



## Courtney W. Hess

Instructor, Anesthesiology, Perioperative and Pain Medicine

 NIH Biosketch available Online

 Curriculum Vitae available Online

### CLINICAL OFFICE (PRIMARY)

- **Pediatric Pain Management**

321 Middlefield Rd Ste 225

Menlo Park, CA 94025

Tel (650) 497-8977      Fax (888) 290-4566

### Bio

---

#### CLINICAL FOCUS

- Clinical Psychology

#### ACADEMIC APPOINTMENTS

- Instructor, Anesthesiology, Perioperative and Pain Medicine
- Member, Maternal & Child Health Research Institute (MCHRI)

#### PROFESSIONAL EDUCATION

- Fellowship: Stanford University Pain Management Fellowship (2024) CA
- Internship: Kennedy Krieger Institute Dept of Behavioral Psychology (2021) MD
- PhD Training: University of Massachusetts School of Medicine Registrar (2021) MA

### Publications

---

#### PUBLICATIONS

- **Burnout and Team Functioning in Pediatric Pain Care: A Cross-Sectional Survey of Multidisciplinary Providers.** *The journal of pain*  
Hess, C. W., Guardino, K., Gaydos, E. F., Escobar, M. H., Moua, L., Chen, D., McDonnell, A., Simons, L. E.  
2026; 106206
- **Understanding the lived experiences of youth with chronic pain who are neuro- and gender-diverse.** *Health psychology : official journal of the Division of Health Psychology, American Psychological Association*  
Choate, E., Hess, C. W., Maroney, M. R., Webster, S. N., Jehl, N., Neville, A., Minassians, L., Simons, L., Harrison, L. E.  
2026; 45 (1): 25-34
- **Unequal burden: chronic pain disparities in sexual and gender minority adolescents.** *Pain*  
Harrison, L. E., Berger, A. S., Hess, C. W., Ma, R. S., Simons, L. E., Wicksell, R. K., Friedman, E., Borucki, A., Collins, A., Goodin, B. R.  
2025
- **Item Reduction and Scoring of the Pediatric PainSCAN©: A Screening Tool for Pediatric Neuropathic Pain and CRPS.** *The Clinical journal of pain*

- Mesaroli, G., Davis, A. M., Perruccio, A. V., Davidge, K. M., Campbell, F., Sun, N., Walker, S. M., Hess, C. W., Simons, L. E., Logan, D., Stinson, J. N.  
2025
- **The transformative potential of digital therapeutics in pediatrics.** *Pain*  
Mohabir, V., Lalloo, C., Briggs, A. M., Eccleston, C., Hess, C., Pham, Q., Slater, H., Velmovitsky, P., Stinson, J. N.  
2025; 166 (11S): S121-S130
  - **Validity Of Photoplethysmography-derived Heart Rate Variability Data During Slow-paced Breathing**  
Rogers, D. W., Arnold, K. E., Duong, M. T., Hess, C. W., Noel, S. E., Cornell, D. J.  
LIPPINCOTT WILLIAMS & WILKINS.2025: 269-270
  - **Reliability and validity of the Pediatric PainSCAN: a screening tool for pediatric neuropathic pain and complex regional pain syndrome.** *Pain*  
Mesaroli, G., Davis, A. M., Perruccio, A. V., Davidge, K. M., Campbell, F., Sun, N., Walker, S. M., Hess, C. W., Simons, L. E., Logan, D., Stinson, J. N.  
2025
  - **Concussion Management Policy Implementation in High Schools: Examining Policy Through a Disproportionality Lens** *JOURNAL OF LAW MEDICINE & ETHICS*  
Hess, C. W., Campbell, J. K., Hackman, H., Hayden, L., Howland, J.  
2025: 1-8
  - **Developing a Core Outcome Set for Pediatric and Adult Acute and Chronic Pain Extended Reality Trials: Delphi Consensus-Building Process.** *Journal of medical Internet research*  
Hess, C. W., Logan, D. E., Rosenbloom, B. N., Mesaroli, G., Simons, L. E., Ouellette, C., Nguyen, C., Alam, F., Stinson, J. N.  
2025; 27: e58947
  - **Extended Reality (XR) in Pediatric Acute and Chronic Pain: Systematic Review and Evidence Gap Map.** *JMIR pediatrics and parenting*  
Hess, C. W., Rosenbloom, B. N., Mesaroli, G., Lopez, C., Ngo, N., Cohen, E., Ouellette, C., Gold, J. I., Logan, D., Simons, L. E., Stinson, J. N.  
2025; 8: e63854
  - **Maximizing Virtual Reality's Impact on Pediatric Pain: Insights from Usage Metrics**  
Nguyen, H., Jehl, N., Hess, C., Simons, L.  
CHURCHILL LIVINGSTONE.2025
  - **Navigating Burnout in Pediatric Chronic Pain Teams: Insights from Provider Experiences**  
Guardino, K., Gaydos, E., McDonnell, A., Escobar, M., Simons, L., Hess, C.  
OXFORD UNIV PRESS INC.2025: 117
  - **Reaching experts for enhanced referral (REFER) to pain psychology: a modified Delphi approach with multidisciplinary paediatric pain providers at a specialised center in the USA.** *BMJ paediatrics open*  
Schemer, L., Harrison, L. E., Hess, C. W., Neville, A. J., Jehl, N., Ma, R. S., Glombiewski, J. A., Simons, L. E.  
2024; 8 (1)
  - **Navigating virtual realities: identifying barriers and facilitators to implementing VR-enhanced PT for youth with chronic pain.** *Journal of pediatric psychology*  
Jehl, N. M., Hess, C. W., Choate, E. S., Nguyen, H. T., Yang, Y., Simons, L. E.  
2024
  - **Examining where to go: pediatric psychology trainees' perception of their graduate training in culture and diversity.** *Journal of pediatric psychology*  
Hess, C. W., Rea, K. E., Wruble, L. P., Yee, S. T., Bejarano, C. M., Williford, D. N., Gibler, R. C., Eshtehardi, S. S., Fisher, R. S., Morgan, C. H.  
2024
  - **Understanding Treatment Trajectories of Patients with Functional Neurological Disorder in Intensive Interdisciplinary Pain Treatment: A Case Series**  
Brabson, L., Ma, R., Harrison, L. E., Hess, C. W., Webb, W., Majmundar, S., Wagner, J., Williams, S. E., Griffin, A.  
OXFORD UNIV PRESS INC.2024: 75
  - **The Role Of Threat Learning In The Relationship Between Adverse Childhood Experiences And Chronic Pain In Adolescents**

- 
- Gaydos, E., Hess, C. W., Biggs, E., Simons, L.  
OXFORD UNIV PRESS INC.2024: 148
- **Making the teamwork dream work: Assessing burnout within integrated pain care teams**  
Hess, C. W., Simons, L.  
OXFORD UNIV PRESS INC.2024: 150
  - **Application of PainDETECT in pediatric chronic pain: how well does it identify neuropathic pain and its characteristics?** *Pain reports*  
Hess, C. W., Van Orden, A. R., Mesaroli, G., Stinson, J. N., Borsook, D., Simons, L. E.  
2023; 8 (6): e1109
  - **Implementation of Concussion Management Policies in High Schools: The Critical Role of School Nurses.** *The Journal of school nursing : the official publication of the National Association of School Nurses*  
Hess, C. W., Howland, J., Hackman, H., Campbell, J. K., Vannoy, S., Hayden, L.  
2023: 10598405231160249
  - **Enhancing Exposure Treatment for Youths With Chronic Pain: Co-design and Qualitative Approach.** *Journal of participatory medicine*  
Schemer, L., Hess, C. W., Van Orden, A. R., Birnie, K. A., Harrison, L. E., Glombiewski, J. A., Simons, L. E.  
2023; 15: e41292
  - **Virtual Reality-Augmented Physiotherapy for Chronic Pain in Youth: Protocol for a Randomized Controlled Trial Enhanced With a Single-Case Experimental Design.** *JMIR research protocols*  
Simons, L. E., Hess, C. W., Choate, E. S., Van Orden, A. R., Tremblay-McGaw, A. G., Menendez, M., Boothroyd, D. B., Parvathinathan, G., Griffin, A., Caruso, T. J., Stinson, J., Weisman, A., Liu, et al  
2022; 11 (12): e40705
  - **Targeting Pain Science Education in Youth with Chronic Pain: What are the Sticking Points for Youth and Their Parents?** *The Clinical journal of pain*  
Pate, J. W., Harrison, L. E., Hess, C. W., Moseley, G. L., Rush, G., Heathcote, L. C., Simons, L. E.  
2022
  - **Looking inward to improve pediatric chronic pain outcomes: a call for team science research.** *Pain*  
Hess, C. W., Rosen, M. A., Simons, L. E.  
2022
  - **Application of painDETECT in Pediatric Chronic Pain: How Well Does It Identify Neuropathic Pain and Its Characteristics?**  
Van Orden, A., Hess, C. W., Mesaroli, G., Stinson, J., Borsook, D., Simons, L. E.  
CHURCHILL LIVINGSTONE.2022: 51
  - **Lived Experiences of an Elite Performance Management Team Through Injury Rehabilitation: An Interpretative Phenomenological Analysis** *JOURNAL OF SPORT REHABILITATION*  
Hess, C. W., Meyer, B. B.  
2022; 31 (2): 199-210
  - **Evidence-based practice: a comparison of International Clinical Practice Guidelines and current research on physical activity for mild to moderate depression** *TRANSLATIONAL BEHAVIORAL MEDICINE*  
Hess, C., Karter, J., Cosgrove, L., Hayden, L.  
2019; 9 (4): 703-710