



## Sara Elizabeth Williams

Clinical Professor, Anesthesiology, Perioperative and Pain Medicine

### CLINICAL OFFICE (PRIMARY)

321 Middlefield Rd Ste 225

Menlo Park, CA 94025

Tel (650) 736-3656 Fax (650) 736-1525

### Bio

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#### CLINICAL FOCUS

- Pain Medicine

#### ACADEMIC APPOINTMENTS

- Clinical Professor, Anesthesiology, Perioperative and Pain Medicine

#### PROFESSIONAL EDUCATION

- Fellowship: Harvard Psychology Postdoctoral Fellowship (2010) MA
- Internship: UCLA Psychology Training (2007) CA
- PhD Training: Vanderbilt University- Monroe Carell Children's Hospital at Vanderbilt (2007) TN United States of America

### Publications

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#### PUBLICATIONS

- **A psychometric investigation of performance-based and self-report measures in a pediatric population with chronic pain: How well do these measures work?** *PM & R : the journal of injury, function, and rehabilitation*  
Williams, S. E., Crowley, S. L., Collins, A. B., Pruitt, D. W., John, A., Samuel, N. D., Deet, E. T., Szabova, A., Homan, K. J.  
2026
- **From Routine to Results: Greater Behavioral Adherence Predicts Better Clinical Outcomes in Treatment of Pediatric Chronic Musculoskeletal Pain**  
Hale, M., Peugh, J., Connelly, M., Goldstein-Leever, A., Kirschman, M., Klages, K., Logan, D., Nelson, S., Wakefield, E., Williams, A., Williams, S., Kashikar-Zuck, S.  
OXFORD UNIV PRESS INC.2026: 2-3
- **Multicenter randomized controlled trial of cognitive-behavioral, exercise-based, and combined interventions for juvenile fibromyalgia.** *Pain*  
Kashikar-Zuck, S., Williams, S. E., Ittenbach, R. F., Peugh, J., Thomas, S., Lynch-Jordan, A. M., Kirschman, M., Ting, T. V., Connelly, M., Zempsky, W., Williams, A. E., Ardoin, S. P., Logan, et al  
2026; 167 (4): 820-831
- **Virtual Reality for the Management of Postoperative Pain and Anxiety in Children and Adolescents Undergoing Nuss Repair of Pectus Excavatum: Randomized Controlled Trial.** *JMIR perioperative medicine*  
Walter, C. M., Froass, D., Bell, N., Haack, L., Boehmer, C., Bruguera Torres, C., Spivak, R., Chou, M., Geisler, K., O'Connor, K., Williams, S. E., Ding, L., King, et al

2026; 9: e80902

- **Data Validation of a Biofeedback-Based Virtual Reality Technology for Pediatric Pain and Anxiety Reduction**  
Heisterberg, L. M., Abdallah, C. G., Orgil, Z., Woodrum, L., Ding, L., Kashikar-Zuck, S., King, C. D., Williams, S. E., Olbrecht, V. A.  
LIPPINCOTT WILLIAMS & WILKINS.2024: 1496-1497
- **Understanding Patient Acceptability, Engagement, and Motivation in Guided Relaxation-Based Virtual Reality Therapy for Pediatric Pain and Anxiety**  
Orgil, Z., Lo, C., Heisterberg, L. M., Karthic, A., Woodrum, L., Abdallah, C. G., Ding, L., Kashikar-Zuck, S., King, C. D., Williams, S. E., Olbrecht, V. A.  
LIPPINCOTT WILLIAMS & WILKINS.2024: 1467-1469
- **"Virtual reality fixed me": A case report of the use of virtual reality during intensive interdisciplinary pain treatment.** *Journal of pediatric rehabilitation medicine*  
King, C. D., Olbrecht, V. A., Crowley, S. L., Klages, K. L., Deet, E. T., Samuel, N. D., Smith, K., Williams, S. E., Homan, K. J.  
2024
- **A systematic cognitive behavioral therapy approach for pediatric disorders of gut-brain interaction.** *Neurogastroenterology and motility*  
Chancey, L. P., Winnick, J. B., Buzenski, J., Winberry, G., Stiles, A., Zahka, N. E., Williams, S. E.  
2024: e14883
- **The need for a true biofeedback-based virtual reality system for achievement of target heart rate variability for children undergoing surgery.** *Paediatric anaesthesia*  
Orgil, Z., Heisterberg, L. M., Froass, D., Karthic, A., Williams, S. E., Ding, L., Kashikar-Zuck, S., King, C. D., Olbrecht, V. A.  
2024
- **Feasibility and Acceptability of Biofeedback-Based Virtual Reality System Use in Children and Adolescents Undergoing Surgery: Phase 1 of a Pilot Observational Study.** *JMIR perioperative medicine*  
Orgil, Z., Karthic, A., Bell, N. F., Heisterberg, L. M., Williams, S. E., Ding, L., Kashikar-Zuck, S., King, C. D., Olbrecht, V. A.  
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
- **A narrative review of the literature on illness uncertainty in hypermobile ehlers-danlos syndrome: implications for research and clinical practice.** *Pediatric rheumatology online journal*  
Feldman, E. C., Homan, K. J., Williams, S. E., Ting, T. V., Goldschneider, K. R., Kashikar-Zuck, S.  
2023; 21 (1): 121
- **Signature for Pain Recovery IN Teens (SPRINT): protocol for a multisite prospective signature study in chronic musculoskeletal pain.** *BMJ open*  
Simons, L., Moayed, M., Coghil, R. C., Stinson, J., Angst, M. S., Aghaeepour, N., Gaudilliere, B., King, C. D., López-Solà, M., Hoeppli, M. E., Biggs, E., Ganio, E., Williams, et al  
2022; 12 (6): e061548
- **Leveraging VR/AR to combat chronic pain in youth: Position paper from the Interdisciplinary Network on Virtual and Augmented (AR/VR) Technologies for Pain (INOVATE-Pain) Management.** *Journal of medical Internet research*  
Logan, D. E., Simons, L. E., Caruso, T. n., Gold, J. I., Greenleaf, W. n., Griffin, A. n., King, C. n., Menendez, M. n., Olbrecht, V. n., Rodriguez, S. n., Silvia, M. n., Stinson, J. n., Wang, et al  
2021
- **Parent Attributions of Ambiguous Symptoms in Their Children: A Preliminary Measure Validation in Parents of Children with Chronic Pain** *CHILDREN-BASEL*  
Heathcote, L. C., Williams, S. E., Smith, A. M., Sieberg, C. B., Simons, L. E.  
2018; 5 (6)