Stanford



# Margot Paul

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

Curriculum Vitae available Online


**CLINICAL OFFICE (PRIMARY)**

- **Department of Psychiatry**

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## Bio

### BIO

Dr. Paul is a Clinical Assistant Professor in the Department of Psychiatry and Behavioral Sciences. She received her undergraduate degree from Tulane University where she graduated magna cum laude with departmental honors in psychology. She then received a master of science degree in behavioral health psychology the following year, after partaking in the 4+1 master's program. She graduated with her doctor of psychology degree from the PGSP-Stanford Psy.D. Consortium, where she won the award for Outstanding Overall Student (2021). She completed her clinical psychology doctoral internship at the Sepulveda VA in Los Angeles and her postdoctoral fellowship in the Department of Psychiatry and Behavioral Sciences at Stanford School of Medicine.

During her postdoctoral year she continued her research on using virtual reality (VR) as a method of engaging in behavioral activation for individuals with depression. Dr. Paul began her VR work in 2017 after joining Dr. Kim Bullock's Virtual Reality-Immersive Technology Clinic & Laboratory in the Department of Psychiatry & Behavioral Sciences at Stanford School of Medicine. Dr. Paul won the Cheryl Koopman Dissertation of the Year Award for designing and implementing a feasibility study and three-arm pilot randomized controlled trial to examine the feasibility of using a VR headset as a way to administer behavioral activation therapy for participants with a diagnosis of major depressive disorder. She presented her past and ongoing research findings as a speaker at Shift Medical 2021: Virtual Medical XR Congress and Expo (2021), Stanford Psychiatry Grand Rounds (2022), IVRHA's 7th Annual Virtual Reality and Healthcare Global Symposium (2023), VMed23 (2023), ADAA (2023), and CYPSY26 (2023). Dr. Paul has worked and consulted with VR companies and local Bay Area startups in the technology and mental health space. She has published on her virtual reality work.

Clinically, she is interested in working with adults with anxiety and mood disorders, interpersonal difficulties, health-related difficulties, and/or perfectionistic tendencies. Dr. Paul has experience working with high-performance individuals, such as healthcare providers and student athletes. She practices using predominantly cognitive behavioral and dialectical behavioral therapies, but integrates various skills depending on the presentation and need of each unique individual.

### CLINICAL FOCUS

- Clinical Psychology

### ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences
- Member, Wu Tsai Neurosciences Institute

### HONORS AND AWARDS

- Cheryl Koopman Dissertation of the Year Award, PGSP-Stanford Psy.D. Consortium (2022)
- Outstanding Overall Student, PGSP-Stanford PsyD Consortium, PGSP-Stanford Psy.D. Consortium (2021)

### BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Inaugural Associate Editor, Journal of Medical Extended Reality (JMXR) (2023 - present)

### PROFESSIONAL EDUCATION

- Fellowship: Stanford University Adult Psychology Postdoctoral Fellowship (2023) CA
- Internship: VA Sepulveda Ambulatory Care Psychology Doctoral Internship (2022) CA
- Medical Education: Palo Alto University PGSP Stanford PsyD Consortium (2022) CA
- Postdoctoral Fellow, Department of Psychiatry and Behavioral Sciences, Stanford University, School of Medicine
- Psy.D., PGSP-Stanford Psy.D. Consortium , Clinical Psychology (2022)
- M.S., PGSP-Stanford Psy.D. Consortium , Clinical Psychology (2019)
- M.S., Tulane University , Behavioral Health Psychology (2015)
- B.S, Tulane University , Psychology and English (2014)

### LINKS

- LinkedIn: https://www.linkedin.com/in/margot-paul-m-s/
- ORCID ID: https://orcid.org/0000-0002-1202-147X
- drmargotpaul.com: drmargotpaul.com

## Research & Scholarship

### RESEARCH INTERESTS

- Psychology

### CLINICAL TRIALS

- Virtual Reality-Enhanced Behavioral Activation for Older Adults With Depression, Recruiting
- Extended Reality Behavioral Activation: An Intervention for Major Depressive Disorder, Not Recruiting
- Virtual Reality Behavioral Activation: An Intervention for Major Depressive Disorder, Not Recruiting

## Publications

### PUBLICATIONS

- **Examining the Efficacy of Extended Reality-Enhanced Behavioral Activation for Adults with Major Depressive Disorder: A Randomized Controlled Trial.** *JMIR mental health*
  Paul, M., Bullock, K., Bailenson, J., Burns, D.
  2024
- **Virtual Reality Behavioral Activation for Adults with Major Depressive Disorder: Feasibility and Randomized Controlled Trial.** *JMIR mental health*
  Paul, M., Bullock, K., Bailenson, J.

2022

- **Case Report: Virtual Reality Behavioral Activation as an Intervention for Major Depressive Disorder.** *JMIR mental health*
  Paul, M. n., Bullock, K. n., Bailenson, J. n.
  2020
- **What Is Medical Extended Reality? A Taxonomy Defining the Current Breadth and Depth of an Evolving Field.** *Journal of medical extended reality*
  Spiegel, B. M., Rizzo, A., Persky, S., Liran, O., Wiederhold, B., Woods, S., Donovan, K., Sarkar, K., Xiang, H., Joo, S., Jotwani, R., Lang, M., Paul, et al
  2024; 1 (1): 4-12
- **Embodied Virtual Reality Mirror Visual Feedback for an Adult with Cerebral Palsy** *American Journal of Psychiatry and Neuroscience*
  Bullock, K. D., Stevenson Won, A., Bailenson, J., Muccin, J., Paul, M., Bronte-Stewart, H.
  2021; 9 (2): 59-67

## PRESENTATIONS

- VR Behavioral Activation for Major Depression - Virtual Medicine Conference (vMed23) in collaboration with Cedars-Sinai Medical Center
- Virtual Reality Behavioral Activation as an Intervention for Adults with Major Depressive Disorder: Methods and Ongoing Research Findings - CYPSY26: : 26TH ANNUAL CYBERPSYCHOLOGY, CYBERTHERAPY & SOCIAL NETWORKING CONFERENCE
- Virtual Reality Behavioral Activation: An Intervention for Major Depressive Disorder - ADAA Conference
- Using Virtual Reality in Therapy for Depression - International Virtual Healthcare Association (IVRHA) in partnership with University of Pennsylvania School of Medicine: 7th Annual Virtual Reality and Healthcare Global Symposium
- Psychiatry XR
- Using Virtual Reality in Therapy - Computer science and electronic engineering students enrolled in an Application of AR/VR course at the International Institute of Information Technology
- Exploring the Use of Virtual Reality as an Intervention for Major Depressive Disorder - Stanford Psychiatry Grand Rounds
- Will Medical XR Make Psychotherapists Unemployed? Exploring the Use of Virtual Reality as an Intervention for Major Depressive Disorder - Shift Medical 2021: Virtual Medical XR Congress and Expo