



N. Ruth Case, MD

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

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Bio

BIO

Dr. N. Ruth Case is a board-certified psychiatrist and lifestyle medicine physician with Stanford Health Care. She is also a clinical assistant professor in the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine.

Dr. Case specializes in lifestyle psychiatry, which blends traditional psychiatric care with evidence-based lifestyle interventions. In addition to medication management, she offers her adult patients a range of lifestyle support services, including exercise therapy, nutritional counseling, stress management, and sleep optimization. She is dedicated to providing integrative care that supports patients in all aspects of their lives that impact their mental health.

Dr. Case's research interests include integrating lifestyle interventions into psychiatric practice. She has presented her work at the annual meeting of the American Psychiatric Association and at the Society of Critical Care Medicine's Critical Care Congress. She has lectured on the importance of lifestyle psychiatrists following the same guidelines they share with their patients for optimizing physical and mental health. Dr. Case has also published articles in Stanford Medicine magazine and discussed her work on State of the Human, the Stanford Storytelling Project podcast.

Dr. Case is a member of the American College of Lifestyle Medicine and the American Psychiatric Association.

CLINICAL FOCUS

- Psychiatry

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences

HONORS AND AWARDS

- Albert H. Hastorf Award for Outstanding Service to the Program in Human Biology, Stanford University
- Stanford Medical Scholars Research Fellowship, Stanford University School of Medicine (2016-2017, 2019)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, American Psychiatric Association (2020 - present)

- Member, American College of Lifestyle Medicine (2024 - present)

PROFESSIONAL EDUCATION

- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2025)
- Residency: Stanford University Psychiatry and Behavioral Sciences (2025) CA
- Medical Education: Stanford University Medical School (2020) CA

Publications

PUBLICATIONS

- **Grammy's Rash: A medical student navigates a role reversal, with the help of storytelling**
Marks, N.
Stanford Medicine.
2017