

Manuel Faria De Abreu

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Education

Stanford University , <i>B.A. in Psychology with Distinction and Phi Beta Kappa</i> -Supervisors: Dr. Machel Snyder, PhD and Dr. Ariel Ganz, PhD	<i>Palo Alto, CA</i> 06/2024
University of Cambridge , <i>MPhil Candidate in Cognitive Neuroscience as Cambridge Trust Scholar</i> -Supervisor: Dr. Camilla Nord, PhD	<i>England, UK</i> Ex. 07/2025
Stanford School of Medicine , <i>Incoming Doctor of Medicine Candidate (M.D.)</i> -Scholarly Concentrations: Clinical Research and Neuroscience	<i>Palo Alto, CA</i> Ex. 06/2028

Research & Innovation

Mental Health Neuroscience Lab , University of Cambridge CBU Unit • Conducting research at the intersection of precision psychiatry and somatic health, utilizing neuroimaging and computational models to assess the effect of brain electrical stimulation on brain aging and mortality, validate structural imaging biomarkers, and optimize intervention strategies for depression, somatic anxiety, and cognitive dysfunction.	Cambridge, UK 10/1-
Stanford Healthcare Innovation Lab , Stanford School of Medicine • Advanced precision medicine for depression by identifying treatment-specific anti-aging effects and multi-omics biomarkers of long-term vs. short-term recovery, aiding in personalized treatment and predictive outcomes with longitudinal big data approaches. • Collaborated with Hong Kong-based Deep Longevity to develop an AI-driven psychosocial mortality-prediction platform. • Secured ~\$120,000 in philanthropic funding for future precision psychiatry research.	Palo Alto, CA 4/22-8/24
Sarafan Therapeutic Innovation Competition , Stanford Sarafan ChEM-H Institute • Competitively selected for ChEM-H's \$50K start-up grant contest to address unmet psychiatric needs along an expert board of Silicon Valley biotech executives and medicinal chemists. • Pitched our start-up, <i>Muse Medicine</i> , a precision drug concept targeting treatment-resistant depression and PTSD via TGF-β1 modulation, triggering synaptic plasticity in the brain's stress system.	Palo Alto, CA 7/22-12/22
Lifespan Development Lab , Stanford Department of Psychology • Investigated how aging influences emotion, cognition, and behavior, with implications for neurodegenerative disease prevention. • Researched the effects of intergenerational cohabitation on cognitive and social development in Spanish-speaking households.	Palo Alto, CA 4/22-12/22
Howard Hughes Medical Institute , University of Miami School of Medicine • Studied mitochondrial DNA's role in aging and neurodegeneration, applying advanced molecular biology techniques to understand disease mechanisms. • Conducted experiments on oxidative stress and mitochondrial dysfunction in neuronal cells, identifying potential therapeutic targets for neurodegenerative disease treatment.	Miami, FL 6/21-8/21

Clinical & Public Health Experience

U.S. Department of Veterans Affairs , Psychosocial Therapy Assistant • Supported U.S. Veterans and war survivors in residential, hospice, and behavioral lockdown units, co-facilitating trauma-informed wellness interventions for high-risk patients. • Shadowed physicians across multiple specialties, including Oncology, Psychiatry, Internal Medicine, and OB/GYN, at VA and academic centers.	Miami, FL 10/23-9/24
Humanitarian Medicine and Psychological Trauma in MENA , Fieldwork Lead • Conducted field research in Qatar, Egypt, Israel, Turkey, and the Syrian-Turkish border, analyzing atypical trauma responses in war refugees and victims of human trafficking. • Led qualitative interviews with domain experts, healthcare workers, and diverse refugee groups (Gazan, Israeli, Syrian, South Sudanese, Ethiopian, and Eritrean).	Middle East 3/24-4/24
Exploring Israel's Innovation Ecosystem for Human & Planetary Health • Engaged with top universities, hospitals, and start-ups to explore AI and consumer HealthTech solutions. • Pitched mental health strategies to the Israeli Ministry of Health, addressing care gaps in ultra-Orthodox communities.	Israel 8/22-9/22
United Nations Headquarters (UNDP), Global Health Intern • Developed WHO/UNDP investment strategies for primary and mental healthcare in Guyana, Bosnia & Herzegovina, and	Switzerland 3/24-4/24

Nepal, leveraging economic modeling and health tax data.

- Published a peer-reviewed article on digital mental health for conflict zones, including AI-driven remote digital monitoring.

Community Leadership

Stanford RD&E and Neighborhood Council, Residential Assistant

Palo Alto, CA | 8/23-9/23

- Supervised 180+ students, organizing wellness programs, crisis intervention, and campus-wide events.
- Managed a \$250,000 endowment, planning large-scale student initiatives.
- Trained in sexual harassment prevention, substance abuse intervention, and suicide prevention.

Growing Minds Initiative, Founder

Miami, FL | 8/18-6/20

- Established literacy programs benefiting underserved communities, distributing 4,000+ books across Malawi, Ghana, and Miami.
- Partnered with high schools, student organizations, and nonprofits to support STEM and language education for low-income, immigrant children.

Publications & Media

Peer-Reviewed Research

- Faria et al. *Brain Aging in Depression, Familial Risk, and CBT-tDCS Treatment: Results from a Mechanistic Double-Blind Randomized Controlled Trial*. **In-Progress.**
- Faria et al. *Psychological Predictors of Biological Aging: Insights from Multivariate and Machine Learning Analyses*. **In-Progress.**
- Ganz et al. *Deep longitudinal multi-omics profiling reveals new molecular and behavioral insights into depression recovery*. **In-Progress.**
- Faria, Manuel. *Biological Rehabilitation: A Necessary Next Step in Clinical Psychiatry and Neuroscience Research*. *Brain and Neuroscience Advances*. (2025)
- Faria et al. *Psychogenic Aging: A Novel Prospect to Integrate Psychobiological Hallmarks of Aging*. *Nature Translational Psychiatry*. (2024)
- Faria et al. *Mental Health for All: The Case for Investing in Digital Mental Health to Improve Global Outcomes, Access, and Innovation in Low-Resource Settings*. *Journal of Clinical Medicine*. (2023)
- Galkin et al. *Psychological factors substantially contribute to biological aging: evidence from the aging rate in Chinese older adults*. *Aging*. (2022)

Oral Presentations

- “Psychosomatic Aging in Health & Disease” at the Global Longevity Federation in Dubai, United Arab Emirates.
- “Empirical Basis of Psychogenic Aging” at the European Congress of Psychiatry in Madrid, Spain. (April 2025)

Mass Media Features

- Fox News, American Psychiatric Association, New York Post, Daily Mail, Telegraph UK, EuroNews, Tribune India, etc.

Awards & Professional Development

- Cambridge Trust & Luisa De Sanchez Scholarships – Full-Ride International Merit Award (~\$70K), in collaboration with the Venezuelan Academy of Sciences
- UK Medical Research Council Neuroscience Student Merit Scholarship, University of Cambridge (~\$2K)
- Vargas Scholarship Finalist, Venezuelan Academy of Medicine, Universidad Central de Venezuela
- Rhodes Global Scholarship Finalist, University of Oxford (0.6% finalist success rate)
- Stanford Phi Beta Kappa (Top 8%, Class of 2023)
- Point Foundation Flagship Scholarship (1-2% acceptance rate; \$13K total)
- Point Foundation Community College Scholarship (20% acceptance rate)
- George Shultz Fellowship for Middle Eastern Studies (\$7K)
- Hass Fellowship for International Public Service (\$6K)
- ABCRMS National Research Presentation Award in Systems & Computational Biology
- Public Policy Leadership Program (PPLC), Harvard Kennedy School
- National Hispanic Scholarship Fund, 2021 Finalist
- Program for the Advancement of Health & Science (PATHS), Yale School of Medicine
- Future Leaders in Psychiatry Program (FLIP), American Psychiatric Association
- Inside UCSF, UCSF School of Medicine
- Mark Richardson Award, United Faculty of MDC
- Cuban Martyrs Award, United Faculty of MDC
- MDC Honors College Scholarship – Full-Ride Award

Spoken Languages

- English (Fluent)
- Spanish (Fluent)
- Portuguese (Intermediate)