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Maryam Sarah Hamidi, PhD is the Associate Director of Scholarship and Health Promotion at the Stanford Medicine WellMD| WellPhD Center and Department of Psychiatry and Behavioral Sciences. Dr. Hamidi has particular expertise in nutrition and behavioral medicine. The focus of her current research is to use latest scientific evidence to reduce physician fatigue and improve the cognitive performance of individuals with high cognitive demands. Dr. Hamidi also leads initiatives that promote personal well-being, self-care and culture of wellness at Stanford Medicine.

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