

Goyal, D. Bio

Dr. Goyal obtained a Bachelor of Science in Nursing, Master of Science in Nursing, and her Family Nurse Practitioner Certificate at San Jose State University (SJSU). She obtained a PhD in Nursing from the University of California, San Francisco. She has been working as a family nurse practitioner since 2002 and teaching at SJSU since 2007. Dr. Goyal is a nurse educator, family nurse practitioner, and researcher who is passionate about maternal mental health, specifically among women of Asian descent.

Dr. Goyal began her research in 2006 examining the rate of postpartum depression (PPD) among Asian Indian women. Her doctoral work continued to examine PPD and the role of fragmented sleep, infant temperament, relationship satisfaction, and socioeconomic status.

Dr. Goyal's research continues to add to the postpartum mental health narrative regarding Asian American women's experience, mental health help-seeking behavior, and preferred management of PPD. Her research findings provide clinicians with the much needed information they need to provide culturally-informed care in an effort to promote optimal maternal-child well-being outcomes

