



Chris Hayward

Professor of Psychiatry and Behavioral Sciences (General Psychiatry and Psychology-Adult)

CLINICAL OFFICE (PRIMARY)

- **Psychiatry and Behavioral Sciences**

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Bio

CLINICAL FOCUS

- Psychiatry

ACADEMIC APPOINTMENTS

- Professor - University Medical Line, Psychiatry and Behavioral Sciences

ADMINISTRATIVE APPOINTMENTS

- Residency Training Director, Psychiatry, (2010- present)
- Chief of the Division of Adult Psychiatry, Psychiatry, (2006-2022)
- Associate Chair, Psychiatry, (2011- present)

HONORS AND AWARDS

- Teacher of the Year, Department of Psychiatry, Stanford University School of Medicine (1994)
- Faculty Scholars Award, William T. Grant (1995)
- Selected as Educators for C.A.R.E. Program Faculty Member, Stanford University School of Medicine (2008)
- Leadership in Education Award, Stanford University School of Medicine (2008)
- Leadership in Education Award, Stanford University School of Medicine (2009)
- Golden Apple Award for Professor of the Year, Stanford University/Palo Alto University Consortium (2010)

PROFESSIONAL EDUCATION

- Residency: Stanford University Psychiatry Residency (1986) CA
- Fellowship: Stanford University Psychiatry and Behavioral Sciences (1988) CA
- Medical Education: University of California at San Francisco School of Medicine (1984) CA
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (1993)
- MPH, Univ of California Berkeley , Epidemiology (1982)

- BS, University of San Francisco (1977)

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Dr. Hayward's research has focused on the emergence of internalizing disorders during adolescence. His interests are in epidemiology of adolescent psychopathology in school-based studies and the role of puberty in determining onset of internalizing disorders in young adolescent girls in particular. He studies risk factors for the onset of adolescent panic disorder and social anxiety disorder. Dr. Hayward is also active in medical education and in 2008 was selected as one of the "Educators-for-Care" physicians in the Medical School. Dr. Hayward has also been the recipient of the teacher of the year award by graduating residents.

Publications

PUBLICATIONS

- **Attentional Biases for Threat in At-Risk Daughters and Mothers With Lifetime Panic Disorder** *JOURNAL OF ABNORMAL PSYCHOLOGY*
Mogg, K., Wilson, K. A., Hayward, C., Cunning, D., Bradley, B. P.
2012; 121 (4): 852-862
- **Does Gender Moderate the Relationship Between Childhood Maltreatment and Adult Depression?** *CHILD MALTREATMENT*
Arnow, B. A., Blasey, C. M., Hunkeler, E. M., Lee, J., Hayward, C.
2011; 16 (3): 175-183
- **Life stress and first onset of psychiatric disorders in daughters of depressed mothers** *JOURNAL OF PSYCHIATRIC RESEARCH*
Gershon, A., Hayward, C., Schraedley-Desmond, P., Rudolph, K. D., Booster, G. D., Gotlib, I. H.
2011; 45 (7): 855-862
- **Catastrophizing, depression and pain-related disability** *GENERAL HOSPITAL PSYCHIATRY*
Arnow, B. A., Blasey, C. M., Constantino, M. J., Robinson, R., Hunkeler, E., Lee, J., Fireman, B., Khaylis, A., Feiner, L., Hayward, C.
2011; 33 (2): 150-156
- **Life stress and first onset of psychiatric disorders in daughters of depressed mothers** *Journal of Psychiatric Research*
Gershon A., Hayward C, Schraedley-Desmond P, Rudolph KD, Booster GD, Gotlib IH.
2011; 45: 855-862
- **Catastrophizing Depression and Pain-Related Disability.** *General Hospital Psychiatry*
Arnow BA, Blasey C, Constantino MJ, Robinson R, Hunkeler E, Lee J, Fireman B, Khaylis A, Feiner L, Hayward C.
2011; 33 (2): 150-156
- **Failure to improve cigarette smoking abstinence with transdermal selegiline plus cognitive behavior therapy** *ADDICTION*
Killen, J. D., Fortmann, S. P., Murphy, G. M., Hayward, C., Fong, D., Lowenthal, K., Bryson, S. W., Killen, D. T., Schatzberg, A. F.
2010; 105 (9): 1660-1668
- **Failure to Improve Cigarette Smoking Abstinence With Transdermal Selegiline + Cognitive Behavioral Therapy.** *Addiction*
Killen JD, Fortmann SP, Murphy G, Hayward C, Fong D, Killen D, Schatzberg AF.
2010; 105: 1660-1668
- **The Interactive Effects of Puberty and Peer Victimization on Weight Concerns and Depression Symptoms Among Early Adolescent Girls** *JOURNAL OF EARLY ADOLESCENCE*
Compian, L. J., Gowen, L. K., Hayward, C.
2009; 29 (3): 357-375
- **Relationships Among Depression, Chronic Pain, Chronic Disabling Pain, and Medical Costs** *PSYCHIATRIC SERVICES*
Arnow, B. A., Blasey, C. M., Lee, J., Fireman, B., Hunkeler, E. M., Dea, R., Robinson, R., Hayward, C.
2009; 60 (3): 344-350
- **A critical review of the empirical literature on the relation between anxiety and puberty** *CLINICAL PSYCHOLOGY REVIEW*

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- Reardon, L. E., Leen-Feldner, E. W., Hayward, C.
2009; 29 (1): 1-23
- **The Interactive Effects of Puberty and Social Victimization on Weight Concerns and Depression Symptoms Among Early Adolescent Girls** *The Journal of early Adolescence*
Compian LJ, Gowen LK, Hayward C.
2009; 29 (3): 357-375
 - **A Critical Review of the Empirical Literature on the Relationship between Anxiety and Puberty.** *Clinical Psychology Review*
Reardon LE, Leen-Feldner EW, Hayward C.
2009; 29: 1-23
 - **Relationships Among Depression, Chronic Pain, Disability and Medical Costs** *Psychiatric Services*
Arnow BA, Blasey C, Lee J, Fireman B, Hunkeler EM, Dea R, Robinson R, Hayward C.
2009; 60 (3): 344-350
 - **Gender, victimization, and psychiatric outcomes** *PSYCHOLOGICAL MEDICINE*
Gershon, A., Minor, K., Hayward, C.
2008; 38 (10): 1377-1391
 - **Extended cognitive behavior therapy for cigarette smoking cessation** *ADDICTION*
Killen, J. D., Fortmann, S. P., Schatzberg, A. F., Arredondo, C., Murphy, G., Hayward, C., Celio, M., Cromp, D., Fong, D., Pandurangi, M.
2008; 103 (8): 1381-1390
 - **Extended Cognitive Behavior Therapy for Cigarette Smoking Cessation** *Addiction*
Killen JD, Fortmann SP, Schatzberg AF, Arredondo C, Murphy GM, Hayward C, Celio M, Cromp D, Fong D, Pandurangi M.
2008; 103: 1381-1390
 - **The developmental psychopathology of social anxiety in adolescents** *DEPRESSION AND ANXIETY*
Hayward, C., Wilson, K. A., Lagle, K., Kraemer, H. C., Killen, J. D., Taylor, C. B.
2008; 25 (3): 200-206
 - **Gender, victimization, and psychiatric outcomes** *Psychological Medicine*
Gershon A, Minor K, Hayward C.
2008: 1-15
 - **The reliability of self reported menarcheal timing** *JOURNAL OF EARLY ADOLESCENCE*
Smolak, L., Krieg, D. B., Hayward, C., Shisslak, C. M., Taylor, C. B.
2007; 27 (3): 386-398
 - **Puberty and gender interact to predict social anxiety symptoms in early adolescence** *JOURNAL OF ADOLESCENT HEALTH*
Deardorff, J., Hayward, C., Wilson, K. A., Bryson, S., Hammer, L. D., Agras, S.
2007; 41 (1): 102-104
 - **Anxiety sensitivity - A missing piece to the agoraphobia-without-panic puzzle** *BEHAVIOR MODIFICATION*
Hayward, C., Wilson, K. A.
2007; 31 (2): 162-173
 - **The Reliability of Self-reported Menarcheal Timing.** *Journal of Early Adolescence*
Smolak L, Krieg DB, Hayward C, Shisslak C, Taylor CB.
2007; 27: 386-398
 - **Puberty and Gender Interact to Predict Social Anxiety in Early Adolescence.** *Journal of Adolescent Health*
Deardorff J, Hayward C, Wilson KA, Bryson S, Hammer LD, Agras S.
2007; 41 (1): 102-104
 - **Anxiety Sensitivity: The Missing Piece to the Agoraphobia-Without-Panic Puzzle.** *Behavior Modification*
Hayward C, Wilson KA.
2007; 31 (2): 162-173

- **Lifetime prevalence and pseudocomorbidity in psychiatric research** *ARCHIVES OF GENERAL PSYCHIATRY*
Chmura Kraemer, H., Wilson, K. A., Hayward, C.
2006; 63 (6): 604-608
- **Extended treatment with bupropion SR for cigarette smoking cessation** *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*
Killen, J. D., Fortmann, S. P., Murphy, G. M., Hayward, C., Arredondo, C., Cromp, D., Celio, M., Abe, L., Wang, Y., Schatzberg, A. F.
2006; 74 (2): 286-294
- **Comorbid depression, chronic pain, and disability in primary care** *PSYCHOSOMATIC MEDICINE*
Arnow, B. A., Hunkeler, E. M., Blasey, C. M., Lee, J., Constantino, M. J., Fireman, B., Kraemer, H. C., Dea, R., Robinson, R., Hayward, C.
2006; 68 (2): 262-268
- **Comorbid Depression, Chronic Pain and Disability in Primary Care.** *Psychometric Medicine*
Arnow BA, Hunkeler EM, Blasey C, Lee J, Constantino MJ, Fireman B, Kraemer HC, Dea R, Robinson R, Hayward C.
2006: 262-268
- **Lifetime Prevalence and Pseudocomorbidity in Psychiatric Research.** *Archives of General Psychiatry*
Wilson KA, Kraemer HC, Hayward C.
2006: 604-608
- **Unique Contributions of Anxiety Sensitivity to Avoidance: A Prospective Study in Adolescents** *Behaviour Research and Therapy*
Wilson KA, H.
2006; 44 (4): 601-609
- **A Prospective Evaluation of Agoraphobia and Depression Symptoms Following Panic Attacks in a Community Sample of Adolescents.** *Journal of Anxiety Disorders*
Wilson KA, H.
2005; 19 (1): 87-103
- **Parent-reported predictors of adolescent panic attacks** *JOURNAL OF THE AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY*
Hayward, C., Wilson, K. A., Lagle, K., Killen, J. D., Taylor, C. B.
2004; 43 (5): 613-620
- **Gender-stereotyped imagined dates and weight concerns in sixth-grade girls** *SEX ROLES*
Gershon, A., Gowen, L. K., Compian, L., Hayward, C.
2004; 50 (7-8): 515-523
- **Parent-Reported Risk Factors for Panic Attacks** *Journal of the American Academy of Child and Adolescent Psychiatry*
Hayward C, Wilson KA, Lagel K, Killen JD, Taylor CB.
2004; 43 (5): 613-620
- **Coming to terms with risk factors for eating disorders: Application of risk terminology and suggestions for a general taxonomy** *PSYCHOLOGICAL BULLETIN*
Jacobi, C., Hayward, C., de Zwaan, M., Kraemer, H. C., Agras, W. S.
2004; 130 (1): 19-65
- **The relationship between agoraphobia symptoms and panic disorder in a non-clinical sample of adolescents** *PSYCHOLOGICAL MEDICINE*
Hayward, C., Killen, J. D., Taylor, C. B.
2003; 33 (4): 733-738
- **A longitudinal investigation of anxiety sensitivity in adolescence** *JOURNAL OF ABNORMAL PSYCHOLOGY*
Weems, C. F., Hayward, C., Killen, J., Taylor, C. B.
2002; 111 (3): 471-477
- **Puberty and the emergence of gender differences in psychopathology** *JOURNAL OF ADOLESCENT HEALTH*
Hayward, C., Sanborn, K.
2002; 30 (4): 49-58
- **Psychological versus biological clinical interpretation: A patient with prion disease** *AMERICAN JOURNAL OF PSYCHIATRY*

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- Solvason, H. B., Harris, B., Zeifert, P., Flores, B. H., Hayward, C.
2002; 159 (4): 528-537
- **Puberty and the Emergence of Gender Differences in Psychopathology** *Journal of Adolescent Health*
Hayward C, Sanborn K.
2002; 30S: 49-58
 - **Cognitive-behavioral group therapy for social phobia in female adolescents: Results of a pilot study** *JOURNAL OF THE AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY*
Hayward, C., Varady, S., Albano, A. M., Thienemann, M., Henderson, L., Schatzberg, A. F.
2000; 39 (6): 721-726
 - **Predictors of panic attacks in adolescents** *JOURNAL OF THE AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY*
Hayward, C., Killen, J. D., Kraemer, H. C., Taylor, C. B.
2000; 39 (2): 207-214
 - **Cognitive-Behavioral Group Therapy for Social Phobia in Female Adolescents: Results of a Pilot Study** *Journal of the American Academy of Child and Adolescent Psychiatry*
Hayward C, Varady S, Albano AM, Thienemann M, Henderson L, Schatzberg AF.
2000; 39: 721-726
 - **Predictors of Panic Attacks in Adolescence** *Journal of the American Academy of Child and Adolescent Psychiatry*
Hayward C, Killen JD, Kraemer HC, Taylor CB.
2000; 39: 207-214
 - **Naturalistic weight-reduction efforts prospectively predict growth in relative weight and onset of obesity among female adolescents** *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*
Stice, E., Cameron, R. P., Killen, J. D., Hayward, C., Taylor, C. B.
1999; 67 (6): 967-974
 - **Gender differences in correlates of depressive symptoms in adolescents** *JOURNAL OF ADOLESCENT HEALTH*
Schraedley, P. K., Gotlib, I. H., Hayward, C.
1999; 25 (2): 98-108
 - **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
 - **Ethnic Differences in the Association Between Pubertal Status and Symptoms of Depression in Adolescent Girls** *Journal of Adolescent Health*
Hayward C, Gotlib IH, Schraedley PK, Litt IF.
1999; 25: 143-149
 - **Salivary cortisol levels in socially phobic adolescent girls** *DEPRESSION AND ANXIETY*
Martel, F. L., Hayward, C., Lyons, D. M., Sanborn, K., Varady, S., Schatzberg, A. F.
1999; 10 (1): 25-27
 - **Acculturation and eating disorder symptoms in adolescent girls** *JOURNAL OF RESEARCH ON ADOLESCENCE*
Gowen, L. K., Hayward, C., Killen, J. D., Robinson, T. N., Taylor, C. B.
1999; 9 (1): 67-83
 - **Linking self-reported childhood behavioral inhibition to adolescent social phobia** *JOURNAL OF THE AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY*
Hayward, C., Killen, J. D., Kraemer, H. C., Taylor, C. B.
1998; 37 (12): 1308-1316
 - **Age of onset for binge eating and purging during late adolescence: A 4-year survival analysis** *JOURNAL OF ABNORMAL PSYCHOLOGY*
Stice, E., Killen, J. D., Hayward, C., Taylor, C. B.
1998; 107 (4): 671-675

- **Support for the continuity hypothesis of bulimic pathology** *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*
Stice, E., Killen, J. D., Hayward, C., Taylor, C. B.
1998; 66 (5): 784-790
- **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
- **Assessment and phenomenology of nonclinical panic attacks in adolescent girls** *JOURNAL OF ANXIETY DISORDERS*
Hayward, C., Killen, J. D., Kraemer, H. C., BLAIRGREINER, A., Strachowski, D., Cuning, D., Taylor, C. B.
1997; 11 (1): 17-32
- **Journal of Anxiety Disorders School Refusal in Girls with Nonclinical Panic Attacks.** *Journal of Anxiety Disorders*
Hayward C, Killen J, Wilson D, Hammer L, Blair-Greiner A, Strachowski D, Taylor CB
1995; 4 (9): 329-338
- **PSYCHIATRIC-ILLNESS AND CARDIOVASCULAR-DISEASE RISK** *EPIDEMIOLOGIC REVIEWS*
Hayward, C.
1995; 17 (1): 129-138
- **TIMING AND RATE OF SEXUAL-MATURATION AND THE ONSET OF CIGARETTE AND ALCOHOL-USE AMONG TEENAGE GIRLS** *ARCHIVES OF PEDIATRICS & ADOLESCENT MEDICINE*
Wilson, D. M., Killen, J. D., Hayward, C., Robinson, T. N., Hammer, L. D., Kraemer, H. C., Varady, A., Taylor, C. B.
1994; 148 (8): 789-795
- **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
- **DOES TELEVISION VIEWING INCREASE OBESITY AND REDUCE PHYSICAL-ACTIVITY - CROSS-SECTIONAL AND LONGITUDINAL ANALYSES AMONG ADOLESCENT GIRLS** *PEDIATRICS*
Robinson, T. N., Hammer, L. D., Killen, J. D., Kraemer, H. C., Wilson, D. M., Hayward, C., Taylor, C. B.
1993; 91 (2): 273-280
- **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
- **SCHIZOPHRENIA AND RHEUMATOID-ARTHRITIS - A REVIEW** *SCHIZOPHRENIA RESEARCH*
Eaton, W. W., Hayward, C., Ram, R.
1992; 6 (3): 181-192
- **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
- **MOTOR-ACTIVITY AND TONIC HEART-RATE IN PANIC DISORDER** *PSYCHIATRY RESEARCH*
Clark, D. B., Taylor, C. B., Hayward, C., King, R., MARGRAF, J., Ehlers, A., Roth, W. T., Agras, W. S.
1990; 32 (1): 45-53
- **CARDIOVASCULAR AND SYMPTOMATIC REDUCTION EFFECTS OF ALPRAZOLAM AND IMIPRAMINE IN PATIENTS WITH PANIC DISORDER - RESULTS OF A DOUBLE-BLIND, PLACEBO-CONTROLLED TRIAL** *JOURNAL OF CLINICAL PSYCHOPHARMACOLOGY*
Taylor, C. B., Hayward, C., King, R., Ehlers, A., MARGRAF, J., Maddock, R., Clark, D., Roth, W. T., Agras, W. S.
1990; 10 (2): 112-118
- **CARDIOVASCULAR CONSIDERATIONS IN SELECTION OF ANTI-PANIC PHARMACOTHERAPY** *MEETING ON BENZODIAZEPINES : THERAPEUTIC, BIOLOGIC, AND PSYCHOSOCIAL ISSUES*

Taylor, C. B., Hayward, C.
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- **PANIC ATTACKS IN YOUNG ADOLESCENTS** *AMERICAN JOURNAL OF PSYCHIATRY*
Hayward, C., Killen, J. D., Taylor, C. B.
1989; 146 (8): 1061-1062
- **PLASMA-LIPID LEVELS IN PATIENTS WITH PANIC DISORDER OR AGORAPHOBIA** *AMERICAN JOURNAL OF PSYCHIATRY*
Hayward, C., Taylor, C. B., Roth, W. T., King, R., Agras, W. S.
1989; 146 (7): 917-919
- **CONSULTATION IN CLINICAL PSYCHOPHARMACOLOGY - A CASE OF SUDDEN-DEATH IN A PATIENT ON NORTRIPTYLINE** *HOSPITAL FORMULARY*
Hayward, C., McCann, U., Csemansky, J., Hollister, L. E.
1987; 22 (2): 172-175