Stanford



Peter Johannes van Roessel

Clinical Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **Psychiatry and Behavioral Sciences**

  401 Quarry Rd

  MC 5719

  Stanford, CA 94305

  Tel (650) 498-9111 **Fax** (650) 724-9900

Bio

BIO

Dr. Peter van Roessel, MD, PhD, completed his MD at Stanford University and his residency training in psychiatry at Columbia University and the New York-Presbyterian Hospital in New York City, with additional training in psychodynamic psychotherapy via the Columbia University Center for Psychoanalytic Training and Research.

At Stanford, Dr. van Roessel sees adult mood and anxiety disorders outpatients through the Assessment and Psychodynamic Psychotherapy Clinics and participates in resident training and patient care as director of the resident Continuity Clinic and as a supervisor in psychodynamic psychotherapy. He additionally directs the third-year resident curriculum in psychopathology and psychopharmacology and co-leads a new adult outpatient ketamine-assisted psychotherapy clinic.

As Director of Clinical Research for the department's OCD Research Lab, he sees individuals with obsessive-compulsive spectrum disorders for evaluations and research-protocol driven clinical treatment and leads clinical neuroscience studies pioneering rapid-acting interventions in OCD. Clinically motivated research interests include the nature and neural correlates of metacognitive awareness ('insight') in OCD and related disorders, and particularly the relationship of awareness to mechanisms of attentional control and the processing of incongruity and error. Dr. van Roessel additionally contributes as co-investigator to the Suppes Exploratory Therapeutics Laboratory and to the Williams PANLab, on clinical trials advancing psychedelic-assisted psychotherapies and biomarker-informed precision medicine in depression and posttraumatic stress disorder.

Dr. van Roessel pursued research training in basic neuroscience prior to his clinical training, completing an MPhil in Biology via the Open University, UK, for research performed at the Max Planck Institute for Developmental Biology in Tübingen Germany, and a PhD in molecular and developmental neurobiology at the University of Cambridge, UK. Prior to joining the clinical faculty at Stanford, he worked as Associate Director of the general research unit of the New York State Psychiatric Institute, a premier state-funded research hospital affiliated with Columbia University. He received a 2018

NARSAD Young Investigator Award to pursue study of nitrous oxide as a rapid-acting treatment for OCD, he was a 2020-2022 Miller Foundation Fellow, and from 2020 to 2022 was a Advanced Fellow in Mental Illness Treatment and Research via the Sierra Pacific Mental Illness Research, Education, and Clinical Center of the Palo Alto VA. Dr. van Roessel is a Fellow of the American Psychiatric Association and a member of the International College of Obsessive Compulsive Spectrum Disorders, the International Society for Transference Focused Psychotherapy, and the American College of Psychiatrists.

CLINICAL FOCUS

- Psychiatry

ACADEMIC APPOINTMENTS

- Clinical Professor, Psychiatry and Behavioral Sciences

PROFESSIONAL EDUCATION

- Medical Education: Stanford University School of Medicine (2007) CA
- PhD Training: University of Cambridge (2003) United Kingdom
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2011)
- Residency: New York Presbyterian Hospital - Columbia University (2011) NY

Research & Scholarship

CLINICAL TRIALS

- Caloric Vestibular Stimulation for Modulation of Insight in Obsessive-Compulsive Spectrum Disorders, Recruiting
- Efficacy of Nitrous Oxide in OCD: Pilot Study, Recruiting
- Study of Dextromethorphan in OCD and Related Disorders, Not Specified

Publications

PUBLICATIONS

- **Canadian Network for Mood and Anxiety Treatments (CANMAT) and International College of Obsessive-Compulsive Spectrum Disorders (ICOCS) 2025 international guidelines for the management of patients with obsessive-compulsive disorder.** *Journal of psychiatric research*
  Van Ameringen, M., Fineberg, N. A., Ravindran, A., Arnold, P. D., Beaulieu, S., Brakoulias, V., Brietzke, E., Dowlati, Y., Drummond, L. M., Ferretti, C. J., Feusner, J. D., Freire, R. C., Frey, et al
  2026; 199: 404-488

- **Mental health stigma in Latin American youth with obsessive-compulsive disorder.** *Psychiatry research*
  McCarty, R. J., Jensen, M., Cruz, E. P., Sagarnaga, M. N., Quiroz, P. C., Miño, T., Giusti-Rodriguez, P., Mallen, M. C., Moyano, M. B., Berrones, D., Anderberg, J. L., Frederick, R. M., Moore, et al
  2026; 361: 117113

- **A PILOT RANDOMIZED CONTROLLED TRIAL OF NITROUS OXIDE INHALATION IN UNMEDICATED ADULTS WITH OCD: PROOF OF CONCEPT**
  van Roessel, P., Guo, J., Gaeta, A., Gil-Hernandez, D., Valentine, K., Mukunda, P., Marzke, C., Ortiz, M., Booker, J., Filippou, M., Chen, C., Flood, P., Rodriguez, et al
  SPRINGERNATURE.2026

- **STRATIFYING MDMA RESPONSE USING NEGATIVE AFFECT CIRCUIT BIOTYPES WITH CLINICAL VALIDATION**
  Zhang, X., Hack, L., Bertrand, C., Hilton, R., Gray, N., Boyar, L., Laudie, J., Heifets, B., Suppes, T., Van Roessel, P., Rodriguez, C. I., Deisseroth, K., Knutson, et al
  SPRINGERNATURE.2026

- **Predictive validity of the Obsessive-Compulsive Inventory-4 and Florida Obsessive-Compulsive Inventory-II severity scale.** *Journal of psychiatric research*

Storch, E. A., McCarty, R. J., Zehavi, M., Ahmad, M., Cruz, V. Z., Berrones, D., Muñoz, J. S., Obando, D., Rodriguez Barajas, S., Frederick, R. M., Anderberg, J. L., Moore, H. C., Ochoa-Panaifo, et al
2025

- **Optimizing large language models for detecting symptoms of depression/anxiety in chronic diseases patient communications.** *NPJ digital medicine*
  Kim, J., Ma, S. P., Chen, M. L., Galatzer-Levy, I. R., Torous, J., van Roessel, P. J., Sharp, C., Pfeffer, M. A., Rodriguez, C. I., Linos, E., Chen, J. H.
  2025; 8 (1): 580

- **Artificial Intelligence in Obsessive-Compulsive Disorder: A Systematic Review.** *Current treatment options in psychiatry*
  Kim, J., Pacheco, J. P., Golden, A., Aboujaoude, E., van Roessel, P., Gandhi, A., Mukunda, P., Avanesyan, T., Xue, H., Adeli, E., Kim, J. P., Saggar, M., Stirman, et al
  2025; 12 (1): 23

- **Conserved brain-wide emergence of emotional response from sensory experience in humans and mice.** *Science (New York, N.Y.)*
  Kauvar, I., Richman, E. B., Liu, T. X., Li, C., Vesuna, S., Chibukhchyan, A., Yamada, L., Fogarty, A., Solomon, E., Choi, E. Y., Mortazavi, L., Chau Loo Kung, G., Mukunda, et al
  2025; 388 (6750): eadt3971

- **Exploring the effects of cognitive behavioral therapy on cognitive control circuit and behavioral task performance in hoarding disorder.** *Journal of psychiatric research*
  Muñoz Rodríguez, P. A., Pines, A., Zhang, X., van Roessel, P. J., Mukunda, P., McCarthy, E., Williams, L. M., Rodríguez, C. I.
  2025; 186: 423-433

- **Negative Affect Circuit Subtypes and Neural, Behavioral, and Affective Responses to MDMA: A Randomized Clinical Trial.** *JAMA network open*
  Zhang, X., Hack, L. M., Bertrand, C., Hilton, R., Gray, N. J., Boyar, L., Laudie, J., Heifets, B. D., Suppes, T., van Roessel, P. J., Rodriguez, C. I., Deisseroth, K., Knutson, et al
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- **Suicidal thoughts and behaviors in adults with hoarding disorder.** *Comprehensive psychiatry*
  Gil-Hernandez, D., McCarthy, E., Avanesyan, T., Mukunda, P., Ortiz, M., Frost, R. O., van Roessel, P. J., Berk, M. S., Rodriguez, C. I.
  2024; 136: 152539

- **Randomized waitlist-controlled trial of buried in treasures facilitated support groups and in-home uncluttering (BIT+) for hoarding disorder.** *Journal of psychiatric research*
  Wheaton, M. G., Varias, A. D., Sandhu, T., Munoz Rodriguez, P. A., Mukunda, P., Filippou-Frye, M., Millen, A., Lombardi, A., van Roessel, P., Raila, H., Anderson, K., Linkovski, O., Mahnke, et al
  2024; 176: 58-67

- **Neurocognitive Moderators of Group Psychotherapy Augmented by Individual Uncluttering Practice (BIT plus) vs Waitlist Control**
  van Roessel, P., Rodriguez, P., Jo, B., Williams, L., Rodriguez, C.
  ELSEVIER SCIENCE INC.2024: S65

- **Ketamine's acute effects on negative brain states are mediated through distinct altered states of consciousness in humans.** *Nature communications*
  Hack, L. M., Zhang, X., Heifets, B. D., Suppes, T., van Roessel, P. J., Yesavage, J. A., Gray, N. J., Hilton, R., Bertrand, C., Rodriguez, C. I., Deisseroth, K., Knutson, B., Williams, et al
  2023; 14 (1): 6631

- **Augmenting group hoarding disorder treatment with virtual reality discarding: A pilot study in older adults.** *Journal of psychiatric research*
  Raila, H., Avanesyan, T., Valentine, K. E., Koo, B., Huang, C., Tsutsumi, Y., Andreeff, E., Qiu, T., Muñoz Rodríguez, P. A., Varias, A., Filippou-Frye, M., van Roessel, P., Bullock, et al
  2023; 166: 25-31

- **Hoarding disorder: Questions and controversies** *JOURNAL OF OBSESSIVE-COMPULSIVE AND RELATED DISORDERS*
  van Roessel, P., Rodriguez, P., Frost, R. O., Rodriguez, C. I.
  2023; 37

- **Cognitive Control Predicts Alleviation of OCD Symptoms by Ketamine**
  Van Roessel, P., Asgari, S., Jo, B., Williams, L., Rodriguez, C.

ELSEVIER SCIENCE INC.2023: S311-S312

- **Ketamine's Acute Effects on Negative Brain States are Mediated Through Distinct Altered States in Humans**
  Zhang, X., Hack, L., Heifets, B., Suppes, T., Van Roessel, P., Yesavage, J., Gray, N., Hilton, R., Rodriguez, C., Deisseroth, K., Knutson, B., Williams, L.
  ELSEVIER SCIENCE INC.2023: S312

- **Acute Effects of MDMA on Negative Affective Brain Circuit Function: A Randomized Controlled Mechanistic Trial**
  Hack, L., Zhang, X., Heifets, B., Suppes, T., van Roessel, P., Yesavage, J., Gray, N., Hilton, R., Rodriguez, C., Deisseroth, K., Knutson, B., Williams, L.
  ELSEVIER SCIENCE INC.2023: S88

- **Efficacy of Ketamine in Unmedicated Adults With OCD: A Randomized Controlled Trial**
  Rodriguez, C., Chen, C., Glover, G., Jo, B., Spielman, D., Williams, L., van Roessel, P., DeBattista, C., Wintermark, M., Lombardi, A., Pinto, A., Valentine, K., Filippou-Frye, et al
  ELSEVIER SCIENCE INC.2023: S83

- **Acute Effects of MDMA on Intrinsic Functional Connectomes Associated With Altered States of Consciousness and Defensiveness**
  Zhang, X., Hack, L., Heifets, B., Suppes, T., van Roessel, P., Yesavage, J., Gray, N., Hilton, R., Rodriguez, C., Deisseroth, K., Knutson, B., Williams, L.
  ELSEVIER SCIENCE INC.2023: S87-S88

- **Early life stress in adults with hoarding disorder: A mixed methods study** *JOURNAL OF OBSESSIVE-COMPULSIVE AND RELATED DISORDERS*
  Sanchez, C., Linkovski, O., van Roessel, P., Steinberg, N., McCarthy, E., Rodriguez, P., Avanesyan, T., Mukunda, P., Frost, R. O., Rodriguez, C. I.
  2023; 37

- **Augmenting group hoarding disorder treatment with virtual reality discarding: A pilot study in older adults** *Augmenting group hoarding disorder treatment with virtual reality discarding: A pilot study in older adults*
  Raila, H.
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- **Anosognosia in hoarding disorder is predicted by alterations in cognitive and inhibitory control.** *Scientific reports*
  van Roessel, P. J., Marzke, C., Varias, A. D., Mukunda, P., Asgari, S., Sanchez, C., Shen, H., Jo, B., Gunaydin, L. A., Williams, L. M., Rodriguez, C. I.
  2022; 12 (1): 21752

- **Identity gripping or identity flight? Two distinct experiences correlated with self-reported depression in retired professional ice hockey players** *INTERNATIONAL JOURNAL OF SPORT AND EXERCISE PSYCHOLOGY*
  Aston, P. R. R., Brewer, M. A. A., Kieschnick, D. W. W., Allen, M. C. C., van Roessel, P. J. J., Lavallee, D. E. E., Rodriguez, C. I. I.
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- **Cognitive Control Predicts Alleviation of OCD Symptoms by Ketamine**
  van Roessel, P., Asgari, S., Jo, B., Williams, L., Rodriguez, C.
  SPRINGERNATURE.2022: 302

- **Efficacy of Ketamine in Unmedicated Adults With Obsessive-Compulsive Disorder: A Randomized Controlled Trial**
  Rodriguez, C., Chen, C., Glover, G., Jo, B., Spielman, D., Williams, L., van Roessel, P., DeBattista, C., Flood, P., Ringold, A., Wintermark, M., Anderson, K., Linkovski, et al
  SPRINGERNATURE.2022: 302-303

- **Cognitive Control Predicts Alleviation of OCD Symptoms by Ketamine**
  van Roessel, P., Asgari, S., Jo, B., Williams, L., Rodriguez, C.
  SPRINGERNATURE.2022: 302

- **Efficacy of Ketamine in Unmedicated Adults With Obsessive-Compulsive Disorder: A Randomized Controlled Trial**
  Rodriguez, C., Chen, C., Glover, G., Jo, B., Spielman, D., Williams, L., Van Roessel, P., DeBattista, C., Flood, P., Ringold, A., Wintermark, M., Anderson, K., Linkovski, et al
  SPRINGERNATURE.2022: 302-303

- **Treatment-resistant OCD: Pharmacotherapies in adults.** *Comprehensive psychiatry*
  van Roessel, P. J., Grassi, G., Aboujaoude, E. N., Menchon, J. M., Van Ameringen, M., Rodriguez, C. I.

2022; 120: 152352

- **Valence processing alterations in SAPAP3 knockout mice and human OCD.** *Journal of psychiatric research*
  Kajs, B. L., van Roessel, P. J., Davis, G. L., Williams, L. M., Rodriguez, C. I., Gunaydin, L. A.
  2022; 151: 657-666

- **Deconstructing Ketamine-Induced Changes in Cortisol and Dissociative and Affective States in a Controlled Mechanistic Study**
  Hack, L. M., Zhang, X., Brawer, J., Gray, N., Heifets, B., Suppes, T., van Roessel, P., Rodriguez, C., Knutson, B., Williams, L.
  ELSEVIER SCIENCE INC.2022: S178-S179

- **Acute Ketamine Modulates Cognitive Control Network Activity During Cognitive Inhibition: Evidence From a Mechanistic Trial**
  Zhang, X., Hack, L., Brawer, J., Gray, N., Heifets, B., Suppes, T., van Roessel, P., Rodriguez, C., Knutson, B., Williams, L.
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- **Accelerated Neuromodulation Therapy for Obsessive-Compulsive Disorder.** *Brain stimulation*
  Williams, N. R., Sudheimer, K. D., Cole, E. J., Varias, A. D., Goldstein-Piekarski, A. N., Stetz, P. n., Lombardi, A. n., Filippou-Frye, M. n., van Roessel, P. n., Anderson, K. n., McCarthy, E. A., Wright, B. n., Sandhu, et al
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- **Examining subjective sleep quality in adults with hoarding disorder.** *Journal of psychiatric research*
  Mahnke, A. R., Linkovski, O., Timpano, K., van Roessel, P., Sanchez, C., Varias, A. D., Mukunda, P., Filippou-Frye, M., Lombardi, A., Raila, H., Anderson, K., Sandhu, T., Wright, et al
  2020

- **Self-Reported Depressive Symptoms in Active and Retired Professional Hockey Players** *CANADIAN JOURNAL OF BEHAVIOURAL SCIENCE-REVUE CANADIENNE DES SCIENCES DU COMPORTEMENT*
  Aston, P., Filippou-Frye, M., Blasey, C., van Roessel, P., Rodriguez, C.
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- **Does Nitrous Oxide Help Veterans With Posttraumatic Stress Disorder? A Case Series.** *The Journal of clinical psychiatry*
  Varias, A. n., van Roessel, P. n., Parsiani, M. n., Filippou-Frye, M. n., Neylan, T. C., Nagele, P. n., Yesavage, J. n., Clark, J. D., Rodriguez, C. I.
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- **Neurocognitive Correlates of Insight in Hoarding Disorder**
  van Roessel, P., Varias, A., Sanchez, C., Sandhu, T., Shen, H., Jo, B., Rodriguez, C.
  NATURE PUBLISHING GROUP.2019: 159

- **Exploring Brain-Derived Neurotrophic Factor Val66Met Polymorphism and Extinction Learning-Based Treatment Outcome in Obsessive-Compulsive Disorder A Pilot Study** *JOURNAL OF CLINICAL PSYCHOPHARMACOLOGY*
  Linkovski, O., Wheaton, M. G., Zwerling, J., Odgerel, Z., van Roessel, P., Filippou-Frye, M., Lombardi, A., Wright, B., Steinman, S. A., Simpson, H., Lee, F., Rodriguez, C. I.
  2019; 39 (1): 91–93

- **Exploring Brain-Derived Neurotrophic Factor Val66Met Polymorphism and Extinction Learning-Based Treatment Outcome in Obsessive-Compulsive Disorder: A Pilot Study.** *Journal of clinical psychopharmacology*
  Linkovski, O., Wheaton, M. G., Zwerling, J., Odgerel, Z., van Roessel, P., Filippou-Frye, M., Lombardi, A., Wright, B., Steinman, S. A., Simpson, H. B., Lee, F., Rodriguez, C. I.
  2018

- **Clutter Blindness as an Insight Proxy in Hoarding Disorder: A Hypothesis-Generating Study**
  van Roessel, P., Sanchez, C., Linkovski, O., Sandhu, T., Wright, B., McCarthy, E., Varias, A., Filippou-Frye, M., Shen, H., Jo, B., Rodriguez, C.
  NATURE PUBLISHING GROUP.2018: S387–S388

- **Exploring BDNF Val66Met Polymorphism and Extinction Learning-Based Treatment Outcome in OCD: A Pilot Study**
  Linkovski, O., Wheaton, M., Zwerling, J., Oderel, Z., van Roessel, P., Filippou, M., Lombardi, A., Wright, B., Steinman, S., Simpson, H., Lee, F., Rodriguez, C.
  NATURE PUBLISHING GROUP.2018: S387

- **A Role for Dystonia-Associated Genes in Spinal GABAergic Interneuron Circuitry.** *Cell reports*
  Zhang, J. n., Weinrich, J. A., Russ, J. B., Comer, J. D., Bommareddy, P. K., DiCasoli, R. J., Wright, C. V., Li, Y. n., van Roessel, P. J., Kaltschmidt, J. A.

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- **Care within a Veterans Hospital - Earlier detection of colon cancer** *SURGICAL ENDOSCOPY AND OTHER INTERVENTIONAL TECHNIQUES*
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- **Independent regulation of synaptic size and activity by the anaphase-promoting complex.** *Cell*
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  2004; 119 (5): 707–18
- **Spreading silence with Sid.** *Genome biology*
  van Roessel, P. n., Brand, A. H.
  2004; 5 (2): 208
- **Region-specific apoptosis limits neural stem cell proliferation.** *Neuron*
  Brand, A. H., van Roessel, P. J.
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- **Imaging into the future: visualizing gene expression and protein interactions with fluorescent proteins.** *Nature cell biology*
  van Roessel, P. n., Brand, A. H.
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  van Roessel, P., Palacios, A. G., Goldsmith, T. H.
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