




## Adina S. Fischer, MD, PhD

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

 NIH Biosketch available Online

 Curriculum Vitae available Online

### CLINICAL OFFICE (PRIMARY)

- **Dept of Psychiatry**

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### ACADEMIC CONTACT INFORMATION

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### Bio

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#### BIO

Dr. Fischer's research focuses on characterizing risk and resilience factors in depression. She has been awarded an NIH Career Development Award (K23) and Klingenstein Foundation Fellowship in Adolescent Depression to build her program of clinical and translational research at Stanford. Dr.

Fischer's program of clinical care focused on the delivery and teaching of evidence-based clinical interventions that enhance resilience, with a focus on addressing the unique stressors encountered in academia and academic medicine that may contribute to risk and resilience in mood and anxiety disorders.

Dr. Fischer's translational program of research focuses on:

- (1) Improving our understanding of protective biomarkers of resilience to depression
- (2) Characterizing the effects of cannabis on neurobiological function and depressive symptoms
- (3) Developing neurobiologically-guided interventions for depressive disorders, particularly those that co-occur with cannabis and other substance use

Dr. Fischer earned her BSc at the Massachusetts Institute of Technology in Brain and Cognitive Sciences, where she conducted research in the Early Childhood Cognition Laboratory. She then completed the MD/PhD Program at Dartmouth, where she obtained her PhD in Neuroscience. Dr. Fischer's doctoral research focused on characterizing the acute effects of cannabis in patients with schizophrenia and co-occurring cannabis use disorder.

She then completed the Stanford Psychiatry Residency Training Program as a member of the Research Track, and an NIH funded T-32 postdoctoral research fellowship within the Department of Psychiatry and Behavioral Sciences.

#### CLINICAL FOCUS

- Psychiatry
- Depression and Anxiety Disorders
- Physician Wellness
- Student Mental Health
- Adjustment Disorders

- Cannabis use disorders

## ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences
- Member, Maternal & Child Health Research Institute (MCHRI)

## HONORS AND AWARDS

- Fellow, American Academy of Child and Adolescent Psychiatry Research Colloquium (2021)
- Taube Endowed Youth Addiction Initiative Fellow, Taube Philanthropies (2020-2022)
- Travel Award Fellowship, Society of Biological Psychiatry (2020)
- Klingenstein Fellowship Award in Child and Adolescent Depression, Klingenstein Philanthropies (2019-Ongoing)
- Postdoctoral Fellow, NIMH T32 National Research Postdoctoral Fellowship (2019-2021)
- Fellow, American Psychiatric Association Research Colloquium (2019-2020)
- Fellow, Career Development Institute for Psychiatry (CDI) (2019- Ongoing)
- Physician Scholar, Stanford Society of Physician Scholars (2015-Ongoing)
- Award for Excellence in Clinical Psychiatry, Dartmouth Medical School (2015)
- Medical Student Scholars Award, Society of Biological Psychiatry (2015)
- Travel Award, American College of Neuropsychopharmacology (2015)
- C. Everett Koop Scholar in Addiction Studies, Dartmouth College (2013-2015)
- Award for Outstanding Research in Brain & Cognitive Sciences, Massachusetts Institute of Technology (2008)
- Han-Lukas Teuber Award for Outstanding Academic Achievement, Massachusetts Institute of Technology (2008)

## BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, American Psychiatric Association (2015 - present)
- Diplomate, American Board of Psychiatry and Neurology (2020 - present)

## PROFESSIONAL EDUCATION

- Residency: Stanford University Psychiatry Residency (2019) CA
- Medical Education: Dartmouth Geisel School of Medicine (2015) NH
- B.Sc., Massachusetts Institute of Technology , Brain and Cognitive Sciences (2008)
- Ph.D., Dartmouth College , Neuroscience (2013)
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2020)
- Post-doctoral Fellowship, Stanford University , Neuroscience (2022)

## Publications

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### PUBLICATIONS

- **Intrinsic connectivity and family dynamics: Striato-limbic markers of risk and resilience in youth at familial risk for mood disorders.** *Biological psychiatry. Cognitive neuroscience and neuroimaging*  
Fischer, A. S., Holt-Gosselin, B., Hagan, K. E., Fleming, S. L., Nimarko, A. F., Gotlib, I. H., Singh, M. K.  
2022
- **Ventral-Hippocampal Afferents to Nucleus Accumbens Encode Both Latent Vulnerability and Stress-Induced Susceptibility**  
Fischer, A., Holt-Gosselin, B., Fleming, S., Hack, L., Ball, T., Schatzberg, A., Williams, L.  
SPRINGER NATURE.2020: 312

- **Intrinsic reward circuit connectivity profiles underlying symptom and quality of life outcomes following antidepressant medication: a report from the iSPOT-D trial.** *Neuropsychopharmacology : official publication of the American College of Neuropsychopharmacology*  
Fischer, A. S., Holt-Gosselin, B., Fleming, S. L., Hack, L. M., Ball, T. M., Schatzberg, A. F., Williams, L. M.  
2020
- **ABERRANT REWARD FUNCTION AND STRUCTURE IS ASSOCIATED WITH SUICIDAL IDEATION AND BEHAVIOR IN YOUTH WITH DEPRESSION AND OBESITY**  
Singh, M. K., Nimarko, A., Nrusimha, A., Gorelik, A., Rodriguez, N., Carta, K., Lu, Y., Kaur, J., Hagan, K., Fischer, A.  
ELSEVIER SCIENCE INC.2020: S278
- **NEURAL CORRELATES OF REWARD PROCESSING DISTINGUISH HEALTHY YOUTH AT FAMILIAL RISK FOR BIPOLAR DISORDER FROM YOUTH AT FAMILIAL RISK FOR MDD**  
Nimarko, A. F., Fischer, A. S., Hagan, K. E., Carta, K. E., Gorelik, A. J., Nrusimha, A., Kaur, J., Rodriguez, N. S., Singh, M. K.  
ELSEVIER SCIENCE INC.2020: S170
- **Neural Correlates of Positive Emotion Processing That Distinguish Healthy Youth at Familial Risk for Bipolar Versus Major Depressive Disorder.** *Journal of the American Academy of Child and Adolescent Psychiatry*  
Nimarko, A. F., Fischer, A. S., Hagan, K. E., Gorelik, A. J., Lu, Y., Young, C. J., Singh, M. K.  
2020
- **Cannabis and the Developing Adolescent Brain.** *Current treatment options in psychiatry*  
Fischer, A. S., Tapert, S. F., Lee Louie, D., Schatzberg, A. F., Singh, M. K.  
2020; 7 (2): 144–61
- **Family Dynamics and Emotion Processing: Functional Connectivity Biomarkers of Risk and Resilience in Youth at Familial Risk for Mood Disorders**  
Fischer, A., Holt-Gosselin, B., Nimarko, A., Carta, K., Kaur, J., Lu, Y., Rodriguez, N., Takada, C., Gotlib, I., Singh, M.  
ELSEVIER SCIENCE INC.2020: S288
- **Functional Connectivity of Reward Circuitry is a Core Mechanistic Biomarker of Treatment Response and Quality of Life in Depression**  
Holt-Gosselin, B., Fischer, A., Fleming, S., Hack, L., Ball, T., Schatzberg, A., Williams, L. M.  
ELSEVIER SCIENCE INC.2020: S396–S397
- **Variable Neurobehavioral Outcomes in Youth at Familial Risk for Mood Disorders**  
Singh, M., Nimarko, A., Hagan, K., Fischer, A.  
ELSEVIER SCIENCE INC.2020: S68
- **Functional neuroimaging biomarkers of resilience in major depressive disorder.** *Current opinion in psychiatry*  
Fischer, A. S., Hagan, K. E., Gotlib, I. H.  
2020
- **Insulin Resistance and Structural Change in the Anterior Cingulate Cortex in Youth With Depression and Obesity**  
Hagan, K., Fischer, A., Nrusimha, A., Nimarko, A., Gorelik, A., Bohon, C., Rasgon, N., Singh, M.  
NATURE PUBLISHING GROUP.2019: 143–44
- **Functional Connectivity Biomarkers of Emotion Regulation That Distinguish Risk for Bipolar Versus Unipolar Depression in Clinically Asymptomatic High-Risk Youth**  
Fischer, A., Nimarko, A., Hagan, K., Gotlib, I., Singh, M.  
NATURE PUBLISHING GROUP.2019: 434–35
- **REWARD PROCESSING IN DEPRESSED AND OBESE CHILDREN**  
Angal, S., Fischer, A. S., Bohon, C., Nimarko, A. F., Rolle, C. E., Lu, Y., Pan, T., Kuramkote, S. R., Rasgon, N. L., Singh, M. K.  
ELSEVIER SCIENCE INC.2019: S274
- **EFFECTS OF MARIJUANA USE ON BRAIN CIRCUITRY AND DEPRESSIVE SYMPTOMS IN ADOLESCENTS WITH BIPOLAR DISORDER**  
Fischer, A. S.  
ELSEVIER SCIENCE INC.2019: S299
- **DISSOCIABLE NEURAL NETWORK MARKERS OF RISK AND RESILIENCE IN PEDIATRIC BIPOLAR DISORDER**  
Fischer, A., Nimarko, A., Fonseca, C., Angal, S., Singh, M. K.

ELSEVIER SCIENCE INC.2019: S362

- **Emotion Network Predictors of Clinical Outcome in Youth at High Risk for Bipolar Disorder**  
Singh, M., Nimarko, A., Leslie, S., Fischer, A.  
ELSEVIER SCIENCE INC.2019: S2
- **Reward-circuit biomarkers of risk and resilience in adolescent depression** *JOURNAL OF AFFECTIVE DISORDERS*  
Fischer, A. S., Ellwood-Lowe, M. E., Colich, N. L., Cichocki, A., Ho, T. C., Gotlib, I. H.  
2019; 246: 902–9
- **Reward-circuit biomarkers of risk and resilience in adolescent depression.** *Journal of affective disorders*  
Fischer, A. S., Ellwood-Lowe, M. E., Colich, N. L., Cichocki, A., Ho, T. C., Gotlib, I. H.  
2019; 246: 902-909
- **Neural Markers of Resilience in Adolescent Females at Familial Risk for Major Depressive Disorder** *JAMA PSYCHIATRY*  
Fischer, A. S., Camacho, C., Ho, T. C., Whitfield-Gabrieli, S., Gotlib, I. H.  
2018; 75 (5): 493–502
- **Understanding marijuana's effects on functional connectivity of the default mode network in patients with schizophrenia and co-occurring cannabis use disorder: A pilot investigation** *SCHIZOPHRENIA RESEARCH*  
Whitfield-Gabrieli, S., Fischer, A. S., Henricks, A. M., Khokhar, J. Y., Roth, R. M., Brunette, M. F., Green, A. I.  
2018; 194: 70–77
- **Looking at the Brighter Side: Functional Connectivity Biomarkers of Resilience to Adolescent Depression in Emotion Regulation Networks**  
Fischer, A., Camacho, M., Ho, T., Whitfield-Gabrieli, S., Gotlib, I.  
NATURE PUBLISHING GROUP.2017: S501
- **Functional Connectivity Markers of Resilience in Adolescents at Familial Risk for Depression**  
Fischer, A., Camacho, C., Ho, T., Whitfield-Gabrieli, S., Gotlib, I.  
NATURE PUBLISHING GROUP.2016: S470–S471
- **The Clinical Applicability of Functional Connectivity in Depression: Pathways Toward More Targeted Intervention.** *Biological psychiatry. Cognitive neuroscience and neuroimaging*  
Fischer, A. S., Keller, C. J., Etkin, A.  
2016; 1 (3): 262–70
- **Response to "Cortico-accumbens circuitry in schizophrenia: Merely a reward system?" by Rolland and Jardri (SCHRES-14-D-00731)** *SCHIZOPHRENIA RESEARCH*  
Fischer, A. S., Whitfield-Gabrieli, S., Roth, R. M., Brunette, M. F., Green, A. I.  
2015; 161 (2-3): 519-519
- **Impaired functional connectivity of brain reward circuitry in patients with schizophrenia and cannabis use disorder: Effects of cannabis and THC** *SCHIZOPHRENIA RESEARCH*  
Fischer, A. S., Whitfield-Gabrieli, S., Roth, R. M., Brunette, M. F., Green, A. I.  
2014; 158 (1-3): 176-182
- **Predicting inpatient complications from cerebral aneurysm clipping: the Nationwide Inpatient Sample 2005-2009** *JOURNAL OF NEUROSURGERY*  
Bekelis, K., Missios, S., MacKenzie, T. A., Desai, A., Fischer, A., Labropoulos, N., Roberts, D. W.  
2014; 120 (3): 591-598
- **Teaching the Bayesian child: Three-and-a-half-year-olds' reasoning about ambiguous evidence** *Journal of Cognition and Development*  
Bonawitz, E. B., Fischer, A. S., Schulz, L. E.  
2012; 13 (2): 266-280
- **Teaching three-and-a-half-year-olds to reason about ambiguous evidence** *Psychology Press*  
Bonawitz, E. B., Fischer, A. S., Schulz, L. E.  
2011