**Curriculum Vitae**

**Personal Information:**

Dr. Khushboo Kansal

115, Yale house, Rivermead, Wilford Lane

West Bridgford, Nottingham, NG2 7RG, UK

[khushi.kansal@gmail.com](mailto:khushi.kansal@gmail.com)

+44 7394 544696

+91 9999063379

**Qualification obtained:**

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| **Qualification** | **Name of College** | **Name of University** | **Year obtained** |
| MRC Psych | Royal College of Psychiatrists, UK |  | January 2023 |
| PMH – C (Perinatal mental health – certificate, Professional) | Postpartum support International |  | July 2022 |
| Doctor of Medicine (M.D.) Psychiatry | B.J. Medical College & Civil Hospital, Ahmedabad | Gujarat University, India | 2016 |
| Bachelor of Medicine and Surgery (MBBS) | Govt. Medical College, Nagpur | Maharashtra University of Health Sciences, Maharashtra, India | 2012 |

**Work history:**

Current and previous positions:

Currently working towards –

1. Certificate in Nutritional psychiatry from Deakin University, Australia.
2. Certificate in Compassion focused therapy from The compassionate mind foundation, UK

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| Date | September 2023 to present |
| Position | Specialty doctor in Psychiatry |
| Facility | Adult community mental health team, Nottingham, UK |
| Responsibilities | I work full-time with the adult community mental health team as a specialty doctor. Also work in Perinatal Psychiatry one day every week as special interest.  **Clinical responsibilities:** I am involved with clinical evaluation and management of the patients in community clinic. I work with a multidisciplinary team.  In perinatal psychiatry, I am involved in clinical evaluation and formulation of a plan working with a multidisciplinary team including psychologists, nursery nurses, social workers, occupational therapists.  I have gained skills in preconception counselling, evaulating and managing the antenatal and postnatal patients who need psychiatric support, antenatal group therapies. |

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| Date | August 2022 to February 2023 |
| Position | Advanced Trainee - Registrar |
| Facility | Western Sydney Local health district |
| Responsibilities | I worked Part-time (0.5) with the Consultation Liasion Psychiatry at Westmead Hospital. Also worked in Perinatal Psychiatry 0.5 day every week as special interest.  **Clinical responsibilities:** I was involved with clinical evaluation and management of the patients in CL Psychiatry as well as Emergency department. I was also involved with the on call rota for emergency duties in Psychiatry emergency.  In perinatal psychiatry, I was involved in clinical evaluation and formulation of a plan under the guidance of Perinatal Psychiatrists. I was also involved with Safe start Clinic which involves 4 supportive sessions to pregnant women referred to us and assess suitability for Perinatal and Infant Mental health services. |

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| Date | Feb 2022 to August 2022 |
| Position | Advanced Trainee - Registrar |
| Facility | Western Sydney Local health district |
| Responsibilities | I worked Part-time with the Acute Mental Health unit at Nepean Hospital.  **Clinical responsibilities:** I was involved with clinical evaluation and management of the patients in Acute mental health and High dependency ward. I was also involved with the on call rota for emergency duties in Psychiatry emergency. |

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| Date | July 2020 to Nov 2021 |
| Position | Senior Registrar |
| Facility | Department of Psychiatry, ESIC hospital, Rohini, New Delhi, India |

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| Date | November 2019 – Feb 2022 |
| Position | Visiting Psychiatrist (Part-time) |
| Facility | Vishwas, The Richmond Fellowship Society, Greater Noida, Uttar Pradesh, India (Non-profit Non-government organization) |
| Responsibilities | I was an on-call psychiatrist for evaluation, management, and follow-up of the member patients admitted at their rehabilitation center.  I looked after their community outreach clinic at a primary health center twice a month. |

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| Date | April 2019 to June 2020 |
| Position | Associate Consultant |
| Facility | Department of Mental Health and Behavioral Sciences, Fortis Healthcare, Delhi, India |

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| Date | October 2016 to April 2019 |
| Position | Senior Registrar |
| Facility | Dept. of Psychiatry, Dr. BSA Medical College and Hospital, Rohini, New Delhi, India |

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| Date | August 2013 to August 2016 |
| Position | Resident |
| Facility | Dept. of Psychiatry at B.J. Medical College and Civil Hospital, Ahmedabad, Gujarat, India |

**Registration History:**

General Medical council: August 2023 – present: 7914241

Australian Health Practitioner Regulation Agency: Limited registration for training and supervised practice (15 February 2022) : MED0002598027

Delhi Medical Council: DMC-61180: MBBS (25th February 2013); MD Psychiatry (30th August 2016, Renewed in January 2023)

**Associations:**

Was associated as visiting Psychiatrist with The Richmond Fellowship Society, Noida

Member and International coordinator for ‘The Postpartum Support International’

**Membership History:**

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| Indian Psychiatric Society | 2014-present |
| Indian association of private psychiatrists | 2014-present |
| The Marce Society | 2021-present |
| Postpartum Support International | September 2020-present |

**Publications:**

Seema S Anis, Ganpat Vankar, Khushboo Kansal, Taskin Jambusarwala, Vishal Gor; “Knowledge and Attitudes toward Schizophrenia among High School Adolescents”, Annals of Indian Psychiatry. 2020:4(1)40-47

**Research work:**

**2013: Suicidal Ideas and Knowledge about Suicide among College Students**

A small cross-sectional observational study was carried out on nursing students.

**2014-2016: Social networking sites use: Association of social anxiety and depression among youth?**

This was my dissertation completed under the guidance of Dr. G. K. Vankar. A cross-sectional study of around 1000 students to explore the association of use of social media and depression and social anxiety.

**2015: Validation of Gujarati Version of The Cardiff Anomalous Perception Scale**

This scale was translated into the Gujarati language by the back-translation method and applied to nursing students to understand the prevalence of anomalous perceptions in them.

**2014-2015: Intimate Partner Violence: Comparison between Psychiatric and Gynecology OPD Patients**

This was a cross-sectional study where prevalence, risk factors, and impact of violence on physical, mental, and reproductive health on women and their children were compared between patients attending Psychiatric and gynecological outpatient departments.

**2018: Screening for perinatal depression in women attending antenatal/postnatal clinic at a tertiary care hospital in northern India**

Perinatal women attending ANC/PNC clinics for routine checkups were enrolled after their due consent for the screening of depression by a two-question tool and those who were positive were evaluated in detail by a psychiatrist.

**2020-2021: An exploratory study about Covid-19 related anxiety and depression in antenatal women.**

A cross-sectional study of new as well as follow-up cases of pregnant women coming for a routine antenatal visit. Patients were enrolled after their due consent for fear related to covid and its association with anxiety and depression among them.

**Awards & Presentations:**

**Sept. 2018:** Presented a poster at the International Perinatal mental health conference, Bangalore

**Dec 2016:** Presented a poster on ‘Social networking sites use: Association of social anxiety and depression among youth?’ in 22nd World Congress of Social Psychiatry (New Delhi)

**June 2015:** Won Best paper poster award on ‘Validation of Gujarati version of The Cardiff Anomalous Perception Scale’ in International Congress of World Psychiatric Association (Romania)

**June 2015:** Presented a paper on ‘Intimate Partner Violence: Comparison between Psychiatric and Gynecology OPD Patients’ in the International Congress of World Psychiatric Association (Romania)

**Oct 2014:** Won Best paper poster award on ‘Validation of Gujarati version of The Cardiff Anomalous Perception Scale’ in the IPS West Zone Branch Conference (India)

**Aug 2014:** Presented a paper poster on ‘Validation of Gujarati Version of The Cardiff Anomalous Perception Scale’ in Sixth International Conference of SCARF (India)

**Dec 2013:** Presented a paper on ‘Suicidal Ideas and Knowledge about Suicide among College Students’ at the national conference of ‘Indian Association of Private Psychiatrists’ (India)

**Certifications:**

**September 2020:** Postpartum Support International Two-Day Certificate Training Perinatal Mood Disorders: Components of Care.

**September 2020:** Postpartum Support International One-Day Training Event: Advanced Perinatal Mental Health Psychopharmacology Training

**November 2014:** Skill Development Program in Geriatric Mental Health: KGMU, Lucknow.

**Other professional experiences:**

Visit home for differentially abled orphan children

Visit halfway home for people with chronic mental illness

In charge of adolescent deaddiction clinic

Associated with St. Xavier’s society and participated in awareness camps

Attended certification course on Basic Life Support

Took lectures of nursing students during Mental Health Primary Care program

Took lectures on Schizophrenia in Various schools during Schizophrenia awareness week

**References:**

Dr. G.K. Vankar

Professor and Head,

Parul Institute of Medical Sciences and Research,

P.O. Limda, Ta. Waghodiya, Dist. Vadodara, India

[drgkvankar@yahoo.com](mailto:drgkvankar@yahoo.com)

Dr. Minakshi N. Parikh

Professor and Head, Department of Psychiatry,

B.J. Medical College, Ahmedabad, Gujarat (India)

drminakshiparikh@gmail.com

Dr. Samir Parikh

Director, Fortis National Mental Health Program, TEDx Speaker

Department of Mental Health and Behavioural Sciences, Fortis Healthcare.

samir.parikh@fortishealthcare.com