



Alyssa Michelle Howren

Postdoctoral Scholar, Epidemiology

Bio

BIO

Alyssa Howren is a Postdoctoral Scholar at Stanford University's Department of Epidemiology and Population Health in the School of Medicine. She completed her MSc and PhD training at the University of British Columbia's Faculty of Pharmaceutical Sciences during which she was a trainee at Arthritis Research Canada. Her PhD training was supported by a Canadian Institutes of Health Research (CIHR) Doctoral Award, along with UBC's Wayne Riggs Interdisciplinary Scholarship in Pharmaceutical Sciences and Andrew Nord Fellowship in Rheumatology. Her research focuses on using multiple data sources to provide evidence to disentangle the complex relationship between depression and anxiety with inflammatory arthritis and assess how people living with inflammatory arthritis are treated for their comorbid mental disorders. Methodological approaches in Dr. Howren's work have included systematic reviews, qualitative research, mixed methods, and population-based studies using linked administrative health databases. She was awarded a CIHR Fellowship for her postdoctoral research at Stanford University which aims to evaluate whether biases in clinical decision-making contribute to the sex and gender differences observed in the diagnosis of major depressive disorder.

INSTITUTE AFFILIATIONS

- Member, Maternal & Child Health Research Institute (MCHRI)

HONORS AND AWARDS

- Fellowship, Canadian Institutes of Health Research (2024-2026)

PROFESSIONAL EDUCATION

- PhD, Faculty of Pharmaceutical Sciences, University of British Columbia (2024)
- MSc, Faculty of Pharmaceutical Sciences, University of British Columbia (2017)
- BSc, University of British Columbia , Cell Biology and Genetics (2012)

STANFORD ADVISORS

- Julia Simard, Postdoctoral Faculty Sponsor

LINKS

- ORCID iD: <https://orcid.org/0000-0002-9901-6947>

Publications

PUBLICATIONS

- **Effect of race and sex on lupus diagnosis in primary care: A randomized factorial survey study.** *PloS one*
Howren, A., Tran, Q. L., Sediqi, S., Hawa, S., Owens, D. K., Linos, E., Falasinnu, T. O., Chaichian, Y., Simard, J. F.

2026; 21 (2): e0342328

- **Epidemiologic Evaluation of Postpartum Mental Health for Women Living with Systemic Lupus Erythematosus: A Population-Based Cohort Study Among Medicaid Enrollees**
Howren, A., Rector, A., Sediqi, S., Simard, J. F.
WILEY.2025: 4254-4256
- **Adherence to Reproductive Health Guidelines in Lupus Care: Insights from Patient and Physician Surveys**
Sood, A., Wise, L., Sediqi, S., Howren, A., Moyer, A., Diamond, E., Chaichian, Y., Simard, J. F.
WILEY.2025: 4252-4254
- **Pregnancy Outcomes and Comorbidities Among Individuals with Systemic Lupus Erythematosus: A Nationwide Study Using Publicly Funded Health Insurance Claims Data**
Rector, A., Sediqi, S., Howren, A., Simard, J. F.
WILEY.2025: 1940-1942
- **Mental healthcare utilisation among individuals with colorectal cancer: population-based cohort studies.** *BMJ oncology*
Cheng, V., Sayre, E. C., Cheng, V., Loree, J. M., Gill, S., Murphy, R. A., Howren, A., De Vera, M. A.
2025; 4 (1): e000690
- **Do individuals with inflammatory arthritis receive minimally adequate treatment for incident depression and anxiety: A population-based study** *ARTHRITIS RESEARCH & THERAPY*
Howren, A., Sayre, E. C., Avina-Zubieta, J., Puyat, J. H., Da Costa, D., Xie, H., Davidson, E., Gupta, A., De Vera, M. A.
2025; 27 (1): 13
- **Beyond the Symptoms: Exploring Cognitive Bias in Lupus Diagnosis Within Primary Care**
Howren, A., Quan Le Tran, Sediqi, S., Hawa, S., Linos, E., Falasinnu, T., Chaichian, Y., Simard, J.
WILEY.2024: 374-375
- **"What Came First?" Population-Based Evaluation of Health Care Encounters for Depression and Anxiety Before and After Inflammatory Arthritis Diagnosis: Disentangling the Relationship Between Mental Health and Arthritis** *ARTHRITIS CARE & RESEARCH*
Howren, A., Sayre, E. C., Avina-Zubieta, J., Puyat, J. H., Da Costa, D., Xie, H., Davidson, E., De Vera, M. A.
2024; 76 (5): 743-752
- **Evaluation of the Receipt of Adequate Pharmacological and Psychological Treatment for Incident Depression and Anxiety in Individuals Living with Inflammatory Arthritis**
Howren, A., Sayre, E., Avina-Zubieta, A., Puyat, J., Da Costa, D., Xie, H., Gupta, A., De Vera, M.
WILEY.2023: 3686-3688
- **Impact of Loneliness and Social Isolation on Mental Health Outcomes Among Individuals With Rheumatic Diseases During the COVID-19 Pandemic** *ACR OPEN RHEUMATOLOGY*
Howren, A., Avina-Zubieta, J., Puyat, J. H., Da Costa, D., Xie, H., Davidson, E., Rebic, N., Gastonguay, L., Dau, H., De Vera, M. A.
2023; 5 (5): 243-250
- **Onset of depression and anxiety among patients with gout after diagnosis: a population-based incident cohort study** *BMC RHEUMATOLOGY*
Howren, A., Sayre, E. C., Choi, H. K., Avina-Zubieta, J., Shojania, K., Park, J. Y., De Vera, M. A.
2022; 6 (1): 56
- **Risk of Anxiety and Depression after Diagnosis of Young-Onset Colorectal Cancer: A Population-Based Cohort Study** *CURRENT ONCOLOGY*
Howren, A., Sayre, E. C., Cheng, V., Oveisi, N., McTaggart-Cowan, H., Peacock, S., De Vera, M. A.
2022; 29 (5): 3072-3081
- **Factors Associated With Depression and Anxiety in People Living With Rheumatic Disease: Findings from an International Survey Administered During the COVID-19 Pandemic**
Howren, A., Avina-Zubieta, A., Da Costa, D., Puyat, J., Xie, H., De Vera, M.
J RHEUMATOL PUBL CO.2021: 1124-1125
- **Virtual Oncology Appointments during the Initial Wave of the COVID-19 Pandemic: An International Survey of Patient Perspectives** *CURRENT ONCOLOGY*
Loree, J. M., Dau, H., Rebic, N., Howren, A., Gastonguay, L., McTaggart-Cowan, H., Gill, S., Raghav, K., De Vera, M. A.

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- **Trends in the Incidence of Young-Onset Colorectal Cancer With a Focus on Years Approaching Screening Age: A Population-Based Longitudinal Study** *JNCI-JOURNAL OF THE NATIONAL CANCER INSTITUTE*
Howren, A., Sayre, E. C., Loree, J. M., Gill, S., Brown, C. J., Raval, M. J., Farooq, A., De Vera, M. A.
2021; 113 (7): 863-868
- **Epidemiology of Depression and Anxiety in Gout: A Systematic Review and Metaanalysis** *JOURNAL OF RHEUMATOLOGY*
Howren, A., Bowie, D., Choi, H. K., Rai, S. K., De Vera, M. A.
2021; 48 (1): 129-137
- **Epidemiology of depression and anxiety in patients with psoriatic arthritis: A systematic review and meta-analysis** *SEMINARS IN ARTHRITIS AND RHEUMATISM*
Zusman, E. Z., Howren, A. M., Park, J. Y. E., Dutz, J., De Vera, M. A.
2020; 50 (6): 1481-1488
- **Perinatal exposure to conventional synthetic disease-modifying anti-rheumatic drugs in women with rheumatic disease and neonatal outcomes: a population-based study** *CLINICAL AND EXPERIMENTAL RHEUMATOLOGY*
Howren, A., Rebic, N., Sayre, E. C., Tsao, N. W., Amiri, N., Baldwin, C., De Vera, M. A.
2020; 38 (6): 1080-1087
- **Virtual rheumatology appointments during the COVID-19 pandemic: an international survey of perspectives of patients with rheumatic diseases** *CLINICAL RHEUMATOLOGY*
Howren, A., Avina-Zubieta, J., Rebic, N., Dau, H., Gastonguay, L., Shojania, K., Davidson, E., De Vera, M. A.
2020; 39 (11): 3191-3193
- **Defining Depression and Anxiety in Individuals With Rheumatic Diseases Using Administrative Health Databases: A Systematic Review** *ARTHRITIS CARE & RESEARCH*
Howren, A., Avina-Zubieta, J., Puyat, J. H., Esdaile, J. M., Da Costa, D., De Vera, M. A.
2020; 72 (2): 243-255
- **Medication adherence teaching activity for first year pharmacy students in a Canadian university: Description and evaluation** *CURRENTS IN PHARMACY TEACHING AND LEARNING*
Seet, T., De Vera, M. A., Howren, A., Chan, D., Albon, S.
2020; 12 (1): 65-73
- **The incidence of depression and anxiety in patients with ankylosing spondylitis: a systematic review and meta-analysis** *BMC RHEUMATOLOGY*
Park, J. Y. E., Howren, A. M., Zusman, E. Z., Esdaile, J. M., De Vera, M. A.
2020; 4 (1): 12
- **Impact of arthritis on the perceived need and use of mental healthcare among Canadians with mental disorders: nationally representative cross-sectional study** *BMJ OPEN*
Howren, A., Avina-Zubieta, J., Da Costa, D., Puyat, J. H., Xie, H., De Vera, M. A.
2020; 10 (12): e041371
- **Insights on mental health when living with rheumatoid arthritis: a descriptive qualitative study of threads on the Reddit website** *BMC RHEUMATOLOGY*
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2020; 4 (1): 62
- **eHealth-supported decentralized multi-disciplinary care for gout involving rheumatology, pharmacy, and dietetics: proof-of-concept study** *CLINICAL RHEUMATOLOGY*
Howren, A., Tsao, N. W., Choi, H. K., Shojania, K., Kydd, A., Friesen, R., Avina-Zubieta, J., De Vera, M. A.
2020; 39 (4): 1241-1249
- **THE IMPACT OF ARTHRITIS ON UTILIZATION OF MENTAL HEALTH TREATMENT FOR COMORBID MENTAL DISORDERS: FINDINGS FROM A NATIONALLY REPRESENTATIVE MENTAL HEALTH SURVEY**
Howren, A., Avina, A., De Vera, M.
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- **Mobile Phone Apps Targeting Medication Adherence: Quality Assessment and Content Analysis of User Reviews** *JMIR MHEALTH AND UHEALTH*
Park, J., Li, J., Howren, A., Tsao, N., De Vera, M.
2019; 7 (1): e11919
- **Management of Inflammatory Arthritis in pregnancy: a National Cross-Sectional Survey of Canadian rheumatologists** *BMC RHEUMATOLOGY*
De Vera, M. A., Baldwin, C., Tsao, N. W., Howren, A., Hazlewood, G. S., Rebic, N., Ensworth, S.
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- **Botulinum Toxin Type A Versus Placebo for Idiopathic Clubfoot A Two-Center, Double-Blind, Randomized Controlled Trial** *JOURNAL OF BONE AND JOINT SURGERY-AMERICAN VOLUME*
Alvarez, C. M., Wright, J. G., Chhina, H., Howren, A., Law, P.
2018; 100 (18): 1589-1596
- **Exposure to Disease Modifying Antirheumatic Drugs during Pregnancy in Women with Inflammatory Arthritis and the Risk of Serious Maternal Infection: A Population-Based Cohort Study**
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- **Prevalence, Incidence, Determinants, and Impacts of Depression and Anxiety in Gout: A Systematic Review**
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- **Epidemiology of Depression and Anxiety in Patients with Psoriatic Arthritis: A Systematic Review and Meta-Analysis**
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WILEY.2018
- **The Prevalence, Incidence, and Determinants of Depression and Anxiety in Less Common Systemic Autoimmune Rheumatic Diseases: A Systematic Review and Meta-Analysis**
Howren, A., Zusman, E. Z., Avina-Zubieta, J., De Vera, M. A.
WILEY.2018
- **Exploring How Individuals with Gout Experience an eHealth Supported Collaborative Care Model: An Explanatory Sequential Mixed Methods Study**
Howren, A., Tsao, N., Shojania, K., Choi, H., Avina-Zubieta, A., Kydd, A., Friesen, R., De Vera, M.
J RHEUMATOL PUBL CO.2018: 1042
- **How patients with gout become engaged in disease management: a constructivist grounded theory study** *ARTHRITIS RESEARCH & THERAPY*
Howren, A., Cox, S. M., Shojania, K., Rai, S. K., Choi, H. K., De Vera, M. A.
2018; 20: 110
- **Utility of Electronic Medical Records in Community Rheumatology Practice for Assessing Quality of Care Indicators for Gout: A Feasibility Study** *JCR-JOURNAL OF CLINICAL RHEUMATOLOGY*
Estrada, A., Tsao, N. W., Howren, A., Esdaile, J. M., Shojania, K., De Vera, M. A.
2018; 24 (2): 75-79
- **Exploring strategies to support medication adherence in patients with inflammatory arthritis: a patient-oriented qualitative study using an interactive focus group activity** *PATIENT PREFERENCE AND ADHERENCE*
Rai, S. K., Howren, A., Wilcox, E. S., Townsend, A. F., Marra, C. A., Avina-Zubieta, J., De Vera, M. A.
2018; 12: 2015-2025
- **Management of Inflammatory Arthritis in Pregnancy: A National Survey of Canadian Rheumatologists**
De Vera, M., Baldwin, C., Tsao, N., Howren, A., Ensworth, S.
J RHEUMATOL PUBL CO.2017: 935
- **eHealth Supported Collaborative Care for Gout Involving Rheumatology, Pharmacy, and Dietetics: Mid-Term Outcomes**
Howren, A., Tsao, N., Shojania, K., Kydd, A., Friesen, R., De Vera, M.
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- **Exploring how Individuals with Gout Experience an eHealth Supported Collaborative Care Model: Preliminary Results from a Qualitative Study**
Howren, A., De Vera, M.
J RHEUMATOL PUBL CO.2017: 935-936
- **Early ultrasonographic evaluation of idiopathic clubfeet treated with manipulations, casts, and Botox® : a double-blind randomized control trial** *JOURNAL OF CHILDRENS ORTHOPAEDICS*
Howren, A. M., Jamieson, D. H., Alvarez, C. M.
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- **The contralateral foot in children with unilateral clubfoot, is the unaffected side normal?** *GAIT & POSTURE*
Cooper, A., Chhina, H., Howren, A., Alvarez, C.
2014; 40 (3): 375-380
- **Onabotulinumtoxin A® injections: A safety review of children with clubfoot under 2 years of age at BC Children's Hospital** *EUROPEAN JOURNAL OF PAEDIATRIC NEUROLOGY*
Chhina, H., Howren, A., Simmonds, A., Alvarez, C. M.
2014; 18 (2): 171-175