



American Association of Directors of Psychiatric Residency Training

Biosketch

Anuja Mehta, MD

AADPRT Position: Chair, Curriculum Committee



Dr. Mehta is a board-certified adult and child & adolescent psychiatrist. She completed her undergraduate, medical school, and general psychiatry training at University of Florida. She went to Boston Children's Hospital/Harvard Medical School to complete fellowship training in child & adolescent psychiatry. Dr. Mehta joined University of Central Florida (UCF) College of Medicine in 2016. During the first two years, she was involved in UME teaching and mentorship. She took over the leadership of UCF/HCA's Greater Orlando Psychiatry Residency program in August 2019. She currently maintains her clinical practice at Nemours Children's Hospital. She has authored peer reviewed publications, a book chapter, and presented numerous posters and workshops on topics ranging from ADHD, childhood anxiety, microaggressions, anti-racism, narrative medicine and promoting resilience and wellness. Since 2020, Dr. Mehta has developed a passion for advancing Diversity, Equity, and Inclusion (DEI) initiatives both locally and nationally. She has helped develop and disseminate an Equitable Educator course to Psychiatry Program Directors across U.S. Dr. Mehta has had long standing passion for teaching. She won UCF COM's Early Career Educator Award in 2020. Currently, she oversees the didactic curriculum for all four years of psychiatry residents.