Stanford



Beth Darnall, PhD

Professor of Anesthesiology, Perioperative and Pain Medicine (Adult Pain) and, by courtesy, of Psychiatry and Behavioral Sciences (General Psychiatry & Psychology (Adult))

Curriculum Vitae available Online

CLINICAL OFFICE (PRIMARY)

- **Stanford Pain Management Center**

  450 Broadway St

  Pavilion A 1st Fl MC 5340

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  Tel (650) 723-6238 **Fax** (650) 721-3417

ACADEMIC CONTACT INFORMATION

- **Administrative Contact**

  Ashley Gomez - Administrative Associate

  Email ashgo@stanford.edu

Bio

BIO

As a clinical pain psychologist and scientist, I have dedicated my career to developing and investigating brief, scalable, and effective interventions for acute and chronic pain relief, and to safely reduce prescription opioids and related iatrogenics. I am Professor in the Department of Anesthesiology, Perioperative and Pain Medicine at Stanford University School of Medicine where I direct the Stanford Pain Relief Innovations Lab. As a NIDA-funded pain and opioid research mentor, I enjoy mentoring junior investigators to further their scientific goals and careers. As a behavioral pain treatment clinical trials specialist and principal investigator (PI), I lead multiple active NIH and PCORI-funded multi-site and national comparative efficacy and pragmatic comparative effectiveness randomized pain treatment trials involving a combined 3,200 Americans.

Our research is patient-centered, efficient and low-burden, and offers patients improved access regardless of proximity. I am committed to the conduct of science that is inclusive of people with the least means and the greatest need for effective pain care. I develop, investigate, and disseminate innovative and effective behavioral pain treatments that transcend traditional barriers to healthcare, are low-burden, and provide home-based access to meet patients where they are.

I created Empowered Relief®, a 1-session pain relief skills intervention, to fill a pressing national need for accessible and effective non-pharmacologic treatment for chronic, acute and post-surgical pain. As PI I lead an active PCORI-funded national pragmatic comparative effectiveness trial (online 1-session Empowered Relief vs. online 8-session CBT) in 1,650 diverse Americans with chronic pain of any type. Empowered Relief has been widely adopted throughout the U.S. and internationally (31 countries, 9 languages) across the continuum of care (acute, chronic and post-surgical pain management) and with tailored versions for special populations (e.g., Military/Veterans, Youth, Corrections Settings, Surgery, Peripartum). Our newest research is studying the efficacy of Empowered Relief delivered by nurses and when applied to underserved populations such as rural patients and in rare connective tissue diseases. Scientific findings from our collective work have been presented at international keynote sessions at national pain society conferences in the U.K., Australia, New Zealand, Switzerland, and The Netherlands. (NB: Empowered Relief is copyrighted and trademarked by Stanford University; I receive no personal compensation/revenue from Empowered Relief certification workshops or otherwise)

Three times I have briefed the U.S. Congress on the opioid and pain crises, provided invited testimony to the FDA on iatrogenic harms associated with opioid tapering, and in 2022 advised the Federation of State Medical Boards. I served on the NIH Interagency Pain Research Coordinating Committee as a scientific member (2020-2025). From 2020-2021 I served as a scientific member of the Centers for Disease Control (CDC) Opioid Workgroup of the Board of Scientific Counselors of the National Center for Injury Prevention and Control (BSC/NCIPC).

Our work has been featured in outlets such as The New York Times, Wall Street Journal, Scientific American, NPR Radio, BBC Radio, and Nature. In 2018 I spoke on the psychology of pain relief at the World Economic Forum in Davos, Switzerland. In 2024 I was named a 2024-2025 Mayday Fellow by the Mayday Foundation, and am elected upcoming president of the United States Association for the Study of Pain (USASP) for 2027-2029.

ACADEMIC APPOINTMENTS

- Professor-Univ Med Line, Anesthesiology, Perioperative and Pain Medicine
- Professor-Univ Med Line (By courtesy), Psychiatry and Behavioral Sciences
- Member, Wu Tsai Human Performance Alliance

ADMINISTRATIVE APPOINTMENTS

- Executive Leadership Committee, United States Association for the Study of Pain, (2026-2030)
- President-Elect, United States Association for the Study of Pain, (2026-2027)
- NIH Interagency Pain Research Coordinating Committee (IPRCC). Scientific member., National Institutes of Health, (2020-2025)
- Co-Chair, Behavioral Medicine Committee, American Academy of Pain Medicine, (2019-2023)
- CDC Opioid Workgroup (BSC/NCIPC), Centers for Disease Control (CDC) Board of Scientific Counselors (BSC/NCIPC), (2020-2021)
- Chief Science Advisor, AppliedVR, (2019- present)
- Co-Chair, Acute Pain Task Force, Stanford Hospital, (2019- present)

HONORS AND AWARDS

- 2024-2025 Mayday Fellow, Mayday Foundation (2024-2025)
- NIH Interagency Pain Research Coordinating Committee (scientific member), National Institutes of Health (2020-2025)
- Presidential Commendation, American Academy of Pain Medicine (2023)
- U.S. Congressional Briefing on the revised CDC opioid prescribing guideline, AEI, Washington, D.C. (2022)
- Distinguished Service Award, American Academy of Pain Medicine (2022)
- FDA Network of Experts in Digital Health Technologies, Center for Devices and Radiological Health, U.S. Food and Drug Administration (2020)
- Pain and Opioid Crisis in America (invited speaker), U.S. Congressional Briefing (2018)
- Invited Speaker, "The Psychology of Pain Relief", World Economic Forum (2018)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- President-Elect (Presidency 2027-2029), United States Association for the Study of Pain (2026 - present)
- ACOEM 2025 Chronic Pain Treatment Guidelines Expert Review Committee member, American College of Occupational and Environmental Medicine (ACOEM) (2024 - present)
- Scientific Member, FDA-AAPM Acute Low Back Pain Treatment Guidelines Committee (2024 - present)
- Education Programs Working Group, International Association for the Study of Pain (IASP) (2024 - present)
- Board of Directors, Institute for Brain Potential (2020 - 2025)
- Scientific Member, NIH Interagency Pain Research Coordinating Committee (IPRCC), National Institutes of Health (2019 - 2025)
- Chief Science Advisor, AppliedVR (2019 - present)

- Academy of Research Mentors in Anesthesiology (ARMA), Invited member, Foundation for Anesthesia Education and Research (FAER) (2022 - present)
- Network of Experts in Digital Health Technologies, Center for Devices and Radiological Health, U.S. Food and Drug Administration (2020 - present)
- Editorial Board, MedPage Today (2020 - present)
- Board of Directors, American Academy of Pain Medicine (2021 - 2024)
- Co-Chair, Behavioral Medicine Committee, American Academy of Pain Medicine (2019 - 2023)
- Co-Chair, 2022 annual conference, American Academy of Pain Medicine (2021 - 2022)
- Scientific Advisory Board, National Pain Advocacy Center (2021 - 2022)
- Opioid Guideline Task Force, American Academy of Pain Medicine (2019 - 2022)
- Opioid Advisory Committee, American Academy of Pain Medicine (2017 - 2022)
- Scientific Review and Guidelines Committee, American Academy of Pain Medicine (2017 - present)
- CDC Opioid Workgroup Member, Centers for Disease Control and Prevention (CDC) (2020 - 2021)
- Education Initiatives Working Group, International Association for the Study of Pain (2016 - 2018)
- APS Clinical Resources and Guidelines Committee, American Pain Society (2015 - 2018)
- ACOEM Committee Member and Co-Author, ACOEM Chronic Pain National Guideline (2016 - 2017)
- Committee on the Principles of Analgesic Use in the Treatment of Chronic Pain and Cancer Pain, American Pain Society (2014 - 2016)
- President, Pain Society of Oregon (2012 - 2012)

PROFESSIONAL EDUCATION

- PhD Training: University of Colorado at Boulder (2002) CO
- Fellowship: The Johns Hopkins University (2004) MD
- Internship: Southern Arizona VA Healthcare System (2002) AZ

COMMUNITY AND INTERNATIONAL WORK

- Stanford Free Back Pain Education Day 2015, Stanford University
- Stanford 2014 Free Chronic Pain Education Day, Stanford University
- Mirror therapy certification workshops for physicians, trauma, and healthcare providers in Vietnam, Can Tho, Dong Ha, and Hanoi, Vietnam

LINKS

- Personal website: https://bethdarnall.people.stanford.edu/
- My Lab: https://med.stanford.edu/pril
- "Empowered Relief" clinician certification workshops: https://empoweredrelief.stanford.edu/
- Stanford Opioid Tapering Toolkit: https://opioidtaperingtoolkit.stanford.edu/
- Division of Pain Medicine: http://med.stanford.edu/paincenter.html
- Twitter: https://twitter.com/bethdarnall

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Currently funded research as Principal Investigator:

Patient Centered Outcomes Research Institute PI: Darnall 2022-- 2028

Title: Comparative Effectiveness of Online Cognitive Behavioral Therapy vs. an Online Single-Session Pain Relief Skills Class (Empowered Relief) for Chronic Pain

This is a 6-site national randomized comparative effectiveness trial conducted in 1,650 diverse patients with chronic pain of any type. Emphasis is on recruiting underserved and underrepresented populations.

NIH /NINR R01 MPI: Darnall and Wilson 2026-2031

Title: Nurse-Delivered Brief Pain Relief Skills Treatment in Rural Communities

This multi-site randomized controlled study compares nurse-delivered Empowered Relief to health education for diverse chronic pain in rural primary care clinics.

NIH / NIDA K24 PI: Darnall 2021 -- 2031

Title: Research and Mentoring in Innovative Patient Oriented Pain and Opioid Science

This award funds the PI to mentor junior investigators toward their scientific independence, to expand research into digital therapeutics, and to support secondary analyses of existing high quality datasets.

Patient Centered Outcomes Research Institute PI: Darnall 2018 - 2025

Title: “Comparative Effectiveness of Pain Cognitive Behavioral Therapy and Chronic Pain Self-Management Within the Context of Opioid Reduction.”

Results of this 5-state randomized trial published in Annals of Internal Medicine in July 2026. A free tapering implementation guide is available at: https://opioidtaperingtoolkit.stanford.edu/

CLINICAL TRIALS

- Cognitive Behavioral Therapy and Chronic Pain Self-Management Within the Context of Opioid Reduction: The EMPOWER Study, Recruiting
- Comparative Effectiveness of Online 8-session CBT Vs. 1-Session Empowered Relief for Chronic Pain - the PROGRESS Study, Recruiting
- Digital Behavioral Pain Medicine for Orthopedic Trauma Surgery Patients, Not Recruiting
- My Surgical Success: A Randomized Controlled Pilot Study of a Pre-surgical Psychological Intervention, Not Recruiting
- Patient-Centered Opioid Tapering Study, Not Recruiting
- Recovery Toolkits: Assessment of Pragmatic Behavioral Pain Medicine Delivered In Hospital After Surgery, Not Recruiting
- Single Session Pain Psychology Treatment: Comparative Efficacy & Mechanisms, Not Recruiting
- Single-Session "Empowered Relief" Class for Marfan Syndrome and Related Conditions, Not Recruiting
- Stanford Center for Back Pain, Not Recruiting

Teaching

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Pain Management (Fellowship Program)

Publications

PUBLICATIONS

- **Patient-Centered Prescription Opioid Tapering Methods : A Randomized Clinical Trial.** *Annals of internal medicine*
  Darnall, B. D., Perez, L., Kao, M. C., Lorig, K., Mardian, A. S., Flood, P., Pun, T., Hanson, E. R., Brose, W., Chen, C. A., Cheung, M., Colloca, L., De Bruyne, et al
  2026

- **Upskilling pain relief after surgery: a scoping review of perioperative behavioral intervention efficacy and practical considerations for implementation.** *Regional anesthesia and pain medicine*
  Darnall, B. D., Abshire, L., Courtney, R. E., Davin, S.
  2025; 50 (2): 93-101

- **Empowered Relief, cognitive behavioral therapy, and health education for people with chronic pain: a comparison of outcomes at 6-month Follow-up for a randomized controlled trial.** *Pain reports*
  Darnall, B. D., Burns, J. W., Hong, J., Roy, A., Slater, K., Poupore-King, H., Ziadni, M. S., You, D. S., Jung, C., Cook, K. F., Lorig, K., Tian, L., Mackey, et al
  2024; 9 (1): e1116

- **"My Surgical Success": Feasibility and Impact of a Single-Session Digital Behavioral Pain Medicine Intervention on Pain Intensity, Pain Catastrophizing, and Time to Opioid Cessation After Orthopedic Trauma Surgery-A Randomized Trial.** *Anesthesia and analgesia*
  Ziadni, M. S., You, D. S., Keane, R., Salazar, B., Jaros, S., Ram, J., Roy, A., Tanner, N., Salmasi, V., Gardner, M., Darnall, B. D.
  2022

- **Comparison of a Single-Session Pain Management Skills Intervention With a Single-Session Health Education Intervention and 8 Sessions of Cognitive Behavioral Therapy in Adults With Chronic Low Back Pain: A Randomized Clinical Trial.** *JAMA network open*
  Darnall, B. D., Roy, A., Chen, A. L., Ziadni, M. S., Keane, R. T., You, D. S., Slater, K., Poupore-King, H., Mackey, I., Kao, M. C., Cook, K. F., Lorig, K., Zhang, et al
  2021; 4 (8): e2113401

- **Preferences and Treatment Outcomes of a Whole Health Interdisciplinary Team Program for Chronic Pain Among Rural Veterans: the PREVAIL Cohort Study.** *Pain medicine (Malden, Mass.)*
  Courtney, R. E., Bower, K., Lozano, A. J., Schadegg, M. J., Fredericks, J. C., Darnall, B. D., Smith, S., Bolton, R., Wagner, H. R., Oursler, K. K., Naylor, J.
  2026

- **PROmoting Pain Self-Management for Chronic Musculoskeletal Pain in the Military Health System, comparing health coaching to Empowered Relief: the PROs trial protocol.** *Pain medicine (Malden, Mass.)*
  Fritz, J. M., Rhon, D. I., Fino, N., Greene, T. H., Greenlee, T. A., Teyhen, D. S., Cook, D., Darnall, B. D.
  2026

- **Actigraphy and Wearable EEG Yield Discordant Objective Sleep Estimates in Chronic Pain.** *The journal of pain*
  Kim, S., Zeitzer, J. M., Manber, R., You, D. S., Darnall, B. D., Mackey, S.
  2026: 106446

- **Task-evoked network connectivity and pain regulation success in chronic low back pain.** *Neuroimage. Reports*
  Anderson, S. R., Gilam, G., Law, C., Weber, K. A., Goldin, P. R., Wager, T. D., Kong, J. T., Darnall, B. D., Gross, J. J., Mackey, S. C.
  2026; 6 (3): 100383

- **Empowered Relief vs Cognitive Behavioral Therapy for Patients With Systemic Lupus Erythematosus and Chronic Pain: Study Protocol for a National, Randomized, Noninferiority Trial.** *JMIR research protocols*
  Falasinnu, T., Hailu, A. Y., Monson, E. A., Clifton, J., Torres, C., Dildine, T. C., Dorsonne, B., Heggan, E., Riazi, G., Slater, K., Poupore-King, H., Perez, L., Hellewell, et al
  2026; 15: e100104

- **Behavioral Pain Interventions Improve Sleep via Reduced Pain Interference and Catastrophizing: Secondary Longitudinal Mediation Analysis.** *The journal of pain*
  Kim, S., You, D. S., Manber, R., Zeitzer, J. M., Tian, L., Darnall, B. D., Mackey, S.
  2026: 106419

- **Childhood trauma history and response to behavioral treatments for chronic low back pain.** *Regional anesthesia and pain medicine*
  Kim, S., You, D. S., Mackey, S., Darnall, B. D.
  2026

- **Empowered Relief for Youth: Development, feasibility and early effectiveness of a single session pain relief skills class.** *The journal of pain*
  Simons, L. E., Harrison, L. E., Bhandari, R. P., Neville, A., Huft, K., Mayanja, D., Ma, R. S., Jehl, N. M., Darnall, B. D.
  2026: 106389

- **Skill-Based Virtual Reality Therapy in High-Impact Chronic Pain: 2-Year Follow-Up Results From a Secondary Analysis of a Randomized Controlled Trial.** *Journal of medical Internet research*

Maddox, T., Sackman, J., Bonakdar, R., Maddox, R., Darnall, B. D.
2026; 28: e90688

- **Development of iGET Living, a Digital Graded Exposure Intervention for Youth With Chronic Pain: Multiphase User-Centered Design and Pilot Study.** *JMIR formative research*
  Harrison, L. E., Webster, S. N., Choate, E. S., Mayanja, D., Jehl, N., Darnall, B. D., Stinson, J. N., Bonnert, M., Lalouni, M., Wicksell, R. K., Simons, L. E.
  2026; 10: e89206

- **Single-session, virtual, pain relief skills class for adults with chronic pain on long-term opioids: A randomized controlled trial.** *The journal of pain*
  Ziadni, M. S., Herrick, A., Sturgeon, J. A., Salmasi, V., Darnall, B. D., Mackey, S.
  2026: 106286

- **Empowered Relief On-Demand for Chronic Pain and Opioid Misuse: Findings from a National Randomized Control Trial-The MOBILE Relief Study**
  You, D., Palenski, P., Perez, L., Hong, J., Edwards, K., Ziadni, M., Jung, C., Adair, E., Tian, L., Darnall, B.
  CHURCHILL LIVINGSTONE.2026

- **Single Session Behavioral Interventions for Chronic Pain A Systematic Review and Meta Analysis of Randomized Controlled Trials.** *The journal of pain*
  Ziadni, M. S., Dildine, T. C., Edwards, K. A., Herrick, A., You, D. S., Darnall, B. D.
  2026: 106220

- **Feasibility and Preliminary Efficacy of Empowered Relief in Patients With Chronic Pain Taking Methadone or Buprenorphine: Single-Arm National Pilot Study.** *JMIR formative research*
  You, D., Edwards, K. A., Ziadni, M. S., Kim, S., Klein, M. R., Cox, R., Raney, E., Kuchera, J., Darnall, B. D.
  2026; 10: e86070

- **Actigraphy Misestimates Ambulatory Objective Sleep Compared to Wearable EEG in Chronic Pain**
  Kim, S., Zeitzer, J., You, D., Darnall, B., Mackey, S.
  CHURCHILL LIVINGSTONE.2026

- **Improving Postoperative Outcomes with Psychological and Behavioral Interventions: Access, Efficacy, and Implementation.** *Anesthesiology*
  Kim, S., Darnall, B. D.
  2026; 144 (3): 512-514

- **The Methodology of Adapting a Single-Session Pain Skills Intervention (Empowered Relief®) for the Context of Peripartum Pain**
  Jethwa, A., Takenoshita, M., Simons, L., Rabbitts, J., Sultan, P., Darnall, B.
  CHURCHILL LIVINGSTONE.2026

- **Randomized Comparative Effectiveness Study of 1-Session vs. 8-Session Online Behavioral Treatment for Chronic Pain: Protocol for the national PROGRESS study.** *Pain medicine (Malden, Mass.)*
  Adair Monson, E., Mardian, A., Saxena, K., Dorsonne, B., Hailu, A. Y., Heggan, E., Riazi, G., Slater, K., Poupore-King, H., Clifton, J., Perez, L., Tian, L., Porter, et al
  2026

- **Online 1-session Empowered Relief in Marfan syndrome and related diseases: a single-arm feasibility and pilot efficacy study.** *Scientific reports*
  Perez, L., Palenski, P., Monson, E. A., Contreras, L., Dorsonne, B., Hailu, A. Y., Gedeon, K., Boyd, H., Ziadni, M., Herrick, A., Friedman, A., Xu, J., Hong, et al
  2026; 16 (1): 499

- **More than average values: Dynamics of pain after psychological treatment for chronic back pain**
  Obbarius, A., Schneider, S., Darnall, B., Mackey, S., Stone, A. A.
  Brill Deutschland GmbH.2026

- **From randomized controlled trial to real world clinical evidence: effectiveness and engagement of in-home virtual reality pain treatment for chronic pain in older adults.** *Frontiers in pain research (Lausanne, Switzerland)*
  Maddox, T., Sackman, J., Judge, E., Maddox, R., Bonakdar, R., Darnall, B. D.

2025; 6: 1694007

- **Beyond Headache: Non-cephalic Pain, Fatigue, and Post-Traumatic Stress Symptoms as Longitudinal Predictors of Chronic Migraine Outcomes.** *Pain medicine (Malden, Mass.)*
  Sturgeon, J. A., Vest, N., Barad, M., Darnall, B., Mackey, S.
  2025
- **Protocol for research examination of individual suicides occurring in chronic pain: A qualitative approach to psychological autopsy methodology.** *PloS one*
  Kertesz, S. G., Varley, A. L., Hoge, A. E., Joiner, T. E., Darnall, B. D., Nicholson, K. M., Fuqua, L. A., Gilmore, M. F., Riggs, K. R., Gamble, S. A., Gordon, A. J., Dwivedi, Y., Flower, et al
  2025; 20 (11): e0329874
- **A National Randomized Controlled Trial Evaluating ASPMN Nurse-Delivered Empowered Relief®.** *Pain management nursing : official journal of the American Society of Pain Management Nurses*
  Watson, H., Perez, L., Bindler, R. J., Filoramo, M., Saunders, G., Coriasco, M., Hong, J., Darnall, B. D., Wilson, M.
  2025
- **Digital twin learning health systems and multimodal biomarkers transform pain care.** *Pain*
  Mackey, S., Darnall, B., Kao, M. C.
  2025; 166 (11S): S106-S110
- **Pain Relief Should Not Have a Zip Code: Nurses Call to Action to Address Rural Pain Care Disparities.** *Pain management nursing : official journal of the American Society of Pain Management Nurses*
  Knisely, M. R., Darnall, B. D., Wilson, M.
  2025
- **Transcending barriers to pain care in rural America: a pragmatic comparative effectiveness trial of evidence-based, on-demand, digital behavioral treatments for chronic pain**
  Spiegel, B., Curtis, J., Eshraghi, Y., Guirguis, M., Darnall, B., Rini, C., Holladay, E., Muskaan, M., Choi, S., Eberlein, S.
  WILEY.2025: 2405-2407
- **Virtual reality-delivered skills-based therapy for chronic lower back pain: from proof-of-concept to FDA authorization to clinical implementation in-home and beyond** *FRONTIERS IN VIRTUAL REALITY*
  Maddox, T., Sackman, J., Stoudt, M., Chibbaro, M., Judge, E., Rothery, R., Donini, J., Maddox, R., Darnall, B. D.
  2025; 6
- **Revealing sleep and pain reciprocity with wearables and machine learning.** *Communications medicine*
  Kim, S., Zeitzer, J. M., Mackey, S., Darnall, B. D.
  2025; 5 (1): 160
- **Initial Feasibility and Acceptability of Cancer Pain 101: An Interdisciplinary, Single-Session, Telehealth Intervention for Patients With Cancer-Related Pain.** *Cancer medicine*
  Azizoddin, D. R., Zhao, J., DeForge, S. M., Chen, M., Nipp, R., Stagg, J. H., Bond, K., Leckie, R., Hilton, B. T., Neil, J. M., Tulsky, J. A., Pirl, W., Edwards, et al
  2025; 14 (9): e70898
- **Differential treatment response to virtual reality in high-impact chronic pain: secondary analysis of a randomized trial.** *Scientific reports*
  Maddox, T., Oldstone, L., Linde-Zwirble, W., Bonakdar, R., Maddox, R., Sackman, J., Adair, T., Ffrench, K., Sparks, C., Darnall, B. D.
  2025; 15 (1): 14430
- **Beyond pain intensity: Validating single-item pain bothersomeness measures.** *The journal of pain*
  Edwards, K. A., You, D. S., Lannon, E. W., Dildine, T. C., Darnall, B. D., Mackey, S. C.
  2025; 31: 105395
- **Can We Treat 100 Individuals at Once? Online 1-Session Empowered Relief in a National Sample of Marfan Syndrome and Related Disease**
  Perez, L., Palenski, P., Adair, E., Contreras, L., Dorsonne, B., Hailu, A., Gedeon, K., Boyd, H., Ziadni, M., Friedman, A., Xu, J., Hong, J., Tian, et al
  CHURCHILL LIVINGSTONE.2025
- **Treatment Mediators of Sleep Improvement after Skills-based Behavioral Interventions for Chronic Low Back Pain: A Secondary Analysis of a Randomized Clinical Trial**
  Kim, S., You, D., Mackey, S., Darnall, B. D.

CHURCHILL LIVINGSTONE.2025

- **Predicting High Impact Chronic Pain Diagnosis Using Psychological and Sociocultural Patient Characteristics**
  Dildine, T. C., Falasinnu, T., Telusca, N., Kahn, J., Darnall, B., Mackey, S.
  CHURCHILL LIVINGSTONE.2025

- **Expanding Access to Pain Relief Treatments for Chronic Pain: Inclusive Recruitment Methods in the PROGRESS Study**
  Dorsonne, B., Hailu, A. Y., Saxena, K., Clifton, J., Adair, E., Cheung, M., Torres, C., Andrews, W., Heggan, E., Mierfert, J., Riazi, G., Dildine, T. C., Spears, et al
  CHURCHILL LIVINGSTONE.2025

- **Evaluating Patient Preference and Familiarity with Equity-Related Terminology in Chronic Pain Research: Insights from the PROGRESS Study**
  Hailu, A. Y., Dildine, T. C., Dorsonne, B., Clifton, J., Adair, E., Torres, C., Cheung, M., Andrews, W., Heggan, E., Mierfert, J., Riazi, G., Greer-Smith, R., Pun, et al
  CHURCHILL LIVINGSTONE.2025

- **Zoom-Delivered Empowered Relief for Chronic Pain: Observational Longitudinal Pilot Study Exploring Feasibility and Pain-Related Outcomes in Patients on Long-Term Opioids.** *JMIR formative research*
  Edwards, K. A., Dildine, T. C., You, D. S., Herrick, A. M., Darnall, B. D., Mackey, S. C., Ziadni, M. S.
  2025; 9: e68292

- **Empowered Relief for Caregivers: Assessing Caregiver Needs for a Single-Session Chronic Pain Psychoeducation Group**
  Jehl, N., Guardino, K., Harrison, L., Darnall, B., Bhandari, R., Simons, L., Neville, A.
  OXFORD UNIV PRESS INC.2025: 113

- **Clinician and researcher responses to the term pain catastrophizing and whether new terminology is needed: Content analysis of international, cross-sectional, qualitative survey data.** *The journal of pain*
  Boyd, H., You, D. S., Nguyen, A., Connoy, L., Ahuja, D., Chambers, C., Cowan, P., Cox, R., Crombez, G., Feinstein, A. B., Fuqua, A., Gilam, G., Mackey, et al
  2025; 29: 105330

- **Refining Chronic Pain Phenotypes: A Comparative Analysis of Sociodemographic and Disease-Related Determinants Using Electronic Health Records.** *The journal of pain*
  Begum, T., Veeranki, B., Chike, O. J., Tamang, S., Simard, J. F., Chen, J., Chaichian, Y., Mackey, S., Darnall, B. D., Falasinnu, T.
  2025: 104775

- **Transforming Pain Medicine: The Power of Collaboration, Entrepreneurship, and Innovation.** *Pain medicine (Malden, Mass.)*
  Hirani, S., Vu, P., Halac, M., Bohacek, S., Benkli, B., Jevotovsky, D., Vega, J., Hirani, A., Orhurhu, V., Odonkor, C., Ehrenfeld, J., Shadid, I., Azadian, et al
  2025

- **Changes in Pain Catastrophizing and Related Outcomes Following a Single-Session Empowered Relief Intervention Delivered by Physical Therapists in Workers with Low Back Pain: A Pilot Study** *JOURNAL OF PAIN RESEARCH*
  Carriere, J. S., Coutu, M., Darnall, B. D., Leonard, G., Royer, M., Li, M., Bordeleau, M., Durand, M.
  2025; 18: 4845-4857

- **Brief interventions for chronic pain: Approaches and evidence.** *Current opinion in psychology*
  Darnall, B. D.
  2024; 62: 101978

- **The problem of pain in systemic lupus erythematosus: A comprehensive analysis of pain distribution using the CHOIR body map and PROMIS measures.** *Lupus*
  Jiang, T. E., Mackey, S., Darnall, B. D., Simard, J. F., Falasinnu, T.
  2024: 9612033241301176

- **Breaking barriers: addressing opioid stigma in chronic pain and opioid use disorder.** *Pain*
  Edwards, K. A., Merlin, J. S., Webster, F., Mackey, S. C., Darnall, B. D.
  2024

- **Evaluating a 30-day alcohol abstinence challenge in heavy-drinking individuals with and without chronic pain: feasibility, safety, and perceived benefits.** *Alcohol (Fayetteville, N.Y.)*

You, D. S., Ziadni, M. S., Vest, N., Megerdichian, N., Maronesy, T., Castro, R. J., Darnall, B. D., Mackey, S. C., Humphreys, K.
2024

- **PROGRESS: A Patient-centered Engagement Infrastructure and Multi-level Approach to Enrich Diversity, Equity, and Inclusion in a National Randomized Online Behavioral Pain Treatment Study.** *The journal of pain*
  Clifton, J., Adair, E., Cheung, M., Torres, C., Andrews, W., Dorsonne, B., Hailu, A. Y., Heggan, E., Miefert, J., Riazi, G., Dildine, T. C., Spears, S., Greer-Smith, et al
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PRESENTATIONS

- 2025 Plenary Speaker. United States Association for the Study of Pain (USASP). Chicago, IL. April 30, 2025 - United States Association for the Study of Pain
- 2023 World Institute of Pain (Antalya, Turkey). "Leveraging technology for patient-centered and patient-supported prescription opioid tapering: The EMPOWER study" - 12th World Congress of the World Institute of Pain

- 2022 Keynote speaker, Dutch Pain Society."1-session Empowered Relief for Acute and Chronic Pain". (Amsterdam, Netherlands) - Dutch Pain Society 2022 annual meeting
- 2022 International Plenary Speaker. "Empowered Relief Across the Continuum of Care". Swiss Pain Congress. Lake Geneva, Switzerland. - Swiss Pain Congress
- 2019 U.S. Food and Drug Administration (FDA), invited testimony on Patient-Centered Voluntary Opioid Tapering - U.S. Food and Drug Administration (6/11/2019)
- 2019 Keynote Speaker, Australian Pain Society: Brief and Digital Behavioral Pain Medicine Across the Continuum of Care: “Empowered Relief” and “My Surgical Success” - Keynote Speaker, Australian Pain Society
- 2018 Congressional Briefing on the Pain and Opioid Crisis (invited speaker; Washington DC) - Congress; October 2018
- 2018 World Economic Forum, Davos, Switzerland: "The Psychology of Pain Relief" - World Economic Forum (January 23, 2018)