



## Kathleen Watson

Instructor, Psychiatry and Behavioral Sciences

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### Bio

#### BIO

Kathleen Watson, Ph.D., currently serves as an instructor at Stanford University School of Medicine, specializing in Epidemiology and Clinical Research. She co-founded Microclinic International in 2007, where she served as Chief Operating Officer until 2012, focusing on socially-based health interventions for underserved communities.

Dr. Watson's research encompasses various aspects of mental health and metabolism. She investigates the connection between insulin resistance and depression, using computational psychiatry to uncover insights into the interplay of metabolic factors in mental well-being. Additionally, her exploration of cognitive aging examines how metabolic alterations might impact cognitive decline and related disorders. Furthermore, her research in proteomics aims to identify potential biomarkers for severe major depressive disorder. Dr. Watson has recently become a part of the Stanford Autism Center for Excellence Data Core, where she works under the guidance of Dr. Booil Jo.

#### ACADEMIC APPOINTMENTS

- Instructor, Psychiatry and Behavioral Sciences

#### PROFESSIONAL EDUCATION

- PhD, Stanford University , Epidemiology and Clinical Research