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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, Halifax
2004 B.A., economics, (honors with high distinction), European Humanities University, Minsk

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.
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- 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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PROFESSIONAL ASSOCIATIONS AND MEMBERSHIPS

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

LANGUAGES

Russian (native), French (intermediate)