



## Douglas Noordsy

Clinical Professor, Psychiatry and Behavioral Sciences

 NIH Biosketch available Online

### CLINICAL OFFICE (PRIMARY)

- **Psychiatry and Behavioral Sciences**

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### Bio

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#### BIO

Douglas L. Noordsy, MD, is Clinical Professor, Director of Lifestyle Psychiatry and co-founder of the Sports Psychology & Psychiatry clinic in the Department of Psychiatry & Behavioral Sciences at Stanford University School of Medicine. Dr. Noordsy was previously Professor of Psychiatry at the Geisel School of Medicine at Dartmouth. His research interests include effects of physical exercise on neurotrophic factors, brain volume and function and mental health and wellbeing. He is particularly interested in the role of physical exercise for prevention of progression of early psychosis and interactions between social and physical aspects of team sports. Dr. Noordsy is a member of the American College of Psychiatry, American College of Lifestyle Medicine and is a Distinguished Fellow of the American Psychiatric Association. He is a member of the editorial boards for Community Mental Health Journal and Mental Health & Physical Activity. Dr. Noordsy was recognized with the Exemplary Psychiatrist Award from the National Alliance on Mental Illness in 2001, and the Excellence in Leadership Award from the Department of Psychiatry & Behavioral Sciences at Stanford in 2018. He launched the Stanford Lifestyle & Sports Psychiatry Special Initiative of the Department of Psychiatry in 2024 and is seeking philanthropic partners.

<https://med.stanford.edu/psychiatry/special-initiatives/lifestyle.html>

[https://med.stanford.edu/psychiatry/patient\\_care/lifestyle.html](https://med.stanford.edu/psychiatry/patient_care/lifestyle.html)

#### CLINICAL FOCUS

- Psychiatry
- Early psychosis
- Sports Psychiatry
- Lifestyle medicine

#### ACADEMIC APPOINTMENTS

- Clinical Professor, Psychiatry and Behavioral Sciences
- Member, Wu Tsai Human Performance Alliance

## ADMINISTRATIVE APPOINTMENTS

- Director, Lifestyle & Sports Psychiatry special initiative, Department of Psychiatry & Behavioral Sciences, (2023- present)
- Associate Chair of Clinical Integration and Coordination, Psychiatry & Behavioral Sciences, (2016-2018)
- Director of Sports Psychiatry, Psychiatry & Behavioral Sciences, (2015-2019)

## PROFESSIONAL EDUCATION

- Medical Education: Washington University School Of Medicine (1985) MO
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (1990)
- Residency: Dartmouth-Hitchcock Medical Center (1989) NH
- M.D., Washington University School of Medicine , Medicine (1985)
- B.S. magna cum laude, St. Lawrence University , Chemistry (1981)

## Research & Scholarship

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### CLINICAL TRIALS

- Ketogenic Metabolic Therapy in Schizophrenia, Bipolar Disorder, Major Depressive Disorder: Deep Omic Profiling, Not Specified

## Publications

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### PUBLICATIONS

- **Lifestyle psychiatry: a conceptual framework for application in mental healthcare and support.** *BMJ mental health*  
Deenik, J., Vermeulen, J. M., Teasdale, S. B., Schuch, F. B., Marx, W., Perry, B., Diez, G. G., Castellanos, N., Elshazly, M., Gatera, G., Waugh, M., Hepsomali, P., Bueno-Antequera, et al  
2025; 28 (1)
- **Increasing Access to Physical Activity Opportunities for Patients: A Review.** *American journal of lifestyle medicine*  
Nguyen, C., Abbott-Frey, A., Anaya Gallegos, A. D., Kaufman, M., Noordsy, D., Oppezzo, M., Fredericson, M.  
2025: 15598276251348174
- **The Role of Physical Exercise in Cognitive Preservation: A Systematic Review.** *American journal of lifestyle medicine*  
Kaufman, M., Dyrek, P., Fredericson, M., Oppezzo, M., Roche, M., Frehlich, L., Noordsy, D.  
2024; 18 (4): 574-591
- **The Association Between Well-Being and Empathy in Medical Residents: A Cross-Sectional Survey.** *Journal of integrative and complementary medicine*  
Swenson, T. L., Ehsanian, R., Tran, R. T., Petersen, T. R., Kennedy, D. J., Roche, M., Oppezzo, M., Noordsy, D. L., Fredericson, M.  
2024
- **The Role of Physical Exercise in Cognitive Preservation: A Systematic Review** *AMERICAN JOURNAL OF LIFESTYLE MEDICINE*  
Kaufman, M., Dyrek, P., Fredericson, M., Oppezzo, M., Roche, M., Frehlich, L., Noordsy, D.  
2023
- **The Future of Yoga for Mental Health Care.** *International journal of yoga*  
Chawla, V., Brems, C., Freeman, H., Ravindran, A., Noordsy, D. L.  
2023; 16 (1): 38-41
- **Inspire self report scale (ISRS): A feasibility study of a Novel self report scale for people with schizophrenia spectrum disorders.** *Journal of psychiatric research*  
Chawla, V., Bansal, N., Spelber, D., Desai, A., Frehlich, L., Ballon, J. S., Kalinowski, A., Noordsy, D. L.  
2023; 165: 248-253
- **Impacts of COVID-19 on Mental Health and Training in US Professional Endurance Athletes.** *Clinical journal of sport medicine : official journal of the Canadian Academy of Sport Medicine*  
Roche, M., Sainani, K., Noordsy, D., Fredericson, M.

2021

- **The Lifestyle Psychiatry project of the WPA Section on Medicine, Psychiatry and Primary Care.** *World psychiatry : official journal of the World Psychiatric Association (WPA)*  
Baron, D., Noordsy, D.  
2021; 20 (3): 454-455
- **Increased activation product of complement 4 protein in plasma of individuals with schizophrenia.** *Translational psychiatry*  
Kalinowski, A., Liliental, J., Anker, L. A., Linkovski, O., Culbertson, C., Hall, J. N., Pattni, R., Sabatti, C., Noordsy, D., Hallmayer, J. F., Mellins, E. D., Ballon, J. S., O'Hara, et al  
2021; 11 (1): 486
- **Advancing Medical Education Through Innovations in Teaching During the COVID-19 Pandemic.** *The primary care companion for CNS disorders*  
Ho, P. A., Girgis, C., Rustad, J. K., Noordsy, D., Stern, T. A.  
2021; 23 (1)
- **Lived experience perspectives on reducing the duration of untreated psychosis: the impact of stigma on accessing treatment** *PSYCHOSIS-PSYCHOLOGICAL SOCIAL AND INTEGRATIVE APPROACHES*  
Hardy, K. V., Dickens, C. E., Roach, E. L., Harrison, V., Desai, A., Flynn, L., Noordsy, D. L., Dauberaman, J., Adelsheim, S.  
2020
- **VALIDATION OF THE NDSE, A NEW SELF REPORT SCALE FOR PEOPLE WITH PSYCHOSIS**  
Noordsy, D., Spelber, D., Ballon, J.  
OXFORD UNIV PRESS.2019: S348
- **Lifestyle Psychiatry**  
edited by Noordsy, D. L.  
American Psychiatric Association Publishing.2019
- **Intervening Early in Psychosis: A Team Approach** *INTERVENING EARLY IN PSYCHOSIS: A TEAM APPROACH*  
edited by Hardy, K. V., Ballon, J. S., Noordsy, D. L., Adelsheim, S.  
2019: 1-437
- **Lifestyle Psychiatry Preface** *LIFESTYLE PSYCHIATRY*  
Noordsy, D. L.  
edited by Noordsy, D. L.  
2019: XXI-XXII
- **Lifestyle Psychiatry Conclusion** *LIFESTYLE PSYCHIATRY*  
Noordsy, D. L.  
edited by Noordsy, D. L.  
2019: 367-68
- **Helping People Find Synergy The Transformative Potential of Lifestyle Psychiatry** *LIFESTYLE PSYCHIATRY*  
Noordsy, D. L., Yudofsky, L. M.  
edited by Noordsy, D. L.  
2019: 343-52
- **Introduction to Lifestyle Psychiatry** *LIFESTYLE PSYCHIATRY*  
Noordsy, D. L.  
edited by Noordsy, D. L.  
2019: 3-11
- **Psychopharmacology for People in Early Psychosis** *INTERVENING EARLY IN PSYCHOSIS: A TEAM APPROACH*  
Zhang, J., Noordsy, D. L.  
edited by Hardy, K. V., Ballon, J. S., Noordsy, D. L., Adelsheim, S.  
2019: 187-209
- **Special Populations: College and University Students** *INTERVENING EARLY IN PSYCHOSIS: A TEAM APPROACH*

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- Hardy, K. V., Ballon, J. S., Chopra, M., Noordsy, D. L.  
edited by Hardy, K. V., Ballon, J. S., Noordsy, D. L., Adelsheim, S.  
2019: 403–15
- **Growth of Early Intervention in Psychosis in the United States** *INTERVENING EARLY IN PSYCHOSIS: A TEAM APPROACH*  
Hardy, K. V., Ballon, J. S., Noordsy, D. L., Adelsheim, S.  
edited by Hardy, K. V., Ballon, J. S., Noordsy, D. L., Adelsheim, S.  
2019: 11–22
  - **Implications of Lifestyle Medicine and Psychiatry for Health Care Systems and Population Health** *LIFESTYLE PSYCHIATRY*  
Bonnet, K., Noordsy, D. L., Humphreys, K.  
edited by Noordsy, D. L.  
2019: 353–66
  - **Intervening Early in Psychosis: A Team Approach**  
edited by Hardy, K. V., Ballon, J. S., Noordsy, D. L., Adelsheim, S.  
American Psychiatric Association Publishing.2019
  - **Why Do People With Schizophrenia Exercise? A Mixed Methods Analysis Among Community Dwelling Regular Exercisers.** *Frontiers in psychiatry*  
Ho, P. A., Dahle, D. N., Noordsy, D. L.  
2018; 9: 596
  - **Genetic Correlation Profile of Schizophrenia Mirrors Epidemiological Results and Suggests Link Between Polygenic and Rare Variant (22q11.2) Cases of Schizophrenia** *SCHIZOPHRENIA BULLETIN*  
Duncan, L. E., Shen, H., Ballon, J. S., Hardy, K. V., Noordsy, D. L., Levinson, D. F.  
2018; 44 (6): 1350–61
  - **Consumer and Family Perspectives on Reducing the Duration of Untreated Psychosis**  
Hardy, K., Dickens, C., Mackintosh, T., Roach, E., Harrison, V., Noordsy, D., Adelsheim, S.  
WILEY.2018: 62
  - **Clozapine Titration for People in Early Psychosis A Chart Review and Treatment Guideline** *JOURNAL OF CLINICAL PSYCHOPHARMACOLOGY*  
Ballon, J. S., Ashfaq, H., Noordsy, D. L.  
2018; 38 (3): 234–38
  - **Therapeutic Potential of Physical Exercise in Early Psychosis** *AMERICAN JOURNAL OF PSYCHIATRY*  
Noordsy, D. L., Burgess, J. D., Hardy, K. V., Yudofsky, L. M., Ballon, J. S.  
2018; 175 (3): 209–14
  - **Therapeutic Potential of Physical Exercise in Early Psychosis.** *The American journal of psychiatry*  
Noordsy, D. L., Burgess, J. D., Hardy, K. V., Yudofsky, L. M., Ballon, J. S.  
2018; 175 (3): 209–14
  - **Psychiatric Evaluation of the Young Adult University Student** *STUDENT MENTAL HEALTH: A GUIDE FOR PSYCHIATRISTS, PSYCHOLOGISTS, AND LEADERS SERVING IN HIGHER EDUCATION*  
Pesko, M., Alexander, A., Noordsy, D. L.  
edited by Roberts, L. W.  
2018: 165-183
  - **Student Mental Health** *STUDENT MENTAL HEALTH: A GUIDE FOR PSYCHIATRISTS, PSYCHOLOGISTS, AND LEADERS SERVING IN HIGHER EDUCATION*  
Noordsy, D. L., Roberts, L.  
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2018: 3–15
  - **Factors motivating spontaneous exercise in individuals with schizophrenia-spectrum disorders.** *Schizophrenia research*  
Dahle, D. n., Noordsy, D. n.  
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- **Impact of age of onset of psychosis and engagement in higher education on duration of untreated psychosis** *JOURNAL OF MENTAL HEALTH*  
Hardy, K. V., Noordsy, D. L., Ballon, J. S., McGovern, M. P., Salomon, C., Stirman, S.  
2018; 27 (3): 257–62
- **Risperidone versus olanzapine among patients with schizophrenia participating in supported employment: Eighteen-month outcomes.** *Journal of psychiatric research*  
Noordsy, D. L., Glynn, S. M., Sugar, C. A., O'Keefe, C. D., Marder, S. R.  
2017; 95: 299-307
- **An RCT Evaluating the Effects of Skills Training and Medication Type on Work Outcomes Among Patients With Schizophrenia** *PSYCHIATRIC SERVICES*  
Glynn, S. M., Marder, S. R., Noordsy, D. L., O'Keefe, C., Becker, D. R., Drake, R. E., Sugar, C. A.  
2017; 68 (3): 271-277
- **GENETIC CORRELATION ANALYSIS OF SCHIZOPHRENIA MIRRORS KNOWN EPIDEMIOLOGICAL RELATIONSHIPS AND SUGGESTS NOVEL ASSOCIATIONS**  
Duncan, L., Shen, H., Ballon, J. S., Hardy, K., Noordsy, D.  
OXFORD UNIV PRESS.2017: S73
- **Risperidone versus olanzapine among patients with schizophrenia participating in supported employment: Eighteen-month outcomes** *Journal of Psychiatric Research*  
Noordsy, D. L., Glynn, S. M., Sugar, C. A., O'Keefe, C. D., Marder, S. R.  
2017: 299–307
- **Treatment of Schizophrenia** *AMERICAN PSYCHIATRIC ASSOCIATION PUBLISHING TEXTBOOK OF PSYCHOPHARMACOLOGY, 5TH EDITION*  
Woo, T. W., Canuso, C. M., Wojcik, J. D., Noordsy, D., Brunette, M. F., Green, A. I.  
edited by Schatzberg, A. F., Nemeroff, C. B.  
2017: 1241-1281
- **Genetic Correlation Profile of Schizophrenia Mirrors Epidemiological Results and Suggests Link Between Polygenic and Rare Variant (22q11.2) Cases of Schizophrenia.** *Schizophrenia bulletin*  
Duncan, L. E., Shen, H. n., Ballon, J. S., Hardy, K. V., Noordsy, D. L., Levinson, D. F.  
2017
- **Ethical Issues in the Care of People With Schizophrenia.** *Focus (American Psychiatric Publishing)*  
Noordsy, D. L.  
2016; 14 (3): 349-353
- **Ethical Issues in the Care of People with Schizophrenia** *Focus: The Journal of Lifelong Learning in Psychiatry*  
Noordsy, D. L.  
2016; 14 (3): 349-353
- **Long-Acting Injectable vs Oral Risperidone for Schizophrenia and Co-Occurring Alcohol Use Disorder: A Randomized Trial** *JOURNAL OF CLINICAL PSYCHIATRY*  
Green, A. I., Brunette, M. F., Dawson, R., Buckley, P., Wallace, A. E., Hafez, H., Herz, M., Narasimhan, M., Noordsy, D. L., O'Keefe, C., Sommi, R. W., Steinbook, R. M., Weeks, et al  
2015; 76 (10): 1359-1365
- **Low-Dose Quetiapine Induced or Worsened Mania in the Context of Possible Undertreatment** *JOURNAL OF THE AMERICAN BOARD OF FAMILY MEDICINE*  
Millard, H. Y., Wilson, B. A., Noordsy, D. L.  
2015; 28 (1): 154-158
- **Pharmacotherapy of Co-Occurring Schizophrenia and Substance Use Disorders.** *Current addiction reports*  
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2014; 1 (4): 251-260
- **Neuroleptic Malignant Syndrome During Multiple Antipsychotic Therapy** *COMMUNITY MENTAL HEALTH JOURNAL*  
McDermott, M., Noordsy, D. L., Traum, M.

2013; 49 (1): 45-46

- **A Randomized Trial of Clozapine Versus Other Antipsychotics for Cannabis Use Disorder in Patients With Schizophrenia** *JOURNAL OF DUAL DIAGNOSIS*

Brunette, M. F., Dawson, R., O'Keefe, C. D., Narasimhan, M., Noordsy, D. L., Wojcik, J., Green, A. I.

2011; 7 (1-2): 50-63

- **Treatment of catatonic schizophrenia with lorazepam and aripiprazole** *SCHIZOPHRENIA RESEARCH*

Cummings, T. S., Noordsy, D. L.

2009; 112 (1-3): 194-195

- **Six-month outcomes for patients who switched to olanzapine treatment** *PSYCHIATRIC SERVICES*

Noordsy, D. L., O'Keefe, C., Mueser, K. T., Xie, H. Y.

2001; 52 (4): 501-507

- **Six-month outcomes for patients who switched to olanzapine treatment** *PSYCHIATRIC SERVICES*

Noordsy, D. L., O'Keefe, C., Mueser, K. T., Xie, H. Y.

2001; 52 (4): 501-507