

# Stanford

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## Melanie Lean

Postdoctoral Research Fellow, Psychiatry

### Bio

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#### BIO

Melanie Lean, Clin.Psych.D. is a post-doctoral research fellow in the INSPIRE clinic. Trained at University College London, Dr Lean is competent in multiple therapeutic modalities, namely Cognitive Behavioural Therapy (CBT) (including CBT for psychosis), Acceptance and Commitment Therapy (ACT) and Systemic Family Therapy. She has experience working in co-produced services in the UK at the mental health charity, MIND in Camden, including co-facilitating Hearing Voices and Voice Collective groups to support young people who hear, see or sense things that other's don't. Dr Lean has over 15 years' experience in clinical research, nine of those in mental health working across a range of settings and populations. She has specialized knowledge in self-management and peer support interventions for people with severe mental illness and has experience working alongside service user researchers in the evaluation and delivery of study interventions.

#### PROFESSIONAL EDUCATION

- DClinPsy, University College London (UCL) , Clinical Psychology (2017)

#### STANFORD ADVISORS

- John Barry, Postdoctoral Faculty Sponsor

### Publications

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#### PUBLICATIONS

- **Self-management interventions for people with severe mental illness: systematic review and meta-analysis** *BRITISH JOURNAL OF PSYCHIATRY*  
Lean, M., Fornells-Ambrojo, M., Milton, A., Lloyd-Evans, B., Harrison-Stewart, B., Yesufu-Udechuku, A., Kendall, T., Johnson, S.  
2019; 214 (5): 260–68