Beat: Local

Halifax Physician Gets House Arrest

For Stealing Neighbour's Underwear

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Brian MacKenzie-Teepell/USPA 24 News - SOURCE: Halifax Regional Police media release.
Halifax physician gets house arrest after hiding in neighbour's closet and stealing underwear.

A 32-year-old Halifax physician, Dr. Tian Zhang, has been sentenced to 18 months of house arrest followed by 18 months of probation after admitting to repeatedly breaking into his neighbours' apartment, stealing underwear and accessing their private medical records.

The case came to light on September 27, 2026, when Eugena Brennan returned home after driving her partner, Daniel Higham, to work. After spending approximately 25 minutes inside her apartment, she was shocked when Zhang, her next-door neighbour, suddenly ran out of her bedroom, where he had been hiding in a closet.

Police arrested Zhang and searched his apartment, discovering two pairs of lady's underwear and a key that unlocked the couple's home.

Zhang subsequently admitted that he had been secretly entering their apartment for approximately three years. What began as occasional nighttime visits escalated to daytime intrusions occurring as frequently as once or twice a month. He also used his access as a physician to view the couple's medical records.

A forensic psychiatric assessment described Zhang as experiencing severe mental health difficulties, loneliness and professional burnout during his anesthesiology residency.

According to the assessment, Zhang had become fascinated by the couple because he envied their apparently happy, stable relationship. He believed that observing their daily lives might help him understand how to achieve similar happiness himself.

The psychiatrist described the behaviour as a maladaptive coping mechanism that temporarily relieved his anxiety.

Nova Scotia Supreme Court Justice Frank Hoskins accepted a joint sentencing recommendation, citing Zhang's remorse, rehabilitation efforts, lack of prior criminal convictions and low risk of reoffending.

Zhang received an 18-month conditional sentence to be served in the community, followed by 18 months of probation. He must also pay $2,812.90 in restitution to the victims.

The College of Physicians and Surgeons of Nova Scotia is separately investigating Zhang's medical licence.

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