

# Stanford

---



## Jennifer Carlson

Clinical Professor, Pediatrics - Adolescent Medicine

### CLINICAL OFFICES

- **Center for Adolescent Health**

1195 W Fremont Ave 2nd Fl

Sunnyvale, CA 94087

Tel (408) 637-5959

Fax (669) 233-2872

### Bio

---

### CLINICAL FOCUS

- Adolescent Medicine

### ACADEMIC APPOINTMENTS

- Clinical Professor, Pediatrics - Adolescent Medicine
- Member, Maternal & Child Health Research Institute (MCHRI)

### HONORS AND AWARDS

- Normal Schlossberger Research grant, UC San Francisco (2006)
- Honor Roll for Teaching, Stanford University Medical Center (2008-2010, 2013)
- Fuji Apple Mentoring Award, Stanford University, Department of Pediatrics (2017)

### BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Fellow, American Academy of Pediatrics (2000 - present)
- Member, Society for Adolescent Health and Medicine (2003 - present)
- Member, Academy of Eating Disorders (2007 - present)
- Member, Female Athlete Triad Coalition (2013 - present)
- Member, Epic Adolescent Medicine Steering Board (2018 - present)

### PROFESSIONAL EDUCATION

- Fellowship: UCSF Adolescent Medicine (2006) CA
- Residency: Vermont Children's Hospital (UVMC) Pediatric Residency Program (2003) VT
- Internship: Vermont Children's Hospital (UVMC) Pediatric Residency Program (2001) VT
- M.D., Georgetown University, Medicine (2000)
- B.S., University of California, Davis, Biological Sciences (1996)

## COMMUNITY AND INTERNATIONAL WORK

- Yael's Running Club, Mountain View

## Research & Scholarship

---

### CURRENT RESEARCH AND SCHOLARLY INTERESTS

Female athlete triad; adolescents and eating disorders; athletes and supplement use; effects of sports involvement on adolescent self-esteem.

## Teaching

---

### GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Adolescent Medicine (Fellowship Program)

## Publications

---

### PUBLICATIONS

- **IMPLEMENTATION OF AN INPATIENT REPRODUCTIVE HEALTH SCREENING CONSULT SERVICE**  
Goldstein, R. L., Kepler, H., Pineda, N., Carlson, J. L.  
ELSEVIER SCIENCE INC.2020: S56
- **Teenager, Parent, and Clinician Perspectives on the Electronic Health Record.** *Pediatrics*  
Carlson, J. L., Goldstein, R., Buhr, T., Buhr, N.  
2020
- **Associations between ergogenic supplement use and eating behaviors among university students.** *Eating disorders*  
Nagata, J. M., Peebles, R., Hill, K. B., Gorrell, S., Carlson, J. L.  
2020: 1–17
- **Providers' Perspectives on Adolescent Confidentiality and the Electronic Health Record: A State of Transition.** *The Journal of adolescent health : official publication of the Society for Adolescent Medicine*  
Goldstein, R. L., Anoshiravani, A., Svetaz, M. V., Carlson, J. L.  
2019
- **Associations between exercise, bone mineral density, and body composition in adolescents with anorexia nervosa** *EATING AND WEIGHT DISORDERS-STUDIES ON ANOREXIA BULIMIA AND OBESITY*  
Nagata, J. M., Carlson, J. L., Golden, N. H., Murray, S. B., Long, J., Leonard, M. B., Peebles, R.  
2019; 24 (5): 939–45
- **AN OVERVIEW OF THE MEDICAL MANAGEMENT OF EATING DISORDERS**  
Carlson, J.  
ELSEVIER SCIENCE INC.2019: S110
- **Comparisons of bone density and body composition among adolescents with anorexia nervosa and atypical anorexia nervosa** *INTERNATIONAL JOURNAL OF EATING DISORDERS*  
Nagata, J. M., Carlson, J. L., Golden, N. H., Long, J., Murray, S. B., Peebles, R.  
2019; 52 (5): 591–96
- **Comparisons of bone density and body composition among adolescents with anorexia nervosa and atypical anorexia nervosa.** *The International journal of eating disorders*  
Nagata, J. M., Carlson, J. L., Golden, N. H., Long, J., Murray, S. B., Peebles, R.  
2019
- **Eating behavior and reasons for exercise among competitive collegiate male athletes.** *Eating and weight disorders : EWD*  
Gorrell, S., Nagata, J. M., Hill, K. B., Carlson, J. L., Shain, A. F., Wilson, J., Alix Timko, C., Hardy, K. K., Lock, J., Peebles, R.  
2019

- **Sport and Triad Risk Factors Influence Bone Mineral Density in Collegiate Athletes** *MEDICINE AND SCIENCE IN SPORTS AND EXERCISE*  
Tenforde, A. S., Carlson, J. L., Sainani, K. L., Chang, A. O., Kim, J., Golden, N. H., Fredericson, M.  
2018; 50 (12): 2536–43
- **Sport and Triad Risk Factors Influence Bone Mineral Density in Collegiate Athletes.** *Medicine and science in sports and exercise*  
Tenforde, A. S., Carlson, J. L., Sainani, K. L., Chang, A. O., Kim, J. H., Golden, N. H., Fredericson, M.  
2018
- **Associations between exercise, bone mineral density, and body composition in adolescents with anorexia nervosa.** *Eating and weight disorders : EWD*  
Nagata, J. M., Carlson, J. L., Golden, N. H., Murray, S. B., Long, J., Leonard, M. B., Peebles, R.  
2018
- **Contraception for Adolescents and Young Adults in the Inpatient Setting: The Providers' Perspective.** *Hospital pediatrics*  
Goldstein, R. L., Carlson, J. L., Halpern-Felsher, B.  
2018
- **Type of Sports Participation Modulates Risk For Low BMD in Athletes With Female Athlete Triad**  
Tenforde, A., Sainani, K., Carlson, J., Golden, N., Fredericson, M.  
WILEY.2017: S102
- **Characterization and correlates of exercise among adolescents with anorexia nervosa and bulimia nervosa** *INTERNATIONAL JOURNAL OF EATING DISORDERS*  
Nagata, J. M., Carlson, J. L., Kao, J. M., Golden, N. H., Murray, S. B., Peebles, R.  
2017; 50 (12): 1394–1403
- **Effect of a Prior History of Overweight on Return of Menses in Adolescents With Eating Disorders.** *journal of adolescent health*  
Seetharaman, S., Golden, N. H., Halpern-Felsher, B., Peebles, R., Payne, A., Carlson, J. L.  
2017; 60 (4): 469-471
- **Assessment of sex differences in bone deficits among adolescents with anorexia nervosa** *INTERNATIONAL JOURNAL OF EATING DISORDERS*  
Nagata, J. M., Golden, N. H., Peebles, R., Long, J., Leonard, M. B., Chang, A. O., Carlson, J. L.  
2017; 50 (4): 352-358
- **Effect of a Prior History of Overweight on Return of Menses in Adolescents With Eating Disorders** *JOURNAL OF ADOLESCENT HEALTH*  
Seetharaman, S., Golden, N. H., Halpern-Felsher, B., Peebles, R., Payne, A., Carlson, J. L.  
2017; 60 (4): 469-471
- **Association of the Female Athlete Triad Risk Assessment Stratification to the Development of Bone Stress Injuries in Collegiate Athletes.** *American journal of sports medicine*  
Tenforde, A. S., Carlson, J. L., Chang, A., Sainani, K. L., Shultz, R., Kim, J. H., Cutti, P., Golden, N. H., Fredericson, M.  
2017; 45 (2): 302-310
- **PROVIDERS' ATTITUDES, BELIEFS, AND BARRIERS REGARDING INITIATION OF HORMONAL CONTRACEPTION FOR ADOLESCENT AND YOUNG ADULTS IN THE INPATIENT SETTING**  
Goldstein, R. L., Carlson, J., Halpern-Felsher, B.  
ELSEVIER SCIENCE INC.2017: S114–S115
- **ASSESSMENT OF SEX DIFFERENCES IN BODY COMPOSITION AMONG ADOLESCENTS WITH ANOREXIA NERVOSA**  
Nagata, J. M., Golden, N. H., Peebles, R., Long, J., Murray, S. B., Leonard, M. B., Carlson, J. L.  
ELSEVIER SCIENCE INC.2017: S47
- **ASSESSMENT OF SEX DIFFERENCES IN BODY COMPOSITION AMONG ADOLESCENTS WITH ANOREXIA NERVOSA**  
Nagata, J. M., Golden, N. H., Peebles, R., Long, J., Murray, S. B., Leonard, M. B., Carlson, J. L.  
ELSEVIER SCIENCE INC.2017: S47
- **Assessment of Sex Differences in Body Composition Among Adolescents With Anorexia Nervosa.** *journal of adolescent health*  
Nagata, J. M., Golden, N. H., Peebles, R., Long, J., Murray, S. B., Leonard, M. B., Carlson, J. L.  
2017
- **Assessment of sex differences in bone deficits among adolescents with anorexia nervosa.** *International journal of eating disorders*

---

Nagata, J. M., Golden, N. H., Peebles, R., Long, J., Leonard, M. B., Chang, A. O., Carlson, J. L.  
2016

- **EFFECT OF PRIOR HISTORY OF OBESITY/OVERWEIGHT ON RETURN OF MENSES IN ADOLESCENTS WITH EATING DISORDERS**  
Seetharaman, S., Carlson, J., Golden, N., Halpern-Felsher, B. L., Payne, A. E., Peebles, R.  
ELSEVIER SCIENCE INC.2016: S25–S26
- **HEALTHY RELATIONSHIPS AND PHYSICAL ACTIVITY: A QUALITATIVE ANALYSIS OF MIDDLE SCHOOL GIRLS AND THEIR PARENTS**  
Ragavan, M. I., Halpern-Felsher, B., Chang, A., Carlson, J.  
ELSEVIER SCIENCE INC.2016: S87
- **ASSESSMENT OF SEX DIFFERENCES IN BONE DEFICITS AMONG ADOLESCENTS WITH ANOREXIA NERVOSA**  
Nagata, J. M., Golden, N. H., Peebles, R., Bachrach, L. K., Long, J., Chang, A. O., Carlson, J. L.  
ELSEVIER SCIENCE INC.2016: S11
- **Use of Psychopharmacologic Medications in Adolescents With Restrictive Eating Disorders: Analysis of Data From the National Eating Disorder Quality Improvement Collaborative.** *journal of adolescent health*  
Monge, M. C., Forman, S. F., McKenzie, N. M., Rosen, D. S., Mammel, K. A., Callahan, S. T., Hehn, R., Rome, E. S., Kapphahn, C. J., Carlson, J. L., Romano, M. E., Malizio, J. B., Bravender, et al  
2015; 57 (1): 66-72
- **ASSOCIATIONS OF SUPPLEMENT USE AND EATING AND EXERCISE BEHAVIORS IN UNIVERSITY STUDENTS**  
Carlson, J., Greer, A., Hill, K., Lock, J., Peebles, R.  
ELSEVIER SCIENCE INC.2015: S87–S88
- **MEDIA INFLUENCES BY GENDER AND SEXUAL ORIENTATION AMONG ADOLESCENTS WITH EATING DISORDERS**  
Salas-Humara, C. L., McClain, Z., Dowshen, N., Carlson, J., Lock, J., Peebles, R.  
ELSEVIER SCIENCE INC.2015: S87
- **WEIGHT-RELATED COACHING PRESSURES, MENTAL HEALTH, SLEEP, AND QUALITY OF LIFE IN COMPETITIVE UNIVERSITY ATHLETES**  
Cheek, C., Hill, K., Carlson, J., Lock, J., Peebles, R.  
ELSEVIER SCIENCE INC.2015: S88
- **DIFFERENCES IN PSYCHIATRIC COMORBIDITIES AMONG ADOLESCENTS WITH EATING DISORDERS BY SEXUAL ORIENTATION**  
McClain, Z., Dowshen, N., Carlson, J., Lock, J., Peebles, R.  
ELSEVIER SCIENCE INC.2014: S76
- **REPORT FROM THE NATIONAL EATING DISORDER QUALITY IMPROVEMENT COLLABORATIVE OF TEN ADOLESCENT MEDICINE-BASED EATING DISORDER PROGRAMS: POPULATION DESCRIPTION AND PREDICTORS OF WEIGHT OUTCOME AT ONE YEAR**  
Forman, S. F., McKenzie, N. M., Monge, M. C., Mammel, K. A., Kapphahn, C. J., Callahan, S. T., Rome, E. S., Rosen, D. S., Hehn, R. S., Carlson, J. L., Romano, M. E., Malizio, J. B., Rouse, et al  
ELSEVIER SCIENCE INC.2013: S37–S38
- **DRIVERS OF DISORDERED EATING IN UNIVERSITY STUDENTS REPORTING VEGETARIAN DIETS**  
Sieke, E., Carlson, J., Lock, J., Timko, C., Peebles, R.  
ELSEVIER SCIENCE INC.2013: S38–S39
- **EXERCISE LEVEL AND CLINICAL SEVERITY IN ADOLESCENTS WITH EATING DISORDERS**  
Pih, J. M., Peebles, R., Carlson, J.  
ELSEVIER SCIENCE INC.2013: S41
- **RUNNING CLUB PARTICIPATION AFFECTS WEIGHT CONCERNS AND BMI IN MIDDLE SCHOOL GIRLS**  
Carlson, J. L., Peebles, R., Golden, N. H.  
ELSEVIER SCIENCE INC.2013: S104
- **USE OF PSYCHOPHARMACOLOGIC MEDICATIONS IN ADOLESCENTS WITH RESTRICTIVE EATING DISORDERS: ANALYSIS OF DATA FROM THE NATIONAL EATING DISORDER QUALITY IMPROVEMENT COLLABORATIVE**  
Monge, M. C., Forman, S. F., McKenzie, N. M., Rosen, D. S., Mammel, K. A., Callahan, S. T., Hehn, R., Rome, E. S., Kapphahn, C. J., Carlson, J. L., Romano, M. E., Malizio, J. B., Rouse, et al  
ELSEVIER SCIENCE INC.2013: S39–S39

- **WEIGHT-RELATED TEASING IS ASSOCIATED WITH EATING DISORDER PATHOLOGY IN UNIVERSITY STUDENTS**  
Sadler, C., Carlson, J., Lock, J., Peebles, R.  
ELSEVIER SCIENCE INC.2012: S61–S62
- **The Female Athlete Triad** *The Female Patient*  
Carlson JL, Golden NH  
2012; 37 (6): 16-24
- **ATHLETIC PARTICIPATION AND SUBSTANCE USE IN UNIVERSITY STUDENTS**  
Hsii, A., Carlson, J., Peebles, R.  
ELSEVIER SCIENCE INC.2011: S69–S70
- **Obstacles in the Optimization of Bone Health Outcomes in the Female Athlete Triad** *SPORTS MEDICINE*  
Ducher, G., Turner, A. I., Kukuljan, S., Pantano, K. J., Carlson, J. L., Williams, N. L., De Souza, M. J.  
2011; 41 (7): 587-607
- **COMPETITIVE SPORTS, EATING BEHAVIORS, AND MENSTRUAL HEALTH IN FEMALE COLLEGE ATHLETES**  
Peebles, R., Bell, K., Carlson, J., Wilson, J., Allison, K., Lock, J., Jacobson, M., Hardy, K., Bachrach, L.  
ELSEVIER SCIENCE INC.2009: S16–S16
- **Using OCs in teen eating disorders: What are we treating?** *Contemporary OB/Gyn*  
Carlson, J., Golden, NH  
2009; 54 (2): 39-46
- **The pathophysiology of amenorrhea in the adolescent.** *Ann N Y Acad Sci*  
Golden, N., Carlson, JL  
2008; 1135: 163-178
- **Clinician practices for the management of amenorrhea in the adolescent and young adult athlete** *JOURNAL OF ADOLESCENT HEALTH*  
Carlson, J. L., Curtis, M., Halpern-Felsher, B.  
2007; 40 (4): 362-365
- **Service utilization and the life cycle of youth homelessness** *JOURNAL OF ADOLESCENT HEALTH*  
Carlson, J. L., Sugano, E., MILLSTEIN, S. G., Auerswald, C. L.  
2006; 38 (5): 624-627
- **Childhood and adolescent sexuality** *PEDIATRIC CLINICS OF NORTH AMERICA*  
Duncan, P., Dixon, R. R., Carlson, J.  
2003; 50 (4): 765-?