

Oana Neda-Stepan, MD

Assistant Professor of Psychiatry | Consultant Psychiatrist

Contact Information

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Current Academic and Clinical Positions

Assistant Professor, Department of Psychiatry, Victor Babeș University of Medicine and Pharmacy, Timișoara (October 2023 – present)

Consultant Psychiatrist, Psychiatry I Department, Clinical Emergency County Hospital “Pius Brînzeu”, Timișoara (November 2025 – present)

Education

PhD Candidate in Medicine, Victor Babeș University of Medicine and Pharmacy, Timișoara (2019 – present)

Thesis focus: Perinatal mental health, personality traits, anxiety, and depressive symptoms

Master’s Degree: Legal Responsibility of Medical Personnel, Victor Babeș University of Medicine and Pharmacy, Timișoara (2019 – 2021)

Doctor of Medicine (MD), Victor Babeș University of Medicine and Pharmacy, Faculty of General Medicine (2009 – 2015)

Previous Clinical Appointments

Consultant in Family Medicine (2022 – present)

Psychiatry Resident, Clinical Emergency County Hospital “Pius Brînzeu”, Timișoara (2019 – 2025)

Family Medicine Resident, Municipal Emergency Clinical Hospital, Timișoara (2016 – 2018)

Research Interests

Perinatal mental health

Postpartum depression and anxiety

Personality traits in psychiatric disorders

Substance use and affective disorders

Teaching Experience

Assistant Professor, Department of Psychiatry, Victor Babeș University of Medicine and Pharmacy, Timișoara (2023 – present)

- Teaching 5th and 6th year medical students (Romanian and Erasmus groups)
- Clinical bedside teaching in Psychiatry I Department
- Student assessment and examinations
- Participation in curriculum and academic activities

Peer-Reviewed Publications (selected)

Neda-Stepan O, et al. *Evaluating the Impact of Obsessive-Compulsive Symptoms and Personality Types on Perinatal Depressive Symptoms*. Behavioral Sciences, 2024.

Neda-Stepan O, et al. *The Influence of Personality Traits on Postpartum Depression: A Systematic Review Based on the NEO-FFI Scale*. Diseases, 2024.

Neda-Stepan O, et al. *Personality, Perinatal Anxiety, and Substance Use as Converging Determinants of Post-Partum Depression in South-East Europe*. Medicina, 2025.

Al Nakhebi OA, et al. *Management of Systemic Cardiotoxicity Associated with Antidepressant Use*. Journal of Clinical Medicine, 2025.

Hinoveanu D, et al. *Mental Health and Contraceptive Knowledge in High Schoolers*. Medicina, 2023.

Bosun A, et al. *Dopaminergic Epistases in Schizophrenia*. Brain Sciences, 2024.

Gruescu ACS, et al. *Stress Dynamics in Families with Children with Neuropsychiatric Disorders*. Journal of Clinical Medicine, 2023.

Hinoveanu D, et al. *Impact of the COVID-19 Pandemic on Contraception Awareness*. Healthcare, 2023.

Enătescu VR, et al. *Efficacy of Clonidine in Alcohol Withdrawal Syndrome*. Farmacia, 2020.

Enătescu I, et al. *Inflammatory Markers and Type D Personality in Major Depression*. Applied Sciences, 2020.

Bodo CR, et al. *Chronic Misophonia-Induced Stress and Gastrointestinal Pathology in Children*. Children, 2024.

Selected Conference Presentations

National Congress of Psychiatry, Sibiu, 2025 – Oral presentation on perinatal anxiety.
Symposium ‘Mental Health and Multidisciplinary Prevention of Psychiatric Disorders’, Sovata, 2025 – Oral presentation.

National Psychiatry Conference, Timișoara, 2024 – Two oral presentations on perinatal mental health.

Psychiatry and Medical Psychology Conference, Sibiu, 2023 – Two oral presentations.

European Congress of Psychiatry, 2021 and 2020 – Oral presentations and e-poster sessions.

World Congress of Social Psychiatry, 2019 – Two presentations on perinatal mental health.

Language Skills

English: B1 – Independent user

French: B2 – Independent user

Computer Skills

Microsoft Office (Word, Excel, PowerPoint), Zoom, Google Docs, internet tools