

Maryam Sarah Hamidi (Makowski), PhD, FACN

Stanford, California, 94305

EDUCATION

- 09/2005-06/2012 **Ph.D. in Medical Science (Clinical and Nutritional Epidemiology)**
Institute of Medical Science, Faculty of Medicine, University of Toronto
Toronto, Ontario, Canada
Doctoral Thesis: Dietary Factors and Bone Health in Postmenopausal Women
Thesis Supervisor: Angela M. Cheung, MD, PhD
- 05/2000-06/2002 **M.Sc. in Clinical Nutrition**
Department of Nutritional Sciences, Faculty of Medicine, University of Toronto
Toronto, Ontario, Canada
Master of Science Thesis: Effect of Antibiotics on Blood Lipids of Men and Women on Low-Fat Diets: Can Altering Colonic Microflora Serve as a potential Therapeutic Option for Hypercholesterolemia?
Thesis Supervisor: David JA Jenkins MD, PhD, DSc
- 09/1994-01/1999 **B.Sc. in Chemical Engineering - Food Industry**
Sharif University of Technology
Tehran, Iran
Bachelor of Science Thesis: Design of a Grape Juice Concentrate Plant

APPOINTMENTS

- 05/2016-Present **Associate Director of Scholarship and Health Promotion**
Stanford Medicine WellMD and WellPhD Center, School of Medicine, Stanford University
Stanford, California, USA
- Provide one-on-one nutrition and wellness coaching to attending physicians, residents and fellows
 - Lead the strategic direction for programs that foster collegiality and sense of community among Stanford Medicine physicians.
 - Lead the scientific design and execution of clinical and epidemiological nutrition studies to assess the effects of various diets on physician well-being and performance.
 - Collaborate with multiple stakeholders and faculty leaders across the School of Medicine to create and offer programs and services, wellness-related workshops and seminars to support the wellbeing of physicians and physician trainees.
 - Lead the development, administration, evaluation and dissemination of the result of the 2019 Stanford School of Medicine faculty wellness survey.

- Provide consulting advice to internal and external organizations and members of Physician Wellness Academic Consortium act as a subject matter expert for physician wellness.
- Lead research initiatives to identify drivers of professional fulfillment and well-being of physicians and scientists.
- Assess the effectiveness of innovative interventions to improve physician well-being.
- Author manuscripts that emanate from WellMD & WellPhD Center's work.
- Standardize and scale up innovative programs to strengthen community, connection and collegiality between faculty members of Stanford School of Medicine.
- Serve as a liaison and influencer in engagement of internal and external stakeholders, national and international thought leaders and organizations in collaborative efforts to improve physician well-being
- Engage and recruit leaders to influence culture change across Stanford Medicine
- Provide direction and supervised junior staff on implementation of several project initiatives
- Develop curriculum, content framework and content for physician wellness training modules and educational courses.
- Recruit, select, and coach content experts to assist with various physician wellness training module development.
- Promote WellMD and WellPhD Center through wellness lectures to the broader university, external community, and other stakeholders.
- Provide expert consultation to internal and external physician groups from conducting wellness surveys to results driven improvement programs
- Identify and secure external funding through research proposals and grants

09/2011-05/2016

Scientific Associate-Nutrition Professional

*Osteoporosis Program, Toronto General Hospital, Toronto Western Hospital & Princess Margaret Cancer Center, University Health Network (UHN)
Toronto, Ontario, Canada*

- Provided one-on-one nutrition and wellness coaching to study patients at high risk of bone loss due to breast and prostate cancer treatments
- Provided nutrition and wellness education lectures, presentations and workshops to researchers, physicians, residents, nurses, dietitians and other allied health professionals as well as community and patient groups
- Lead scientific design, hypothesis generation, study protocol development, data collection, analysis and interpretation of nutrition research studies
- Developed nutrition education materials such as handouts, pamphlets, dietary assessment tools, newsletters and videos for the UHN Osteoporosis Program to promote musculoskeletal health
- Provided nutrition coaching, using motivational interviewing, to research and clinic patients to improve and management their musculoskeletal health
- Recruited, supervised and helped with acquiring funding for a registered dietitian to conduct a quality improvement project to screen, prevent and treat malnutrition in hip fracture patients at Toronto Western Hospital
- Provided nutrition, exercise and lifestyle coaching to prostate cancer study patients at Princess Margaret Cancer Center

09/2013-05/2016

Nutrition Consultant

Air Canada rouge, Toronto, Ontario, Canada

- Provided nutrition education to pilots and cabin crew to improve cognitive and physical performance
- Evaluated timing and composition of crew meals and identified gaps related to decreased work performance
- Provided advice to management to modify timing and composition of pilot meals to optimize their performance and well-being

07/2012-05/2016

Nutrition Consultant

Private Practice, Toronto, Ontario, Canada

- Provided consultancy and expert advice to individuals, startup companies and small businesses
- Served as a nutrition and wellness educator by presenting information and leading discussions in group and one-on-one settings

01/2014-11/2014

Data Abstractor

Volunteer, The United States Department of Agriculture (USDA) Nutrition Evidence Library (NEL), The Diet and Physical Activity Behavior Change Subcommittee

- Abstracted data, drafted evidence worksheets, and assessed risk of bias of the peer-reviewed articles selected by NEL staff to answer specific systematic review questions related to diet and physical activity behavior change posed by The 2015-2020 Dietary Guidelines for Americans Advisory Committee

03/2002-09/2006

Clinical Research Coordinator- Clinical Nutrition Researcher

Osteoporosis Program, Toronto General Hospital, University Health Network Toronto, Ontario, Canada

- As a member of Dr. Angela M. Cheung's multidisciplinary clinical research team, collected, analyzed 3-day food records using the ESHA software, and provided bone healthy eating feedback to 440 postmenopausal women during the 4-year ECKO trial (Vitamin K supplementation in postmenopausal women with osteopenia (ECKO trial): a randomized controlled trial)

05/2000-02/2002

Research Assistant- Clinical Nutrition Researcher

*Department of Nutritional Sciences, University of Toronto
Clinical Nutrition & Risk Factor Modification Center, St. Michael's Hospital
Toronto, Ontario, Canada*

- As a member of Dr. David JA Jenkins' team and under supervision of two registered dietitians, participated in design of study meals, dietary assessment and evaluation of study patients of various studies on the effects of diet on prevention of cardiovascular disease and diabetes

PROFESSIONAL MEMBERSHIPS

2008-Present	American Society for Nutrition- Professional Member
2010- Present	Canadian Nutrition Society- Professional Member
2019-Present	Academy of Nutrition and Dietetics- Professional Member
2019-Present	American Nutrition Association- Fellow Member
2019-Present	International Society for Nutritional Psychiatry Research- Professional Member

PUBLICATIONS

Peer-reviewed Manuscripts

1. Welle D, Trockel M, **Hamidi MS**, Hickson GB, Menon N, Shanafelt T, Cooper WO. Occupational Distress and Sleep-Related Impairment in Physicians are Associated with Unsolicited Patient Complaints and May Influence Malpractice Liability Risk. Mayo Clinic Proceedings (Accepted for publication)
2. Menon NK, Trockel MT, **Hamidi MS**, Shanafelt TD. Developing a Portfolio to Support Physicians' Efforts to Promote Well-being: One Piece of the Puzzle. Mayo Clinic Proceedings 94 (11), 2171-2177.
3. Olson K, Marchalik D, Farley H, Dean SM, Lawrence EC, **Hamidi MS**, Rowe S, McCool JM, O'Donovan CA, Micek MA, Stewart MT. Organizational strategies to reduce physician burnout and improve professional fulfillment. Current Problems in Pediatric and Adolescent Health Care, Available online 4 October 2019, 100664. In press: <https://doi.org/10.1016/j.cppeds.2019.100664>
4. Trockel MT, **Hamidi MS**, Menon NK, Rowe SG, Dudley JC, Stewart MT, Geisler CZ, Bohman BD, Shanafelt, TD. Self-Valuation: Attending to the Most Important Instrument in the Practice of Medicine. Mayo Clin Proc. Mayo Clinic Proceedings 94 (10), 2022-2031.
5. **Hamidi MS**, Shanafelt TD, Hausel A, Roberts R, Bohman BB, Trockel MT. Associations between Dietary Patterns and Sleep-Related Impairment in a Cohort of Community Physicians. Am J Lifestyle Med. 2019 Sep 10. In press: <https://doi.org/10.1177/1559827619871923>
6. **Hamidi MS**, Bohman B, Sandborg C, Smith-Coggins R, de Vries P, Albert MS, Murphy ML, Welle D, Trockel MT. Estimating Institutional Physician Turnover Attributable to Self-Reported Burnout and Associated Financial Burden: A Case Study. BMC Health Serv Res. 2018 Nov 27;18(1):851.
7. Trockel M, Bohman B, Lesure E, **Hamidi MS**, Welle D, Roberts L, Shanafelt T. 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. Acad Psychiatry. 2018 Feb;42(1):11-24.
8. Alibhai SMH, Breunis H, Timilshina N, **Hamidi MS**, Cheung AM, Tomlinson GA, Manokumar T, Samadi O, Sandoval J, Durbano S, Warde P, Jones JM. Improving Bone Health in Men with Prostate Cancer Receiving Androgen Deprivation Therapy: Results of a Randomized Phase 2 Trial. Cancer. 2018 Mar 15;124(6):1132-1140.
9. Bohman B, Dyrbye LN, Sinsky CA, Linzer M, Olson K, Babbott S, Murphy ML, de Vries PP, **Hamidi MS**, Trockel M. Physician Wellbeing: The Reciprocity of Practice Efficiency, Culture of Wellness and Personal Resilience. NEJM Catalyst, Leadership Series, 2017 April: <http://catalyst.nejm.org/physician-well-being-efficiency-wellness-resilience/>
10. **Hamidi MS**, Boggild MK, Cheung AM. Running on Empty: A Review of Nutrition and Physicians' Well-being. Postgrad Med J. 2016 Aug;92(1090):478-81.

11. **Hamidi MS**, Cheung AM. Vitamin K and Musculoskeletal Health in Postmenopausal Women. *Mol Nutr Food Res*. 2014 Aug; 58(8):1647-57.
12. **Hamidi MS**, Gajic-Veljanoski O, Cheung AM. Vitamin K and Bone Health. *Clin Densitom*. 2013 Oct-Dec;16(4):409-13.
13. **Hamidi MS**, Corey PN, Cheung AM. Effects of Vitamin E on Bone Turnover Markers among US Postmenopausal Women. *J Bone Miner Res*. 2012 Jun; 27(6):1368-80.
14. **Hamidi M**, Tarasuk V, Corey P, Cheung AM. The Association between Healthy Eating Index and Bone Turnover Markers among US Postmenopausal Women Aged 45 Years and Older. *Am J Clin Nutr*. 2011 Jul;94(1):199-208.
15. Hung A, **Hamidi M**, Riazantseva E, Thompson L, Tile L, Tomlinson G, Stewart B, Cheung AM. Validation of a Calcium Assessment Tool in Postmenopausal Canadian Women. *Maturitas*. 2011 Jun; 69(2):168-72.
16. **Hamidi M**, Boucher BA, Cheung AM, Beyene J, Shah PS. Fruit and Vegetable Intake and Bone Health in Women Aged 45 Years and Over: A Systematic Review. *Osteoporos Int*. 2011 Jun; 22(6):1681-93.
17. Jenkins DJ, Kendall CW, **Hamidi M**, Vidgen E, Faulkner D, Parker T, Irani N, Wolever TM, Fong I, Kopplin P, Connelly PW, Onderdonk A, Rao AV. Effect Of Antibiotics as Cholesterol-Lowering Agents. *Metabolism*. 2005 Jan; 54(1):103-12.
18. Jenkins DJ, Kendall CW, Augustin LS, Franceschi S, **Hamidi M**, Marchie A, Jenkins AL, Axelsen M. Glycemic Index: Overview of Implications in Health and Disease. *Am J Clin Nutr*. 2002 Jul;76(1):266S-73S.

Book Chapter

1. **Hamidi MS**, Nutrition for Optimal Physician Performance and Wellbeing. In *The Art and Science of Physician Wellbeing: A Handbook for Physicians and Trainees*, Edited by Roberts LW, Trockel M, Springer International Publishing, 1st ed, 2019, pp 235-254.

Conference Abstracts and Presentations

1. Harry E, Sinsky C, Dyrbye LN, **Hamidi MS**, Trockel, M, Tutty M, Carlasare LE, West CP, Shanafelt TD. Physician Cognitive Load and the Risk of Burnout among US Physicians. 2019 American Conference on Physician Health, Charlotte, NC, September 19-21, 2019
2. Harry E, Sinsky C, Dyrbye LN, Hamidi MS, Trockel, M, Tutty M, Carlasare LE, West CP, Shanafelt TD. Physician Cognitive Load and the Risk of Burnout among US Physicians. 2019 Society of Hospital Medicine's Annual Meeting, National Harbor, MD, March 24-27, 2019
3. **Hamidi MS**, Shanafelt TD, Trockel MT. Associations between Dietary Patterns and Sleep-Related Impairment in a Cohort Community Physicians. Oral Presentation, The 2018 International Conference on Physician Health, Toronto, Ontario, October 13, 2018
4. McGranahan T, Murray N, **Hamidi MS**, Bozinov N, Dujari s, Karamian AS, Miller-Kuhlmann R. A Longitudinal Team-Based Program to Improve Neurology Trainee and Faculty Physician Well-being. Oral Presentation by Miller-Kuhlmann R, The 2018 International Conference on Physician Health, Toronto, Ontario, 10-13 October 2018
5. Bohman B, **Hamidi MS**, Roberts R, Hausel A, Trockel T, Compassionate Self-Improvement: A Key Clinician Wellness Correlate and Predictor of Improved Burnout and Professional Fulfillment. Oral presentation by Bohman B, WELL-Med Conference. 3rd International Meeting on Well-Being and Performance in Clinical Practice, Greece, May 11, 2018

6. **Hamidi MS**, Bohman B, Sandborg C, Smith-Coggins R, de Vries P, Albert MS, Murphy ML, Welle D, Trockel MT. The Economic Cost of Physician Turnover Attributable to Burnout, Oral Presentation, American Conference on Physician Health, San Francisco, California, October 13, 2017
7. Welle D, Trockel T, **Hamidi MS**, Lesure SE, Hickson GB, Cooper WO. Physician Wellness Measures are Associated with Unsolicited Patient Complaints—A Marker for Increased Liability Risk. Oral presentation by Welle D, American Conference on Physician Health, San Francisco, California, October 12, 2017
8. Hamidi MS, Khan C, Szigethy E, Bootcamp for Burnout: Strategies to Promote Resilience and Wellness for Psychiatrists. The 2017 American Psychiatric Association Annual Meeting, San Diego, California, May 21, 2017
9. Williams B, Cheung AM, **Hamidi MS**. Best Practice Implementation Project of Nutrition Care in Hip Fracture Patients. Collaborative Academic Practice (CAP) TAHSNp Innovation Fellowship Final Presentations, March 2016
10. **Hamidi MS**, Hu H, Gajic-Veljanoski O, Scher J, Cheung AM. Vitamin K1 supplementation does not improve bone health even among postmenopausal women with low baseline serum vitamin K1: Secondary analyses from the ECKO trial. Young Investigator Award Oral Presentation, The American Society of Bone and Mineral Research 2014 Annual Meeting, Houston, Texas, September 11, 2014
11. **Hamidi MS**, Srighanthan J, Cheung AM. Associations between Serum Concentrations of Vitamin B12, Folate and Iron, and Body Composition in Adults Aged ≥ 45 Years: An Analysis of NHANES 1999-2002. The American Society of Bone and Mineral Research Annual Meeting, Baltimore, Maryland, October 2013.
12. **Hamidi MS**, Cheung AM. The Associations between Serum Antioxidant Concentrations and Bone Mineral Density in Women Aged 50 and Over: An Analysis of NHANES 2005-6. The Experimental Biology Conference and the American Society of Nutrition Annual Meeting, Boston, Massachusetts, April 2013
13. **Hamidi MS**, Alibhai SM, Kapral MK, Tile L, Cheung AM. The Associations between Serum Lipids and Bone Turnover Markers in Men Aged 45 Years and Over: Analysis of NHANES 1999-2002 Data. The American Society of Bone and Mineral Research Annual Meeting, Minneapolis, Minnesota, October 2012
14. **Hamidi MS**, Tarasuk V, Corey P, Cheung AM. Effects of Vitamin E on Bone Turnover Markers among US Postmenopausal Women. The American Society of Bone and Mineral Research Annual Meeting, San Diego, CA, USA, September 2011
15. **Hamidi M**, Tarasuk V, Corey P. Cheung AM. Association of Diet Quality Measured by Healthy Eating Index and Bone Turnover Biomarkers among Postmenopausal Women in the National Health and Nutrition Examination Survey 1999-2002. The American Society of Bone and Mineral Research Annual Meeting, Toronto, Ontario, Canada, October 2010

Patient Education Material

1. Protein and Bone Health, Patient education handout, October 5, 2015:
https://osteconnection.files.wordpress.com/2013/04/protein-handout_osteconnectioncuhn.pdf
2. Nutrition Tips from the Princess Margaret Prostate Centre', ADT Study Newsletter, Volume 1, Issue 3, June 2015, page 8-9: <https://osteconnection.files.wordpress.com/2013/04/newsletter-issue-3-spring-2015-3.pdf>
3. Dairy and Prostate Cancer', Princess Margaret Cancer Centre, ADT Study Newsletter, Volume 1, Issue 2, December 2014, page 8: https://osteconnection.files.wordpress.com/2013/04/newsletter-issue-2_final.pdf
4. Diet and Kidney Stones', Patient education handout, August 2014:
http://osteconnection.files.wordpress.com/2014/08/kidneystones_uhnp_aug2014.pdf
5. Short Calcium Assessment Tool', Patient handout, May 2014:
<http://osteconnection.files.wordpress.com/2014/05/cat-onepage.pdf>

6. Managing Gout with Diet', Patient education handout, March 2014:
<http://osteconnection.files.wordpress.com/2014/04/managing-gout-through-diet-apr25-20141.pdf>
7. Calcium Assessment Tool for Canadian postmenopausal women', Patient education handout, February 2013:
http://osteconnection.files.wordpress.com/2014/04/cat_patient-version-apr2014.pdf
8. Bone Health Nutrition for Vegans and Vegetarians', Patient education handout, November 2012:
<http://osteconnection.files.wordpress.com/2014/04/bone-health-for-vegans-and-vegetarians-apr25-20141.pdf>
9. Hamidi MS, Cheung AM. Are fruits and vegetables beneficial for bone health in postmenopausal women? The IFAVA Scientific Newsletter. Number 61, November 2011.

PRESENTATIONS AND LECTURES

Invited Talks

International

1. Keynote Speaker: Clinician Wellbeing: Can't Break a Stick in a Bundle. 9th Annual Sunnybrook Health Science Centre Annual Conference on Education. Sunnybrook Health Science Centre, Toronto, Ontario, Canada, Friday November 22, 2019
2. Speaker: Performance Nutrition for Healthcare Providers, in collaboration with Katelynn Maniatis, MHS RD and Daphna Steinberg, M.Sc, RD . 9th Annual Sunnybrook Health Science Centre Annual Conference on Education. Sunnybrook Health Science Centre, Toronto, Ontario, Canada, Friday November 22, 2019
3. Panelist: Aiming for Balance in an Academic Lifestyle, Third Annual Summit for Women in Academic Medicine, Department of Medicine, Faculty of Medicine, University of Toronto, Ontario, Canada, February 28, 2019
4. Speaker: Nutritional Strategies to Improve Bone Health, Atypical Femoral Fracture Patient Education Session, Osteoporosis Program, University Health Network, Toronto General Hospital, Toronto, Ontario, Canada, April 7, 2018
5. Webinar Speaker: The Importance of Nutrition in Physician Performance and Well-being, International Association of Medical Science Educators (IAMSE), Co-Presented with Angela M. Cheung, MD, PhD, March 8, 2018
6. Meet the Expert and Workshop Presenter: Healthcare Providers' Well-being, The 2018 Canadian Rheumatology Association Annual Meeting, Vancouver, British Columbia, Canada, February 22 and 23, 2018

National

1. Nutritional Strategies to Improve Physician Performance: The Role of Organizations and Individuals. American Society for Dermatologic Surgery Annual Meeting, Chicago, October 27, 2019
2. Performance Nutrition for Elite Physicians. John Muir Health Medical Staff Leadership Retreat, Half Moon Bay, California, October 12, 2019
3. Performance Nutrition for Healthcare Professionals. Children's Hospital of Philadelphia's 3rd Annual Integrative Health Conference: 'From Pathogenesis to Salutogenesis: A Wellness Perspective for Patients and Their Healthcare Team', Philadelphia, September 27, 2019
4. Nutritional Strategies to Improve Faculty Performance: The Role of Organizations and Individuals. Stanford School of Medicine Faculty Senate, July 16th, 2019

5. Nutritional Strategies to Improve Physician Performance, Stanford Medicine WellMD Chief Wellness Officer Course, Half Moon Bay, California, June 26, 2019
6. Nutritional Strategies to Reduce Fatigue in Physicians. Stanford Medicine Primary Care Grand Rounds (CME eligible), November 8, 2018
7. Nutritional Strategies to Improve Mood and Well-being, Google Wellness Center Healthcare Providers Rounds, Google Campus, Sunnyvale, California, September 19, 2018
8. Nutrition for Optimal Living, Stanford Medicine Physician Wellness Forum, July 13, 2018
9. Nutrition and Physician Performance, Stanford Medicine WellMD Chief Wellness Officer Course, Half Moon Bay, California, June 28, 2018
10. The Role of Personal Resilience in Physician Well-being, Stanford Medicine Well-being Directors Council, April 19, 2018
11. The Importance of Nutrition in Physician Performance and Well-being, Stanford Medicine Dermatology Grand Rounds (CME eligible), March 15, 2018
12. Health Technology Forum (HTF) Common Good Conference, Invited Panel Speaker on High Tech Solutions to Improve Nutritional Disparities, Palo Alto, May 1, 2017

Lectures and workshops

1. Panelist: Coping strategies to help manage the stress of COVID-19. Harise Stein, MD; Mickey Trockel, MD, PhD; and Maryam Hamidi, PhD, FACN. CME accredited virtual Stanford WellMD Physician Wellness Forum (PWF). April 10, 2020.
2. Wellbeing, Nutrition and Physician Performance. Lecture Series for Residency and Fellowship Programs of Departments of Anesthesia, Pediatrics, Medicine, Psychiatry, Pain Medicine, and Neurology and Neurological Sciences, and Neurosurgery at Stanford University School of Medicine, December 2017 - present
3. Workshop for Office of Faculty Development and Diversity, Stanford University School of Medicine : Compassion and Self-Care in Medicine: An evidence-based Approach, Stanford Medicine. Co-presented with Nawal Johansen, MD, Rachel Roberts, MD, and Al'ai Alvarez. January 23, 2020
4. Workshop for Stanford Department of Ophthalmology Retreat: Performance Nutrition for Stanford School of Medicine Faculty. November 1, 2019
5. Workshop for Children's Hospital of Philadelphia's 3rd Annual Integrative Health Conference 'From Pathogenesis to Salutogenesis: A Wellness Perspective for Patients and Their Healthcare Team': Transitioning from SAD to AI: Tools for the Busy Health Care Providers. Lead workshop with help of Amy Dean, MPH, RD, LDN Maria Hanna, MS, RD, LDN. Philadelphia, September 27, 2019
6. Workshop for Physician Wellness Academic Consortium (PWAC) Scientific Meeting: Innovative Strategies to Improve Physician Wellness Survey Response Rates, , Charlotte, NC, September 18, 2019
7. Workshop for Palliative Care Fellows Well-being Program Quarterly Sessions, Stanford Medicine: July 2017- July 2019
8. Workshop for Stanford Medicine WellMD Physician Wellness Forum: Compassion in Medicine, Co-presented with Nawal Johansen, MD, Rachel Roberts, MD, and Al'ai Alvarez, MD. May 10th, 2019
9. Workshop for Stanford Be Well: Introduction to Chrono-Nutrition, March 6th and 14th, 2019
10. Workshop for Palliative Care Fellowship Well-being Program: Improving Interpersonal Communication Skills in Close Relationships. February 14th, 2018

11. Influencing and Modeling Physician Action for Culture Change (IMPACT). Program Instructor, Stanford University and University HealthCare Alliance | Stanford Health Care. October 2018 – March 2019
12. Getting in the Mood: How Diet Impacts Mental Well-being, Health Improvement Program Class for Stanford, School of Medicine Staff, July 20, 2018
13. Dietary Factors that Affect Body Composition, Stanford Health Improvement Program, January 26, 2018
14. Diet and Mental Health. Lectures for Psychiatry Residents. October 2016 - present
15. Nutrition to Improve Work Performance. Lecture for Health Improvement Program, October 25, 2017
16. Stanford Physician Wellness Survey Results, Stanford Committee for Professionalism, April 12, 2017
17. Nutrition for Optimal Professional Performance Series, Stanford Health Care Hospital Staff, March 8, 15, 21 and 29, 2017
18. Strategies to Promote Cognitive Performance and Emotional Well-being, Co-presented with Mickey T. Trockel, MD, PhD, Stanford Health Improvement Program, Stanford University, October 19, 2016
19. Eating for Optimal Professional Performance, The Stanford Health Promotion Network, Stanford Prevention Research Center (SPRC), Stanford University School of Medicine. October 6, 2016
20. Optimal Eating for Pilot Fatigue Management, Part of Air Canada Rouge Pilot Training Program, Toronto, Ontario, Canada, August 2013 to May 2016
21. Bone Health Nutrition, Workshop at Arthritis Education Day at University Health Network, Toronto, Ontario, Canada, September 17, 2015; Patient and University Health Network staff education, Osteoporosis Outreach Day at University Health Network, Toronto, Ontario, Canada, November 18, 2015
22. Optimal Eating for Cabin Crew Fatigue Management, Monthly Lectures, Air Canada Rouge Cabin Crew Training Program, Toronto and Vancouver, Canada; and Orlando, Florida, August 2013-2015
23. Eat Healthy to Keep Your Bones Healthy During Cancer Treatment, Princess Margaret Patient and Family Education Program, University Health Network, Toronto, Ontario, Canada, July 28, 2015
24. Challenges and Limitations of Nutrition Intervention Studies and Systematic Reviews, Education session for registered dietitians at Toronto Western Hospital, University Health Network, July 22, 2015
25. Vitamin D Requirements and Safety in Men with Prostate Cancer. Education session for oncology nurses at the Genitourinary Clinic at Radiation Medicine Program and Survivorship Program (ELLICSR), University Health Network (Toronto General Hospital and Princess Margaret Cancer Centre sites), Toronto, Ontario, May 15, 2015
26. Bone Health Nutrition for Men with Prostate Cancer. Education session for oncology nurses at the Genitourinary Clinic at Radiation Medicine Program and Survivorship Program (ELLICSR), University Health Network (Toronto General Hospital and Princess Margaret Cancer Centre sites), Toronto, Ontario, December 12, 2014
27. Performance Nutrition for Health Professionals, Osteoporosis Rounds, Osteoporosis Program, University Health Network, Toronto, Ontario, June 19 & 26, 2014
28. Dietary Prevention and Management of Osteoporosis: Healthy Eating for Healthy Bones, Osteoporosis Rounds, Toronto General Hospital, University Health Network, June 14, 2012 & November 14, 2013
29. Dietary Prevention and Management of Osteoporosis: Healthy Eating for Healthy Bones, Patient Education-Monthly Talk Series in Toronto Western Hospital-University Health Network, ON, Canada, 26 April 2013
30. Stress and Eating Habits, Keynote Speaker, Osteoporosis Program, Toronto General Hospital, Study Participants Appreciation day, March 2005

GRANTS AND AWARDS

- Innovation Grant, Co-Investigator, Performance Nutrition for Residents and Fellows on Nighttime Rotations: A Pilot Study, Principal Investigator (PI): Tait D. Shanafelt, MD, American Medical Association Accelerating Change in Medical Education Innovation Grant Award 2018-2019, Awarded July 2018
- Program Grant, Co-Investigator, Optimizing Physician Engagement in Individualized Interventions to Reduce Sleep-Related Impairment and Improve Patient Outcomes, PI: Mickey Trockel, MD, PhD, The Stanford University Medical Indemnity and Trust Insurance Company (SUMIT) Award 2018-2019, Awarded December 2016
- Young Investigator Award, Vitamin K1 supplementation does not improve bone health even among postmenopausal women with low baseline serum vitamin K1: Secondary analyses from the ECKO trial. American Society of Bone and Mineral Research, Awarded September 2014
- CIHR Travel Award, The associations between serum lipids and bone turnover markers in men aged 45 years and over: analysis of NHANES 1999-2002 data, The Canadian Institutes of Health Research (CIHR) /Institute Community Support (ICS) with the Institute of Musculoskeletal Health and Arthritis, Awarded December 2012
- CIHR Travel Award, Effects of vitamin E on bone turnover markers among US postmenopausal women, The Canadian Institutes of Health Research (CIHR) /Institute Community Support (ICS) with the Institute of Musculoskeletal Health and Arthritis, Awarded December 2011
- Open Fellowship, University of Toronto: 2009-2011
- Open Fellowship, University of Toronto: 2005-2007
- Open Fellowship, University of Toronto: 2000-2002

CURRENT PROJECTS

Research

- Co-Principal Investigator: Performance Nutrition for Residents on Nighttime Rotations: A Pilot Study, Principal Investigator (PI): Tait Shanafelt, MD, July 2018 – present
- Co-Investigator, Optimizing Physician Engagement in Individualized Interventions to Reduce Sleep-Related Impairment and Improve Patient Outcomes, PI: Mickey Trockel, MD, PhD, September 2018- January 2019
- Co-Investigator and program instructor: Influencing and Modeling Physician Action for Culture Transformation (IMPACT), PI: Mickey Trockel, MD, PhD, January 2018 - present
- Co-Investigator: Physician Wellness Academic Consortium (PWAC) Research Projects, PI: Mickey Trockel, MD, PhD, November 2016 - present
- Co-Investigator: American Medical Association Physician National Survey Research Projects, PI: Tait Shanafelt, MD, September 2018 - present

Organizational Programs/ Quality Improvement Projects

- Stanford Medicine WellMD WellPhD Center's COVID-19 task force and Care Coach for House Staff with COVID-19
- Project lead: Design of personal resilience and self-care initiatives to improve physician well-being at Stanford School of Medicine
- Project lead: Standardizing and scaling up innovative programs to strengthen community, connection and collegiality between faculty members of Stanford School of Medicine (e.g. Dinner groups, Story Telling)

- Project lead: The 2019 Stanford Physician and Scientist Wellness Surveys

MEDIA MENTIONS

1. Canadian Medical Association PodCast: An interview with Dr. Jillian Horton on Nutrition and Sleep: <https://soundcloud.com/cmajpodcasts/horton-hamidi>
2. Healthful snacks can reduce feelings of fatigue. Lauren Sharkey, Medical News Today. October 21, 2019 : <https://www.medicalnewstoday.com/articles/326736.php>
3. Sleep deprived? A healthy diet can help. Tracie White, Scope by the Stanford University School of Medicine. September 17, 2019: <https://scopeblog.stanford.edu/2019/09/17/sleep-deprived-a-healthy-diet-can-help/>
4. Investing in Doctor Wellbeing is Just Good Business, Stanford Study Finds, by Tracie White for Scope by the Stanford University School of Medicine. November 26, 2018: <https://scopeblog.stanford.edu/2018/11/26/investing-in-doctor-wellbeing-is-just-good-business-stanford-study-finds/>
5. At Stanford, Physician Burnout Costs at Least \$7.75 Million a Year, Sara Berg for the American Medical Association (AMA) Wire, November 17, 2017: <https://wire.ama-assn.org/life-career/stanford-physician-burnout-costs-least-775-million-year>
6. Beat Jet Lag with These Six Expert Tips, Domni Clark for The Globe and Mail, January 30th, 2015: <http://www.theglobeandmail.com/life/travel/beat-jet-lag-by-following-these-six-expert-tips/article22697963/>
7. Beating Jetlag with Nutrition, Live TV Segment, The Morning Show, Global News Channel, December 19th, 2014: <https://globalnews.ca/video/1736637/beating-jetlag-with-nutrition>
8. Vitamin K Supplements Failed to Improve BMD In Postmenopausal Osteopenia, Endocrine Today, September 19, 2014: <https://goo.gl/QmdU4x>

CONTINUING EDUCATION/ PROFESSIONAL DEVELOPMENT

3/30/2020	Video Lecture: Nutrition Above the Neck, The University of Arizona College of Medicine - Tucson
02/05-3/25/2020	Accomplishing More Leadership Program, Stanford University Human Resources STAR course
01/30 & 31st/2020	Physician As Leader, Physician As Coach by Bluepoint Leadership Development. A two-day Leader as Coach workshop (14 hour), Stanford Medicine
12/17/2019	Mental Health First Aid by National Council for Behavioral Health. A skills-based training 4-hour session on risk factors and warning signs of mental health problems, ways to provide support and resources, and an overall better understanding of the impact
12/12/2019	Project Management: Practices and Tools
01/2017–Present	Dr. David Burns Cognitive Behavioral Therapy Weekly Training Group, Department of Psychiatry and Behavioral Sciences, Stanford University,
08/2018- Present	Pediatric Integrative Medicine Conferences, Stanford University School of Medicine,

Maryam Sarah Hamidi, PhD, FACN

08/2018 -11/2018	Methodology of Research in Behavioral Sciences, Department of Psychiatry and Behavioral Sciences, Stanford University
09/2016- Present	Compassion Cultivation Training, The Center for Compassion and Altruism Research and Education, Stanford University
06/23 to 29/2018	Chief Wellness Officer Course, Stanford Medicine WellMD Center, Stanford University.
01/21&22/2017	Healing Touch Level 1, Stanford Health Improvement Program
10/2016	Introduction to Ayurvedic Medicine, Stanford Health Improvement Program, October 2016
07/2016-10/2016	Traditional Oriental Medicine Self-Care Principles and Practices, Stanford Health Improvement Program, July - October 2016
08/2011-05/2016	Professional development workshops at University Health Network: Motivational Interviewing, Patient- Centered Care, Good Clinical Practice, Mindfulness Based Stress Reduction Training, Public Speaking, Communication Skills, Speaking Persuasively, Health Care Provider Resilience Training, Teaching Competencies, Emotional Intelligence
02/2012	University Health Network: Certificate of Training University Health Network Good Clinical Research Practice Principles, February 2012
National Cancer Institute of Canada Clinical Trials Group:	Certificate of Completion-Good Clinical Practice Guidelines, August 2011
Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans Tutorial Interagency Advisory Panel on Research Ethics,	September 2005

HONORS

Fellow of the American College of Nutrition, January 2020

Certificate of Appreciation, Center for Nutrition Policy and Promotion, U.S. Department of Agriculture, 2015

Certificate of Appreciation, Center for Nutrition Policy and Promotion, U.S. Department of Agriculture, 2011

Certificate of Appreciation for Service During SARS Outbreak, University Health Network Board of Trustees, 2003

SOCIAL MEDIA

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SERVICE

- Manuscript and Abstract Reviewer for Scientific Peer-Reviewed Journals, Annual Scientific National and International Conferences, 2012 - present
- Data Abstractor for the 2015-2020 Dietary Guidelines for Americans, The United States Department of Agriculture (USDA), Nutrition Evidence Library (NEL), The Diet and Physical Activity Behavior Change Subcommittee, January to November 2014