

Stanford



Sara Johansen, MD

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **Psychiatry**

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Bio

BIO

Sara Johansen, MD is a Clinical Assistant Professor at Stanford University. Dr. Johansen founded Stanford's Digital Mental Health Clinic, where she collaborates with platforms like Meru Health and Headspace to provide digital mental health interventions to patients.

Dr. Johansen works with mental health tech startups as a faculty advisor for Stanford Venture Studios and the Stanford Graduate School of Business. Additionally, she is a faculty affiliate with the Stanford Institute for Human-Centered Artificial Intelligence.

Dr. Johansen works in industry as a translational expert applying clinical principles to product development. She has particular expertise in the mental health impact of social media and has consulted with social media companies including TikTok and Meta in research and product development of safety features. She was an invited contributor to the Aspen Institute series on wellbeing, technology, and ethics, and the Stanford HAI seminar series for her work on the mental health impact of social media recommender systems.

CLINICAL FOCUS

- Psychiatry
- Technology
- Innovation
- Media
- Artificial Intelligence

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Leadership Committee, Stanford Mental Health Innovation and Technology Hub (2023 - present)

- Psychiatric Leadership and Entrepreneurship Caucus, American Psychiatric Association (2021 - present)
- Director of Clinical Innovation, Brainstorm: The Stanford Lab for Mental Health Innovation (2019 - 2023)

PROFESSIONAL EDUCATION

- Board Certification: Psychiatry, American Board of Psychiatry and Neurology
- Residency: Stanford University Psychiatry and Behavioral Sciences (2023) CA
- Medical Education: Stanford University School of Medicine (2019) CA
- MD, Stanford University School of Medicine (2019)
- MS, University of Alaska Fairbanks (2014)
- BS, University of Puget Sound (2011)

LINKS

- LinkedIn: <https://www.linkedin.com/in/sarajohansenmd/>

Publications

PUBLICATIONS

- **Incorporating Digital Interventions into Mental Health Clinical Practice: a Pilot Survey of How Use Patterns, Barriers, and Opportunities Shifted for Clinicians in the COVID-19 Pandemic.** *Journal of technology in behavioral science*
Johansen, S. L., Olmert, T., Chaudhary, N., Vasani, N., Aragam, G. G.
2022; 1-5
- **Past Psychiatric Conditions as Risk Factors for Postpartum Depression: A Nationwide Cohort Study.** *The Journal of clinical psychiatry*
Johansen, S. L., Stenhaus, B. A., Robakis, T. K., Williams, K. E., Cullen, M. R.
2020; 81 (1)
- **Management of perinatal depression with non-drug interventions** *BMJ-BRITISH MEDICAL JOURNAL*
Johansen, S. L., Robakis, T. K., Williams, K., Rasgon, N. L.
2019; 364
- **Media-Related Education in Psychiatry Residency Programs** *ACADEMIC PSYCHIATRY*
Morris, N. P., Johansen, S. L., May, M., Gold, J. A.
2018; 42 (5): 679–85
- **Contraceptive counseling in reproductive-aged women treated for breast cancer at a tertiary care institution: a retrospective analysis** *CONTRACEPTION*
Johansen, S. L., Lerma, K., Shaw, K. A.
2017; 96 (4): 248–53
- **Isoflurane causes concentration-dependent inhibition of medullary raphe 5-HT neurons in situ** *AUTONOMIC NEUROSCIENCE-BASIC & CLINICAL*
Johansen, S. L., Iceman, K. E., Iceman, C. R., Taylor, B. E., Harris, M. B.
2015; 193: 51-56
- **Isoflurane abolishes spontaneous firing of serotonin neurons and masks their pH/CO2 chemosensitivity** *JOURNAL OF NEUROPHYSIOLOGY*
Massey, C. A., Iceman, K. E., Johansen, S. L., Wu, Y., Harris, M. B., Richerson, G. B.
2015; 113 (7): 2879-2888
- **Isoflurane stimulates firing frequency and masks chemosensitivity of CO2-inhibited GABAergic neurons in situ**
Johansen, S., Iceman, K. E., Richerson, G. B., Harris, M. B.
FEDERATION AMER SOC EXP BIOL.2013