Maryam S. Hamidi, PhD, FACN has particular expertise in nutrition and behavioral medicine. The focus of her current work is reducing fatigue and improving mood and cognitive performance of professionals with high cognitive demands. As a member of Stanford Medicine WellMD & WellPhD Center team, Dr. Hamidi leads initiatives at that promote personal well-being, self-care and culture of wellness among clinicians at Stanford Medicine.

Dr. Hamidi is a Fellow of the American College of Nutrition, and completed her masters and doctoral studies in clinical nutrition, nutritional epidemiology and medical science at University of Toronto in Canada. Over the course of her career, she has authored many highly cited scientific papers on nutrition and clinician well-being.

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)

PROFESSIONAL INTERESTS
Personalized Nutrition
Performance Nutrition
Health and Wellness Coaching
T.E.A.M. Therapy for Behavior Change

PUBLICATIONS
• Association of Occupational Distress and Sleep-Related Impairment in Physicians With Unsolicited Patient Complaints. Mayo Clinic proceedings
  Welle, D., Trockel, M. T., Hamidi, M. S., Hickson, G. B., Menon, N. K., Shanafelt, T. D., Cooper, W. O.
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  Menon, N. K., Trockel, M. T., Hamidi, M. S., Shanafelt, T. D.
• Self-valuation: Attending to the Most Important Instrument in the Practice of Medicine. Mayo Clinic proceedings
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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
2017

• A Brief Instrument to Assess Both Burnout and Professional Fulfillment in Physicians: Reliability and Validity, Including Correlation with Self-Reported Medical Errors, in a Sample of Resident and Practicing Physicians. Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry
Trockel, M., Bohman, B., Lesure, E., Hamidi, M. S., Welle, D., Roberts, L., Shanafelt, T.
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2014; 58 (8): 1647-1657

• Vitamin K and Bone Health JOURNAL OF CLINICAL DENSITOMETRY
Hamidi, M. S., Gajic-Veljanoski, O., Cheung, A. M.
2013; 16 (4): 409-413

• Effects of vitamin E on bone turnover markers among US postmenopausal women JOURNAL OF BONE AND MINERAL RESEARCH
Hamidi, M. S., Corey, P. N., Cheung, A. M.
2012; 27 (6): 1368-1380

• Association between the Healthy Eating Index and bone turnover markers in US postmenopausal women aged >= 45 y AMERICAN JOURNAL OF CLINICAL NUTRITION
Hamidi, M., Tarasuk, V., Corey, P., Cheung, A. M.
2011; 94 (1): 199-208

• Fruit and vegetable intake and bone health in women aged 45 years and over: a systematic review OSTEOPOROSIS INTERNATIONAL
Hamidi, M., Boucher, B. A., Cheung, A. M., Beyene, J., Shah, P. S.
2011; 22 (6): 1681-1693

• Validation of a calcium assessment tool in postmenopausal Canadian women MATURITAS
2011; 69 (2): 168-172

• Effect of antibiotics as cholesterol-lowering agents METABOLISM-CLINICAL AND EXPERIMENTAL
2005; 54 (1): 103-112
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.  
2002; 76 (1): 266S-273S

PRESENTATIONS

• Effective Personal Resilience Strategies to Promote Physician Well-Being - Stanford Medicine Well-being Directors Counsel (April 19, 2018)
• The Importance of Nutrition and Hydration in Physician Performance and Well-being - Stanford Medicine Dermatology Grand Rounds (3/15/2018)
• Healthcare Providers’ Well-being - Canadian Rheumatology Association (February 22, 2018)
• The Economic Cost of Physician Turnover Attributable to Burnout - American Conference on Physician Health 2017 (10/13/2017)
• Bootcamp for Burnout: Strategies to Promote Resilience and Wellness for Psychiatrists - American Psychiatric Association Annual Conference (5/21/2017)