



Dr. Mittal is a psychiatrist at the Central Arkansas Veterans Healthcare System and an investigator at the VA HSR&D Center for Mental Healthcare and Outcomes Research (CeMHOR). He is an Associate Professor at University of Arkansas for Medical Sciences. He received research support for a career development award from VISN 16 for testing an intervention to improve adherence among older persons with serious mental illness. In addition, he has received research support for projects from National Institutes of Health, National Institute on Aging, Alzheimer's Disease Center, Memory Disorders center at UAMS, and CeMHOR. His current interests include stigma of mental illness, both public and self-stigma, and how it affects delivery of quality care to Veterans, and interferes with help seeking and engagement in care among Veterans. He has utilized quantitative and qualitative methods to study provider stigma in an HSR&D study investigating stigmatizing attitudes among providers towards persons with serious mental illness. Additionally, he conducted a study evaluating perceived stigma associated with PTSD among OEF/OIF Veterans. Recently, he concluded a review of empirical self-stigma reduction strategies that was published in *Psychiatric Services*. His clinical and research experiences have led him towards studying provider stigma due to the huge opportunity he sees, as providers, to make a difference in the delivery of quality care for our patients.

