Stanford

Sophia Adelson

Rsch Data Analyst 2, Pediatrics - Genetics

Bio

BIO

Sophia Adelson is a Research Genetic Counselor in the Department of Pediatrics, Division of Genetics at Stanford University. Her work focuses on advancing reproductive genetics and improving maternal and childhood health outcomes through clinical research and thoughtful implementation of genomic technologies. Sophia's interest in reproductive health began during her undergraduate studies at Wellesley College, a historically women's college that shaped her strong commitment to maternal health and reproductive justice. This foundation continues to guide her work, which centers on advancing equitable, evidence-based care for pregnant individuals, newborns, and children.

At Stanford, Sophia works closely with Dr. Christina Tise on several research initiatives at the intersection of reproductive and pediatric genetics. She contributes to the BabySeq Project, a study using genome sequencing to identify actionable genetic risks in newborns, where she coordinates IRB submissions, pediatrician engagement, family recruitment and consent, and the return of results. Sophia also plays an active role in the TRIOS Study, which investigates the genetic causes of recurrent pregnancy loss. Her work explores participants' experiences receiving genomic results and aims to improve counseling practices and outcomes for families navigating reproductive challenges. In addition, Sophia contributes to the GREGoR Consortium (Genomics Research to Elucidate the Genetics of Rare diseases), supporting efforts to identify novel disease genes and improve diagnostic yield for individuals with rare, undiagnosed conditions.

Sophia's research and clinical interests include reproductive and prenatal genetics, rare disease genomics, bioethics, and equitable implementation of genomic medicine. She is passionate about proactive healthcare and advocating for effective health risk communication within families, with the goal of improving understanding, decision-making, and health outcomes across diverse populations.

Research interests: reproductive genetics, prenatal genetics, recurrent pregnancy loss, newborn genomic screening, rare disease genomics, bioethics, proactive healthcare, family health communication, equitable implementation of genomics

EDUCATION AND CERTIFICATIONS

- Certified Genetic Counselor, American Board of Genetic Counseling (2025)
- MS, Stanford University , Human Genetics and Genetic Counseling (2025)
- BA, Wellesley College , Biological Sciences, French (2021)

Publications

PUBLICATIONS

- **Data-driven consideration of genetic disorders for global genomic newborn screening programs.** *Genetics in medicine : official journal of the American College of Medical Genetics*

  Minten, T., Bick, S., Adelson, S., Gehlenborg, N., Amendola, L. M., Boemer, F., Coffey, A. J., Encina, N., Ferlini, A., Kirschner, J., Russell, B. E., Servais, L., Sund, et al

  2025; 27 (7): 101443

- **Advancing precision care in pregnancy through a treatable fetal findings list.** *American journal of human genetics*

  Cohen, J. L., Duyzend, M., Adelson, S. M., Yeo, J., Fleming, M., Ganetzky, R., Hale, R., Mitchell, D. M., Morton, S. U., Reimers, R., Roberts, A., Strong, A., Tan, et al

  2025

- **Familial communication and cascade testing following elective genomic testing.** *Journal of genetic counseling*

  Adelson, S. M., Blout Zawatsky, C. L., Hickingbotham, M. R., Bell, M. E., Platt, D. M., Leonhard, J. R., Zoltick, E. S., Hajek, C. A., Green, R. C., Christensen, K. D.

  2024

- **Perspectives of Rare Disease Experts on Newborn Genome Sequencing.** *JAMA network open*

  Gold, N. B., Adelson, S. M., Shah, N., Williams, S., Bick, S. L., Zoltick, E. S., Gold, J. I., Strong, A., Ganetzky, R., Roberts, A. E., Walker, M., Holtz, A. M., Sankaran, et al

  2023; 6 (5): e2312231