Stanford



Melanie Lean

Clinical Associate Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

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Bio

BIO

Melanie Lean, Clin.Psych.D. is a Californian licensed clinical psychologist, Clinical Assistant Professor, and assistant director of research in the INSPIRE early psychosis clinic, Stanford University School of Medicine. She provides Cognitive Behavioral Therapy for psychosis (CBTp) within the recovery oriented and trauma informed framework of the INSPIRE clinic. Dr Lean received her doctorate from University College London, UK and completed her postdoctoral fellowship at Stanford University. She is a mixed methods researcher, with over 15 years' experience in mental health research, working across a range of settings with a focus on severe and enduring mental illness and ways to improve service provision for this population. She has specialized knowledge in self-management and peer support interventions for people with psychosis and has experience working alongside service user researchers in the evaluation and delivery of study interventions. Dr Lean is also trained in psychedelic assisted therapy and works on a range of clinical trials investigating psilocybin for treatment resistant depression.

CLINICAL FOCUS

- Clinical Psychology
- Early Intervention for Psychosis
- Women's Wellness
- Women's Sexual Dysfunction
- Vaginismus and Pelvic pain

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences

PROFESSIONAL EDUCATION

- DClinPsy, University College London (UCL), UK , Clinical Psychology (2017)

Research & Scholarship

CLINICAL TRIALS

- California Collaborative Network to Promote Data Driven Care and Improve Outcomes in Early Psychosis, Recruiting
- Study to Evaluate Weight Gain as Assessed by Change in BMI Z-score in Pediatric Subjects With Schizophrenia or Bipolar I Disorder, Recruiting
- A Study to Assess Efficacy and Safety of Adjunctive KarXT in Subjects With Inadequately Controlled Symptoms of Schizophrenia, Not Recruiting
- CONNEX-3: A Study to Test Whether Iclepertin Improves Learning and Memory in People With Schizophrenia, Not Recruiting
- Efficacy, Safety, and Tolerability of COMP360 in Participants With TRD, Not Recruiting
- Improving Cognition Via Exercise in Schizophrenia, Not Recruiting
- Journey Study: Evaluate the Efficacy, Safety, and Tolerability of Valbenazine as Adjunctive Treatment for Schizophrenia, Not Recruiting
- Study to Evaluate the Efficacy, Safety, and Tolerability of Luvadaxistat in Participants With Cognitive Impairment Associated With Schizophrenia, Not Recruiting

Publications

PUBLICATIONS

- **Exploration of best practices in the creation and dissemination of video vignettes in mental healthcare training: a qualitative analysis of multiple stakeholder perspectives across US psychosis services.** *BMJ open*
  Brown, P., Pagdon, S., Lean, M., Hardy, K.
  2026; 16 (10): e122557

- **A Qualitative Study of Family Experiences of the Peer Supported Family Intervention, Psychosis Recovery by Enabling Adult Carers at Home (Psychosis REACH), in an Early Psychosis Clinic.** *Early intervention in psychiatry*
  Lean, M., Benitah, K. C., Wakeham, D. E., Virtheim, D., Kopelovich, S. L., Hardy, K.
  2026; 20 (7): e70210

- **A Pilot Study of the Peer Supported Family Intervention, Psychosis Recovery by Enabling Adult Carers at Home (Psychosis-REACH) in an Early Psychosis Clinic.** *Early intervention in psychiatry*
  Lean, M., Benitah, K. C., Wakeham, D. E., Chang, L., Virtheim, D., Runestad, S., Kopelovich, S. L., Hardy, K. V.
  2026; 20 (4): e70169

- **Supporting family caregivers: Variations in caregiving among families managing chronic health conditions.** *The American psychologist*
  Osilla, K. C., Lean, M., Gallagher-Thompson, D., Atherton, D., Watkins, K. E.
  2025; 80 (9): 1499-1519

- **Long-term outcomes of single-dose psilocybin for U.S. military Veterans with severe treatment-resistant depression - 12-month data from an open-label pilot study.** *Journal of affective disorders*
  Ellis, S., Bostian, C., Donnelly, A., Feng, W., Eisen, K., Lean, M., Conlan, E., Ostacher, M., Aaronson, S., Suppes, T.
  2025: 119655

- **Peer Family Ambassador Perspectives on the Delivery of Psychosis REACH in an Early Psychosis Setting **
  Lean, M., Benitah, K., Hardy, K.
  WILEY.2025

- **Single-dose psilocybin for U.S. military Veterans with severe treatment-resistant depression - A first-in-kind open-label pilot study.** *Journal of affective disorders*
  Ellis, S., Bostian, C., Feng, W., Fischer, E., Schwartz, G., Eisen, K., Lean, M., Conlan, E., Ostacher, M., Aaronson, S., Suppes, T.
  2024

- **Long-term outcomes of single-dose psilocybin in veterans with severe treatment-resistant depression: 12 month follow-up**
  Donnelly, A., Ellis, S., Bostian, C., Fischer, E., Feng, W., Schwartz, G., Kelly, C. M., Eisen, K., Lean, M., Conlan, B., Lyu, J., Ostacher, M., Aaronson, et al
  WILEY.2024: 62

- **Single-Dose psilocybin for veterans with severe treatment-resistant depression: Effects on anxiety, functioning, and quality of life**
  Ellis, S., Kelly, C. M., Bostian, C., Donnelly, A., Fischer, E., Feng, W., Schwartz, G., Eisen, K., Lean, M., Conlan, B., Lyu, J., Ostacher, M., Aaronson, et al
  WILEY.2024: 96

- **An open label study of the safety and efficacy of psilocybin in veterans with severe treatment-resistant depression**
  Ellis, S., Suppes, T., Fischer, E., Feng, W., Eisen, K., Lean, M., Conlan, B., Lyu, J., Ostacher, M., Aaronson, S.
  WILEY.2023: 90

- **Single-Dose Psilocybin for a Treatment-Resistant Episode of Major Depression.** *The New England journal of medicine*
  Goodwin, G. M., Aaronson, S. T., Alvarez, O., Arden, P. C., Baker, A., Bennett, J. C., Bird, C., Blom, R. E., Brennan, C., Brusch, D., Burke, L., Campbell-Coker, K., Carhart-Harris, et al
  2022; 387 (18): 1637-1648

- **Training inpatient psychiatric nurses and staff to utilize CBTp informed skills in an acute inpatient psychiatric setting** *PSYCHOSIS-PSYCHOLOGICAL SOCIAL AND INTEGRATIVE APPROACHES*
  Eisen, K., Kharrazi, N., Simonson, A., Lean, M., Hardy, K.
  2021

- **Pilot study of a group worry intervention for recent onset psychosis** *COGNITIVE BEHAVIOUR THERAPIST*
  Mackintosh, T., Lean, M., Hardy, K.
  2021; 14

- **DEVELOPING A LIVED EXPERIENCE ADVISORY COUNCIL IN AN ACADEMIC EARLY INTERVENTION FOR PSYCHOSIS CLINIC.**
  Eisen, K., Lean, M., Ballon, J., Zepp, C., Liliental, J., Hardy, K.
  OXFORD UNIV PRESS INC.2021: S140

- **Training early psychosis community clinicians in CBT for psychosis: Implementation and feasibility.** *Early intervention in psychiatry*
  Hardy, K. V., Espil, F. M., Smith, C. L., Furuzawa, A., Lean, M., Zhao, Z., Godzikovskaya, J., Gilbert, A., Loewy, R. L.
  2020

- **Self-management interventions for people with severe mental illness: systematic review and meta-analysis** *BRITISH JOURNAL OF PSYCHIATRY*
  Lean, M., Fornells-Ambrojo, M., Milton, A., Lloyd-Evans, B., Harrison-Stewart, B., Yesufu-Udechuku, A., Kendall, T., Johnson, S.
  2019; 214 (5): 260–68

- **Recovery-based staff training intervention within mental health rehabilitation units: a two-stage analysis using realistic evaluation principles and framework approach** *BMC PSYCHIATRY*
  Bhanbhro, S., Gee, M., Cook, S., Marston, L., Lean, M., Killaspy, H.
  2016; 16: 292

- **Clinical outcomes and costs for people with complex psychosis; a naturalistic prospective cohort study of mental health rehabilitation service users in England** *BMC PSYCHIATRY*
  Killaspy, H., Marston, L., Green, N., Harrison, I., Lean, M., Holloway, F., Craig, T., Leavey, G., Arbuthnott, M., Koeser, L., McCrone, P., Omar, R. Z., King, et al
  2016; 16: 95

- **Barriers to the sustainability of an intervention designed to improve patient engagement within NHS mental health rehabilitation units: a qualitative study nested within a randomised controlled trial** *BMC PSYCHIATRY*
  Lean, M., Leavey, G., Killaspy, H., Green, N., Harrison, I., Cook, S., Craig, T., Holloway, F., Arbuthnott, M., King, M.
  2015; 15: 209

- **Clinical effectiveness of a staff training intervention in mental health inpatient rehabilitation units designed to increase patients' engagement in activities (the Rehabilitation Effectiveness for Activities for Life [REAL] study): single-blind, cluster-randomised controlled trial** *LANCET PSYCHIATRY*
  Killaspy, H., Marston, L., Green, N., Harrison, I., Lean, M., Cook, S., Mundy, T., Craig, T., Holloway, F., Leavey, G., Koeser, L., McCrone, P., Arbuthnott, et al
  2015; 2 (1): 38-48

- **Link between outcome and service quality is not clear reply** *BRITISH JOURNAL OF PSYCHIATRY*
  Killaspy, H., Marston, L., Omar, R. Z., Green, N., Harrison, I., Lean, M., Holloway, F., Craig, T., Leavey, G., King, M.

2013; 202 (4): 309

- **Service quality and clinical outcomes: an example from mental health rehabilitation services in England** *BRITISH JOURNAL OF PSYCHIATRY*
  Killaspy, H., Marston, L., Omar, R. Z., Green, N., Harrison, I., Lean, M., Holloway, F., Craig, T., Leavey, G., King, M.
  2013; 202 (1): 28-34