

Katharine S. Edwards, PhD

Academic History

Colleges & Universities Attended

2003-2008 University of Houston, Houston, TX: Doctor of Philosophy in Clinical Psychology
2002-2003 University of Southern Maine, Portland, ME: Graduate Certificate in Health Policy
1995-1999 Stanford University, Stanford, CA: Bachelor of Arts in Human Biology

Scholarships & Honors

2003-2005 University of Houston Stella Erhardt Fellowship
2004 National Cancer Institute R25 Cancer Education Short-Term Fellowship
2002-2003 USM Edmund S. Muskie Foundation Trustee Tuition Scholarship
1995-1999 Stanford University Rowing Scholarship, Team Captain

License & Certifications

2022- Mindfulness Based Stress Reduction Teacher Certification, Brown University
2021- Board Certified in Biofeedback, Biofeedback Certification International Alliance
2010- Licensed Psychologist, California Board of Psychology, CA PSY 23534

Employment

Academic Appointments

2016- Clinical Assistant Professor, Stanford University School of Medicine
Department of Medicine, Division of Cardiovascular Medicine
Affiliate (by Courtesy), Department of Psychiatry & Behavioral Sciences

Other Appointments

2013-2016 Clinical Instructor, Stanford University School of Medicine
Department of Medicine, Division of Cardiovascular Medicine
2011-2013 Women's Heart Health Psychologist, Stanford Health Care
2009-2012 Health Science Specialist, Veterans Affairs National Center for PTSD
Dissemination and Training Division, Menlo Park, CA

Teaching and Clinical Care at Stanford

Teaching

2012- Teacher, Mindfulness-Based Stress Reduction (MBSR)
2025 Lecturer, Psychology in Medicine Case Conference CME
2025 Lecturer, Cardiology RN Coordinators Education Forum
2014- Lecturer, Stanford Cardiology and Stanford Medicine Grand Rounds
2023 Lecturer, Electrophysiology in the West Stanford CME
2022 Lecturer, CVH Advanced Practice Provider Lecture Series
2021 Lecturer, General Cardiology Fellows
2014-2017 Guest Lecturer, Stanford Psychiatry Residents
2013-2017 Guest Lecturer, Palo Alto University-Stanford PsyD Consortium
2016 Lecturer, Cardiac Electrophysiology Fellows
2016 Lecturer, Electrophysiology in the West Stanford CME

Mentorship & Supervision

2025 Curriculum Advisor: Reimagining Doctoring, Stanford School of Medicine
 2023 Co-Mentor, Stanford Medical Scholars Research Program
 2022-2025 Mentor, New Psychologist Faculty in Department of Medicine
 2019-2020 Creator & Training Director, Cardiac Behavioral Medicine Practicum
 2016-2020 Dissertation Chair, Palo Alto University-Stanford PsyD Consortium
 2014-2018 Clinical Supervisor for Research, Palo Alto University-Stanford PsyD Consortium

Clinical Responsibilities, Committees, and Appointments

2025- Co-Director, Cardiac Behavioral Medicine Outpatient Service
 2024- Member, Psychologists in Medicine Task Force, Stanford Health Care
 2013- Attending psychologist, Cardiac Behavioral Medicine Outpatient Service

Public and Professional Service**Board Service**

2022- American Heart Association (AHA) Bay Area Executive Board
 2016- SCAD Alliance National Medical Advisory Board
 2013- HeartFit for Life (HFFL) of the Midpeninsula Medical Advisory Board

Professional Societies

American Heart Association (AHA)
 Heart Rhythm Society (HRS)
 Society of Behavioral Medicine (SBM)
 Association for Applied Psychophysiology and Biofeedback (AAPB)

Leadership

2026 Nominee and Participant, AHA Bay Area Woman of Impact Campaign
 2025- Officer, Society of Behavioral Medicine Cardiovascular Disease SIG
 2018 Leadership Institute Fellow, Society of Behavioral Medicine

Reviewer

2026 *Archives of Medical Science*
 2025 *Society of Behavioral Medicine's 2026 Annual Meeting & Scientific Sessions*
 2025 *Journal of Clinical Psychology in Medical Settings*
 2024 *European Journal of Cardiovascular Nursing*
 2023 *Behaviour Research and Therapy*
 2022 *Journal of the American Heart Association*
Journal of Behavioral Medicine
 2021 *American Heart Journal*
General Hospital Psychiatry
 2018 *Journal of Behavioral Medicine*
Frontiers in Psychology
Journal of Clinical Psychology in Medical Settings
 2015 *Journal of Anxiety Disorders*
 2014 *Behavioral Sciences*
 2005 *Psychological Assessment*
Psychological Science

Professional Honors & Awards

- 2025- Fellow of the American Heart Association (FAHA)
 2025 Stanford Cardiology MODEL Faculty Mentoring & Career Development Program
 2019 Palo Alto University - Stanford PsyD Consortium Mentorship Award Nominee

Clinical Research**Present**

- 2025-2027 Alpha Phi Heart-to-Heart Clinical Grant
 Role: Co-PI with Kerri-Anne Mullen, PhD, University of Ottawa Heart Institute
Evidence Based Online Peer Support After Spontaneous Coronary Artery Dissection
- 2025-2027 Alpha Phi Heart-to-Heart Community Grant
 Role: Co-PI with Kerri-Anne Mullen, PhD, University of Ottawa Heart Institute
Dissemination of SCAD Peer Support Training
- 2025-2027 Stanford Health Care Cardiovascular Health Innovation Fund
 Role: Principal Investigator
Efficiency and Outcomes in Cardiac Behavioral Medicine
- 2025-2026 Brain-Heart Interconnectome (BHI)
 Role: Co-Investigator with PI Heather Tulloch, PhD, University of Ottawa
Designing an IDEAS-sensitive SCAD-specific psychological intervention for women with SCAD
- 2025-2026 Canadian Institutes of Health Research (CIHR)
 Co-Investigator with PI Heather Tulloch, PhD, University of Ottawa
Designing a gender- and SCAD-specific psychological intervention

Past

- 2016-2017 Stanford Cardiovascular Institute Seed Grant
 Co-PI with Jennifer Tremmel, MD
Angiographic and Psychosocial Evaluation of Peripartum vs. Non-Peripartum Spontaneous Coronary Artery Dissection (SCAD): A Collaborative Study
- 2016-2017 University of Colorado, Denver, Center for Women's Health Research Grant
 Co-Investigator and Consultant for PI Jonathan Shaffer, PhD
Developing a Mobile Psychosocial Intervention Application for Women with Spontaneous Coronary Artery Dissection
- 2015-2016 Pell Family Foundation Grant
 Co-Investigator and Protocol Director for PI William Fearon, MD
Brief Cognitive Behavioral Intervention for Depression and Anxiety Symptoms in Patients Undergoing Transcatheter Valve Replacement

Publications/Bibliography**Peer-Reviewed Articles**

1. **Edwards, K.S.**, Adlam, D., Tweet, M., Tremmel, J., Wood, M., Saw, J., et al. (*submitted*). Psychosocial outcomes in pregnancy-related and non-pregnancy-related spontaneous coronary artery dissection: A multicenter matched case control study. *Journal of Behavioral Medicine*.
2. Stevens, C.J., Shaffer, J.A., **Edwards, K.S.***, Masters, K.S., Leon, K.K., Wood, M.J., & Wagers, T.P. (2022). Younger age impacts perceptions of care received in the emergency department among women with spontaneous coronary artery dissection. *Journal of Women's Health, 31*, 1165-1172. *Drafting of the manuscript, critical revision of the manuscript.
3. Vaca, K.C., Tremmel, J.A., & **Edwards, K.S.*** (2021). Preliminary support for group cognitive behavioral therapy to reduce psychological distress in patients with spontaneous coronary artery dissection. *Journal of Clinical Psychology in Medical Settings, 28*, 826-832. *Conception and design, acquisition of data, analysis and interpretation of data, critical revision of manuscript.
4. **Edwards, K.S.**, Chow, E.K.H., Dao, C., Hossepian, D., Johnson, A.G., Desai, M., et al. (2020). Impact of cognitive behavioral therapy on depression symptoms after transcatheter aortic valve replacement: A randomized controlled trial. *International Journal of Cardiology, 321*, 61-68.
5. Wharton, E., **Edwards, K.S.***, Juhasz, K., & Walser, R.D. (2019). Acceptance-based interventions in the treatment of PTSD: Group and individual pilot data using Acceptance and Commitment Therapy. *Journal of Contextual Behavioral Science, 14*, 55-64. *Conception and design, acquisition of data, analysis and interpretation of data.
6. **Edwards, K.S.**, Vaca, K.C., Naderi, S., & Tremmel, J.A. (2019). Patient-reported psychological distress after spontaneous coronary artery dissection. *Journal of Cardiopulmonary Rehabilitation and Prevention, 39*, E20-E23.
7. **Edwards, K.S.**, Heckler, A.C., Baum, J., Nejedly, M., Tsai, S., Khandelwal, A., et al. (2019). Psychological distress among female cardiac patients presenting to a women's heart health clinic. *American Journal of Cardiology, 123*, 2026-2030.
8. Scheiber, C., Johnston, L., Packer, M.M., Gevirtz, R., **Edwards, K.S.***, & Palesh, O. (2018). Heart rate variability markers as correlates of survival in recipients of hematopoietic cell transplants. *Oncology Nursing Forum, 45*, 250-259. *Analysis and interpretation of data, drafting of manuscript, critical revision of manuscript
9. **Edwards, K.S.**, Rosen, R.C., Smith, L.D., Garvert, D., Graham, B.C., Hoyman, L.C. et al. (2017). Group telephone consultation after online self-administered training: Acceptability and feasibility. *Training and Education in Professional Psychology, 11*(3), 198-206.
10. Norton, P. J., & **Edwards, K.S.** (2017). Anxiety sensitivity or interoceptive sensitivity: An analysis of feared bodily sensations. *European Journal of Psychological Assessment, 33*, 30-37.
11. Caleshu, C., Kasparian, N.A., **Edwards, K.S.***, Yeates, L., Semsarian, C., Perez, M., Ashley, E., Turner, C., & Knowles, J.W. (2016). Interdisciplinary psychosocial care for families with inherited cardiovascular diseases. *Trends in Cardiovascular Medicine, 26*(7), 647-53. *Drafting of manuscript, critical revision of manuscript.

12. **Edwards, K.S.**, Parrish, S.J., Rosen R.C., Garvert D.W., Spangler, S., & Ruzek, J.I. (2016). Use of standardized patient methodology to assess competency in cognitive behavioral therapy for PTSD: A randomized trial of internet-based CBT training. *Training and Education in Professional Psychology*, 10(3), 149-156.

Invited Articles

1. Hernandez, R., Kwon, S., Vela, A., & **Edwards, K.S.** (in press). Positive psychology interventions and cardiovascular health: Frequency and duration to sustain cardiovascular benefits. *Cardiology Clinics*. <https://doi.org/10.1016/j.ccl.2025.12.001>
2. **Edwards, K.S.** & Wagers, T.P. (2025). Invited Commentary – Another call to action for physical and psychological SCAD-specific rehabilitation. *European Journal of Cardiovascular Nursing*. <https://doi.org/10.1093/eurjcn/zvaf105>
3. **Edwards, K.S.** & Wagers, T.P. (2024). Invited Commentary - Understanding anxiety and depression after spontaneous coronary artery dissection: Targets for intervention. *European Journal of Cardiovascular Nursing*. <https://doi.org/10.1093/eurjcn/zvae090>
4. Hoover, V., Tremmel, J.A., & **Edwards, K.S.** (2022). Letter regarding article “Psychological Health, Well-Being, and the Mind-Heart-Body Connection: A Scientific Statement from the American Heart Association. <https://professional.heart.org/en/guidelines-and-statements/correspondence>.
5. **Edwards K.S.** & Hoover V. (2016). Insomnia and Heart Disease. American College of Cardiology invited expert analysis. <http://www.acc.org/latest-in-cardiology/articles/2016/08/02/07/25/insomnia-and-heart-disease/>

Book Chapters

1. D’Amico, J., Baker, A., Pence, L.G., Sears, E.H., & **Edwards, K.S.** (2020). Pulmonary System. In Wachholtz, A.B. (ed) *Clinical Health Psychology: Using Medical Information to Improve Treatment Outcomes*. Cognella Press.
2. Walser, R.D., **Sears, K.C.**, Chartier, M., & Karlin, B. (2011). *Acceptance and Commitment Therapy (ACT) for Depressed Veterans: Therapist Manual*. Washington, D.C.: U.S. Department of Veterans Affairs.
3. **Sears, K. C.** & Norton, P. J. (2009). Adult measures – Analogue observational measures of social skills. In Nangle, D. W., Hansen, D. J., Erdley, C. A., & Norton, P. J. (Eds.), *Practitioner’s guide to empirically based measures of social skills* (pp. 403-413). New York: Springer.

Educational Products

1. **Edwards, K.S.** (Featured, 2022). Stress Management with Dr. Katharine Edwards. *Choose Your Health Series*. Roebbelen Contracting, Inc. <https://vimeo.com/user137752761/review/806022913/e57a16ed2e>
2. Romfh, A., **Edwards, K.S.**, & Schneider, L.M. (Featured, 2021). Congenital Heart Disease Talk with Stanford Psychologists [Audio Podcast Episode]. In *HealthTalks Podcasts for Parents*. Stanford Children’s Health. <https://www.stanfordchildrens.org/en/podcasts-parents>

3. Embleton, P., Wagers, T.P., **Edwards, K.S.**, Wood, M.J., Shaffer, J., & Masters, K. (2020). *SCAD Warrior App* (v1.0) [Web]. University of Colorado. <https://www.scadwarrior.com/>
4. Walser, R., Juhasz, K., Watson, P., & **Edwards, K.** (2017). Provider Strategies for Coping with Burnout and Secondary Traumatic Stress. *Online course*: https://www.ptsd.va.gov/professional/continuing_ed/provider_burnout_strategies.asp/

Abstracts and Posters

1. Sargeant, M.M., **Edwards, K.S.***, Wang, P.J., Sears, S.F., Williams, B., & Ottoboni, L.K. Psychosocial and Behavioral Adjustment to ICDs: Insights from a Longitudinal Multicohort Study. Accepted as a featured poster at Heart Rhythm 2026, Chicago, IL, April 23-26, 2026. **Presenter*
2. Zhang, H. & **Edwards, K.S.** The application of clinical hypnosis techniques in cardiac psychology. Symposium talk presented by H. Zhang at the American Psychological Association annual meeting, Seattle, WA, August 8-10, 2024.
3. Tsai, S.A., Ding, V.Y., Crowe, S.D., **Edwards, K.S.**, & Tremmel, J.A. Feasibility of a healthy lifestyle group class + mobile health intervention for overweight/obese women during and after pregnancy: a pilot study. Symposium talk presented by S. Tsai at the American Society for Preventive Cardiology congress on CVD Prevention, Salt Lake City, UT, August 2-4, 2024.
4. Vaca, K.C., Wagers, J.P. & **Edwards, K.S.** Chest pain and psychological distress in patients with SCAD. Poster presented by K.C. Vaca at the Society of Behavioral Medicine annual meeting, virtual conference, April 12-16, 2021.
5. **Edwards, K.S.*** & SCAD Collaborative Study Group US-UK. Rehospitalization predicts psychological distress in patients with spontaneous coronary artery dissection: An international multi-center collaborative study. Poster presented at the American Heart Association Scientific Sessions, Philadelphia, PA, November 16-18, 2019. **Presenter*
6. Hofmeister, E., Torres, T., Tong, B., Vaca, K.C., Cases, M., **Edwards, K.**, Innominate, P., Kesler, S., & Palesh, O. Neurocognitive impairment, sleep disturbance, circadian function, and mood in cancer patients during chemotherapy. Poster presented by E. Hofmeister at the Society of Behavioral Medicine annual meeting, Washington, D.C., March 6-9, 2019.
7. George, H., Hoover, V., **Edwards, K. S.**, Tremmel, J. A., Bryant, E., Janaszek, K., Khandelwal, A., Nejedly, M., Pargaonkar, V. & Tsai, S. Moderating effects of coping on perceived stress and mental health outcomes in a cardiac population. Poster presented by H. George at the annual convention of the American Psychological Association, San Francisco, CA, August 9-12, 2018.
8. **Edwards, K.S.***, Hossepian, D.A., Chow. E., Desai, M., Johnson, A., Dao, C., Shah, S., Fischbein, M.P. & Fearon, W.F. Brief cognitive behavioral therapy for patients undergoing TAVR: A randomized controlled trial. Moderated poster presented at the Transcatheter Cardiovascular Therapeutics (TCT) conference, Denver, CO, Oct 29th-Nov 2nd, 2017. **Presenter*
9. Pargaonkar, V., Khandelwal, A., Krishnan G., **Edwards, K.**, Hoover, V., Fearon, W., Lee, D., Yeung, A., Tsai, S., Nejedly, M., Naderi, S., & Tremmel, J. Management and prognosis

of patients with spontaneous coronary artery dissection. Poster presented by V. Pargaonkar at the American College of Cardiology Annual Scientific Session, Chicago, IL, April 2nd-4th, 2016.

Invited Presentations

National Invited Presentations since 2016

1. Well-being after stroke and heart attack. Moderator for Cardiovascular Seminar at the American Heart Association Scientific Sessions, New Orleans, LA, November 7-10, 2025.
2. Mental health after SCAD: Stress, anxiety and depression. SCAD Alliance National Ask the Experts webinar series, June 5, 2020.
3. Brief cognitive behavioral therapy for patients undergoing TAVR: a randomized controlled trial. Moderated poster at the 29th Annual Transcatheter Cardiovascular Therapeutics Symposium, Denver, CO, October 29-November 2, 2017.
4. The psychological aftermath of SCAD: How to best help patients through trauma. Symposium talk at the American College of Cardiology Annual Scientific Session, Washington, D.C., March 17-19, 2017.
5. Psychosocial treatment for patients with spontaneous coronary artery dissection. Symposium talk at the Society of Behavioral Medicine Annual Meeting, San Diego, CA March 29-April 1, 2017.
6. Women in cardiovascular disease: Current approaches and future opportunities for interdisciplinary collaboration. Symposium talk at the Society of Behavioral Medicine Annual Meeting, San Diego, CA March 29-April 1, 2017.
7. Psychological health post-MI and CABG: Depression, anxiety, and treatment strategies. Symposium talk at the American College of Cardiology Annual Scientific Session, Chicago, IL, April 2-4, 2016.

Regional Invited Presentations since 2016

1. Mental and cardiovascular health: Protective factors for women (2024). Bay Area Circle of Red Society. Los Gatos, CA, September 25, 2024.
2. Cognitive behavioral therapy and mindfulness for chest pain and overall adjustment. Symposium talk at the California Society for Cardiac Rehabilitation, 37th Annual Conference, Palo Alto, CA, May 12-13, 2023.
3. Cardiac behavioral medicine in electrophysiology patients. Electrophysiology in the West CME series: Allied Health Professionals. Palo Alto, CA, October 27, 2023.
4. Sleep and cardiovascular health. California Right Care Initiative: University of Best Practices, University of California, Berkeley, November 14, 2022.

5. SCAD update: Treatment of emotional distress in SCAD. Stanford Hospital & Clinics, February 24, 2022. Patient event organized by K.S. Edwards using Cardiac Behavioral Medicine donor funds. Half day program attended by 45 patients from CA.
6. Mental health in cardiac patients. American Heart Association “Hard Hats with Heart” San Francisco board meeting, February 2, 2022.
7. Mental health in cardiac patients. American Heart Association Bay Area executive board meeting, October 12, 2021.
8. Behavioral Medicine for Cardiovascular Risk Reduction. Preventive Cardiology Nurses Association Northern California Chapter lecture series. Palo Alto, CA, October 20, 2018.
9. The psychological impact of SCAD...and what we’re doing about it. SHC/SCAD Alliance Regional SCAD patient retreat. Palo Alto, CA, April 7, 2018. Patient event organized by K.S. Edwards using Cardiac Behavioral Medicine donor funds. All day program with national MD experts, talks, and breakout sessions. Attended by 75 patients from CA, OR, WA, NV, and AZ.
10. Mindfulness and the Heart. Psychology of Wellness guest lecture. De Anza College, Cupertino, CA, November 13, 2017.
11. Managing PTSD in ICD patients. Electrophysiology in the West CME series: Allied Health Professionals. Palo Alto, CA, October 6, 2016.