Bio

Maryam Hamidi, PhD is the Associate Director of Scholarship and Health Promotion at the Stanford Medicine WellMD Center and Department of Psychiatry and Behavioral Sciences. In her role, she is involved in development, implementation and evaluation of innovative interventions to improve physician well-being. Dr. Hamidi has particular nutrition expertise in enhancing the cognitive performance and alertness of professionals with high cognitive demands. The focus of her current research is to use latest scientific evidence to reduce physician fatigue and improve the cognitive performance of physicians. Maryam also leads initiatives that strengthen community and connections between faculty members and promote personal well-being, self-care and culture of wellness at Stanford Medicine.

Dr. Hamidi completed her graduate studies in nutritional sciences at University of Toronto in Canada and is the author and co-author of many highly cited scientific papers on nutrition and physician well-being. Prior to coming to Stanford she served as a scientific associate at the University Health Network in Toronto, and as an advisor to Air Canada Rouge pilots and cabin crew on optimal nutrition.

CURRENT ROLE AT STANFORD

Associate Director of Scholarship & Health Promotion at Stanford Medicine WellMD Center
Research Professional at Department of Psychiatry and Behavioral Sciences

EDUCATION AND CERTIFICATIONS

• PhD, University of Toronto, Institute of Medical Science, Nutritional Epidemiology (2012)
• MSc, University of Toronto, Department of Nutritional Sciences, Clinical Nutrition (2002)

Publications

PUBLICATIONS

- Estimating institutional physician turnover attributable to self-reported burnout and associated financial burden: a case study. *BMC health services research*
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- Physician Well-Being: The Reciprocity of Practice Efficiency, Culture of Wellness, and Personal Resilience
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- Improving bone health in men with prostate cancer receiving androgen deprivation therapy: Results of a randomized phase 2 trial. *Cancer*
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• Running on empty: a review of nutrition and physicians' well-being POSTGRADUATE MEDICAL JOURNAL
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• Vitamin K and musculoskeletal health in postmenopausal women MOLECULAR NUTRITION & FOOD RESEARCH
  Hamidi, M. S., Cheung, A. M.
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• Vitamin K and Bone Health JOURNAL OF CLINICAL DENSITOMETRY
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• Validation of a calcium assessment tool in postmenopausal Canadian women MATURITAS
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• Effect of antibiotics as cholesterol-lowering agents METABOLISM-CLINICAL AND EXPERIMENTAL
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• Glycemic index: overview of implications in health and disease AMERICAN JOURNAL OF CLINICAL NUTRITION
  Jenkins, D. J., Kendall, C. W., Augustin, L. S., Franceschi, S., HAMIDI, M., Marchie, A., Jenkins, A. L., Axelsen, M.
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