Stanford

# Christina Maria Miranda

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## Bio

### BIO

I am a Medical Degree candidate at Stanford University. I am originally from Milford, New Jersey. In 2021, I graduated with a bachelors degree in Neuroscience from the University of Pennsylvania. I am interested in pursuing a career in eating disorder treatment and research. I am also the co-founder and CEO of a Philadelphia-based 501(c)(3) nonprofit organization called Body Empowerment Project. We deliver educational workshops related to body image and self-esteem to Philadelphia public school students using a near-peer mentorship model and a validated body-positive curriculum.

## Publications

### PUBLICATIONS

- **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
- **Considering Dialysis in Octogenarians and Nonagenarians Living With Kidney Failure.** *American journal of kidney diseases : the official journal of the National Kidney Foundation*
  Miranda, C.
  2024
- **Anorexia Nervosa Across the Lifespan: A Review of Recent Literature.** *Focus (American Psychiatric Publishing)*
  Datta, N., Hossepian, K., Xie, I., Gurcan, H. Y., Behr, S., Pouliadi, M., Miranda, C.
  2024; 22 (3): 269-277
- **BODY EMPOWERMENT PROJECT: EATING DISORDER PREVENTION IN YOUTH**
  Miranda, C. M., Garcia, A., Watts, C. L., Timko, C.
  ELSEVIER SCIENCE INC.2023: S299