



## Iris Litt

Marron and Mary Elizabeth Kendrick Professor in Pediatrics, Emerita  
Pediatrics - Adolescent Medicine

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### Bio

#### ACADEMIC APPOINTMENTS

- Professor Emeritus, Pediatrics - Adolescent Medicine

#### ADMINISTRATIVE APPOINTMENTS

- DIRECTOR, CENTER FOR ADVANCED STUDY IN THE BEHAVIORAL SCIENCE, STANFORD UNIVERSITY, (2013- present)

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### Research & Scholarship

#### CURRENT RESEARCH AND SCHOLARLY INTERESTS

Research focus is on the health problems of adolescent women, with particular emphasis on the interaction of psychosocial phenomena with biologic features of the second decade of life. The effects of eating disorders on reproductive physiology, bone density and growth is one example of this interest. Pregnancy prevention and medication compliance in adolescents are other research interests.

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### Publications

#### PUBLICATIONS

- **Blind Leading the Blind?** *JOURNAL OF ADOLESCENT HEALTH*  
Litt, I. F.  
2009; 45 (6): 638-638
- **Non-adherence to post-transplant care: Prevalence, risk factors and outcomes in adolescent liver transplant recipients** *PEDIATRIC TRANSPLANTATION*  
Berquist, R. K., Berquist, W. E., Esquivel, C. O., Cox, K. L., Wayman, K. I., Litt, I. F.  
2008; 12 (2): 194-200
- **Surfing for thinness: A pilot study of pro-eating disorder web site usage in adolescents with eating disorders** *PEDIATRICS*  
Wilson, J. L., Peebles, R., Hardy, K. K., Litt, I. F.  
2006; 118 (6): E1635-E1643
- **Adolescent non-adherence: Prevalence and consequences in liver transplant recipients** *PEDIATRIC TRANSPLANTATION*  
Berquist, R. K., Berquist, W. E., Esquivel, C. O., Cox, K. L., Wayman, K. I., Litt, I. F.  
2006; 10 (3): 304-310
- **What predicts maintenance of weight for adolescents medically hospitalized for anorexia nervosa?** *Eating disorders*  
Lock, J., Litt, I.  
2003; 11 (1): 1-7
- **Ethnic differences in the association between pubertal status and symptoms of depression in adolescent girls** *JOURNAL OF ADOLESCENT HEALTH*

- Hayward, C., Gotlib, I. H., Schraedley, P. K., Litt, I. F.  
1999; 25 (2): 143-149
- **Age limits of pediatrics, American Academy of Pediatrics, Council on Child Health, Pediatrics, 1972;49 : 463 - Commentary PEDIATRICS**  
Litt, I. F.  
1998; 102 (1): 249-250
  - **Prospective study of risk factors for the initiation of cigarette smoking JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY**  
Killen, J. D., Robinson, T. N., Haydel, K. F., Hayward, C., Wilson, D. M., Hammer, L. D., Litt, I. F., Taylor, C. B.  
1997; 65 (6): 1011-1016
  - **Psychiatric risk associated with early puberty in adolescent girls JOURNAL OF THE AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY**  
Hayward, C., Killen, J. D., Wilson, D. M., Hammer, L. D., Litt, I. F., Kraemer, H. C., Haydel, F., Varady, A., Taylor, C. B.  
1997; 36 (2): 255-262
  - **Ethnicity and body dissatisfaction: Are Hispanic and Asian girls at increased risk for eating disorders? JOURNAL OF ADOLESCENT HEALTH**  
Robinson, T. N., Killen, J. D., Litt, I. F., Hammer, L. D., Wilson, D. M., Haydel, K. F., Hayward, C., Taylor, C. B.  
1996; 19 (6): 384-393
  - **Pregnancy in adolescence JAMA-JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION**  
Litt, I. F.  
1996; 275 (13): 1030-1030
  - **Pubertal and psychosocial development implications for pediatricians. Pediatrics in review**  
Litt, I. F.  
1995; 16 (7): 243-247
  - **Pursuit of thinness and onset of eating disorder symptoms in a community sample of adolescent girls: a three-year prospective analysis. International journal of eating disorders**  
Killen, J. D., Taylor, C. B., Hayward, C., Wilson, D. M., Haydel, K. F., Hammer, L. D., SIMMONDS, B., Robinson, T. N., Litt, I., Varady, A.  
1994; 16 (3): 227-238
  - **CARING FOR GRAVELY ILL CHILDREN PEDIATRICS**  
Fleischman, A. R., Nolan, K., Dubler, N. N., EPSTEIN, M. F., GERBEN, M. A., Jellinek, M. S., Litt, I. F., Milles, M. S., Oppenheimer, S., Shaw, A., VANEYS, J., Vaughan, V. C.  
1994; 94 (4): 433-439
  - **FACTORS ASSOCIATED WITH EATING DISORDER SYMPTOMS IN A COMMUNITY SAMPLE OF 6TH AND 7TH GRADE GIRLS INTERNATIONAL JOURNAL OF EATING DISORDERS**  
Killen, J. D., Hayward, C., Wilson, D. M., Taylor, C. B., Hammer, L. D., Litt, I., SIMMONDS, B., Haydel, F.  
1994; 15 (4): 357-367
  - **A MODEL FOR MANAGING CLINICAL AND PERSONNEL ISSUES IN C-L PSYCHIATRY - THE DEPARTMENT OF PEDIATRIC PSYCHIATRY AT CHILDRENS-HOSPITAL-AT-STANFORD PSYCHOSOMATICS**  
Steiner, H., Sanders, M., CANNING, E. H., Litt, I.  
1994; 35 (1): 73-79
  - **AN ATTEMPT TO MODIFY UNHEALTHFUL EATING ATTITUDES AND WEIGHT REGULATION PRACTICES OF YOUNG ADOLESCENT GIRLS INTERNATIONAL JOURNAL OF EATING DISORDERS**  
Killen, J. D., Taylor, C. B., Hammer, L. D., Litt, I., Wilson, D. M., Rich, T., Hayward, C., SIMMONDS, B., Kraemer, H., Varady, A.  
1993; 13 (4): 369-384
  - **PUBERTAL STAGE AND PANIC ATTACK HISTORY IN 6TH-GRADE AND 7TH-GRADE GIRLS INTERNATIONAL CONGRESS ON SCHIZOPHRENIA RESEARCH**  
Hayward, C., Killen, J. D., Hammer, L. D., Litt, I. F., Wilson, D. M., SIMMONDS, B., Taylor, C. B.  
AMER PSYCHIATRIC ASSOCIATION.1992: 1239-43
  - **INSULIN-LIKE GROWTH-FACTOR BINDING PROTEIN-3 IN NORMAL PUBERTAL GIRLS ACTA ENDOCRINOLOGICA**  
Wilson, D. M., STENE, M. A., Killen, J. D., Hammer, L. D., Litt, I. F., Hayward, C., Taylor, C. B.

- 1992; 126 (5): 381-386
- **IS PUBERTY A RISK FACTOR FOR EATING DISORDERS** *AMERICAN JOURNAL OF DISEASES OF CHILDREN*  
Killen, J. D., Hayward, C., Litt, I., Hammer, L. D., Wilson, D. M., Miner, B., Taylor, B., Varady, A., Shisslak, C.  
1992; 146 (3): 323-325
  - **INSULIN-LIKE GROWTH FACTOR-I AS A REFLECTION OF BODY-COMPOSITION, NUTRITION, AND PUBERTY IN 6TH AND 7TH GRADE GIRLS** *JOURNAL OF CLINICAL ENDOCRINOLOGY & METABOLISM*  
Wilson, D. M., Killen, J. D., Hammer, L. D., Litt, I. F., VOSTI, C., Miner, B., Hayward, C., Taylor, C. B.  
1991; 73 (4): 907-912
  - **THE INCIDENCE OF CHLAMYDIA-PNEUMONIAE LOWER RESPIRATORY-TRACT INFECTIONS AMONG UNIVERSITY-STUDENTS IN NORTHERN CALIFORNIA** *WESTERN JOURNAL OF MEDICINE*  
Katzman, D. K., Tipton, A. C., Litt, I. F., Friedman, I. M., EMMONS, R. W., SCHACHTER, J.  
1991; 155 (2): 136-139
  - **ADOLESCENT MEDICINE** *JAMA-JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION*  
Litt, I. F.  
1991; 265 (23): 3100-3101
  - **IMPACT OF PUBERTAL DEVELOPMENT ON BODY-FAT DISTRIBUTION AMONG WHITE, HISPANIC, AND ASIAN FEMALE ADOLESCENTS** *JOURNAL OF PEDIATRICS*  
Hammer, L. D., Wilson, D. M., Litt, I. F., Killen, J. D., Hayward, C., Miner, B., VOSTI, C., Taylor, C. B.  
1991; 118 (6): 975-980
  - **THE EARLY CARE AND FEEDING OF ANOREXICS** *CHILD PSYCHIATRY & HUMAN DEVELOPMENT*  
Steiner, H., Smith, C., ROSENKRANZ, R. T., Litt, I.  
1991; 21 (3): 163-167
  - **RECOVERY FROM OSTEOPENIA IN ADOLESCENT GIRLS WITH ANOREXIA-NERVOSA** *JOURNAL OF CLINICAL ENDOCRINOLOGY & METABOLISM*  
Bachrach, L. K., Katzman, D. K., Litt, I. F., Guido, D., Marcus, R.  
1991; 72 (3): 602-606
  - **The interaction of pubertal and psychosocial development during adolescence.** *Pediatrics in review*  
Litt, I. F.  
1991; 12 (8): 249-255
  - **DECREASED BONE-DENSITY IN ADOLESCENT GIRLS WITH ANOREXIA-NERVOSA** *PEDIATRICS*  
Bachrach, L. K., Guido, D., Katzman, D., Litt, I. F., Marcus, R.  
1990; 86 (3): 440-447
  - **COMPLIANCE AND OUTCOME IN ANOREXIA-NERVOSA** *WESTERN JOURNAL OF MEDICINE*  
Steiner, H., Mazer, C., Litt, I. F.  
1990; 153 (2): 133-139
  - **KNOWLEDGE AND CONCERNS ABOUT ACQUIRED IMMUNODEFICIENCY SYNDROME AND THEIR RELATIONSHIP TO BEHAVIOR AMONG ADOLESCENTS WITH HEMOPHILIA** *PEDIATRICS*  
OVERBY, K. J., Lo, B., Litt, I. F.  
1989; 83 (2): 204-210
  - **CHLAMYDIA-TRACHOMATIS FITZ-HUGH-CURTIS SYNDROME WITHOUT SALPINGITIS IN FEMALE ADOLESCENTS** *AMERICAN JOURNAL OF DISEASES OF CHILDREN*  
Katzman, D. K., Friedman, I. M., McDonald, C. A., Litt, I. F.  
1988; 142 (9): 996-998
  - **MEDICAL COMPLICATIONS OF EATING DISORDERS IN ADOLESCENTS** *PEDIATRICS*  
PALLA, B., Litt, I. F.  
1988; 81 (5): 613-623
  - **MEDIASTINAL EMPHYSEMA IN AN ADOLESCENT WITH ANOREXIA-NERVOSA AND SELF-INDUCED EMESIS** *PEDIATRICS*

OVERBY, K. J., Litt, I. F.  
1988; 81 (1): 134-136

● **OBTAINING A SEXUAL HISTORY FROM ADOLESCENT GIRLS - A PRELIMINARY-REPORT OF THE INFLUENCE OF AGE AND ETHNICITY** *JOURNAL OF ADOLESCENT HEALTH*

HUNT, A. D., Litt, I. F., Loebner, M.  
1988; 9 (1): 52-54

● **ZINC-DEFICIENCY IN ANOREXIA-NERVOSA** *JOURNAL OF ADOLESCENT HEALTH*

Katz, R. L., Keen, C. L., Litt, I. F., HURLEY, L. S., KELLAMSHARRISON, K. M., GLADER, L. J.  
1987; 8 (5): 400-406

● **ANOREXIA-NERVOSA, ATHLETICS, AND AMENORRHEA** *JOURNAL OF PEDIATRICS*

Litt, I. F., GLADER, L.  
1986; 109 (1): 150-153