

# Stanford

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## Sarah Adler

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

### CLINICAL OFFICES

- **Psychiatry and Behavioral Sciences**

401 Quarry Rd

MC 5719

Stanford, CA 94305

**Tel** (650) 498-9111

**Fax** (650) 724-7389

### Bio

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#### BIO

Dr. Adler is passionate about the intersection between behavioral health and technology to increase access to care. She is currently an attending Psychologist in the Eating Disorder and Weight Control Clinic and specializes in both research and clinical care for patients with disordered eating behaviors. Dr. Adler is the Author of The DBT Solution for Binge and Emotional Eating, which was originally written and tested for her doctoral dissertation. Dr. Adler currently teaches and supervises students and post-doctoral fellows in evidence based treatments.

#### CLINICAL FOCUS

- Psychology

#### ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences

#### PROFESSIONAL EDUCATION

- Internship: VA Palo Alto Health Care Psychology Training (2010) CA
- Fellowship: Stanford University Psychology Postdoctoral Fellowship (2013) CA
- Professional Education: PGSP-Stanford PsyD Consortium (2010) CA

### Research & Scholarship

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#### CURRENT RESEARCH AND SCHOLARLY INTERESTS

I am interested in the design and delivery of clinical care using, data and technology. I have focused on disordered eating behaviors and obesity.

#### CLINICAL TRIALS

- FDA Approved Medication to Reduce Binge Eating and/or Purging, Not Recruiting

## Publications

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### PUBLICATIONS

- **Replication and extension of dietary adherence as a predictor of suboptimal weight-loss outcomes in postbariatric patients.** *Surgery for obesity and related diseases : official journal of the American Society for Bariatric Surgery*  
Wakayama, L., Nameth, K., Adler, S., Safer, D. L.  
2018
- **Correlates of Dietary Adherence and Maladaptive Eating Patterns Following Roux-en-Y Bariatric Surgery** *OBESITY SURGERY*  
Adler, S., Fowler, N., Robinson, A., Salcido, L., Darcy, A., Toyama, H., Safer, D.  
2018; 28 (4): 1130–35
- **Study protocol and rationale for a randomized double-blinded crossover trial of phentermine-topiramate ER versus placebo to treat binge eating disorder and bulimia nervosa.** *Contemporary clinical trials*  
Dalai, S. S., Adler, S., Najarian, T., Safer, D. L.  
2018; 64: 173–78
- **Early Adherence Targeted Therapy (EATT) for Postbariatric Maladaptive Eating Behaviors** *COGNITIVE AND BEHAVIORAL PRACTICE*  
Robinson, A. H., Adler, S., Darcy, A. M., Osipov, L., Safer, D. L.  
2016; 23 (4): 548-560
- **What variables are associated with successful weight loss outcomes for bariatric surgery after 1 year?** *SURGERY FOR OBESITY AND RELATED DISEASES*  
Robinson, A. H., Adler, S., Stevens, H. B., Darcy, A. M., Morton, J. M., Safer, D. L.  
2014; 10 (4): 697-704
- **How smartphone applications may be implemented in the treatment of eating disorders: case reports and case series data** *Advances in Eating Disorders: Theory, Research and Practice*  
Darcy, A., Adler, S., Miner, A., Lock, J.  
2014
- **Group dialectical behavior therapy adapted for obese emotional eaters; a pilot study** *NUTRICION HOSPITALARIA*  
Roosen, M. A., Safer, D., Adler, S., Cebolla, A., van Strien, T.  
2012; 27 (4): 1141-1147
- **A Prospective Assessment of Psychosocial Factors Among Bariatric Versus Non-bariatric Surgery Candidates** *OBESITY SURGERY*  
Rutledge, T., Adler, S., Friedman, R.  
2011; 21 (10): 1570-1579