

Stanford



Lindsay McHugh

Casual - Non-Exempt, Psychiatry and Behavioral Sciences - Child and Adolescent Psychiatry and Child Development

CONTACT INFORMATION

- **Alternate Contact**

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Bio

BIO

Lindsay is a Clinical Masters student at Notre Dame de Namur University. Lindsay has joined the Stanford Eating Disorder's Research lab team after 3 years working in a clinical setting with Discovery Behavioral Health (formerly known as Center for Discovery), a national leader in behavioral healthcare offering world-class residential and outpatient eating disorder, mental health, and substance abuse treatment for adolescents, adults, and their families. Lindsay served in the role of recovery coach in the adolescent residential level of care. Prior to working in direct care, Lindsay was employed with Safe Space Center in Menlo Park, working with the founders to launch a youth mental health clinic and intensive outpatient program for depression, anxiety and other mental health issues. Prior to the clinic's grand opening in 2017, Lindsay helped the team in developing professional services to educate youth, parents, teachers and the public about mental health issues and how to recognize them, while trying to erase the stigma attached to seeking help for issues such as anxiety and depression. As an undergraduate majoring in Psychology, Lindsay worked as a Skills Trainer at Trillium Family Services which is Oregon's largest provider of mental and behavioral healthcare for children and families providing trauma informed care. Lindsay brings with her a strong background in research. In 2015, she worked with Dr. Denise Wilfley, Professor of Psychiatry, Medicine, Pediatrics, and Psychology and the Director of the Weight Management and Eating Disorders Lab at Washington University School of Medicine in the Department of Psychiatry coordinating the lab's study "Implementation of Evidence-Based Treatments for On-Campus Eating Disorders and Depression" comparing the effectiveness of two methods for training clinicians in Interpersonal Psychotherapy (IPT) for the treatment of eating disorders and depression. During her time in Missouri, Lindsay also worked in Washington University's Department of Psychology Personality Research Lab conducting a longitudinal study as part of the lab's larger SPAN (St. Louis Personality and Aging Network) project aimed at identifying specific pathways responsible for the link between personality and health in later life, with specific pathways including the psychosocial factors, biological pathways, and personality changes in relation to subjective health, diagnosis and treatment. As an undergraduate at Willamette University in Oregon, Lindsay served as a research assistant in several different labs, including the Willamette University Psychology Department's Aging, Memory, and Cognition lab as well as the Willamette Peer lab. During the summer of 2014 while taking classes at Stanford, Lindsay also assisted in Stanford's Mood and Anxiety Disorders lab.

CURRENT ROLE AT STANFORD

Lindsay joined the Eating Disorders Research Lab in early 2020 as a data analyst and assessor conducting our post-treatment and fidelity assessments for a multisite clinical trial Stanford has collaborated to conduct with the Oregon Research Institute. The Body Project: A Dissonance-Based Eating Disorder Prevention Intervention is an empirically based eating disorder prevention program that offers young women an opportunity to critically consider the costs of pursuing the ultra-thin ideal promoted in the mass media, and it improves body acceptance and reduces risk for developing eating disorders. It is the only currently available eating disorder prevention program that has been shown to reduce risk for onset of eating disorders and received support in trials conducted by several independent research groups.

The project is being funded by the National Institutes of Health, and is being conducted by Cara Bohan at Stanford University, Eric Stice, Ph.D at Oregon Research Institute, Meghan Butryn, Ph.D at Drexel University, and Christopher Beevers, Ph.D at the University of Texas in Austin. Lindsay is passionate about increasing public knowledge and understanding of eating disorders to help get appropriate support to those who need it.

EDUCATION AND CERTIFICATIONS

- M.S. Psychology [in progress], Notre Dame De Namur , MFT/LPCC (2021)
- B.A. Psychology, Willamette University , Psychology (2017)

Professional

PROFESSIONAL INTERESTS

Lindsay graduated with a B.A. in Psychology from Willamette University in 2016. She has a professional interest in both public health and psychology, with specific domains including Eating Disorders, Developmental Psychology, Social Psychology and Aging and Memory. She is currently working on her M.S. in Clinical Psychology at Notre Dame de Namur University with plans to become licensed as a MFT and then hopes to complete a Ph.D. with a long term professional goal to work as a clinician treating the adolescent population diagnosed with eating disorders and hopes to teach at the university level.