Stanford



Poppy Brown

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

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Bio

BIO

Poppy Brown (she/her) completed both her Ph.D. in Psychiatry and training to become a Clinical Psychologist (D.Clin.Psych) at the University of Oxford, UK before joining the INSPIRE Clinic at the Department of Psychiatry and Behavioral Sciences. Dr Brown's research and clinical work focusses on cognitive behavioral therapy (CBT) and compassion focussed therapy (CFT) for individuals experiencing psychosis. Her PhD was in the Oxford Cognitive Approaches to Psychosis team, supervised by Prof Daniel Freeman and Prof Felicity Waite and her DClinPsych was with the Oxford Institute of Clinical Psychology Training and Research. Alongside her research and clinical work, she provides CBTp expertise and consultancy within the statewide EPI-CAL technical assistance project, training within the INSPIRE clinic's CBTp training division, and supervises a number of current trainee clinical psychologist research projects.

CLINICAL FOCUS

- Clinical Psychology

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences

PROFESSIONAL EDUCATION

- Internship: Stanford Department of Psychiatry and Behavioral Sciences (2026)
- PhD Training: University of Oxford (2024) UK

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

- **Virtual reality-assisted Compassion Focused Therapy for voice-hearers: Description of an innovative intervention** *SANTE MENTALE AU QUEBEC*
  Heriot-Maitland, C., Brown, P., Hardy, K.
  2026; 51 (3): 99-118
- **From Theory to Therapy: The Evolution and Future of Cognitive-Behavioral Therapy for Psychosis in U.S. Mental Health Care.** *Focus (American Psychiatric Publishing)*
  Kopelovich, S. L., Brown, P., Hardy, K.
  2025; 23 (4): 429-438
- **CBT for psychosis with a young adult experiencing grandiose beliefs: a case study** *COGNITIVE BEHAVIOUR THERAPIST*
  Brown, P., Isham, L., Johns, L.
  2025; 18
- **20 years versus 20 minutes: increasing the understanding of delusions from a cognitive behavioural perspective in two older adult community mental health teams** *COGNITIVE BEHAVIOUR THERAPIST*
  Brown, P., Evans, K., Dow, R.
  2025; 18
- **Paranoia and unusual sensory experiences in Parkinson's disease.** *Aging & mental health*
  Brown, P., Freeman, D., Loe, B. S., Dow, R., Johns, L.
  2025: 1-16
- **Potential research priorities for understanding and treating severe paranoia (persecutory delusions): a priority-setting partnership between patients, carers, mental health staff, and researchers** *BMJ MENTAL HEALTH*
  Sher, D., Kabir, T., Arbuthnott, M., Nettleton, S., Dixon, P., May, J., Barrera, A., Brown, P., Reeve, S., Isham, L., Waite, F., Freeman, D.
  2024; 27 (1)
- **Sleep and paranoia: A systematic review and meta-analysis.** *Clinical psychology review*
  Brown, P., Reeve, S., Hotton, M., Steer, N., Steel, C.
  2024; 114: 102503
- **Worry Intervention in an Older Adult With a Persecutory Delusion: A Single Case Experimental Design.** *Clinical psychology in Europe*
  Brown, P., Crabtree, A.
  2023; 5 (3): e11173
- **"It seems impossible that it's been made so quickly": a qualitative investigation of concerns about the speed of COVID-19 vaccine development and how these may be overcome.** *Human vaccines & immunotherapeutics*
  Brown, P., Waite, F., Larkin, M., Lambe, S., McShane, H., Pollard, A. J., Freeman, D.
  2022; 18 (1): 2004808
- **Automated Virtual Reality Cognitive Therapy (gameChange) in Inpatient Psychiatric Wards: Qualitative Study of Staff and Patient Views Using an Implementation Framework.** *JMIR formative research*
  Brown, P., Waite, F., Lambe, S., Jones, J., Jenner, L., Diamond, R., Freeman, D.
  2022; 6 (4): e34225
- **A compassionate imagery intervention for patients with persecutory delusions.** *Behavioural and cognitive psychotherapy*
  Forkert, A., Brown, P., Freeman, D., Waite, F.
  2022; 50 (1): 15-27
- **Does raising heart rate prior to a behavioural test enhance learning in cognitive therapy for anxiety? An experimental test for the treatment of fear of heights using virtual reality.** *Behaviour research and therapy*
  McInerney, J., Brown, P., Bird, J. C., Nickless, A., Brown, G., Freeman, D.
  2021; 144: 103928
- **Parenting behaviour and paranoia: a network analysis and results from the National Comorbidity Survey-Adolescents (NCS-A).** *Social psychiatry and psychiatric epidemiology*
  Brown, P., Waite, F., Freeman, D.
  2021; 56 (4): 593-604

- **The revised Green et al., Paranoid Thoughts Scale (R-GPTS): psychometric properties, severity ranges, and clinical cut-offs.** *Psychological medicine*
  Freeman, D., Loe, B. S., Kingdon, D., Startup, H., Molodynski, A., Rosebrock, L., Brown, P., Sheaves, B., Waite, F., Bird, J. C.
  2021; 51 (2): 244-253
- **Power posing for paranoia: A double-blind randomised controlled experimental test using virtual reality.** *Behaviour research and therapy*
  Brown, P., Waite, F., Rovira, A., Freeman, D.
  2020; 132: 103691
- **Virtual Reality Cognitive Therapy in Inpatient Psychiatric Wards: Protocol for a Qualitative Investigation of Staff and Patient Views Across Multiple National Health Service Sites.** *JMIR research protocols*
  Brown, P., Waite, F., Lambe, S., Rosebrock, L., Freeman, D.
  2020; 9 (8): e20300
- **Virtual reality clinical-experimental tests of compassion treatment techniques to reduce paranoia.** *Scientific reports*
  Brown, P., Waite, F., Rovira, A., Nickless, A., Freeman, D.
  2020; 10 (1): 8547
- **Research into student mental health: where have we come and how can we improve?** *JOURNAL OF PUBLIC MENTAL HEALTH*
  Brown, P.
  2020; 19 (1): 9-12
- **'Twisting the lion's tail': Manipulationist tests of causation for psychological mechanisms in the occurrence of delusions and hallucinations.** *Clinical psychology review*
  Brown, P., Waite, F., Freeman, D.
  2019; 68: 25-37
- **Automated psychological therapy using immersive virtual reality for treatment of fear of heights: a single-blind, parallel-group, randomised controlled trial.** *The lancet. Psychiatry*
  Freeman, D., Haselton, P., Freeman, J., Spanlang, B., Kishore, S., Albery, E., Denne, M., Brown, P., Slater, M., Nickless, A.
  2018; 5 (8): 625-632