



## Melanie Lean

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

### CLINICAL OFFICE (PRIMARY)

- **Stanford Psychiatry Clinic**

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### Bio

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#### 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 Assistant Professor, Psychiatry and Behavioral Sciences

#### PROFESSIONAL EDUCATION

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

## Research & Scholarship

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### CLINICAL TRIALS

- COMP005, Recruiting
- Enlighten Youth, Recruiting
- Epi-Cal Beehive, Recruiting
- CONNEX-3, Not Recruiting
- Erudite CIAS-2023, Not Recruiting
- ICE, Not Recruiting
- Journey ATS-3019, Not Recruiting
- Kar-012, Not Recruiting

### Publications

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#### PUBLICATIONS

- **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
- **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., Bruschi, 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