

Stanford



Debra Safer

Associate Professor of Psychiatry and Behavioral Sciences (General Psychiatry and Psychology-Adult) at the Stanford University Medical Center

CLINICAL OFFICES

- **Psychiatry and Behavioral Sciences**

401 Quarry Rd

MC 5795

Stanford, CA 94305

Tel (650) 723-5868

Fax (650) 723-9807

Bio

BIO

Dr. Debra L. Safer specializes in the treatment of eating and weight disorders. She obtained her MD from the University of California, San Francisco and completed her residency as well as a post-doctoral fellowship in eating disorder intervention research within the Department of Psychiatry & Behavioral Sciences at Stanford University. She has practiced psychiatry for more than 15 years. Dr. Safer is the Co-Director of the Stanford Adult Eating and Weight Disorders Program. Her research and clinical work in eating disorders and obesity focus on improving patient outcomes by developing and conducting clinical intervention trials to establish evidence-based treatments. She has co-authored multiple peer-reviewed articles, books, and book chapters, and presented her work both nationally and internationally. In addition to her research on clinical interventions and medication trials for patients with eating disorders, other research interests include designing interventions for post-bariatric surgery patients, the use of virtual reality in treating eating disorders, and evaluating the outcomes of evidence-based treatments for eating disorders in “real world” settings. More broadly, she is interested in helping efforts to address climate change mitigation with serial dramas (prosocial entertainment-education programs with methodology based on Dr. Albert Bandura's theories of self-efficacy and social modeling).

CLINICAL FOCUS

- Psychiatry

ACADEMIC APPOINTMENTS

- Associate Professor - Med Center Line, Psychiatry and Behavioral Sciences
- Member, Bio-X
- Member, Maternal & Child Health Research Institute (MCHRI)
- Member, Wu Tsai Neurosciences Institute

PROFESSIONAL EDUCATION

- Fellowship: Stanford University Medical Center (1999) CA
- Residency: Stanford University Medical Center (1998) CA
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2000)

- Internship: Stanford University Medical Center (1995) CA
- Medical Education: UCSF Medical Center (1994) CA

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Primary research interests include the nature and treatment of eating disorders

(particularly bulimia nervosa and binge eating disorder), the development and treatment of obesity, and the development and treatment of problematic eating patterns in patients following bariatric surgery.

CLINICAL TRIALS

- Adding Guided Self-Help Group Therapy to the Alli Weight Loss Program in Treating Binge Eating Disorder, Not Recruiting
- Comparing Two Group Therapy Treatments for Binge Eating Disorder, Not Recruiting
- FDA Approved Medication to Reduce Binge Eating and/or Purging, Not Recruiting

Publications

PUBLICATIONS

- **Correlates of Dietary Adherence and Maladaptive Eating Patterns Following Roux-en-Y Bariatric Surgery** *OBESITY SURGERY*
Adler, S., Fowler, N., Robinson, A., Salcido, L., Darcy, A., Toyama, H., Safer, D.
2018; 28 (4): 1130–35
- **Study protocol and rationale for a randomized double-blinded crossover trial of phentermine-topiramate ER versus placebo to treat binge eating disorder and bulimia nervosa.** *Contemporary clinical trials*
Dalai, S. S., Adler, S., Najarian, T., Safer, D. L.
2018; 64: 173–78
- **A Standardized Preoperative Group Intervention Is Feasible and Acceptable to Orthognathic Surgery Patients.** *Journal of oral and maxillofacial surgery : official journal of the American Association of Oral and Maxillofacial Surgeons*
Li, X., Safer, D. L., Paz, I. C., Menorca, R., Girod, S.
2017
- **Shifts in the Enjoyment of Healthy and Unhealthy Behaviors Affect Short- and Long-Term Postbariatric Weight Loss** *BARIATRIC SURGICAL PRACTICE AND PATIENT CARE*
Vuorinen, A., Strahilevitz, M. A., Wansink, B., Safer, D. L.
2017; 12 (1): 35-42
- **Follow-up of selective eaters from childhood to adulthood.** *Eating behaviors*
Van Tine, M. L., McNicholas, F., Safer, D. L., Agras, W. S.
2017; 26: 61-65

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