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Ms. Zhdanava specializes in the application of statistical methods to the field of health economics and outcomes research (HEOR). Her expertise includes burden-of-illness analyses, treatment effectiveness and treatment pattern analyses, disease epidemiology studies, and cost models. Ms. Zhdanava has worked with a variety of data, including health insurance claims, electronic medical records, and data collected from chart reviews and surveys. Her research in a wide range of therapeutic areas – including depression, schizophrenia, generalized myasthenia gravis, psoriasis, inflammatory bowel disease, respiratory diseases, and oncology – has been presented at conferences and published in peer-reviewed journals such as *The Journal of Clinical Psychiatry*, the *Journal of Affective Disorders*, *Pharmacoeconomics*, *BMC Psychiatry*, *Clinical Therapeutics*, the *Journal of Managed Care & Specialty Pharmacy*, *Current Medical Research and Opinion*, and the *Journal of Medical Economics*. Ms. Zhdanava is a member of the editorial board for *Current Medical Research and Opinion*.

EDUCATION

2013 M.A., economics, Dalhousie University, Nova Scotia
2004 B.A., economics (honors with high distinction), European Humanities University, Lithuania

PROFESSIONAL EXPERIENCE

2013–Present Groupe d’analyse
Vice President (2025–Present)
Manager (2020–2024)
Associate (2013–2020)

2012–2013 Atlantic Provinces Economic Council
Research Assistant

2009–2011 Polylog Consulting Group
Research Analyst

2007–2009 Institute for Regional Policy
Communications Specialist

2005–2007 State Duma of the Russian Federation
Press Secretary and Aid to the Russian State Duma Deputy

ARTICLES AND PUBLICATIONS

- Kale H, Zhdanava M, Pilon D, Sheehan J, Drissen T, Boonmak P, et al. Economic and clinical burden of major depressive disorder with insomnia symptoms in commercially and Medicaid-insured adults in the United States: A retrospective matched cohort study. *Journal of Affective Disorders*. 2025;372:653-64.

- Clemens K, Zhdanava M, Teeple A, Voegel A, Joshi K, Shah A, et al. Impact of social determinants of health on esketamine nasal spray initiation among patients with treatment-resistant depression in the United States. *Journal of Managed Care & Specialty Pharmacy*. 2025;31(1):101-11.
- Harding L, Zhdanava M, Teeple A, Shah A, Boonmak P, Pilon D, et al. Health Care Resource Use and Medical Costs Among Patients With Major Depressive Disorder and Acute Suicidal Ideation or Behavior Initiated on Esketamine Nasal Spray or Traditional Treatments in the United States. *Clinical Therapeutics*. 2025;4:S0149-2918(24)00409-0.
- Jha MK, Zhdanava M, Shah A, Voegel A, Tardif-Samson A, Pilon D, et al. Mental Health-Related Disability Days and Costs Among Patients with Treatment-Resistant Depression Initiated on Esketamine Nasal Spray and Conventional Therapies in the USA. *Drugs–Real World Outcomes*. 2025:1-9.
- Zhdanava M, Fitzgerald T, Pilon D, Teneralli RE, Shah A, Diaz L, et al. Comparative analysis of persistence and remission with guselkumab versus secukinumab and ixekizumab in the United States. *Journal of Dermatological Treatment*. 2024;35(1):2349658.
- Zhdanava M, Pesa J, Boonmak P, Schwartzbein S, Cai Q, Pilon D, et al. Pre-diagnosis Predictors of High Health Care Cost Among Patients with Myasthenia Gravis Using a Combined Machine-learning and Regression Approach (P4-11.011). *Neurology*. 2024;22(5):735-747.
- Zhdanava M, Zhao R, Manceur AM, Ding Z, Boudreau J, Kachroo S, et al. Economic and clinical burden of chronic corticosteroid use in patients with Crohn [apos] s disease initiated on biologic or conventional therapies in the US: A retrospective claims study. *Journal of the American Pharmacists Association*. 2024;64(2):386-94. e10.
- Zhdanava M, Pesa J, Boonmak P, Cai Q, Pilon D, Choudhry Z, et al. Economic burden of generalized myasthenia gravis (MG) in the United States and the impact of common comorbidities and acute MG-events. *Current Medical Research and Opinion*. 2024;40(7):1145-1153.
- Zhdanava M, Kachroo S, Boonmak P, Burbage S, Shah A, Korsiak J, et al. Comparison of real-world healthcare resource utilization among advanced therapy-naive patients with ulcerative colitis initiated on ustekinumab or vedolizumab. *Gastroenterology*. 2024;166(5):S-1422-S-3.
- Harding L, Joshi K, Zhdanava M, Shah A, Voegel A, Chen C, et al. Treatment Patterns, Acute Healthcare Resource Use, and Costs of Patients with Treatment-Resistant Depression Completing Induction Phase of Esketamine in the United States. *Drugs–Real World Outcomes*. 2024:1-11.
- Zhdanava M, Kachroo S, Boonmak P, Burbage S, Shah A, Korsiak J, et al. Comparison of real-world healthcare resource utilization among advanced therapy-naïve and advanced therapy-experienced patients with ulcerative colitis initiated on ustekinumab or vedolizumab. *Current Medical Research and Opinion*. 2024;40(9):1555-62.
- Zhdanava M, Kachroo S, Boonmak P, Burbage S, Shah A, Korsiak J, et al. Real-World Treatment Persistence Among Advanced Therapy-Naïve or-Experienced Patients with Ulcerative Colitis Initiated on Ustekinumab or Adalimumab. *Advances in Therapy*. 2024;41(10):3868-87.
- Zhdanava M, Zhao R, Manceur AM, Ding Z, Boudreau J, Kachroo S, et al. Burden of chronic corticosteroid use among patients with ulcerative colitis initiated on targeted treatment or conventional therapy in the United States. *Journal of Managed Care & Specialty Pharmacy*. 2024;30(2):141-52.

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- Zhdanava M, Pesa J, Boonmak P, Schwartzbein S, Cai Q, Pilon D, et al. Predictors of High Healthcare Cost Among Patients with Generalized Myasthenia Gravis: A Combined Machine Learning and Regression Approach from a US Payer Perspective. *Applied Health Economics and Health Policy*. 2024;22(5):735-47.
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- Zhdanava M, Karkare S, Jha MK, Shah A, Voegel A, Tardif-Samson A, et al. Mental-Health Related Disability Leave and Costs Among Patients with Treatment Resistant Depression Initiated on Esketamine and Conventional Therapies. *CNS Spectrums*. 2024;29(5):525-6.
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- Karkare S, Zhdanava M, Pilon D, Nash AI, Morrison L, Shah A, et al. Characteristics of real-world commercially insured patients with treatment-resistant depression initiated on esketamine nasal spray or conventional therapies in the United States. *Clinical Therapeutics*. 2022;44(11):1432-48.

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- Zhdanava M, Starr HL, Lefebvre P, Totev TI, Shah A, Sheng K, et al. Understanding the health system conditions affecting the use of long-acting injectable antipsychotics in the treatment of schizophrenia in clinical practice: a US healthcare provider survey. *Neuropsychiatric Disease and Treatment*. 2022:1479-93.
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- Zhdanava M, Kuvadiah H, Joshi K, Daly E, Pilon D, Rossi C, et al. Economic burden of treatment-resistant depression in privately insured US patients with co-occurring anxiety disorder and/or substance use disorder. *Current Medical Research and Opinion*. 2021;37(1):123-33.
- Zhdanava M, Kuvadiah H, Joshi K, Daly E, Pilon D, Rossi C, et al. Economic burden of treatment-resistant depression in privately insured US patients with physical conditions. *Journal of Managed Care & Specialty Pharmacy*. 2020;26(8):996-1007.
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- Ortiz B, Kavati A, Zhdanava M, Lecocq J, Schiffman B, Pilon D, et al. Biomarkers and Outcomes in Omalizumab-Treated Patients with Allergic Asthma: A Real-World Study in a Large Allergy Practice in the United States (US). *Journal of Allergy and Clinical Immunology*. 2019;143(2):AB423.
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PROFESSIONAL ASSOCIATIONS AND MEMBERSHIPS

2024–Present *Current Medical Research and Opinion*
Editorial Board Member

LANGUAGES

Russian (native), French (intermediate)