Stanford

Sarah Adler

Clinical Professor, Psychiatry and Behavioral Sciences

Bio

BIO

I am passionate about solving the access crisis in the behavioral health system. I focus on redesign of care delivery systems using data, clinical innovation and technology to increase access to care.

ACADEMIC APPOINTMENTS

- Clinical Professor, Psychiatry and Behavioral Sciences

HONORS AND AWARDS

- Annual Chairman's Award 2019 Excellence in Leadership & Professionalism, Stanford University Department of Psychiatry & Behavioral Science (6/2019)

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

I am interested in the design and delivery of clinical care using, data and technology. I have focused on disordered eating behaviors and obesity.

CLINICAL TRIALS

- FDA Approved Medication to Reduce Binge Eating and/or Purging, Not Recruiting

Teaching

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Psychiatry and Behavioral Science (Fellowship Program)

Publications

PUBLICATIONS

- **Do early indicators of euthyroid sick syndrome predict later post-bariatric weight loss? Exploring a novel hypothesis** *MEDICAL HYPOTHESES*
  Safer, D. L., Fowler, N., Adler, S., Rowsemitt, C. N., Najarian, T.
  2024; 183
- **Translating Virtual Reality Cue Exposure Therapy for Binge Eating into a Real-World Setting: An Uncontrolled Pilot Study.** *Journal of clinical medicine*
  Nameth, K., Brown, T., Bullock, K., Adler, S., Riva, G., Safer, D., Runfola, C.
  2021; 10 (7)

- **Translating Virtual Reality Cue Exposure Therapy for Binge Eating into a Real-World Setting: An Uncontrolled Pilot Study** *JOURNAL OF CLINICAL MEDICINE*
  Nameth, K., Brown, T., Bullock, K., Adler, S., Riva, G., Safer, D., Runfola, C.
  2021; 10 (7)
- **Bringing Virtual Reality From Clinical Trials to Clinical Practice for the Treatment of Eating Disorders: An Example Using Virtual Reality Cue Exposure Therapy.** *Journal of medical Internet research*
  Brown, T., Nauman Vogel, E., Adler, S., Bohon, C., Bullock, K., Nameth, K., Riva, G., Safer, D. L., Runfola, C. D.
  2020; 22 (4): e16386
- **Brain-Responsive Neurostimulation for Loss of Control Eating: Early Feasibility Study.** *Neurosurgery*
  Wu, H. n., Adler, S. n., Azagury, D. E., Bohon, C. n., Safer, D. L., Barbosa, D. A., Bhati, M. T., Williams, N. R., Dunn, L. B., Tass, P. A., Knutson, B. D., Yutsis, M. n., Fraser, et al
  2020
- **A randomized, placebo-controlled crossover trial of phentermine-topiramate ER in patients with binge-eating disorder and bulimia nervosa.** *The International journal of eating disorders*
  Safer, D. L., Adler, S., Dalai, S. S., Bentley, J. P., Toyama, H., Pajarito, S., Najarian, T.
  2019
- **PILOT OF A REMOTELY-DELIVERED INTERVENTION TO IMPROVE DIETARY ADHERENCE AND WEIGHT-LOSS OUTCOMES IN POST-BARIATRIC PATIENTS**
  Salcido, L., Osipov, L., Runfola, C. D., Barrett, M., Safer, D. L., Adler, S.
  OXFORD UNIV PRESS INC.2019: S95
- **Replication and extension of dietary adherence as a predictor of suboptimal weight-loss outcomes in postbariatric patients** *SURGERY FOR OBESITY AND RELATED DISEASES*
  Wakayama, L., Nameth, K., Adler, S., Safer, D. L.
  2019; 15 (1): 91–96
- **Replication and extension of dietary adherence as a predictor of suboptimal weight-loss outcomes in postbariatric patients.** *Surgery for obesity and related diseases : official journal of the American Society for Bariatric Surgery*
  Wakayama, L., Nameth, K., Adler, S., Safer, D. L.
  2018
- **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. n., Najarian, T. n., Safer, D. L.
  2018; 64: 173–78
- **Early Adherence Targeted Therapy (EATT) for Postbariatric Maladaptive Eating Behaviors** *COGNITIVE AND BEHAVIORAL PRACTICE*
  Robinson, A. H., Adler, S., Darcy, A. M., Osipov, L., Safer, D. L.
  2016; 23 (4): 548-560
- **What variables are associated with successful weight loss outcomes for bariatric surgery after 1 year?** *SURGERY FOR OBESITY AND RELATED DISEASES*
  Robinson, A. H., Adler, S., Stevens, H. B., Darcy, A. M., Morton, J. M., Safer, D. L.
  2014; 10 (4): 697-704
- **How smartphone applications may be implemented in the treatment of eating disorders: case reports and case series data** *Advances in Eating Disorders: Theory, Research and Practice*
  Darcy, A., Adler, S., Miner, A., Lock, J.
  2014
- **Group dialectical behavior therapy adapted for obese emotional eaters; a pilot study** *NUTRICION HOSPITALARIA*
  Roosen, M. A., Safer, D., Adler, S., Cebolla, A., van Strien, T.
  2012; 27 (4): 1141-1147

- **A Prospective Assessment of Psychosocial Factors Among Bariatric Versus Non-bariatric Surgery Candidates** *OBESITY SURGERY*
  Rutledge, T., Adler, S., Friedman, R.
  2011; 21 (10): 1570-1579