



Anna Lembke, MD

Associate Professor of Psychiatry
Medical Director of Addiction Medicine
Chief, Addiction Medicine Dual Diagnosis Clinic
Program Director, Addiction Medicine Fellowship
Department of Psychiatry and Behavioral Sciences
Stanford University School of Medicine

Anna Lembke is an American psychiatrist who is Chief of the Stanford Addiction Medicine Dual Diagnosis Clinic at Stanford University. She is a specialist in the opioid epidemic in the United States, and the author of *Drug Dealer, MD*, *How Doctors Were Duped*, *Patients Got Hooked*, and *Why It's So Hard to Stop*. Lembke appeared in the 2020 Netflix documentary [The Social Dilemma](#).

At Stanford University, Lembke runs a dual diagnosis clinic; which supports people with more than one addiction. These are typically patients who are depressed or anxious and also addicted to substances (drugs, alcohol) or processes (gambling, sex). Their main treatment involves a four-week abstinence from the addictive behaviour, which she has shown is the minimum amount of time to reset their brain pathways.

Lembke was one of the first physicians to speak openly about the opioid epidemic. She wrote the popular science book, *Drug Dealer, MD*, which resulted in Lembke travelling the United States and delivering expert testimony to legislators. She delivered a TED talk on the opioid epidemic and pain management at TEDx Stanford.

Alongside drugs and alcohol, Lembke has studied smartphone and technology addiction. Smartphones are not only addictive themselves; but exacerbate the problems of other substance/process addictions, increasing access and social contagion. Lembke appeared on the Netflix documentary *The Social Dilemma*, explaining that "social media is a drug", which exploits the brain's evolutionary need for interpersonal connection. Not only did Lembke appear on the show, but her children did too, and together they identified that most people significantly underestimate their screen time.