhar, R., & Rukov, B. (2021). Iron deficiency anemia in males: a dosing dilemma? *Journal of Community Hospital Internal Medicine Perspectives*, 11(1), 46–52. <https://doi.org/10.1080/20009666.2020.1831743>

Publications 2019:

Syed, T. I., Abdullah, S. M., Rehan, T. E., Ahmad, M. S., Batool, S. A., Yousaf, M. A., Yusufi, M.A., Rehman, S., Kotapati, S., Khan, M., Waheed.A., **Ijaz, Z.**, Ijaz, A., Anwer, F. Infections Associated with CAR T Therapy for Treatment of Hematological Malignancies. *Blood*. 2019, Nov; 134(Supplement_1): 4442

Publications 2014:

Kumar, M., Rylance, H., **Ijaz, Z.**, Senthilselvan, A. Epidural Analgesia in Labor Associated with Respiratory Distress in Late Preterm Infants? – a Retrospective Cohort Study. *Paediatrics & Child Health*. 2014, Jun; 19(6): e64.

Publications 2013:

Kumar, M., Chandra, S., **Ijaz, Z.**, Senthilselvan. Epidural analgesia in labour and neonatal respiratory distress: A case-control study. *Archives of disease in childhood. Fetal and Neonatal Edition*. 2013, Oct; 99(2): F116-F119.

Kumar, M., **Ijaz, Z.**, Rylance, H., Senthilselvan, A. Is Epidural Analgesia in Labor Associated with Respiratory Distress in Term and Near-Term Neonates? – A Case-Control Study. *Paediatrics & Child Health*. 2013, Jun; 18(suppl_A): 25A.

Volunteer Experience:

5/1/25

Michigan Chapter American Academy of Pediatrics, Advocacy Day

Participated in Michigan Advocacy Day, engaging with state senators to advocate for the preservation of Medicaid funding. Collaborated with child psychiatrists and pediatricians to present a unified stance on this critical healthcare issue

3/13/2025

Durfee School – Central 313 Career Vision Day

Attended Career Day at Durfee Middle and High School, engaging with students from grades 5–12 to discuss their career interests. Provided mental health counselling, shared resources for school-based therapy, and offered guidance on pursuing a career in medicine—particularly in psychiatry—while explaining the role and responsibilities of a psychiatrist.

07/2022- 06/2024

Corewell Health Resident Mentorship Program

Mentored a first-year psychiatry resident at the Corewell Health Residency Program. Conducted monthly meetings to support their transition into residency, offering guidance on clinical efficiency, wellness strategies, patient safety, and documentation best practices.

08/2022- 06/2023

AACAP Medical Students and Residents group

Actively participated in monthly AACAP group meetings. Mentored medical students interested in psychiatry by discussing their career goals and advising them on strategies to achieve them. Received guidance from senior residents serving as my mentors, particularly regarding opportunities for community engagement.

01/2022

Oxford Elementary and Middle school, Oxford Michigan

Volunteered as a Crisis Responder at elementary and middle schools, providing support to students and families impacted by the Oxford School shooting

03/2020 – 05/2020 And 01/2021- 05/2021

Parsons Medical Center, Edmonton, AB, Canada,

Collected patient histories and provided psycho-education to patients and their families about depression and anxiety during the early stages of the COVID-19 pandemic

06/2020- 10/2020

COVID- 19 Community Response- Edmonton Food bank

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Volunteered with a community-based program focused on supporting underserved populations. During the COVID-19 quarantine, assisted with food insecurity by collecting donations, and organizing the packaging and distribution of food to individuals and families in need

Volunteer Experience Continued:

03/2020 – 04/2020

Balwin Villa Assisted Living, Edmonton, AB, Canada

Volunteered at a supportive living facility for individuals with early-onset dementia, mental illness, and traumatic brain injury. Facilitated therapeutic and recreational activities such as art projects, evening walks, knitting, reading, and provided empathetic listening and emotional support

9/2015 – 08/2016

American Medical Student Association, Cayon, Saint Kitts and Nevis

Organized and volunteered at events including suturing workshops and community service initiatives at St. Christopher Children's Home. Collaborated with the SFH and the St. Kitts Diabetes Association to coordinate an educational event in recognition of World Diabetes Day

10/2012 – 10/2012

Volunteer Judge at Churchill Debate and Speech competition, Edmonton, Canada

09/2012 – 04/2013

University of Alberta Campus Visit Program

Represented University of Alberta at events such as Open House and Orientation Week. Organized and led campus tours for prospective students, their families, and alumni

Work Experience:

01/2017 – 05/2018

Aman professional Corporation, Edmonton, AB, Canada

Part-time Assistant Manager responsible for creating spreadsheets and managing company accounts to support efficient business operations

07/2013 – 05/2014

Interdepartmental Science Student's Society, Edmonton, AB, Canada

Served as an Elections Representative, reviewing candidate applications, monitoring election campaigns for fairness, and overseeing voting procedures on Election Day

Poster Presentations:

Ijaz, Z., Rylance, H., Senthilselvan, A., Kumar, M. (October, 2012). Is Epidural Analgesia in Labor

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Associated with Respiratory Distress in Term and Near-Term Neonates? - A Case Control Study Poster presented at: 45th Summer Students' Research Day at University of Alberta; Edmonton, AB, CAN.

Kumar, M., Ijaz, Z., Rylance, H., Senthilselvan, A. (October, 2013). Epidural analgesia in labor and respiratory distress in late-preterm infants Poster presented at: 46th Summer Students' Research day at University of Alberta; Edmonton, AB, CAN.

Oral/Educational Presentations:

10/1/25: Combined Journal Club of Henry Ford Health and Wayne State University
Presented on Sexuality and Gender Issues in Individuals with Autism Spectrum Disorder

3/5/35: Combined Journal Club of Henry Ford Health and Wayne State University
Presented on Unconscious Bias and the diagnosis of Disruptive Behavior Disorder and ADHD in African American and Hispanic Youths

2/19/25: Henry Ford Journal Club.
Presented on Association of Screen time with internalizing and externalizing behavior in children 12 years or younger .

9/18/24: Henry Ford Journal Club
Presented on The Treatment for Adolescents With Depression Study (TADS): Long-Term Effectiveness and Safety Outcomes.

8/21/24: Henry Ford Journal Club
Presented on The Multimodal Treatment of Attention Deficit Hyperactivity Disorder Study (MTA)

02/2022- 06/2024- Delivered presentations on comprehensive psychiatric evaluations, mental status examinations, and psychiatric diagnostic criteria according to DSM-5-TR. Facilitated small group discussions for medical students at Oakland University William Beaumont School of Medicine.

8/2022: PRITE Review
Presented PRITE 2021 and Board Review questions during Grand Rounds at the Department of Psychiatry, Corewell Health

7/2022: Postpartum Psychosis
Co-presented with Dr. Jeffrey Guina (Program Director at Corewell Health Psychiatry Residency Program), to 5 international medical schools in Pakistan.

4/2022: Opioid Use Disorder in Adolescence
Co-presented with Dr. Jeffrey Guina (Program Director at Corewell Health), to Oakland University William Beaumont School of Medicine.

03/ 2022: Corewell Health Grand Rounds

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Presented on the Effect of Zuranolone vs. Placebo in Postpartum Depression: A Randomized Clinical Trial.

References available upon Request