Stanford



Ana Vanessa Adams Wren

- Clinical Associate Professor, Pediatrics - Gastroenterology
- Clinical Associate Professor (By courtesy), Psychiatry and Behavioral Sciences - Child & Adolescent Psychiatry and Child Development

CLINICAL OFFICE (PRIMARY)

- **Pediatric Gastroenterology**

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Bio

BIO

Clinical Focus:

Psychology

Child and Adolescent Psychology

Pediatric Pain Psychology

Inflammatory Bowel Disease Psychology

CLINICAL FOCUS

- Clinical Child and Adolescent Psychology

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Pediatrics - Gastroenterology
- Clinical Associate Professor (By courtesy), Psychiatry and Behavioral Sciences - Child & Adolescent Psychiatry and Child Development

PROFESSIONAL EDUCATION

- PhD Training: Duke University School of Medicine (2015) NC
- Fellowship: Stanford Hospital and Clinics - Pain Mgmt (2016) CA
- Internship: Stanford University Clinics and Lucile Packard Children's Hospital (2015) CA
- Fellowship, Stanford University School of Medicine , Pain Psychology (2016)
- Internship, Lucile Packard Children's Hospital/Children's Health Council , Child Psychology (2015)
- PhD, Duke University , Clinical Psychology (2015)

Teaching

STANFORD ADVISEES

Med Scholar Project Advisor

Amy Bugwadia

Publications

PUBLICATIONS

- **Injection Fear in Juvenile Idiopathic Arthritis Patients Using Injectable Medications**
  Collins, K., Wren, A., Lee, T.
  WILEY.2019

- **Multidisciplinary Pain Management for Pediatric Patients with Acute and Chronic Pain: A Foundational Treatment Approach When Prescribing Opioids.** *Children (Basel, Switzerland)*
  Wren, A. A., Ross, A. C., D'Souza, G., Almgren, C., Feinstein, A., Marshall, A., Golianu, B.
  2019; 6 (2)

- **Multidisciplinary Pain Management for Pediatric Patients with Acute and Chronic Pain: A Foundational Treatment Approach When Prescribing Opioids** *CHILDREN-BASEL*
  Wren, A. A., Ross, A. C., D'Souza, G., Almgren, C., Feinstein, A., Marshall, A., Golianu, B.
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- **Preliminary efficacy of a lovingkindness meditation intervention for patients undergoing biopsy and breast cancer surgery: A randomized controlled pilot study.** *Supportive care in cancer : official journal of the Multinational Association of Supportive Care in Cancer*
  Wren, A. A., Shelby, R. A., Soo, M. S., Huysmans, Z., Jarosz, J. A., Keefe, F. J.
  2019

- **Depression and Health Care Use in Patients With Inflammatory Bowel Disease** *JOURNAL OF CROHNS & COLITIS*
  Wong, J. J., Sceats, L., Dehghan, M., Wren, A. A., Sellers, Z. M., Limketkai, B. N., Bensen, R., Kin, C., Park, K. T.
  2019; 13 (1): 19–26

- **Yoga as adjunct therapy for adolescents with inflammatory bowel disease: A pilot clinical trial** *COMPLEMENTARY THERAPIES IN MEDICINE*
  Arruda, J. M., Bogetz, A. L., Vellanki, S., Wren, A., Yeh, A.
  2018; 41: 99–104

- **Yoga as adjunct therapy for adolescents with inflammatory bowel disease: A pilot clinical trial.** *Complementary therapies in medicine*
  Arruda, J. M., Bogetz, A. L., Vellanki, S., Wren, A., Yeh, A. M.
  2018; 41: 99–104

- **Pharmacological Strategies for Decreasing Opioid Therapy and Management of Side Effects from Chronic Use** *CHILDREN-BASEL*
  D'Souza, G., Wren, A. A., Almgren, C., Ross, A. C., Marshall, A., Golianu, B.
  2018; 5 (12)

- **Starting Young: Trends in Opioid Therapy Among US Adolescents and Young Adults With Inflammatory Bowel Disease in the Truven MarketScan Database Between 2007 and 2015** *INFLAMMATORY BOWEL DISEASES*
  Wren, A. A., Bensen, R., Sceats, L., Dehghan, M., Yu, H., Wong, J. J., Maclsaac, D., Sellers, Z. M., Kin, C., Park, K. T.
  2018; 24 (10): 2093–2103

- **Depression and Healthcare Utilization in Patients with Inflammatory Bowel Disease.** *Journal of Crohn's & colitis*
  Wong, J. J., Sceats, L., Dehghan, M., Wren, A. A., Sellers, Z. M., Limketkai, B. N., Bensen, R., Kin, C., Park, K. T.
  2018

- **Targeted Dosing as a Precision Health Approach to Pharmacotherapy in Children with Inflammatory Bowel Disease.** *AMA journal of ethics*
  Wren, A. A., Park, K. T.
  2018; 20 (9): E841–848

- **The relationship between holding back from communicating about breast concerns and anxiety in the year following breast biopsy** *JOURNAL OF PSYCHOSOCIAL ONCOLOGY*
  Dorfman, C. S., Lamb, E., Van Denburg, A., Wren, A. A., Soo, M., Faircloth, K., Gandhi, V., Shelby, R. A.
  2018; 36 (2): 222–37

- **Starting Young: Trends in Opioid Therapy Among US Adolescents and Young Adults With Inflammatory Bowel Disease in the Truven MarketScan Database Between 2007 and 2015.** *Inflammatory bowel diseases*
  Wren, A. A., Bensen, R. n., Sceats, L. n., Dehghan, M. n., Yu, H. n., Wong, J. J., MacIsaac, D. n., Sellers, Z. M., Kin, C. n., Park, K. T.
  2018

- **Mind-Body Interventions for Pediatric Inflammatory Bowel Disease.** *Children (Basel, Switzerland)*
  Yeh, A. M., Wren, A., Golianu, B.
  2017; 4 (4)

- **Cognitive problems following hematopoietic stem cell transplant: relationships with sleep, depression and fatigue.** *Bone marrow transplantation*
  Ghazikhanian, S. E., Dorfman, C. S., Somers, T. J., O'Sullivan, M. L., Fisher, H. M., Edmond, S. N., Wren, A. A., Kelleher, S. A., Rowe Nichols, K. A., Chao, N., Shelby, R. A.
  2017; 52 (2): 279-284

- **Positive and negative mood following imaging-guided core needle breast biopsy and receipt of biopsy results.** *Psychology, health & medicine*
  Perlman, K. L., Shelby, R. A., Wren, A. A., Kelleher, S. A., Dorfman, C. S., O'Connor, E., Kim, C., Johnson, K. S., Soo, M. S.
  2016: 1-14

- **Imaging-Guided Core-Needle Breast Biopsy: Impact of Meditation and Music Interventions on Patient Anxiety, Pain, and Fatigue** *JOURNAL OF THE AMERICAN COLLEGE OF RADIOLOGY*
  Soo, M. S., Jarosz, J. A., Wren, A. A., Soo, A. E., Mowery, Y. M., Johnson, K. S., Yoon, S. C., Kim, C., Hwang, E. S., Keefe, F. J., Shelby, R. A.
  2016; 13 (5): 526-534

- **A Pilot Study of a Mobile Health Pain Coping Skills Training Protocol for Patients With Persistent Cancer Pain** *JOURNAL OF PAIN AND SYMPTOM MANAGEMENT*
  Somers, T. J., Abernethy, A. P., Edmond, S. N., Kelleher, S. A., Wren, A. A., Samsa, G. P., Keefe, F. J.
  2015; 50 (4): 553-558

- **Anxiety prior to breast biopsy: Relationships with length of time from breast biopsy recommendation to biopsy procedure and psychosocial factors.** *Journal of health psychology*
  Hayes Balmadrid, M. A., Shelby, R. A., Wren, A. A., Miller, L. S., Yoon, S. C., Baker, J. A., Wildermann, L. A., Soo, M. S.
  2015

- **Self-efficacy for coping with symptoms moderates the relationship between physical symptoms and well-being in breast cancer survivors taking adjuvant endocrine therapy** *SUPPORTIVE CARE IN CANCER*
  Shelby, R. A., Edmond, S. N., Wren, A. A., Keefe, F. J., Peppercorn, J. M., Marcom, P. K., Blackwell, K. L., Kimmick, G. G.
  2014; 22 (10): 2851-2859

- **Holding Back Moderates the Association Between Health Symptoms and Social Well-Being in Patients Undergoing Hematopoietic Stem Cell Transplantation** *JOURNAL OF PAIN AND SYMPTOM MANAGEMENT*
  Bartley, E. J., Edmond, S. N., Wren, A. A., Somers, T. J., Teo, I., Zhou, S., Rowe, K. A., Abernethy, A. P., Keefe, F. J., Shelby, R. A.
  2014; 48 (3): 374-384

- **Pain, physical functioning, and overeating in obese rheumatoid arthritis patients: do thoughts about pain and eating matter?** *Journal of clinical rheumatology : practical reports on rheumatic & musculoskeletal diseases*
  Somers, T. J., Wren, A. A., Blumenthal, J. A., Caldwell, D., Huffman, K. M., Keefe, F. J.
  2014; 20 (5): 244-250

- **Predictors of Pain Experienced by Women During Percutaneous Imaging-Guided Breast Biopsies** *JOURNAL OF THE AMERICAN COLLEGE OF RADIOLOGY*
  Soo, A. E., Shelby, R. A., Miller, L. S., Balmadrid, M. H., Johnson, K. S., Wren, A. A., Yoon, S. C., Keefe, F. J., Soo, M. S.
  2014; 11 (7): 709-716

- **Psychosocial interventions for managing pain in older adults: outcomes and clinical implications** *BRITISH JOURNAL OF ANAESTHESIA*
  Keefe, F. J., Porter, L., Somers, T., Shelby, R., Wren, A. V.
  2013; 111 (1): 89-94

- **Optimism and pain: A positive move forward** *PAIN*
  Keefe, F. J., Wren, A. A.

2013; 154 (1): 7-8

- **The Context of Pain in Arthritis: Self-efficacy for Managing Pain and Other Symptoms** *CURRENT PAIN AND HEADACHE REPORTS*
  Somers, T. J., Wren, A. A., Shelby, R. A.
  2012; 16 (6): 502-508

- **Self-Compassion in Patients With Persistent Musculoskeletal Pain: Relationship of Self-Compassion to Adjustment to Persistent Pain** *JOURNAL OF PAIN AND SYMPTOM MANAGEMENT*
  Wren, A. A., Somers, T. J., Wright, M. A., Goetz, M. C., Leary, M. R., Fras, A. M., Huh, B. K., Rogers, L. L., Keefe, F. J.
  2012; 43 (4): 759-770

- **Pain Acceptance, Hope, and Optimism: Relationships to Pain and Adjustment in Patients With Chronic Musculoskeletal Pain** *JOURNAL OF PAIN*
  Wright, M. A., Wren, A. A., Somers, T. J., Goetz, M. C., Fras, A. M., Huh, B. K., Rogers, L. L., Keefe, F. J.
  2011; 12 (11): 1155-1162

- **Yoga for persistent pain: New findings and directions for an ancient practice** *PAIN*
  Wren, A. A., Wright, M. A., Carson, J. W., Keefe, F. J.
  2011; 152 (3): 477-480

- **Understanding chronic pain in older adults: Abdominal fat is where it is at** *PAIN*
  Somers, T. J., Wren, A. A., Keefe, F. J.
  2011; 152 (1): 8-9

- **Feasibility and effectiveness of a brief meditation-based stress management intervention for patients diagnosed with or at risk for coronary heart disease: A pilot study** *PSYCHOLOGY HEALTH & MEDICINE*
  Olivo, E. L., Dodson-Lavelle, B., Wren, A., Fang, Y., Oz, M. C.
  2009; 14 (5): 513-523