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Dr. Deligiannidis received her medical degree from, and completed her psychiatry residency and chief residency in psychopharmacology research at the University of Massachusetts Medical School. Prior to and during medical school she trained in neuroscience research at the National Institutes of Health (NIH). After residency she completed additional research training in behavioral endocrinology and experimental therapeutics at the NIH and a visiting fellowship in neuroimaging at the Martinos Center for Biomedical Imaging/Massachusetts Institute of Technology (MIT).

Dr. Deligiannidis joined faculty at Zucker School of Medicine at Hofstra/Northwell in September 2016 and is Board Certified by the American Board of Psychiatry and Neurology. Dr. Deligiannidis is the Director of Women's Behavioral Health at Zucker Hillside Hospital. As a reproductive psychiatrist, she has expertise in treating women with mood and anxiety disorders linked to the menstrual cycle, pregnancy/postpartum and perimenopausal periods. Dr. Deligiannidis conducts research into the causes of perinatal depression and in novel therapeutics. Her research interests include psychoneuroendocrinology, particularly neurosteroids and hormones, and neuroimaging in women's behavioral health.

Dr. Deligiannidis's research is supported by NIH, foundation and industry funding and her efforts have been nationally recognized with many awards for research and for teaching of medical students and residents. She has published nearly 50 peer-reviewed manuscripts and has given over 150 oral presentations/research posters at local, national and international scientific conferences. Her research has been covered by major media outlets, including CNN, the Associated Press, National Public Radio, the Boston Globe, Boston ABC and CBS News, CBS and ABC-New York, Newsday and others. She was one of the lead investigators who developed Zulresso/Brexanolone which is now the first and only medication FDA approved for postpartum depression.

Her work over the past 10 years was recognized with the 2019 Northwell Health Truly Award for Innovation/Rising Star.

Dr. Deligiannidis actively participates in national scientific committees and gives scientific presentations nationally and internationally. She serves on journal editorial boards and actively serves as a federal grant reviewer for the Center for Scientific Review at NIH. Locally she serves on steering committees in both the Departments of Obstetrics & Gynecology and Psychiatry at Long Island Jewish Medical Center and Zucker Hillside Hospital and at the Katz Institute for Women's Health on Long Island. She additionally serves on Faculty Council at the Zucker School of Medicine at Hofstra/Northwell.