



Anna Lembke

Associate Professor of Psychiatry and Behavioral Sciences (General Psychiatry and Psychology-Adult) and, by courtesy, of Anesthesiology, Perioperative and Pain Medicine at the Stanford University Medical Center

CLINICAL OFFICES

- **Psychiatry Department**

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Bio

BIO

Dr. Anna Lembke received her undergraduate degree in Humanities from Yale University and her medical degree from Stanford University. She is on the faculty of the Stanford University School of Medicine, a diplomate of the American Board of Psychiatry and Neurology, and a diplomate of the American Board of Addiction Medicine. She is the Program Director for the Stanford University Addiction Medicine Fellowship, and Chief of the Stanford Addiction Medicine Dual Diagnosis Clinic. She has published over 50 peer-reviewed articles, chapters, and commentaries, including in the New England Journal of Medicine, the Journal of the American Medical Association, the Journal of General Internal Medicine, and Addiction. Dr. Lembke sees patients, teaches, and does research. She is the author of a book on the prescription drug epidemic: “Drug Dealer, MD: How Doctors Were Duped, Patients Got Hooked, and Why It’s So Hard to Stop” (Johns Hopkins University Press, October 2016).

Dr. Anna Lembke's key areas of interest include treating patients who have become addicted to prescription drugs. She takes a holistic, harm-reduction approach to each patient, and encourages spiritual and alternative therapies in the process of healing.

CLINICAL FOCUS

- Co-occurring addiction
- Addiction Medicine

ACADEMIC APPOINTMENTS

- Associate Professor - Med Center Line, Psychiatry and Behavioral Sciences
- Associate Professor - Med Center Line (By courtesy), Anesthesiology, Perioperative and Pain Medicine

PROFESSIONAL EDUCATION

- Internship: Alameda County Medical Center UCSF East Bay Surgical Residency (1998) CA
- Residency: Stanford University School of Medicine Registrar (2001) CA
- Residency: Stanford University School of Medicine Registrar (1997) CA
- Board Certification: Addiction Medicine, American Board of Addiction Medicine (2012)

- Medical Education: Stanford University School of Medicine (1995) CA
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2003)

Publications

PUBLICATIONS

- **HPA axis in major depression: cortisol, clinical symptomatology and genetic variation predict cognition** *MOLECULAR PSYCHIATRY*
Keller, J., Gomez, R., Williams, G., Lembke, A., Lazzeroni, L., urphy, G. M., Schatzberg, A. F.
2017; 22 (4): 527-536
- **Extended treatment for cigarette smoking cessation: A randomized control trial.** *Addiction*
Laude, J. R., Bailey, S. R., Crew, E., Varady, A., Lembke, A., McFall, D., Jeon, A., Killen, D., Killen, J. D., David, S. P.
2017
- **Use of Opioid Agonist Therapy for Medicare Patients in 2013.** *JAMA psychiatry*
Lembke, A., Chen, J. H.
2016; 73 (9): 990-992
- **Reasons for Benzodiazepine Use Among Persons Seeking Opioid Detoxification.** *Journal of substance abuse treatment*
Stein, M. D., Kanabar, M., Anderson, B. J., Lembke, A., Bailey, G. L.
2016; 68: 57-61
- **HPA axis in major depression: cortisol, clinical symptomatology and genetic variation predict cognition.** *Molecular psychiatry*
Keller, J., Gomez, R., Williams, G., Lembke, A., Lazzeroni, L., Murphy, G. M., Schatzberg, A. F.
2016
- **Weighing the Risks and Benefits of Chronic Opioid Therapy** *AMERICAN FAMILY PHYSICIAN*
Lembke, A., Humphreys, K., Newmark, J.
2016; 93 (12): 982-990
- **Assessment of provider attitudes toward #naloxone on Twitter.** *Substance abuse*
Haug, N. A., Bielenberg, J., Linder, S. H., Lembke, A.
2016; 37 (1): 35-41
- **Retrospective analysis of changing characteristics of treatment-seeking smokers: implications for further reducing smoking prevalence.** *BMJ open*
Leyro, T. M., Crew, E. E., Bryson, S. W., Lembke, A., Bailey, S. R., Prochaska, J. J., Henriksen, L., Fortmann, S. P., Killen, J. D., Killen, D. T., Hall, S. M., David, S. P.
2016; 6 (6)
- **A qualitative study of treatment-seeking heroin users in contemporary China.** *Addiction science & clinical practice*
Lembke, A., Zhang, N.
2015; 10: 23-?
- **Plasma oxytocin concentrations are lower in depressed vs. healthy control women and are independent of cortisol.** *Journal of psychiatric research*
Yuen, K. W., Garner, J. P., Carson, D. S., Keller, J., Lembke, A., Hyde, S. A., Kenna, H. A., Tennakoon, L., Schatzberg, A. F., Parker, K. J.
2014; 51: 30-36
- **HPA axis genetic variation, cortisol and psychosis in major depression.** *Molecular psychiatry*
Schatzberg, A. F., Keller, J., Tennakoon, L., Lembke, A., Williams, G., Kraemer, F. B., Sarginson, J. E., Lazzeroni, L. C., Murphy, G. M.
2014; 19 (2): 220-227
- **Recovery-oriented policy and care systems in the UK and USA.** *Drug and alcohol review*
Humphreys, K., Lembke, A.
2014; 33 (1): 13-18
- **Clinical management of alcohol use disorders in the neurology clinic.** *Handbook of clinical neurology*
Lembke, A., Stanford, M.
2014; 125: 659-670

- **Pharmacotherapy for Alcohol Dependence: Perceived Treatment Barriers and Action Strategies Among Veterans Health Administration Service Providers** *PSYCHOLOGICAL SERVICES*
Harris, A. H., Ellerbe, L., Reeder, R. N., Bowe, T., Gordon, A. J., Hagedorn, H., Oliva, E., Lembke, A., Kivlahan, D., Trafton, J. A.
2013; 10 (4): 410-419
- **From self-medication to intoxication: time for a paradigm shift.** *Addiction*
Lembke, A.
2013; 108 (4): 670-671
- **Why doctors prescribe opioids to known opioid abusers. How cultural attitudes and financial disincentives affect the prescribing habits of physicians.** *Minnesota medicine*
Lembke, A.
2013; 96 (3): 36-37
- **Altered brain function underlying verbal memory encoding and retrieval in psychotic major depression.** *Psychiatry research*
Kelley, R., Garrett, A., Cohen, J., Gomez, R., Lembke, A., Keller, J., Reiss, A. L., Schatzberg, A.
2013; 211 (2): 119-126
- **Altered brain function underlying verbal memory encoding and retrieval in psychotic major depression** *PSYCHIATRY RESEARCH-NEUROIMAGING*
Kelley, R., Garrett, A., Cohen, J., Gomez, R., Lembke, A., Keller, J., Reiss, A. L., Schatzberg, A.
2013; 211 (2): 119-126
- **The mineralocorticoid receptor agonist, fludrocortisone, differentially inhibits pituitary-adrenal activity in humans with psychotic major depression** *PSYCHONEUROENDOCRINOLOGY*
Lembke, A., Gomez, R., Tenakoon, L., Keller, J., Cohen, G., Williams, G. H., Kraemer, F. B., Schatzberg, A. F.
2013; 38 (1): 115-121
- **Time to Abandon the Self-Medication Hypothesis in Patients with Psychiatric Disorders** *AMERICAN JOURNAL OF DRUG AND ALCOHOL ABUSE*
Lembke, A.
2012; 38 (6): 524-529
- **Why Doctors Prescribe Opioids to Known Opioid Abusers** *NEW ENGLAND JOURNAL OF MEDICINE*
Lembke, A.
2012; 367 (17): 1580-1581
- **The relationships of positive and negative symptoms with neuropsychological functioning and their ability to predict verbal memory in psychotic major depression** *PSYCHIATRY RESEARCH*
Che, A. M., Gomez, R. G., Keller, J., Lembke, A., Tennakoon, L., Cohen, G. H., Schatzberg, A. F.
2012; 198 (1): 34-38
- **Alcohol Screening Scores and the Risk of New-Onset Gastrointestinal Illness or Related Hospitalization** *JOURNAL OF GENERAL INTERNAL MEDICINE*
Lembke, A., Bradley, K. A., Henderson, P., Moos, R., Harris, A. H.
2011; 26 (7): 777-782
- **Depression and smoking cessation: does the evidence support psychiatric practice?** *Neuropsychiatric disease and treatment*
Lembke, A., Johnson, K., DeBattista, C.
2007; 3 (4): 487-493
- **Psychotherapy, symptom outcomes, and role functioning over one year among patients with bipolar disorder** *PSYCHIATRIC SERVICES*
Miklowitz, D. J., Otto, M. W., Wisniewski, S. R., Araga, M., Frank, E., Reilly-Harrington, N. A., Lembke, A., Sachs, G. S.
2006; 57 (7): 959-965
- **Update on augmentation of antidepressant response in resistant depression.** *Current psychiatry reports*
DeBattista, C., Lembke, A.
2005; 7 (6): 435-440
- **Psychosocial service utilization by patients with bipolar disorders: data from the first 500 participants in the Systematic Treatment Enhancement Program.** *Journal of psychiatric practice*
Lembke, A., Miklowitz, D. J., Otto, M. W., Zhang, H., Wisniewski, S. R., Sachs, G. S., Thase, M. E., Ketter, T. A.
2004; 10 (2): 81-87

- **A prospective trial of modafinil as an adjunctive treatment of major depression** *JOURNAL OF CLINICAL PSYCHOPHARMACOLOGY*
DeBattista, C., Lembke, A., Solvason, H. B., Ghebremichael, R., Poirier, J.
2004; 24 (1): 87-90
- **Current status of the utilization of antiepileptic treatments in mood, anxiety and aggression: Drugs and devices** *CLINICAL EEG AND NEUROSCIENCE*
Barry, J. J., Lembke, A., Bullock, K. D.
2004; 35 (1): 4-13
- **Why is this special issue on women's professional development in psychiatry necessary?** *ACADEMIC PSYCHIATRY*
Lembke, A.
2004; 28 (4): 275-277
- **A Friday in the life of an academic psychiatrist** *ACADEMIC PSYCHIATRY*
Lembke, A.
2003; 27 (3): 214-215
- **A Day in the Life of an Academic Psychiatrist.** *Academic psychiatry*
Riba, M. B., Veith, R. C., Brodkey, A. C., Dimsdale, J. E., Zima, B. T., Stotland, N. L., Arambula, M. R., Polan, H. J., Moffic, H. S., Metzner, J. L., Lieff, S., Levy, B. R., Lu, et al
2003; 27 (3): 187-224
- **Safety of antidepressants in the elderly.** *Expert opinion on drug safety*
Sommer, B. R., Fenn, H., Pompei, P., DeBattista, C., Lembke, A., Wang, P., Flores, B.
2003; 2 (4): 367-383
- **Neural correlates of timbre change in harmonic sounds** *NEUROIMAGE*
Menon, V., Levitin, D. J., Smith, B. K., Lembke, A., Krasnow, B. D., Glazer, D., Glover, G. H., McAdams, S.
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- **The status of evidence-based guidelines and algorithms in the treatment of depression** *PSYCHIATRIC ANNALS*
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2002; 32 (11): 658-663
- **Olanzapine in diverse syndromal and subsyndromal exacerbations of bipolar disorders** *BIPOLAR DISORDERS*
Janenawasin, S., Wang, P. W., Lembke, A., Schumacher, M., Das, B., Santosa, C. M., Mongkolkeha, J., Ketter, T. A.
2002; 4 (5): 328-334
- **Impaired recognition of facial emotion in mania** *AMERICAN JOURNAL OF PSYCHIATRY*
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2002; 159 (2): 302-304
- **Depression in Individuals with Epilepsy.** *Current treatment options in neurology*
Barry, J. J., Huynh, N., Lembke, A.
2000; 2 (6): 571-85
- **Isolated meningeal vasculopathy associated with Clostridium septicum infection** *NEUROLOGY*
Crowley, R. S., Lembke, A., Horoupian, D. S.
1997; 48 (1): 265-267