Stanford

Brittany Elizabeth Matheson, PhD

Clinical Associate Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **Child and Adolescent Psychiatry**

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Bio

BIO

Brittany Matheson, PhD, is a clinical associate professor and licensed clinical psychologist in the Eating Disorders Clinic. She completed her undergraduate degree at Duke University, doctorate from the Joint Doctoral Program in Clinical Psychology at San Diego State University and the University of California, San Diego, and APA clinical internship at Lucile Packard Children's Hospital Stanford (LPCH)/Children's Health Council.

Dr. Matheson is a certified family-based treatment (FBT) therapist and consultant. She is also the director of the Stanford Eating Disorder Research Program Data Coordination Center and collaborates with colleagues on NIH-funded randomized clinical trials. Dr. Matheson's research interests include examining the psychosocial, neurocognitive, and familial factors related to disordered eating and excess weight gain in youth. She is interested in the development and implementation of evidence-based treatments for youth with disordered eating as well as better understanding factors that influence pediatric bariatric surgery outcomes. Dr. Matheson has specialized research and clinical expertise in the interplay among obesity, disordered eating, and autism spectrum disorder and is the director of psychological services for the LPCH adolescent metabolic and bariatric surgery program. She conducts comprehensive evaluations and provides evidence-based treatments for individuals across the age-spectrum with eating disorders, including anorexia nervosa, bulimia nervosa, binge eating disorder, avoidant/restrictive food intake disorder, and other specified feeding and eating disorders. Her recent research focuses on reducing access to care barriers by digitizing evidence-based treatments and utilizing technology to enhance treatment outcomes.

CLINICAL FOCUS

- Clinical Psychology
- Feeding and Eating Disorders of Childhood
- Eating Disorders
- Autism and Developmental Disabilities
- Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, and Avoidant/Restrictive Food Intake Disorder (ARFID)

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences
- Member, Maternal & Child Health Research Institute (MCHRI)

PROFESSIONAL EDUCATION

- Fellowship: Stanford University Psychiatry and Behavioral Sciences (2021) CA
- Internship, Lucile Packard Children's Hospital Stanford/Children's Health Council (2018)
- PhD Training: University of California San Diego School of Medicine (2018) CA
- BS, Duke University (2010)

Research & Scholarship

CLINICAL TRIALS

- Confirming the Effectiveness of Online Guided Self-Help Family-Based Treatment for Adolescent Anorexia Nervosa, Recruiting

LAB AFFILIATIONS

- James Lock, Eating Disorders Research Program (9/4/2018)

Publications

PUBLICATIONS

- **Family-Based Treatment for Avoidant/Restrictive Food Intake Disorder is About More Than Weight Gain.** *Journal of the American Academy of Child and Adolescent Psychiatry*
  Lock, J., Matheson, B., Jo, B., Bohon, C., Datta, N., Whyte, A., Boyce, H., Gurcan, H. Y., Cogburn, A. E., Kim, B.
  2026
- **What's being said: exploring parental comments during a family meal session in family based treatment for avoidant/restrictive food intake disorder.** *Frontiers in child and adolescent psychiatry*
  Boyce, H., Cogburn, A. E., Gurcan, H. Y., Matheson, B., Datta, N., Lock, J.
  2026; 5: 1858934
- **What's being said: exploring parental comments during a family meal session in family based treatment for avoidant/restrictive food intake disorder** *FRONTIERS IN CHILD AND ADOLESCENT PSYCHIATRY*
  Boyce, H., Cogburn, A. E., Gurcan, H. Y., Matheson, B., Datta, N., Lock, J.
  2026; 5
- **Training Clinicians in Private Practice in Family-Based Treatment for Anorexia Nervosa: Randomized Controlled Trial Comparing Two Online Approaches.** *Journal of medical Internet research*
  Lock, J., Le Grange, D., Matheson, B., Kim, B., Bohon, C., Jo, B.
  2026; 28: e89999
- **Neurocognitive Profiles and Predictors of Symptom Trajectory During and After Treatment in Adolescent Bulimia Nervosa.** *European eating disorders review : the journal of the Eating Disorders Association*
  Singh, S., Plessow, F., Reilly, E. E., Gorrell, S., Matheson, B. E., Lock, J. D., Le Grange, D.
  2026
- **Family vs Individual Treatment for Children With Avoidant/Restrictive Food Intake Disorder: A Randomized Clinical Trial.** *Journal of the American Academy of Child and Adolescent Psychiatry*
  Lock, J., Matheson, B., Jo, B., Bohon, C., Datta, N., Whyte, A., Boyce, H., Gurcan, H. Y., Cogburn, A. E., Kim, B.
  2026
- **Guiding treatment forward: how guided self-help interventions are reshaping behavioral health** *PEDIATRIC MEDICINE*
  Matheson, B. E.
  2026
- **Providers' perspectives on clinical case consultation following online training in family-based treatment for adolescent anorexia nervosa.** *Journal of eating disorders*
  Matheson, B., Cogburn, A., Whyte, A., Le Grange, D., Lock, J.
  2025

- **Feasibility, Acceptability, and Preliminary Indicators of Effectiveness of Family-Based Treatment for Adolescents With Avoidant/Restrictive Food Intake Disorder in a Retrospective Clinical Cohort.** *The International journal of eating disorders*
  Datta, N., Ruiz Fischer, M. M., Gurcan, H., Grammer, A. C., Boyce, H., Matheson, B., Lock, J. D.
  2025
- **National implementation of guided self-help family-based treatment for youth with eating disorders: a study protocol.** *BMC psychiatry*
  Couturier, J., Smith, J., Nicula, M., Nella, E., Yanover, T., Agostino, H., Annema, S., Boman, J., Bond, J., Coelho, J. S., Coolen, A. M., Datta, N., Dimitropoulos, et al
  2025; 25 (1): 1066
- **Acceptability and feasibility of utilizing telehealth to deliver evidence-based treatments for eating disorders in children and adolescents.** *Eating disorders*
  Leder, S., Lock, J. D., Matheson, B. E.
  2025: 1-16
- **Enhancing Distress Tolerance Skills in Adolescents With Anorexia Nervosa Through the BALANCE Mobile App: Feasibility and Acceptability Study.** *JMIR formative research*
  Miranda, C., Matheson, B., Datta, N., Whyte, A., Yang, H. J., Schmiedmayer, P., Ravi, V., Aalami, O., Lock, J.
  2025; 9: e70278
- **Strengthening executive functioning to disrupt binge eating in youth - a commentary on Goldschmidt etal. (2024).** *Journal of child psychology and psychiatry, and allied disciplines*
  Matheson, B.
  2025
- **The Impact of Family-Based Treatment for Adolescent Anorexia Nervosa on Compulsive Exercise Attitudes and Behaviors.** *The International journal of eating disorders*
  Datta, N., Matheson, B., Plessow, F., Citron, K., Le Grange, D., Schlegl, S., Lock, J.
  2024
- **Pilot Case Series Studying a Psychoeducational and Motivational Treatment for Children With Low-Weight Avoidant Restrictive Food Intake Disorder.** *The International journal of eating disorders*
  Matheson, B., Datta, N., Van Wye, E., Yang, H. J., Lock, J.
  2024
- **Protocol for a randomized clinical trial to confirm the effectiveness of online guided self-help family-based treatment for adolescent anorexia nervosa.** *Contemporary clinical trials*
  Gurcan, H., Couturier, J., Matheson, B., Jo, B., Lock, J.
  2024: 107618
- **Bulimia Nervosa and Binge-Eating Disorder Across the Lifespan.** *Focus (American Psychiatric Publishing)*
  Matheson, B. E.
  2024; 22 (3): 278-287
- **Testing associations between assessments of cognitive flexibility and eating disorder symptoms in adolescent bulimia nervosa.** *The International journal of eating disorders*
  Singh, S., Gorrell, S., Matheson, B. E., Reilly, E. E., Lock, J. D., Le Grange, D.
  2024
- **Feasibility and acceptability of a pilot studying investigating multi-family parent-only guided self-help family-based treatment for adolescent anorexia nervosa.** *The International journal of eating disorders*
  Matheson, B. E., Van Wye, E., Whyte, A., Lock, J.
  2024
- **Childhood appetitive traits and adolescent eating disorders: early risk markers.** *The Lancet. Child & adolescent health*
  Matheson, B.
  2024
- **Family-based treatment (FBT) for loss of control (LOC) eating in youth: Current knowledge and future directions.** *Eating disorders*
  Matheson, B. E., Bohon, C., Le Grange, D., Lock, J. D.
  2024; 32 (1): 1-12

- **Who Responds to an Adaptive Intervention for Adolescents With Anorexia Nervosa Being Treated With Family-Based Treatment? Outcomes From a Randomized Clinical Trial.** *Journal of the American Academy of Child and Adolescent Psychiatry*
  Lock, J. D., Le Grange, D., Bohon, C., Matheson, B., Jo, B.
  2023
- **Family-based treatment (FBT) for loss of control (LOC) eating in youth: Current knowledge and future directions** *EATING DISORDERS*
  Matheson, B. E., Bohon, C., Le Grange, D., Lock, J. D.
  2023
- **Psychoeducational and motivational treatment for low-weight Avoidant/Restrictive Food Intake Disorder (ARFID): Three case reports in school-aged children.** *Clinical child psychology and psychiatry*
  Datta, N., Matheson, B., Walker, A. C., Van Wye, E., Lock, J. D.
  2023: 13591045231169141
- **Predictors of family-based treatment for adolescent eating disorders: Do family or diagnostic factors matter?** *The International journal of eating disorders*
  Datta, N., Hagan, K., Bohon, C., Stern, M., Kim, B., Matheson, B. E., Gorrell, S., Le Grange, D., Lock, J. D.
  2022
- **Protocol for a randomized clinical trial for Avoidant Restrictive Food Intake Disorder (ARFID) in low-weight youth.** *Contemporary clinical trials*
  Van Wye, E., Matheson, B., Citron, K., Yang, H., Datta, N., Bohon, C., Lock, J. D.
  2022: 107036
- **The COVID-19 pandemic and youth with anorexia nervosa: A retrospective comparative cohort design.** *The International journal of eating disorders*
  Datta, N., Van Wye, E., Citron, K., Matheson, B., Lock, J. D.
  2022
- **Study protocol for training providers in private practice in family-based treatment for adolescents with anorexia nervosa: A randomized controlled feasibility trial.** *Contemporary clinical trials*
  Citron, K., Johnson, M., Matheson, B. E., Onipede, Z. A., Yang, H. J., Bohon, C., Le Grange, D., Lock, J.
  2022: 106889
- **Evidence Based Update on Psychosocial Treatments for Eating Disorders in Children and Adolescents.** *Journal of clinical child and adolescent psychology : the official journal for the Society of Clinical Child and Adolescent Psychology, American Psychological Association, Division 53*
  Datta, N., Matheson, B. E., Citron, K., Van Wye, E. M., Lock, J. D.
  2022: 1-12
- **Effect of telehealth implementation on an adolescent metabolic and bariatric surgery program.** *Surgery for obesity and related diseases : official journal of the American Society for Bariatric Surgery*
  Herdes, R. E., Matheson, B. E., Tsao, D. D., Bruzoni, M., Pratt, J. S.
  2022
- **Is guided self-help family-based treatment for parents of adolescents with anorexia nervosa on treatment waitlists feasible? A pilot trial.** *The International journal of eating disorders*
  Wade, T., Byrne, S., Fursland, A., Steele, A., Wilksch, S., Anderson, J., Zhou, Y., Datta, N., Matheson, B., Lock, J.
  2022
- **Parent and clinician perspectives on virtual guided self-help family-based treatment (GSH-FBT) for adolescents with anorexia nervosa.** *Eating and weight disorders : EWD*
  Matheson, B. E., Datta, N., Welch, H., Citron, K., Couturier, J., Lock, J. D.
  2022
- **Applying online parental guided self-help family-based treatment for adolescent anorexia nervosa: A comparison to family-based treatment delivered by videoconferencing.** *Clinical child psychology and psychiatry*
  Couturier, J., Webb, C., Carson, N., Doxtdator, K., Matheson, B., Datta, N., Sami, S., Citron, K., Lock, J.
  2022: 13591045221078709
- **Feasibility of conducting a randomized controlled trial comparing family-based treatment via videoconferencing and online guided self-help family-based treatment for adolescent anorexia nervosa.** *The International journal of eating disorders*

Lock, J., Couturier, J., Matheson, B. E., Datta, N., Citron, K., Sami, S., Welch, H., Webb, C., Doxtdator, K., John-Carson, N.
2021

- **Understanding outcomes in family-based treatment for adolescent anorexia nervosa: a network approach.** *Psychological medicine*
  Hagan, K. E., Matheson, B. E., Datta, N., L'Insalata, A. M., Onipede, Z. A., Gorrell, S., Mondal, S., Bohon, C. M., Grange, D. L., Lock, J. D.
  2021: 1–12

- **Pilot Evaluation of a Multidisciplinary Strategy for Laparoscopic Sleeve Gastrectomy in Adolescents and Young Adults with Obesity and Intellectual Disabilities.** *Obesity surgery*
  Jones, R. E., Wood, L. S., Matheson, B. E., Pratt, J. S., Burgart, A. M., Garza, D., Shepard, W. E., Bruzoni, M.
  2021

- **Affect or restraint: Clinical correlates of the context surrounding binge eating episodes** *JOURNAL OF BEHAVIORAL AND COGNITIVE THERAPY*
  Matheson, B. E., Welch, H., Bohon, C.
  2021; 31 (1): 67-75

- **Exploring Differences in the Role of Hospitalization on Weight Gain Based on Treatment Type From Randomized Clinical Trials for Adolescent Anorexia Nervosa** *FRONTIERS IN PSYCHIATRY*
  Datta, N., Matheson, B. E., Le Grange, D., Brandt, H. A., Woodside, B., Halmi, K. A., Wilfley, D. E., Lock, J. D.
  2020; 11

- **Exploring Differences in the Role of Hospitalization on Weight Gain Based on Treatment Type From Randomized Clinical Trials for Adolescent Anorexia Nervosa.** *Frontiers in psychiatry*
  Datta, N., Matheson, B. E., Le Grange, D., Brandt, H. A., Woodside, B., Halmi, K. A., Wilfley, D. E., Lock, J. D.
  2020; 11: 609675

- **OVERWEIGHT AND OBESITY**
  Matheson, B.
  ELSEVIER SCIENCE INC.2020: S134

- **Descriptive analysis of binge eating in adult and adolescent females.** *Eating and weight disorders : EWD*
  Bohon, C., Matheson, B., Welch, H.
  2020

- **Family-based treatment via videoconference: Clinical recommendations for treatment providers during COVID-19 and beyond.** *The International journal of eating disorders*
  Matheson, B. E., Bohon, C., Lock, J.
  2020

- **Investigating Early Response to Treatment in a Multi-Site Study for Adolescent Bulimia Nervosa.** *Frontiers in psychiatry*
  Matheson, B. E., Gorrell, S., Bohon, C., Agras, W. S., Le Grange, D., Lock, J.
  2020; 11: 92

- **Remission in adolescents with bulimia nervosa: Empirical evaluation of current conceptual models.** *European eating disorders review : the journal of the Eating Disorders Association*
  Gorrell, S. n., Matheson, B. E., Lock, J. n., Le Grange, D. n.
  2020

- **Bariatric Surgery in Children and Adolescents with Cognitive Impairment and/or Developmental Delay: Current Knowledge and Clinical Recommendations.** *Obesity surgery*
  Matheson, B. E., Colborn, D., Bohon, C.
  2019

- **A Pilot Study Investigating the Feasibility and Acceptability of a Parent-Only Behavioral Weight-Loss Treatment for Children with Autism Spectrum Disorder.** *Journal of autism and developmental disorders*
  Matheson, B. E., Drahota, A., Boutelle, K. N.
  2019

- **Development and validation of a short form Children's power of Food Scale.** *Appetite*
  Stone, M. D., Matheson, B. E., Leventhal, A. M., Boutelle, K. N.

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- **The relationship between executive functioning and weight loss and maintenance in children and parents participating in family-based treatment for childhood obesity** *BEHAVIOUR RESEARCH AND THERAPY*
  Eichen, D. M., Matheson, B. E., Liang, J., Strong, D. R., Rhee, K., Boutelle, K. N.
  2018; 105: 10–16
- **A Review of Childhood Behavioral Problems and Disorders in the Development of Obesity: Attention Deficit/Hyperactivity Disorder, Autism Spectrum Disorder, and Beyond** *CURRENT OBESITY REPORTS*
  Matheson, B. E., Eichen, D. M.
  2018; 7 (1): 19–26
- **Neurocognitive Treatments for Eating Disorders and Obesity** *CURRENT PSYCHIATRY REPORTS*
  Eichen, D. M., Matheson, B. E., Appleton-Knapp, S. L., Boutelle, K. N.
  2017; 19 (9): 62
- **Behind binge eating: A review of food-specific adaptations of neurocognitive and neuroimaging tasks**
  Berner, L. A., Winter, S. R., Matheson, B. E., Benson, L., Lowe, M. R.
  PERGAMON-ELSEVIER SCIENCE LTD.2017: 59–70
- **Overweight and Obesity in Children with Autism Spectrum Disorder (ASD): a Critical Review Investigating the Etiology, Development, and Maintenance of this Relationship** *REVIEW JOURNAL OF AUTISM AND DEVELOPMENTAL DISORDERS*
  Matheson, B. E., Douglas, J. M.
  2017; 4 (2): 142–56
- **Mental Health Diagnostic Considerations in Racial/Ethnic Minority Youth** *JOURNAL OF CHILD AND FAMILY STUDIES*
  Liang, J., Matheson, B. E., Douglas, J. M.
  2016; 25 (6): 1926–40
- **Parental control and overconsumption of snack foods in overweight and obese children** *APPETITE*
  Liang, J., Matheson, B. E., Rhee, I. E., Peterson, C. B., Rydell, S., Boutelle, I. N.
  2016; 100: 181–88
- **The relationship between parent feeding styles and general parenting with loss of control eating in treatment-seeking overweight and obese children** *INTERNATIONAL JOURNAL OF EATING DISORDERS*
  Matheson, B. E., Camacho, C., Peterson, C. B., Rhee, K. E., Rydell, S. A., Zucker, N. L., Boutelle, K. N.
  2015; 48 (7): 1047–55
- **The relationship between eating disorders and sexual trauma** *EATING AND WEIGHT DISORDERS-STUDIES ON ANOREXIA BULIMIA AND OBESITY*
  Madowitz, J., Matheson, B. E., Liang, J.
  2015; 20 (3): 281–93
- **A Brief, Intensive Application of Multi-Family-Based Treatment for Eating Disorders** *EATING DISORDERS*
  Knatz, S., Murray, S. B., Matheson, B., Boutelle, K. N., Rockwell, R., Eisler, I., Kaye, W. H.
  2015; 23 (4): 315–24
- **Parent Binge Eating and Depressive Symptoms as Predictors of Attrition in a Family-Based Treatment for Pediatric Obesity** *CHILDHOOD OBESITY*
  Braden, A. L., Madowitz, J., Matheson, B. E., Bergmann, K., Crow, S. J., Boutelle, K. N.
  2015; 11 (2): 165–69
- **Design and implementation of a study evaluating extinction processes to food cues in obese children: The Intervention for Regulations of Cues Trial (iROC)** *CONTEMPORARY CLINICAL TRIALS*
  Boutelle, K. N., Liang, J., Knatz, S., Matheson, B., Risbrough, V., Strong, D., Rhee, K. E., Craske, M. G., Zucker, N., Bouton, M. E.
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- **Neurocognitive correlates of obesity and obesity-related behaviors in children and adolescents** *INTERNATIONAL JOURNAL OF OBESITY*
  Liang, J., Matheson, B. E., Kaye, W. H., Boutelle, K. N.
  2014; 38 (4): 494–506

- **Links of Adolescent- and Parent-Reported Eating in the Absence of Hunger with Observed Eating in the Absence of Hunger** *OBESITY*
  Shomaker, L. B., Tanofsky-Kraff, M., Mooreville, M., Reina, S. A., Courville, A. B., Field, S. E., Matheson, B. E., Brady, S. M., Yanovski, S. Z., Yanovski, J. A.
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- **Eating patterns in youth with and without loss of control eating** *INTERNATIONAL JOURNAL OF EATING DISORDERS*
  Matheson, B. E., Tanofsky-Kraff, M., Shafer-Berger, S., Sedaka, N. M., Mooreville, M., Reina, S. A., Vannucci, A., Shomaker, L. B., Yanovski, S. Z., Yanovski, J. A.
  2012; 45 (8): 957–61

- **Loss of control eating in African-American and Caucasian youth** *EATING BEHAVIORS*
  Cassidy, O. L., Matheson, B., Osborn, R., Vannucci, A., Kozlosky, M., Shomaker, L. B., Yanovski, S. Z., Tanofsky-Kraff, M.
  2012; 13 (2): 174–78

- **Binge Eating and Weight-Related Quality of Life in Obese Adolescents** *NUTRIENTS*
  Ranzenhofer, L. M., Columbo, K. M., Tanofsky-Kraff, M., Shomaker, L. B., Cassidy, O., Matheson, B. E., Kolotkin, R. L., Checchi, J. M., Keil, M., McDuffie, J. R., Yanovski, J. A.
  2012; 4 (3): 167–80

- **Links between mothers' and children's disinhibited eating and children's adiposity** *APPETITE*
  Zocca, J. M., Shomaker, L. B., Tanofsky-Kraff, M., Columbo, K. M., Raciti, G. R., Brady, S. M., Crocker, M. K., Ali, A. H., Matheson, B. E., Yanovski, S. Z., Yanovski, J. A.
  2011; 56 (2): 324–31