



Valerie Hoover

- Clinical Assistant Professor, Medicine - Cardiovascular Medicine
- Clinical Assistant Professor (By courtesy), Psychiatry and Behavioral Sciences

CLINICAL OFFICES

- **Stanford Women's Heart Health Clinic**

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Bio

BIO

Valerie Hoover, PhD is a Licensed Clinical Psychologist who specializes in working with medical populations, particularly cardiac patients. Areas of expertise include emotional eating and behavioral weight management, psychological factors interacting with cardiac disease, health-related anxiety, and medical trauma. Dr. Hoover completed her doctorate in clinical psychology at the University of Florida, clinical residency at Rush University Medical Center in Chicago, and post-doctoral fellowship at the San Francisco VA Medical Center. Dr. Hoover is drawn to this line of work because of her passion for helping individuals make meaningful changes to their physical and emotional health. Outside of work Dr. Hoover enjoys spending time with her family and friends, learning about other cultures, traveling near and far, games and reading.

CLINICAL FOCUS

- Psychology
- Clinical Psychology
- Cardiac Psychology
- Behavioral Medicine

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Medicine - Cardiovascular Medicine
- Clinical Assistant Professor (By courtesy), Psychiatry and Behavioral Sciences

PROFESSIONAL EDUCATION

- Internship: Rush University Medical Center Psychology Internship (2014) IL
- PhD Training: University of Florida, Dept of Clinical and Health Psychology (2014) FL
- Fellowship: San Francisco VA Health Care System, Mental Health Service (2015) CA

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Dr. Hoover's research interests include translating behavioral weight management interventions to the Cardiology setting, and developing novel interventions to improve biopsychosocial outcomes in Cardiology.

Publications

PUBLICATIONS

- **Psychological Distress Among Female Cardiac Patients Presenting to a Women's Heart Health Clinic.** *The American journal of cardiology*
Edwards, K. S., Hekler, A. C., Baum, J., Nejedly, M., Tsai, S., Khandelwal, A., Naderi, S., Hoover, V., Tremmel, J. A.
2019
- **DIETARY RESTRAINT AND WEIGHT CHANGE IN COLLEGE WOMEN PARTICIPATING IN A WEIGHT GAIN PREVENTION PROGRAM**
Hoover, V., Middleton, K., Medina, K., Lespinasse, D., Maurer, S., Minski, S., Alabduljabbar, M., von Castel-Roberts, K., Perri, M.
SPRINGER.2014: S115–S115
- **Preventing breast cancer recurrence through a tailored lifestyle intervention: The MyLIFE (My Lifestyle Intervention with Food and Exercise) Trial Rationale and Study Design** *JOURNAL OF CLINICAL TRIALS*
Labyak, C., Daily, K., Samiiian, L., Ward, S., Wallet, S., Perri, M., Hoover, V., Snetslaar, L., Shelnut, K., DiGioia, K., Acosta, A., Young, L., Mathews, et al
2014
- **DIFFERENTIAL RESPONSE OF AFRICAN AMERICAN AND CAUCASIAN WOMEN TO EXTENDED-CARE PROGRAMS FOR OBESITY MANAGEMENT** *ETHNICITY & DISEASE*
Rickel, K. A., Milsom, V. A., Ross, K. M., Hoover, V. J., Peterson, N. D., Perri, M. G.
2011; 21 (2): 170-175
- **A Multicomponent Intervention Reduces Body Weight and Cardiovascular Risk at a GEICO Corporate Site** *AMERICAN JOURNAL OF HEALTH PROMOTION*
Ferdowsian, H. R., Barnard, N. D., Hoover, V. J., Katcher, H. I., Levin, S. M., Green, A. A., Cohen, J. L.
2010; 24 (6): 384-387
- **A Worksite Vegan Nutrition Program Is Well-Accepted and Improves Health-Related Quality of Life and Work Productivity** *ANNALS OF NUTRITION AND METABOLISM*
Katcher, H. I., Ferdowsian, H. R., Hoover, V. J., Cohen, J. L., Barnard, N. D.
2010; 56 (4): 245-252
- **A worksite programme significantly alters nutrient intakes** *Public Health Nutrition*
Levin, S., Ferdowsian, H., Hoover, V., Green, A., Barnard, N.
2010
- **Implementing Evidence-Based Practices in Community Treatment Programs: Initial Feasibility of a Counselor "Toolkit"** *SUBSTANCE ABUSE*
Carise, D., Brooks, A., Alterman, A., McLellan, A. T., Hoover, V., Forman, R.
2009; 30 (3): 239-243
- **Internet access to Salvia divinorum: Implications for policy, prevention, and treatment** *JOURNAL OF SUBSTANCE ABUSE TREATMENT*
Hoover, V., Marlowe, D. B., Patapis, N. S., Festinger, D. S., Forman, R. F.
2008; 35 (1): 22-27

PRESENTATIONS

- Women and Cardiovascular Disease: Current Approaches and Future Opportunities for Interdisciplinary Collaboration - Society of Behavioral Medicine (3/2017)
- Evidence-based Assessment and Psychotherapy in a Cardiac Setting - Society of Behavioral Medicine (3/2017)
- De-stress Your Heart: Retrain Your Brain - Stanford University - Heart Month Community Talk (2/2016)
- Psychology in Cardiac Rehab - San Francisco VA Healthcare System, Seminar (4/1/2015)

- Dietary Restraint and Weight Change in Weight Gain Prevention - Rush University Medical Center, Grand Rounds (5/1/2014)
- Complex PTSD - University of Florida, Department of Clinical and Health Psychology (October 2012)
- DSM-5: Changes in PTSD Diagnostic Criteria and Implications for Evaluation of Torture Survivors - Physicians for Human Rights (6/1/2014)