



## Tara Ann Niendam, Ph.D.

### Philosophy of Care

Dr. Niendam supports all clients toward wellness and recovery, believing that managing symptoms is secondary to having meaningful roles, goals and relationships in one's life. She also believes that family and support persons are important for the recovery process and strives to include them in all aspects of assessment and treatment.

### Clinical Interests

Dr. Tara Niendam is a licensed clinical psychologist and a Professor in the UC Davis Department of Psychiatry. As the Executive Director of the UC Davis Early Psychosis Programs (EDAPT and SacEDAPT Clinics), Dr. Niendam supervises clinic and training activities, and coordinates outreach and educational presentations within Sacramento and across California. She has developed 5 early psychosis programs in Northern California based on the coordinated specialty care model of early psychosis, sharing expertise on the course of early psychotic illness, evidenced based treatments for psychosis, and the use of standardized clinical assessments of early psychosis symptoms, functioning, and outcomes.

### Research/Academic Interests

With funding from the Robert Wood Johnson Foundation, California Mental Health Service Oversight and Accountability Commission, California Department of Healthcare Services, and National Institutes of Mental Health, Dr. Niendam's research uses mobile health technology to enhance early identification and treatment of youth and young adults with serious mental illness, with a focus on improving clinical and functional outcomes. The new EPI-CAL project, led by Dr. Niendam in partnership with UC San Francisco, UC San Diego, University of Calgary, The One Mind ASPIRe program, and multiple California counties, will bring client-level data to the clinician's fingertips, and enable large scale data-driven approaches to improve outcomes for EP care. She also directs the EPI-CAL affiliated Training and Technical Assistance Center, which seeks to bring evidence based early psychosis care to all Californians.

### Title

Vice Chair for Research in Psychiatry  
Executive Director, UC Davis Early Psychosis Programs (EDAPT and SacEDAPT Clinics)  
Director of Schizophrenia Research and Education Program  
Director and Principal Investigator for the EPI-CAL Project  
Professor in Residence

### Specialty

Pediatric and Transition-age Youth Mental Health, Mental Illness

### Department

[Psychiatry and Behavioral Sciences](#)

### Division

Clinical Psychologist  
Child and Adolescent Psychiatry

### Center/Program Affiliation

[Imaging Research Center](#)



## Tara Ann Niendam, Ph.D.

[Center for Health Services Research in Primary Care](#)

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<b>Email</b>	<a href="mailto:tniendam@ucdavis.edu">tniendam@ucdavis.edu</a>
<b>Education</b>	Ph.D., Clinical Psychology, UCLA, Los Angeles CA 2006 M.A., Clinical Psychology, UCLA, Los Angeles CA 2002 B.A., Psychology, Northwestern University, Evanston IL 2000
<b>Internships</b>	Pre-doctoral Psychology, The Guidance Center, Long Beach CA 2004-2005
<b>Fellowships</b>	Post-doctoral Fellowship, UCLA Staglin Center for the Assessment and Prevention of Prodromal States (CAPPS), Los Angeles CA 2006-2008
<b>Board Certifications</b>	State of California Licensed Psychologist
<b>Professional Memberships</b>	American College of Neuropsychopharmacology International Early Psychosis Association Society for Research in Psychopathology
<b>Honors and Awards</b>	UC Davis Academic Senate Research Travel Grant, 2013 Eunice K. Meyer Charitable Foundation Investigator - NARSAD Young Investigator Award, 2012 National Institutes of Health Loan Repayment Program Award, 2011 International Congress on Schizophrenia Research Young Investigator Travel Award, 2011 UC Davis Academic Federation Research Travel Grant Award, 2010
<b>Select Recent Publications</b>	To view a detailed list of Dr. Niendam's publications, please <a href="#">click here</a> .

Grattan RE, Tryon VL, Lara N, Gabrielian SE, Melnikow J, Niendam TA. Risk and Resilience Factors for Youth Homelessness in Western Countries: A Systematic Review. Psychiatr Serv. 2022 Apr 1;73(4):425-438. doi:10.1176/appi.ps.202000133. Epub 2021 Jul 29. PMID:34320827.



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Anglin DM, Ereshefsky S, Klaunig MJ, Bridgwater MA, Niendam TA, Ellman LM, DeVlyder J, Thayer G, Bolden K, Musket CW, Grattan RE, Lincoln SH, Schiffman J, Lipner E, Bachman P, Corcoran CM, Mota NB, van der Ven E. From Womb to Neighborhood: A Racial Analysis of Social Determinants of Psychosis in the United States. *Am J Psychiatry*. 2021 Jul;178(7):599-610. doi: 10.1176/appi.ajp.2020.20071091. Epub 2021 May 3. PMID:33934608.

Tryon VL, Garman HD, Loewy RL, Niendam TA. Links Between Human and Animal Models of Trauma and Psychosis: A Narrative Review. *Biol Psychiatry Cogn Neurosci Neuroimaging*. 2021 Feb;6(2):154-165. doi:10.1016/j.bpsc.2020.09.012. Epub 2020 Oct 1. PMID:33309566.

Rosenthal A, Meyer MS, Mayo D, Tully LM, Patel P, Ashby S, Titone M, Carter CS, Niendam TA. Contributions of childhood trauma and atypical development to increased clinical symptoms and poor functioning in recent onset psychosis. *Early Interv Psychiatry*. 2020 Feb 10;10.1111/eip.12931. doi:10.1111/eip.12931. PMID:32043308.

Mayo D, Bolden KA, Simon TJ, Niendam TA. Bullying and psychosis: The impact of chronic traumatic stress on psychosis risk in 22q11.2 deletion syndrome - a uniquely vulnerable population. *J Psychiatr Res*. 2019 Jul;114:99-104. doi:10.1016/j.jpsychires.2019.04.011. Epub 2019 Apr 15. PMID:31054456.

Savill M, Gosdin M, Patel P, Melnikow J, Loewy R, Niendam T. How Do Early Psychosis Services Define and Operationalize the Duration of Untreated Psychosis? *J Behav Health Serv Res*. 2019 Jul;46(3):497-508. doi:10.1007/s11414-018-9630-y. PMID:30298441.

Niendam TA, Sardo A, Savill M, Patel P, Xing G, Loewy RL, Dewa CS, Melnikow J. The Rise of Early Psychosis Care in California: An Overview of Community and University-Based Services. *Psychiatr Serv*. 2019 Jun 1;70(6):480-487. doi:10.1176/appi.ps.201800394. Epub 2019 Mar 20. PMID:30890048.



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Savill M, Sardo A, Patel P, Loewy R, Melnikow J, Niendam T. Which components of specialized early intervention for psychosis do senior providers see as most important? *Early Interv Psychiatry*. 2019 Jun;13(3):677-681. doi:10.1111/eip.12690. Epub 2018 Jun 8. PMID:29882258.

Lesh TA, Maddock RJ, Howell A, Wang H, Tanase C, Daniel Ragland J, Niendam TA, Carter CS. Extracellular free water and glutathione in first-episode psychosis-a multimodal investigation of an inflammatory model for psychosis. *Mol Psychiatry*. 2021 Mar;26(3):761-771. doi:10.1038/s41380-019-0428-y. Epub 2019 May 28. PMID:31138893.

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