



Maryam S. Makowski, PhD

Clinical Associate Professor, Psychiatry and Behavioral Sciences

Bio

BIO

Maryam Sarah Makowski, PhD, is a Clinical Associate Professor in the Stanford University Department of Psychiatry and Behavioral Sciences and the Associate Director of Scholarship and Health Promotion of the Stanford Medicine WellMD & WellPhD. Dr. Makowski is a member of the WellConnect Program, Lifestyle Psychiatry Clinic, and Measurement-Based Care (CHOIR) team in the Department of Psychiatry and Behavioral Sciences. She is a member of the Well-being Advisory Committee and a Stanford School of Medicine alternate faculty senate of the Department of Psychiatry and Behavioral Sciences.

Dr. Makowski is a nutrition scientist, a physician well-being expert, and a National Board-Certified Health and Wellness Coach. The focus of her nutrition research is examining the effects of micro- and macro-nutrients, meal composition, and timing on cognitive function, mood, mental sharpness, and eating behaviors of professionals with high cognitive and physical demands, in particular physicians. As a physician coach, Maryam uses evidence-based strategies to empower her physician clients in optimizing their well-being, self-compassion, energy, focus, and mental sharpness for peak performance.

Maryam completed her master's and doctoral studies in clinical nutrition, nutritional epidemiology, and medical science at the University of Toronto in Canada. Prior to joining Stanford, she served as a scientific associate at Toronto General Hospital-University Health Network in Toronto, and as an advisor to Air Canada rouge pilots and cabin crew on optimal nutrition for fatigue mitigation. Over the course of her career, she has authored highly cited scientific papers on nutrition and well-being.

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences
- Member, Wu Tsai Human Performance Alliance

ADMINISTRATIVE APPOINTMENTS

- Lifestyle Psychiatry Course Director, Department of Psychiatry and Behavioral Sciences, (2021- present)
- Associate Director of Scholarship and Health Promotion, Stanford Medicine WellMD & WellPhD, (2016- present)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Doctoral member, American College of Lifestyle Medicine (2023 - present)
- Department of Psychiatry and Behavioral Sciences- Alternate Senator, School of Medicine Faculty Senate (2021 - present)
- Member, National Board for Health and Wellness Coaching (2021 - present)
- Member, Department of Psychiatry and Behavioral Sciences Well-Being Advisory Committee Member (2020 - present)
- Member, Institute of Coaching (2020 - present)
- Fellow, American Nutrition Association (2019 - present)

- Member, Academy of Nutrition and Dietetics (2019 - present)
- Member, American Society for Nutrition (2008 - present)
- Member, Canadian Nutrition Society (2002 - present)

PROFESSIONAL EDUCATION

- NBC-HWC, National Board for Health and Wellness Coaching , Health and Wellness Coaching (2021)
- Certification, Wellcoaches School of Coaching , Certified Health and Wellness Coach (2020)
- Certification, American College of Lifestyle Medicine , Lifestyle Medicine Certified Health Coach (2020)
- PhD, University of Toronto, Institute of Medical Science , Nutritional Epidemiology (2012)
- MSc, University of Toronto, Department of Nutritional Sciences , Clinical Nutrition (2002)

Research & Scholarship

CLINICAL TRIALS

- Performance Nutrition for Residents and Fellows, Not Recruiting
- The Stanford Plant-based Educational Study: Providers Learning About Nutrition Together (PLANT), Not Recruiting

Publications

PUBLICATIONS

- **Occupational Characteristics Associated with Professional Fulfillment and Burnout Among U.S. Psychiatrists.** *PM & R : the journal of injury, function, and rehabilitation*
Makowski, M. S., Trockel, M., Paganoni, S., Weinstein, S., Verduzco-Gutierrez, M., Kinney, C., Kennedy, D. J., Sliwa, J., Wang, H., Knowlton, T., Stautzenbach, T., Shanafelt, T.
2023
- **IMPACT: Evaluation of a Controlled Organizational Intervention Using Influential Peers to Promote Professional Fulfillment.** *Mayo Clinic proceedings*
Trockel, M. T., Menon, N. K., Makowski, M. S., Wen, L. Y., Roberts, R., Bohman, B. D., Shanafelt, T. D.
2022
- **Imposter Phenomenon in US Physicians Relative to the US Working Population.** *Mayo Clinic proceedings*
Shanafelt, T. D., Dyrbye, L. N., Sinsky, C., Trockel, M., Makowski, M. S., Tutty, M., Wang, H., Carlasare, L. E., West, C. P.
2022
- **Impact of a Virtual Professional Development Coaching Program on the Professional Fulfillment and Well-Being of Women Surgery Residents: A Randomized Controlled Trial.** *Annals of surgery*
Palamara, K., McKinley, S. K., Chu, J. T., Merrill, A., Yu, L., Parangi, S., Makowski, M. S., Park, Y. S., Donelan, K., Stein, S. L.
2022
- **Employer-Provided Professional Coaching to Improve Self-compassion and Burnout in Physicians.** *Mayo Clinic proceedings*
Makowski, M. S., Palomo, C., de Vries, P., Shanafelt, T. D.
2022; 97 (3): 628-629
- **Performance Nutrition for Physician Trainees Working Overnight Shifts: A Randomized Controlled Trial.** *Academic medicine : journal of the Association of American Medical Colleges*
Makowski, M. S., Trockel, M. T., Menon, N. K., Wang, H., Katznelson, L., Shanafelt, T. D.
2021
- **Physician Task Load and the Risk of Burnout Among US Physicians in a National Survey.** *Joint Commission journal on quality and patient safety*
Harry, E. n., Sinsky, C. n., Dyrbye, L. N., Makowski, M. S., Trockel, M. n., Tutty, M. n., Carlasare, L. E., West, C. P., Shanafelt, T. D.
2021; 47 (2): 76-85
- **Association of Occupational Distress and Sleep-Related Impairment in Physicians With Unsolicited Patient Complaints.** *Mayo Clinic proceedings*
Welle, D., Trockel, M. T., Hamidi, M. S., Hickson, G. B., Menon, N. K., Shanafelt, T. D., Cooper, W. O.

2020; 95 (4): 719–26

- **Association of Burnout, Professional Fulfillment, and Self-care Practices of Physician Leaders With Their Independently Rated Leadership Effectiveness.** *JAMA network open*
Shanafelt, T. D., Makowski, M. S., Wang, H. n., Bohman, B. n., Leonard, M. n., Harrington, R. A., Minor, L. n., Trockel, M. n.
2020; 3 (6): e207961
- **Developing a Portfolio to Support Physicians' Efforts to Promote Well-being: One Piece of the Puzzle.** *Mayo Clinic proceedings*
Menon, N. K., Trockel, M. T., Hamidi, M. S., Shanafelt, T. D.
2019; 94 (11): 2171–77
- **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
- **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., Durbano, S., Warde, P., Jones, J. M.
2017
- **Physician Well-Being: The Reciprocity of Practice Efficiency, Culture of Wellness, and Personal Resilience**
Bohman, B.
NEJM Catalyst.
2017 ; Leadership
- **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. n., Bohman, B. n., Lesure, E. n., Hamidi, M. S., Welle, D. n., Roberts, L. n., Shanafelt, T. n.
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 >= 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