

# Stanford

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## Maryam Hamidi

Soc Science Rsch Prof 3, Psych/General Psychiatry and Psychology (Adult)

### Bio

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#### BIO

Maryam Sarah Hamidi, PhD is the Associate Director of Scholarship and Health Promotion at the Stanford Medicine WellMD| WellPhD Center and Department of Psychiatry and Behavioral Sciences. Dr. Hamidi has particular expertise in nutrition and behavioral medicine. The focus of her current research is to use latest scientific evidence to reduce fatigue and improve the cognitive performance of professionals with high cognitive demands. Dr. Hamidi also leads initiatives that promote personal well-being, self-care and culture of wellness at Stanford Medicine.

Dr. Hamidi completed her masters and doctoral studies in clinical nutrition, nutritional epidemiology and medical sciences at University of Toronto in Canada. Over the course of her career, she has authored many highly cited scientific papers on nutrition and physician well-being.

#### CURRENT ROLE AT STANFORD

Associate Director of Scholarship & Health Promotion at Stanford Medicine WellMD Center  
Research Professional at Department of Psychiatry and Behavioral Sciences

#### EDUCATION AND CERTIFICATIONS

- PhD, University of Toronto, Institute of Medical Science , Nutritional Epidemiology (2012)
- MSc, University of Toronto, Department of Nutritional Sciences , Clinical Nutrition (2002)

### Publications

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#### PUBLICATIONS

- **Self-valuation: Attending to the Most Important Instrument in the Practice of Medicine.** *Mayo Clinic proceedings*  
Trockel, M. T., Hamidi, M. S., Menon, N. K., Rowe, S. G., Dudley, J. C., Stewart, M. T., Geisler, C. Z., Bohman, B. D., Shanafelt, T. D.  
2019
- **Estimating institutional physician turnover attributable to self-reported burnout and associated financial burden: a case study.** *BMC health services research*  
Hamidi, M. S., Bohman, B., Sandborg, C., Smith-Coggins, R., de Vries, P., Albert, M. S., Murphy, M. L., Welle, D., Trockel, M. T.  
2018; 18 (1): 851
- **Physician Well-Being: The Reciprocity of Practice Efficiency, Culture of Wellness, and Personal Resilience**  
Bohman, B.  
NEJM Catalyst.  
2017 ; Leadership
- **Improving bone health in men with prostate cancer receiving androgen deprivation therapy: Results of a randomized phase 2 trial.** *Cancer*

Alibhai, S. M., Breunis, H., Timilshina, N., Hamidi, M. S., Cheung, A. M., Tomlinson, G. A., Manokumar, T., Samadi, O., Sandoval, J., Durban, S., Warde, P., Jones, J. M.  
2017

- **A Brief Instrument to Assess Both Burnout and Professional Fulfillment in Physicians: Reliability and Validity, Including Correlation with Self-Reported Medical Errors, in a Sample of Resident and Practicing Physicians.** *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*  
Trockel, M., Bohman, B., Lesure, E., Hamidi, M. S., Welle, D., Roberts, L., Shanafelt, T.  
2017
- **Running on empty: a review of nutrition and physicians' well-being** *POSTGRADUATE MEDICAL JOURNAL*  
Hamidi, M. S., Boggild, M. K., Cheung, A. M.  
2016; 92 (1090): 478-481
- **Vitamin K and musculoskeletal health in postmenopausal women** *MOLECULAR NUTRITION & FOOD RESEARCH*  
Hamidi, M. S., Cheung, A. M.  
2014; 58 (8): 1647-1657
- **Vitamin K and Bone Health** *JOURNAL OF CLINICAL DENSITOMETRY*  
Hamidi, M. S., Gajic-Veljanoski, O., Cheung, A. M.  
2013; 16 (4): 409-413
- **Effects of vitamin E on bone turnover markers among US postmenopausal women** *JOURNAL OF BONE AND MINERAL RESEARCH*  
Hamidi, M. S., Corey, P. N., Cheung, A. M.  
2012; 27 (6): 1368-1380
- **Association between the Healthy Eating Index and bone turnover markers in US postmenopausal women aged  $\geq 45$  y** *AMERICAN JOURNAL OF CLINICAL NUTRITION*  
Hamidi, M., Tarasuk, V., Corey, P., Cheung, A. M.  
2011; 94 (1): 199-208
- **Fruit and vegetable intake and bone health in women aged 45 years and over: a systematic review** *OSTEOPOROSIS INTERNATIONAL*  
Hamidi, M., Boucher, B. A., Cheung, A. M., Beyene, J., Shah, P. S.  
2011; 22 (6): 1681-1693
- **Validation of a calcium assessment tool in postmenopausal Canadian women** *MATURITAS*  
Hung, A., Hamidi, M., Riazantseva, E., Thompson, L., Tile, L., Tomlinson, G., Stewart, B., Cheung, A. M.  
2011; 69 (2): 168-172
- **Effect of antibiotics as cholesterol-lowering agents** *METABOLISM-CLINICAL AND EXPERIMENTAL*  
Jenkins, D. J., Kendall, C. W., HAMIDI, M., Vidgen, E., Faulkner, D., Parker, T., Irani, N., Wolever, T. M., Fong, I., Kopplin, P., Connelly, P. W., Onderdonk, A., Rao, et al  
2005; 54 (1): 103-112
- **Glycemic index: overview of implications in health and disease** *AMERICAN JOURNAL OF CLINICAL NUTRITION*  
Jenkins, D. J., Kendall, C. W., Augustin, L. S., Franceschi, S., HAMIDI, M., Marchie, A., Jenkins, A. L., Axelsen, M.  
2002; 76 (1): 266S-273S