



Peter Johannes van Roessel

Clinical Associate Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **Psychiatry and Behavioral Sciences**

401 Quarry Rd

MC 5719

Stanford, CA 94305

Tel (650) 498-9111

Fax (650) 724-9900

Bio

BIO

Dr. Peter van Roessel, MD PhD, completed his MD at Stanford University and his residency training in psychiatry at Columbia University and the New York-Presbyterian Hospital in New York City, with additional training in psychodynamic psychotherapy (TFP) via the Columbia University Center for Psychoanalytic Training and Research. Prior to joining the clinical faculty at Stanford, he worked for several years as Associate Director of the general research unit of the New York State Psychiatric Institute, a premier state-funded research hospital affiliated with Columbia University.

At Stanford, Dr. van Roessel sees adult mood and anxiety disorders outpatients through the Assessment Clinics and participates in resident training and patient care as director of the resident Continuity Clinic and as a supervisor in psychodynamic psychotherapy. He additionally directs the third-year resident curriculum in psychopathology and psychopharmacology. As a member of the department's Rodriguez Translational Therapeutics Lab, he sees individuals with obsessive-compulsive spectrum disorders for evaluations and research-protocol driven clinical treatment and contributes to and leads clinical neuroscience studies pioneering rapid-acting interventions in OCD. Clinically motivated research interests include the nature and neural correlates of metacognitive 'awareness' (insight) in OCD and related disorders, and particularly the relationship of awareness to mechanisms of attentional control.

Dr. van Roessel pursued research training in basic neuroscience prior to his clinical training, completing an MPhil in Biology via the Open University, UK, for research performed at the Max Planck Institute for Developmental Biology in Tübingen Germany, and a PhD in molecular and developmental neurobiology at the University of Cambridge, UK. He has contributed to work in the lab of Dr Julia Kaltschmidt (Stanford) on studies of GABAergic/Glutamatergic interneuronal circuitry in mouse. He received a 2018 NARSAD Young Investigator Award to pursue study of nitrous oxide as a rapid-acting treatment for OCD, he was a 2020-2022 Miller Foundation Fellow, and from 2020 to 2022 was a Advanced Fellow in Mental Illness Treatment and Research via the Sierra Pacific Mental Illness Research, Education, and Clinical Center of the Palo Alto VA. Dr. van Roessel is a Fellow of the American Psychiatric Association and a member of the American College of Psychiatrists.

CLINICAL FOCUS

- Psychiatry

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences

PROFESSIONAL EDUCATION

- PhD Training: University of Cambridge (2003) United Kingdom
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2011)
- Residency: New York Presbyterian Hospital - Columbia University (2011) NY
- Medical Education: Stanford University School of Medicine (2007) CA

Research & Scholarship

CLINICAL TRIALS

- Caloric Vestibular Stimulation for Modulation of Insight in Obsessive-Compulsive Spectrum Disorders, Recruiting
- Efficacy of Nitrous Oxide in OCD: Pilot Study, Recruiting
- Study of Dextromethorphan in OCD and Related Disorders, Recruiting

Publications

PUBLICATIONS

- **Randomized waitlist-controlled trial of buried in treasures facilitated support groups and in-home uncluttering (BIT+) for hoarding disorder.** *Journal of psychiatric research*
Wheaton, M. G., Varias, A. D., Sandhu, T., Munoz Rodriguez, P. A., Mukunda, P., Filippou-Frye, M., Millen, A., Lombardi, A., van Roessel, P., Raila, H., Anderson, K., Linkovski, O., Mahnke, et al
2024; 176: 58-67
- **Ketamine's acute effects on negative brain states are mediated through distinct altered states of consciousness in humans.** *Nature communications*
Hack, L. M., Zhang, X., Heifets, B. D., Suppes, T., van Roessel, P. J., Yesavage, J. A., Gray, N. J., Hilton, R., Bertrand, C., Rodriguez, C. I., Deisseroth, K., Knutson, B., Williams, et al
2023; 14 (1): 6631
- **Augmenting group hoarding disorder treatment with virtual reality discarding: A pilot study in older adults.** *Journal of psychiatric research*
Raila, H., Avanesyan, T., Valentine, K. E., Koo, B., Huang, C., Tsutsumi, Y., Andreoff, E., Qiu, T., Muñoz Rodríguez, P. A., Varias, A., Filippou-Frye, M., van Roessel, P., Bullock, et al
2023; 166: 25-31
- **Hoarding disorder: Questions and controversies** *JOURNAL OF OBSESSIVE-COMPULSIVE AND RELATED DISORDERS*
van Roessel, P., Rodriguez, P., Frost, R. O., Rodriguez, C. I.
2023; 37
- **Cognitive Control Predicts Alleviation of OCD Symptoms by Ketamine**
Van Roessel, P., Asgari, S., Jo, B., Williams, L., Rodriguez, C.
ELSEVIER SCIENCE INC.2023: S311-S312
- **Ketamine's Acute Effects on Negative Brain States are Mediated Through Distinct Altered States in Humans**
Zhang, X., Hack, L., Heifets, B., Suppes, T., Van Roessel, P., Yesavage, J., Gray, N., Hilton, R., Rodriguez, C., Deisseroth, K., Knutson, B., Williams, L.
ELSEVIER SCIENCE INC.2023: S312
- **Acute Effects of MDMA on Negative Affective Brain Circuit Function: A Randomized Controlled Mechanistic Trial**
Hack, L., Zhang, X., Heifets, B., Suppes, T., van Roessel, P., Yesavage, J., Gray, N., Hilton, R., Rodriguez, C., Deisseroth, K., Knutson, B., Williams, L.
ELSEVIER SCIENCE INC.2023: S88

- **Efficacy of Ketamine in Unmedicated Adults With OCD: A Randomized Controlled Trial**
Rodriguez, C., Chen, C., Glover, G., Jo, B., Spielman, D., Williams, L., van Roessel, P., DeBattista, C., Wintermark, M., Lombardi, A., Pinto, A., Valentine, K., Filippou-Frye, et al
ELSEVIER SCIENCE INC.2023: S83
- **Acute Effects of MDMA on Intrinsic Functional Connectomes Associated With Altered States of Consciousness and Defensiveness**
Zhang, X., Hack, L., Heifets, B., Suppes, T., van Roessel, P., Yesavage, J., Gray, N., Hilton, R., Rodriguez, C., Deisseroth, K., Knutson, B., Williams, L.
ELSEVIER SCIENCE INC.2023: S87-S88
- **Early life stress in adults with hoarding disorder: A mixed methods study** *JOURNAL OF OBSESSIVE-COMPULSIVE AND RELATED DISORDERS*
Sanchez, C., Linkovski, O., van Roessel, P., Steinberg, N., McCarthy, E., Rodriguez, P., Avanesyan, T., Mukunda, P., Frost, R. O., Rodriguez, C. I.
2023; 37
- **Augmenting group hoarding disorder treatment with virtual reality discarding: A pilot study in older adults** *Augmenting group hoarding disorder treatment with virtual reality discarding: A pilot study in older adults*
Raila, H.
2023
- **Anosognosia in hoarding disorder is predicted by alterations in cognitive and inhibitory control.** *Scientific reports*
van Roessel, P. J., Marzke, C., Varias, A. D., Mukunda, P., Asgari, S., Sanchez, C., Shen, H., Jo, B., Gunaydin, L. A., Williams, L. M., Rodriguez, C. I.
2022; 12 (1): 21752
- **Identity gripping or identity flight? Two distinct experiences correlated with self-reported depression in retired professional ice hockey players** *INTERNATIONAL JOURNAL OF SPORT AND EXERCISE PSYCHOLOGY*
Aston, P. R., Brewer, M. A., Kieschnick, D. W., Allen, M. C., van Roessel, P. J., Lavallee, D. E., Rodriguez, C. I.
2022
- **Cognitive Control Predicts Alleviation of OCD Symptoms by Ketamine**
van Roessel, P., Asgari, S., Jo, B., Williams, L., Rodriguez, C.
SPRINGERNATURE.2022: 302
- **Efficacy of Ketamine in Unmedicated Adults With Obsessive-Compulsive Disorder: A Randomized Controlled Trial**
Rodriguez, C., Chen, C., Glover, G., Jo, B., Spielman, D., Williams, L., van Roessel, P., DeBattista, C., Flood, P., Ringold, A., Wintermark, M., Anderson, K., Linkovski, et al
SPRINGERNATURE.2022: 302-303
- **Cognitive Control Predicts Alleviation of OCD Symptoms by Ketamine**
van Roessel, P., Asgari, S., Jo, B., Williams, L., Rodriguez, C.
SPRINGERNATURE.2022: 302
- **Efficacy of Ketamine in Unmedicated Adults With Obsessive-Compulsive Disorder: A Randomized Controlled Trial**
Rodriguez, C., Chen, C., Glover, G., Jo, B., Spielman, D., Williams, L., Van Roessel, P., DeBattista, C., Flood, P., Ringold, A., Wintermark, M., Anderson, K., Linkovski, et al
SPRINGERNATURE.2022: 302-303
- **Treatment-resistant OCD: Pharmacotherapies in adults.** *Comprehensive psychiatry*
van Roessel, P. J., Grassi, G., Aboujaoude, E. N., Menchon, J. M., Van Ameringen, M., Rodriguez, C. I.
2022; 120: 152352
- **Valence processing alterations in SAPAP3 knockout mice and human OCD.** *Journal of psychiatric research*
Kajs, B. L., van Roessel, P. J., Davis, G. L., Williams, L. M., Rodriguez, C. I., Gunaydin, L. A.
2022; 151: 657-666
- **Deconstructing Ketamine-Induced Changes in Cortisol and Dissociative and Affective States in a Controlled Mechanistic Study**
Hack, L. M., Zhang, X., Brawer, J., Gray, N., Heifets, B., Suppes, T., van Roessel, P., Rodriguez, C., Knutson, B., Williams, L.
ELSEVIER SCIENCE INC.2022: S178-S179
- **Acute Ketamine Modulates Cognitive Control Network Activity During Cognitive Inhibition: Evidence From a Mechanistic Trial**
Zhang, X., Hack, L., Brawer, J., Gray, N., Heifets, B., Suppes, T., van Roessel, P., Rodriguez, C., Knutson, B., Williams, L.
ELSEVIER SCIENCE INC.2022: S225

- **Accelerated Neuromodulation Therapy for Obsessive-Compulsive Disorder.** *Brain stimulation*
Williams, N. R., Sudheimer, K. D., Cole, E. J., Varias, A. D., Goldstein-Piekarski, A. N., Stetz, P. n., Lombardi, A. n., Filippou-Frye, M. n., van Roessel, P. n., Anderson, K. n., McCarthy, E. A., Wright, B. n., Sandhu, et al
2021
- **Examining subjective sleep quality in adults with hoarding disorder.** *Journal of psychiatric research*
Mahnke, A. R., Linkovski, O., Timpano, K., van Roessel, P., Sanchez, C., Varias, A. D., Mukunda, P., Filippou-Frye, M., Lombardi, A., Raila, H., Anderson, K., Sandhu, T., Wright, et al
2020
- **Self-Reported Depressive Symptoms in Active and Retired Professional Hockey Players** *CANADIAN JOURNAL OF BEHAVIOURAL SCIENCE-REVUE CANADIENNE DES SCIENCES DU COMPORTEMENT*
Aston, P., Filippou-Frye, M., Blasey, C., van Roessel, P., Rodriguez, C.
2020; 52 (2): 97–106
- **Does Nitrous Oxide Help Veterans With Posttraumatic Stress Disorder? A Case Series.** *The Journal of clinical psychiatry*
Varias, A. n., van Roessel, P. n., Parsiani, M. n., Filippou-Frye, M. n., Neylan, T. C., Nagele, P. n., Yesavage, J. n., Clark, J. D., Rodriguez, C. I.
2020; 81 (4)
- **Neurocognitive Correlates of Insight in Hoarding Disorder**
van Roessel, P., Varias, A., Sanchez, C., Sandhu, T., Shen, H., Jo, B., Rodriguez, C.
NATURE PUBLISHING GROUP.2019: 159
- **Exploring Brain-Derived Neurotrophic Factor Val66Met Polymorphism and Extinction Learning-Based Treatment Outcome in Obsessive-Compulsive Disorder A Pilot Study** *JOURNAL OF CLINICAL PSYCHOPHARMACOLOGY*
Linkovski, O., Wheaton, M. G., Zwerling, J., Odgerel, Z., van Roessel, P., Filippou-Frye, M., Lombardi, A., Wright, B., Steinman, S. A., Simpson, H., Lee, F., Rodriguez, C. I.
2019; 39 (1): 91–93
- **Exploring Brain-Derived Neurotrophic Factor Val66Met Polymorphism and Extinction Learning-Based Treatment Outcome in Obsessive-Compulsive Disorder: A Pilot Study.** *Journal of clinical psychopharmacology*
Linkovski, O., Wheaton, M. G., Zwerling, J., Odgerel, Z., van Roessel, P., Filippou-Frye, M., Lombardi, A., Wright, B., Steinman, S. A., Simpson, H. B., Lee, F., Rodriguez, C. I.
2018
- **Clutter Blindness as an Insight Proxy in Hoarding Disorder: A Hypothesis-Generating Study**
van Roessel, P., Sanchez, C., Linkovski, O., Sandhu, T., Wright, B., McCarthy, E., Varias, A., Filippou-Frye, M., Shen, H., Jo, B., Rodriguez, C.
NATURE PUBLISHING GROUP.2018: S387–S388
- **Exploring BDNF Val66Met Polymorphism and Extinction Learning-Based Treatment Outcome in OCD: A Pilot Study**
Linkovski, O., Wheaton, M., Zwerling, J., Oderel, Z., van Roessel, P., Filippou, M., Lombardi, A., Wright, B., Steinman, S., Simpson, H., Lee, F., Rodriguez, C.
NATURE PUBLISHING GROUP.2018: S387
- **A Role for Dystonia-Associated Genes in Spinal GABAergic Interneuron Circuitry.** *Cell reports*
Zhang, J. n., Weinrich, J. A., Russ, J. B., Comer, J. D., Bommareddy, P. K., DiCasoli, R. J., Wright, C. V., Li, Y. n., van Roessel, P. J., Kaltschmidt, J. A.
2017; 21 (3): 666–78
- **Sensory-Derived Glutamate Regulates Presynaptic Inhibitory Terminals in Mouse Spinal Cord** *NEURON*
Mende, M., Fletcher, E. V., Belluardo, J. L., Pierce, J. P., Bommareddy, P. K., Weinrich, J. A., Kabir, Z. D., Schierberl, K. C., Pagiazitis, J. G., Mendelsohn, A. I., Francesconi, A., Edwards, R. H., Milner, et al
2016; 90 (6): 1189-1202
- **Care within a Veterans Hospital - Earlier detection of colon cancer** *SURGICAL ENDOSCOPY AND OTHER INTERVENTIONAL TECHNIQUES*
van Roessel, P., Rouse, R. V., Wren, S. M.
2007; 21 (8): 1434-1440
- **Independent regulation of synaptic size and activity by the anaphase-promoting complex.** *Cell*
van Roessel, P. n., Elliott, D. A., Robinson, I. M., Prokop, A. n., Brand, A. H.
2004; 119 (5): 707–18
- **Spreading silence with Sid.** *Genome biology*

van Roessel, P. n., Brand, A. H.
2004; 5 (2): 208

- **Region-specific apoptosis limits neural stem cell proliferation.** *Neuron*
Brand, A. H., van Roessel, P. J.
2003; 37 (2): 185–87
- **Imaging into the future: visualizing gene expression and protein interactions with fluorescent proteins.** *Nature cell biology*
van Roessel, P. n., Brand, A. H.
2002; 4 (1): E15–20
- **Two-color GFP imaging demonstrates cell-autonomy of GAL4-driven RNA interference in Drosophila.** *Genesis*
van Roessel, P. J., Hayward, N. M., Barros, C. S., Brand, A. H.
2002; 34 (1-2): 4
- **Activity of long-wavelength cones under scotopic conditions in the cyprinid fish Danio aequipinnatus.** *Journal of comparative physiology. A, Sensory, neural, and behavioral physiology*
van Roessel, P., Palacios, A. G., Goldsmith, T. H.
1997; 181 (5): 493-500