

ZACH SIKORA, PSYD

Psychologist • Medical Director • On-Air Mental Health Expert • Media Consultant
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BIO

Licensed Clinical Psychologist and Medical Director specializing in anxiety disorders, trauma, OCD, and general mental health problems. An on-air expert, Zach delivers clear, evidence based commentary that helps audiences understand human behavior. He consults with producers, writers, and talent to ensure psychological accuracy, emotionally grounded character development, and ethical portrayal of mental health in both scripted and unscripted formats. His work bridges clinical expertise with compelling storytelling, making complex psychological concepts accessible, engaging, and trustworthy.

MEDIA EXPERIENCE

Media Consultation

- **Fear Factor: House of Fear:** Advises on psychological realism, fear/anxiety portrayal, and casting.
- **Fear Facts:** On screen talent in companion social media series for Fear Factor: House of Fear, writing episode scripts, delivering synopses of episodes with infusion of entertainment and scientific facts.

On-Air Mental Health Expert

- **Doctor Radio on Sirius XM:** Live radio Interview on anxiety, fear responses, and related topics.
- **FOX 32 Chicago:** Live TV interview on anxiety, quarantine fatigue, and mental health response to COVID19
- **Tough Mudder Podcast:** Interviewed on facing fears, anxiety, and performance improvement.

Print Mental Health Expert

- **The New York Times:** "How to Stop Touching Your Face" and ebook "Answers to Your Coronavirus Questions."
- **Pop Culture:** "Fear Factor: House of Fear' Fear Psychologist Dr. Zach Sikora Weighs in on the Show's Psychological Aspects (Exclusive)" & "Fear Factor: House of Fear: Fear Psychologist Dr. Zach Sikora on How the 'Fear Facts' Social Series Came to Be (Exclusive)."
- **The Washington Post:** "Nose Picking Linked to Higher Risk of COVID, Study Says."
- **Men's Health Magazine:** "Learning to Swim is Hard. Especially When You're 31 and Terrified of Water."
- **Reader's Digest:** "Your 5 Biggest Fears and How to Face Them, According to Psychologists."
- **Chicago Health Magazine:** "How to Stay Calm in a Stressful News Cycle."

CLINICAL WORK & LEADERSHIP

- **Medical Director of Psychology:** Northwestern Medicine (Northwestern University)
- **Clinical Psychologist:** Northwestern Medicine
- **Training Director:** Northwestern Medicine

EDUCATION & CREDENTIALS

- PsyD: Illinois School of Professional Psychology
- MA: Illinois School of Professional Psychology
- BA: DePaul University