



Molly Bowdring

- Instructor, Medicine - Stanford Prevention Research Center
- Instructor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

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Bio

CLINICAL FOCUS

- Clinical Psychology

ACADEMIC APPOINTMENTS

- Instructor, Medicine - Stanford Prevention Research Center
- Instructor, Psychiatry and Behavioral Sciences

PROFESSIONAL EDUCATION

- Fellowship: Stanford University Adult Psychology Postdoctoral Fellowship (2022) CA
- Predoctoral Clinical Internship, VA Palo Alto Health Care System (2021)
- PhD, University of Pittsburgh , Clinical Psychology (2021)
- BS, Virginia Tech , Psychology (2013)

LINKS

- NPR's All Things Considered - "Non-alcoholic adult beverages should have an age limit too, some researchers say": <https://www.npr.org/2024/07/08/nx-s1-5028227/non-alcoholic-adult-beverages-should-have-an-age-limit-too-some-researchers-say>
- NPR: Shots - Health News "ID please. Should kids be able to buy nonalcoholic beer, wine and mocktails?": <https://www.npr.org/sections/shots-health-news/2024/07/09/nx-s1-5033083/non-alcoholic-beer-wine-mocktails-age-limits>
- Addiction Journal podcast about recent article on non-alcoholic beverages: [https://embed.acast.com/\\$/5eae1c98ad11b317bf47794/alcohol-free-drinks-in-the-us-with-molly-bowdring?feed=true](https://embed.acast.com/$/5eae1c98ad11b317bf47794/alcohol-free-drinks-in-the-us-with-molly-bowdring?feed=true)
- Podcast with Dr. Aaron Weiner about recent article on non-alcoholic beverages: <https://www.weinerphd.com/podcast/non-alcoholic-beverages>
- CBS News Bay Area. Health Watch: Non-alcoholic drinks – Benefits and potential pitfalls.: <https://www.cbsnews.com/sanfrancisco/video/non-alcoholic-drinks-benefits-and-potential-pitfalls/>
- APA Division 50 Podcast - "The Emerging Trend of Non-alcoholic Beverages": <https://creators.spotify.com/pod/profile/addiction-psychologist/episodes/Dr--Molly-Bowdring---The-Emerging-Trend-of-Non-alcoholic-Beverages-e361c4d>

Publications

PUBLICATIONS

- **Regulation of Alcohol-Free and Low-Alcohol Drinks: Learning From a Comparative Analysis of Eight Countries.** *Drug and alcohol review*
Burton, R., Angus, K., Morgan, A., Howell, R., Critchlow, N., Kersbergen, I., Holmes, J., Bowdring, M. A., Miller, M., Waleewong, O., Halme, A., Voogt, C., Fitzgerald, et al
2026; 45 (3): e70126
- **First Survey of Non-Alcoholic Beer Labels by Producer Type.** *Drug and alcohol review*
Bowdring, M. A., Prochaska, J. J.
2026; 45 (3): e70138
- **Could alcohol-free and low-alcohol beverages be used to extinguish alcohol cravings?** *Addiction (Abingdon, England)*
Bowdring, M. A.
2025
- **Federal and state gaps in regulation of hemp-derived THC beverages.** *American journal of preventive medicine*
Bowdring, M. A., Mian, M. N., Young-Wolff, K. C., Prochaska, J. J.
2025: 108181
- **Non-alcoholic beer labeling in the United States.** *Addiction (Abingdon, England)*
Bowdring, M. A., Prochaska, J. J.
2025
- **The Need for Age Restrictions on Sales of Nonalcoholic Beverages.** *JAMA pediatrics*
Bowdring, M. A., Prochaska, J. J.
2024
- **Intention and self-efficacy to quit e-cigarettes and cigarettes among California college students.** *Journal of American college health : J of ACH*
Bowdring, M. A., Schleicher, N. C., Prochaska, J. J., Henriksen, L.
2026: 1-10
- **Reconsidering Research Experiences as Admission Criteria for Clinical Psychology and Clinical Science PhD Programs** *TRAINING AND EDUCATION IN PROFESSIONAL PSYCHOLOGY*
Cristello, J. V., Bowdring, M. A., Waddell, J. T., Scholars Elevating Equity & Diversity SEED
2025
- **Perinatal use of non-alcoholic beverages that mirror alcohol.** *American journal of obstetrics and gynecology*
Bowdring, M. A., Sperling, M. M., Plummer, X. D., Prochaska, J. J.
2025
- **Identification and Treatment of Alcohol Use Disorder** *NEW ENGLAND JOURNAL OF MEDICINE*
Haber, P. S.
2025; 392 (3): 258-266
- **Mitigating fraud in a fully decentralized clinical trial of a digital health intervention.** *Annals of behavioral medicine : a publication of the Society of Behavioral Medicine*
Moore, J. B., Chieng, A., Pirner, M. C., Pajarito, S., Vogel, E. A., Bowdring, M. A., Bullard, L., Robinson, A., Prochaska, J. J.
2025; 59 (1)
- **Investigating a visceral measure of perceived physical attractiveness** *PLOS ONE*
Bowdring, M. A., Sayette, M. A., Creswell, K. G.
2024; 19 (11): e0311138
- **Advising patients on the use of non-alcoholic beverages that mirror alcohol.** *Preventive medicine reports*
Bowdring, M. A., Rutledge, G. W., Prochaska, J. J.
2024; 47: 102888

- **Clinical Psychology Graduate Programs: Falling Short in Cultural Humility Training.** *Training and education in professional psychology*
Galán, C. A., Boness, C. L., Tung, I., Bowdring, M., Sequeira, S., Call, C. C., Savell, S., Northrup, J. B.
2024; 18 (3): 265-278
- **Non-alcoholic beverage consumption among US adults who consume alcohol.** *Addiction (Abingdon, England)*
Bowdring, M. A., McCarthy, D. M., Fairbairn, C. E., Prochaska, J. J.
2024
- **Criminogenic Needs and Legal Problem Severity Among Legal System Involved Veterans.** *Military medicine*
Bowdring, M. A., Macia, K. S., Shaffer, P. M., Smelson, D., Blonigen, D. M.
2023
- **COMBATING THE CONSPIRACY OF SILENCE: CLINICIAN RECOMMENDATIONS FOR TALKING ABOUT RACISM-RELATED EVENTS WITH YOUTH OF COLOR**
Galan, C. A., Tung, I., Tabachnick, A. R., Sequeira, S. L., Novacek, D. M., Kahhale, I., Jamal-Orozco, N. P., Gonzalez, J., Bowdring, M. A., Boness, C. L.
ELSEVIER SCIENCE INC.2023: S90-S91
- **Kratom availability in California vape shops.** *Preventive medicine reports*
Bowdring, M. A., Leas, E. C., Vishwakarma, M., Schleicher, N. C., Prochaska, J. J., Henriksen, L.
2023; 35: 102380
- **Acceptability and Utility of a Smartphone App to Support Adolescent Mental Health (BeMe): Program Evaluation Study.** *JMIR mHealth and uHealth*
Prochaska, J. J., Wang, Y., Bowdring, M. A., Chieng, A., Chaudhary, N. P., Ramo, D. E.
2023; 11: e47183
- **Real Change or Performative Anti-Racism? Clinical Psychology Programs' Efforts to Recruit and Retain BIPOC Scholars.** *Journal of clinical child and adolescent psychology : the official journal for the Society of Clinical Child and Adolescent Psychology, American Psychological Association, Division 53*
Galán, C. A., Bowdring, M. A., Tung, I., Sequeira, S. L., Call, C. C., Savell, S., Boness, C. L., Northrup, J.
2023: 1-16
- **Beer Googles or Liquid Courage? Alcohol, Attractiveness Perceptions, and Partner Selection Among Males.** *Journal of studies on alcohol and drugs*
Bowdring, M. A., Sayette, M. A.
2023
- **Psychology's Contributions to Anti-Blackness in the United States Within Psychological Research, Criminal Justice, and Mental Health.** *Perspectives on psychological science : a journal of the Association for Psychological Science*
Auguste, E., Bowdring, M., Kasperek, S. W., McPhee, J., Tabachnick, A. R., Tung, I., Galán, C. A.
2023: 17456916221141374
- **Interactive associations between abstinence plans and romantic partner conflict and support with cigarette smoking** *Drug and Alcohol Dependence*
Bowdring, M. A., Loftus, P., Wang, S. D., Pang, R. D., Kirkpatrick, M. G.
2023
- **The effect of alcohol on mood among males drinking with a platonic friend** *ALCOHOLISM-CLINICAL AND EXPERIMENTAL RESEARCH*
Bowdring, M. A., Sayette, M. A.
2021
- **In the Eye of the Beholder: A Comprehensive Analysis of Stimulus Type, Perceiver, and Target in Physical Attractiveness Perceptions** *JOURNAL OF NONVERBAL BEHAVIOR*
Bowdring, M. A., Sayette, M. A., Girard, J. M., Woods, W. C.
2021; 45 (2): 241-259
- **Editorial: A Call to Action for an Antiracist Clinical Science** *JOURNAL OF CLINICAL CHILD AND ADOLESCENT PSYCHOLOGY*
Galan, C. A., Bekele, B., Boness, C., Bowdring, M., Call, C., Hails, K., McPhee, J., Mendes, S., Moses, J., Northrup, J., Rupert, P., Savell, S., Sequeira, et al
2021; 50 (1): 12-57

- **Pleasant olfactory cues can reduce cigarette craving.** *Journal of Abnormal Psychology*
Sayette, M. A., Marchetti, M. A., Herz, R. S., Martin, L. M., Bowdring, M. A.
2019; 128 (4)
- **Using Placebo Beverages in Group Alcohol Studies** *ALCOHOLISM-CLINICAL AND EXPERIMENTAL RESEARCH*
Bowdring, M. A., Sayette, M. A.
2018; 42 (12): 2442-2452
- **Perception of physical attractiveness when consuming and not consuming alcohol: a meta-analysis** *ADDICTION*
Bowdring, M. A., Sayette, M. A.
2018; 113 (9): 1585-1597
- **Predictors of At-Risk Intoxication in a University Field Setting: Social Anxiety, Demographics, and Intentions** *JOURNAL OF AMERICAN COLLEGE HEALTH*
Smith, R. C., Bowdring, M. A., Geller, E.
2015; 63 (2): 134-142