

# Stanford

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## Maryam S. Makowski, PhD

Clinical Associate Professor, Psychiatry and Behavioral Sciences

### Bio

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#### BIO

Maryam Sarah Makowski, PhD, is a Clinical Associate Professor at Stanford University in the Department of Psychiatry and Behavioral Sciences. She also serves as the Associate Director of Scholarship and Health Promotion for the Stanford Medicine WellMD & WellPhD program. Additionally, she is a member of the Well-being Advisory Committee and represents Psychiatry and Behavioral Sciences as an alternate faculty senate member at Stanford Medicine.

As a nutrition scientist, physician well-being expert, and National Board-Certified Health and Wellness Coach, Dr. Makowski provides well-being coaching to Stanford Medicine faculty, residents, and fellows as part of the WellConnect Program, and patients of the Lifestyle Psychiatry Clinic. She was honored with the 2024 Annual Chairman's Award for Clinical Innovation and Service in the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine.

Using evidence-based strategies, Dr. Makowski empowers her clients to optimize their well-being, energy, focus, and mental sharpness for peak performance. Dr. Makowski's research on physician well-being includes studying the effects of individual factors such as lifestyle practices, self-compassion, and self-valuation on physician well-being. Her nutrition research focuses on examining the impact 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, particularly physicians.

Maryam earned her master's and doctoral degrees in clinical nutrition, nutritional epidemiology, and medical science from the University of Toronto. Before joining Stanford, she worked as a scientific associate at Toronto General Hospital-University Health Network and served as an advisor to Air Canada rouge pilots and cabin crew for fatigue management. Throughout her career, Dr. Makowski has authored highly cited scientific papers related to nutrition and well-being, making significant contributions to the field.

#### 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)

#### HONORS AND AWARDS

- The Annual McCormick Faculty Awards/ 2023-25 McCormick Gabilan Fellows, The Office of Faculty Development and Diversity of the Stanford University School of Medicine (2023)
- The Annual Chairman's Award for Clinical Innovation and Service Awards, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine (2024)

## BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Academic Advisor (volunteer), The Institute for the Advancement of Food and Nutrition Sciences -Cognitive Health Committee – Foods, Diets, And Bioactives (2023 - present)
- 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

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### 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

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### PUBLICATIONS

- **A qualitative study of strategies to improve occupational well-being in physical medicine and rehabilitation physicians.** *American journal of physical medicine & rehabilitation*  
Amano, A., Makowski, M. S., Trockel, M. T., Menon, N. K., Wang, H., Sliwa, J., Weinstein, S., Kinney, C., Paganoni, S., Verduzco-Gutierrez, M., Kennedy, D. J., Knowlton, T., Stautzenbach, et al  
2024
- **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., Durban, 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  $\geq$  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