Stanford



Meredith Craven, PhD, MPH, RYT

Clinical Assistant Professor, Medicine - Gastroenterology & Hepatology

Curriculum Vitae available Online

CLINICAL OFFICE (PRIMARY)

- **Gastroenterology**

  430 Broadway St

  MC 6341

  Redwood City, CA 94063

  Tel (650) 736-5555 **Fax** (650) 498-6323

Bio

BIO

Dr. Meredith Craven is a licensed clinical psychologist with Stanford Health Care. She is also a clinical assistant professor and director of the Gastrointestinal Behavioral Medicine program in the Department of Medicine, Division of Gastroenterology and Hepatology at Stanford University School of Medicine.

Dr. Craven specializes in using brain-gut behavior therapies like cognitive behavioral therapy and gut-directed hypnotherapy to improve gastrointestinal (GI) symptoms, quality of life, and resilience in patients. She approaches patient care with her patients' culturally valued practices and individual strengths in mind. She is also interested in the application of complementary and integrative health approaches, given her background in yoga.

Dr. Craven's research interests include the use of mindfulness, cognitive behavioral therapy (CBT), hypnotherapy, and positive psychology to improve digestive health. She is also interested in identifying and preventing health care disparities and seeking interventions to promote well-being and resilience among patients with digestive disorders.

Dr. Craven has published her research in many peer-reviewed journals, including Gastroenterology, Inflammatory Bowel Diseases, Translational Gastroenterology and Hepatology, and Digestive Diseases and Sciences.

Dr. Craven is a member of the American Gastroenterological Association, the American Neurogastroenterology and Motility Society, the Association for Contextual Behavioral Science, the International Positive Psychology Association, and the Rome Foundation.

CLINICAL FOCUS

- Gastroenterology
- Clinical Psychology

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Medicine - Gastroenterology & Hepatology

ADMINISTRATIVE APPOINTMENTS

- Director, GI Behavioral Medicine, Division of Gastroenterology, (2021- present)

HONORS AND AWARDS

- Poster of Distinction, Digestive Disease Week
- Outstanding Author, Translational Gastroenterology and Hepatology
- Early Career Clinician Award, International Positive Psychology Association
- Diversity Award, American Society for Gastroenterology Endoscopy

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, Rome Foundation (2020 - present)
- Member, International Positive Psychology Association (2025 - present)
- Member, Association for Contextual Behavioral Science (2017 - present)
- Member, American Psychological Association Division 30: Society of Psychological Hypnosis (2021 - present)
- Member, American Psychological Association (APA) Division 38: Society for Health Psychology (2021 - present)
- Member, American Neurogastroenterology and Motility Society (2023 - present)
- Member, American Gastroenterological Association (2024 - present)
- Co-Chair, ROME Early Career Committee (2020 - present)

PROFESSIONAL EDUCATION

- MPH, Emory Rollins School of Public Health , Behavioral Sciences and Health Education (2014)
- Residency: San Francisco VA Medical Center Post Doctoral Psychology Fellowship (2021) CA
- Internship: VA Palo Alto Health Care Psychology Training (2020) CA
- PhD Training: Northwestern University Feinberg School of Medicine (2020) IL

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Dr. Craven's research reflects her background and interests in psychogastroenterology (GI psychology), public health, and positive psychology. She has collaborated on projects across the spectrum of GI disorders, using quantitative and qualitative methods. She is interested in the role of biopsychosocial factors on symptom perception, experience, and related health outcomes and behaviors. In particular, she is passionate about investigating the role of patient strengths that can be fostered clinically, and mind-body practices.

Publications

PUBLICATIONS

- **A Primer for Discussing Complementary and Integrative Medicine in Gastroenterology Settings.** *Neurogastroenterology and motility*
  Thakur, E. R., Craven, M., Keefer, L., Hass, D. J.
  2026; 38 (4): e70313
- **Psychological Symptoms and Adverse Childhood Experiences Negatively Impact Coexisting Obstructed Defecation and Fecal Incontinence Symptoms.** *Neurogastroenterology and motility*
  Karhu, E., Gurland, B., Craven, M. R., Lamothe, D., Neshatian, L.

2026; 38 (1): e70243

- **Engagement in GI Behavioral Health Is Associated with Reduced Portal Messages, Phone Calls, and ED Visits.** *Digestive diseases and sciences*
  Arizmendi, B. J., Craven, M. R., Martinez-Camblor, P., Tormey, L. K., Salwen-Deremer, J. K.
  2024
- **A Cross-Institution Protocol for Virtual, Transdiagnostic, Group Gut-Directed Hypnotherapy.** *Gastroenterology*
  Salwen-Deremer, J. K., Gerson, J., Tomasino, K. N., Craven, M. R., Pandit, A., Palsson, O. S.
  2024
- **The integration of complementary and integrative health and whole person health in gastrointestinal disorders: a narrative review.** *Translational gastroenterology and hepatology*
  Craven, M. R., Thakur, E. R.
  2024; 9: 75
- **Validation in French of the Brief Esophageal Dysphagia Questionnaire in Patients Referred For Esophageal Manometry.** *Dysphagia*
  Roman, S., Guadagnoli, L. A., Hastier, A., Becam, E., Craven, M. R., Pandolfino, J. E., Napoléon, M., Carlson, D. A., Mion, F., Taft, T.
  2022; 37 (2): 392-398
- **Gut Feelings: Gastropsychology offers fresh take on 'dysregulated' brain-gut crosstalk** *Healio Gastroenterology*
  Burba, K., Taft, T. H., Riehl, M., Lupe, S., Craven, M.
  2022
- **Stigma experiences of patients living with gastroparesis.** *Neurogastroenterology and motility : the official journal of the European Gastrointestinal Motility Society*
  Taft, T. H., Craven, M. R., Adler, E. P., Simons, M., Nguyen, L.
  2021: e14223
- **Initial Assessment of Post-traumatic Stress in a US Cohort of Inflammatory Bowel Disease Patients.** *Inflammatory bowel diseases*
  Taft, T. H., Bedell, A., Craven, M. R., Guadagnoli, L., Quinton, S., Hanauer, S. B.
  2019; 25 (9): 1577-1585
- **Letter to the Editor: Patients With Inflammatory Bowel Disease Demonstrate an Inherent Lack of Psychopathology.** *Inflammatory bowel diseases*
  Taft, T. H., Quinton, S., Tomasino, K., Craven, M., Guadagnoli, L., Bedell, A., Hanauer, S.
  2019; 25 (9): e114
- **Inflammatory Bowel Disease Patient Experiences with Psychotherapy in the Community.** *Journal of clinical psychology in medical settings*
  Craven, M. R., Quinton, S., Taft, T. H.
  2019; 26 (2): 183-193
- **The dysphagia stress test for rapid assessment of swallowing difficulties in esophageal conditions.** *Neurogastroenterology and motility*
  Taft, T. H., Kern, E., Starkey, K., Craft, J., Craven, M., Doerfler, B., Keefer, L., Kahrilas, P., Pandolfino, J.
  2019; 31 (3): e13512
- **Social Support for Exercise as a Predictor of Weight and Physical Activity Status Among Puerto Rican and Mexican Men: Results From the Latino Men's Health Initiative.** *American journal of men's health*
  Craven, M. R., Keefer, L., Rademaker, A., Dykema-Engblade, A., Sanchez-Johnsen, L.
  2018; 12 (4): 766-778
- **Impact on Health-Related Quality of Life in Adults with Eosinophilic Gastritis and Gastroenteritis: A Qualitative Assessment.** *Digestive diseases and sciences*
  Bedell, A., Taft, T., Craven, M. R., Guadagnoli, L., Hirano, I., Gonsalves, N.
  2018; 63 (5): 1148-1157
- **Systematic review: methodological flaws in racial/ethnic reporting for gastroesophageal reflux disease.** *Diseases of the esophagus : official journal of the International Society for Diseases of the Esophagus*
  Craven, M. R., Kia, L., O'Dwyer, L. C., Stern, E., Taft, T. H., Keefer, L.
  2018; 31 (3)

- **The Reflux Improvement and Monitoring (TRIM) Program Is Associated With Symptom Improvement and Weight Reduction for Patients With Obesity and Gastroesophageal Reflux Disease.** *The American journal of gastroenterology*
  Yadlapati, R., Pandolfino, J. E., Alexeeva, O., Gregory, D. L., Craven, M. R., Liebovitz, D., Lichten, A., Seger, E., Workman, M., St Peter, N., Craft, J., Doerfler, B., Keswani, et al
  2018; 113 (1): 23-30

- **Cultural Variables Underlying Obesity in Latino Men: Design, Rationale and Participant Characteristics from the Latino Men's Health Initiative.** *Journal of community health*
  Sanchez-Johnsen, L., Craven, M., Nava, M., Alonso, A., Dykema-Engblade, A., Rademaker, A., Xie, H.
  2017; 42 (4): 826-838

- **A developmental perspective on self-management in inflammatory bowel diseases**
  Keefer, L., Craven, M.
  Gastroenterology & Endoscopy.
  2017