

Dr. Stanton is a licensed Clinical Health Psychologist and Associate Professor of Public Health at California State University, East Bay. Dr. Stanton's research has been cited over 3700 times and examines how stress, including discrimination and stigma, affect health, with a particular focus on eating behavior. His clinical work integrates mindfulness with cognitive behavioral therapy to treat mental and physical health concerns.

Dr. Stanton has held multiple leadership positions, including at the Society of Behavioral Medicine and the American Psychosomatic Society (APS), and he currently serves on the Leadership Council and the Anti-Racism Task Force at APS. He was chosen as a Planning Committee Member of the National Academies of Sciences, Engineering and Medicine (NASEM) for his expertise in Health Disparities. He contributes his to the field as a Consulting Editor and Editorial Fellow at the American Psychological Association journal, "Health Psychology" and to the general public as a guest contributor to several news stations including ABC, NBC, CBS, NPR, the SF Chronicle and other media, where he adds psychology and public health expertise to the analysis of current events.

He is a former NHLBI-sponsored UCSF-RISE Fellow and Fulbright Fellow. He earned his Ph.D. in Clinical Psychology with a focus in Behavioral Medicine from Duke University, completed his postdoctoral training at Stanford University School of Medicine, and received his B.A. from Brown University.