

Biosketch Bonginkosi Mafuzo



Dr Bonginkosi Mafuze holds an MBChB from UKZN's Nelson R Mandela School of Medicine and completed his Fellowship in Psychiatry with the CMSA in 2024. He also holds a Diploma in Mental Health and is passionate about outreach, advocacy, and education. His clinical and academic interests include neurodevelopmental conditions—particularly Attention-Deficit/Hyperactivity Disorder (ADHD)—and he is committed to advancing awareness, early identification, and evidence-based interventions for ADHD across the lifespan.

Dr Mafuze is the host of Doctors of Minds, a mental health podcast that shares awareness and lived experiences of those affected by mental illness. With a strong interest in Sports and Exercise Psychiatry, he is actively involved in developing this emerging field in South Africa. He has obtained a FIFA Diploma in Football Medicine and a certificate in Sports Psychiatry through the International Society of Sports Psychiatry (ISSP).

In recognition of his community work, he was named an Associate Fellow of the Queen's Young Leaders Royal Commonwealth Society in 2014. His work bridges clinical care, neurodevelopmental psychiatry, sport, and public mental health engagement.