



Mickey Trockel

Clinical Professor, Psychiatry and Behavioral Sciences

 NIH Biosketch available Online

CLINICAL OFFICES

- **Psychiatry Clinic**

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Bio

BIO

Mickey Trockel is the Director of Evidence Based Innovation for the Stanford University School of Medicine WellMD Center. His development of novel measurement tools has led to growing focus on professional fulfillment as a foundational aim of efforts to promote physician well-being. His scholarship also identifies interpersonal interactions at work as a modifiable core determinate of an organizational culture that cultivates wellness.

Dr. Trockel serves as the chair of the Physician Wellness Academic Consortium Scientific Board, which is a group of academic medical centers working together to improve physician wellbeing. The consortium sites have adopted the physician wellness assessment system Dr. Trockel and his colleagues have developed, which offers longitudinal data for benchmarking and natural experiment based program evaluation. His previous research included focus on college student health, and evaluation of the efficacy of a national evidence based psychotherapy dissemination effort. His more recent scholarship has focused on physician wellbeing. He is particularly interested in developing and demonstrating the efficacy of interventions designed to promote wellbeing by improving social culture determinants of wellbeing across student groups, employee work teams, or larger organizations.

CLINICAL FOCUS

- Psychiatry

ACADEMIC APPOINTMENTS

- Clinical Professor, Psychiatry and Behavioral Sciences

PROFESSIONAL EDUCATION

- Residency: Stanford University Pain Management Fellowship (2009) CA
- Medical Education: University Of Illinois (2005) IL
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2012)

Publications

PUBLICATIONS

- **Wellness-Centered Leadership: Equipping Health Care Leaders to Cultivate Physician Well-Being and Professional Fulfillment.** *Academic medicine : journal of the Association of American Medical Colleges*
Shanafelt, T., Trockel, M., Rodriguez, A., Logan, D.
2020; Publish Ahead of Print
- **Assessment of Physician Sleep and Wellness, Burnout, and Clinically Significant Medical Errors.** *JAMA network open*
Trockel, M. T., Menon, N. K., Rowe, S. G., Stewart, M. T., Smith, R., Lu, M., Kim, P. K., Quinn, M. A., Lawrence, E., Marchalik, D., Farley, H., Normand, P., Felder, et al
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- **Association of Physician Burnout With Suicidal Ideation and Medical Errors.** *JAMA network open*
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2020; 3 (12): e2028780
- **Advancing Physician Well-Being: A Population Health Framework.** *Mayo Clinic proceedings*
Trockel, M., Corcoran, D., Minor, L. B., Shanafelt, T. D.
2020
- **Association of Occupational Distress and Sleep-Related Impairment in Physicians With Unsolicited Patient Complaints.** *Mayo Clinic proceedings*
Welle, D., Trockel, M. T., Hamidi, M. S., Hickson, G. B., Menon, N. K., Shanafelt, T. D., Cooper, W. O.
2020; 95 (4): 719–26
- **Understanding and Addressing Sources of Anxiety Among Health Care Professionals During the COVID-19 Pandemic.** *JAMA*
Shanafelt, T. n., Ripp, J. n., Trockel, M. n.
2020
- **Association of Burnout, Professional Fulfillment, and Self-care Practices of Physician Leaders With Their Independently Rated Leadership Effectiveness.** *JAMA network open*
Shanafelt, T. D., Makowski, M. S., Wang, H. n., Bohman, B. n., Leonard, M. n., Harrington, R. A., Minor, L. n., Trockel, M. n.
2020; 3 (6): e207961
- **Self-valuation: Attending to the Most Important Instrument in the Practice of Medicine.** *Mayo Clinic proceedings*
Trockel, M. T., Hamidi, M. S., Menon, N. K., Rowe, S. G., Dudley, J. C., Stewart, M. T., Geisler, C. Z., Bohman, B. D., Shanafelt, T. D.
2019
- **Selecting physician well-being measures to assess health system performance and screen for distress: Conceptual and methodological considerations.** *Current problems in pediatric and adolescent health care*
Brady, K. J., Kazis, L. E., Sheldrick, R. C., Ni, P. n., Trockel, M. T.
2019: 100662
- **Estimating institutional physician turnover attributable to self-reported burnout and associated financial burden: a case study.** *BMC health services research*
Hamidi, M. S., Bohman, B., Sandborg, C., Smith-Coggins, R., de Vries, P., Albert, M. S., Murphy, M. L., Welle, D., Trockel, M. T.
2018; 18 (1): 851
- **Building a Program on Well-Being: Key Design Considerations to Meet the Unique Needs of Each Organization.** *Academic medicine : journal of the Association of American Medical Colleges*
Shanafelt, T., Trockel, M., Ripp, J., Murphy, M. L., Sandborg, C., Bohman, B.
2018
- **Development of a Research Agenda to Identify Evidence-Based Strategies to Improve Physician Wellness and Reduce Burnout** *ANNALS OF INTERNAL MEDICINE*
Dyrbye, L. N., Trockel, M., Frank, E., Olson, K., Linzer, M., Lemaire, J., Swensen, S., Shanafelt, T., Sinsky, C. A.
2017; 166 (10): 743–+

- **A Brief Instrument to Assess Both Burnout and Professional Fulfillment in Physicians: Reliability and Validity, Including Correlation with Self-Reported Medical Errors, in a Sample of Resident and Practicing Physicians.** *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*
Trockel, M. n., Bohman, B. n., Lesure, E. n., Hamidi, M. S., Welle, D. n., Roberts, L. n., Shanafelt, T. n.
2017
- **Effects of Cognitive Behavioral Therapy for Insomnia on Suicidal Ideation in Veterans** *SLEEP*
Trockel, M., Karlin, B. E., Taylor, C. B., Brown, G. K., Manber, R.
2015; 38 (2): 259-265
- **Perceived electronic health record usability as a predictor of task load and burnout among US physicians: A mediation analysis.** *Journal of medical Internet research*
Melnick, E. R., Harry, E., Sinsky, C. A., Dyrbye, L. N., Wang, H., Trockel, M. T., West, C. P., Shanafelt, T.
2020
- **Resilience and Burnout Among Physicians and the General US Working Population.** *JAMA network open*
West, C. P., Dyrbye, L. N., Sinsky, C., Trockel, M., Tutty, M., Nedelec, L., Carlasare, L. E., Shanafelt, T. D.
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- **Describing the emotional exhaustion, depersonalization, and low personal accomplishment symptoms associated with Maslach Burnout Inventory subscale scores in US physicians: an item response theory analysis.** *Journal of patient-reported outcomes*
Brady, K. J., Ni, P., Sheldrick, R. C., Trockel, M. T., Shanafelt, T. D., Rowe, S. G., Schneider, J. I., Kazis, L. E.
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- **Association of Perceived Electronic Health Record Usability With Patient Interactions and Work-Life Integration Among US Physicians.** *JAMA network open*
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- **CONTENT AND AFFECT ANALYSIS OF TEXT CORRESPONDENCE OF PARTICIPANTS IN A DIGITAL GUIDED SELF-HELP FOR EATING DISORDERS**
Fowler, L. A., Sadeh-Sharvit, S., Idan, O., Fitzsimmons-Craft, E. E., Smith, A. C., Goel, N. J., Flatt, R., Balantekin, K. N., Monterubio, G., Firebaugh, M., Karam, A., Graham, A. K., Funk, et al
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- **Depression and anxiety mediate the relationship between insomnia and eating disorders in college women.** *Journal of American college health : J of ACH*
Goel, N. J., Sadeh-Sharvit, S., Trockel, M., Flatt, R. E., Fitzsimmons-Craft, E. E., Balantekin, K. N., Monterubio, G. E., Firebaugh, M., Wilfley, D. E., Taylor, C. B.
2020: 1-6
- **Disparities in Burnout and Satisfaction With Work-Life Integration in U.S. Physicians By Gender and Practice Setting.** *Academic medicine : journal of the Association of American Medical Colleges*
Marshall, A. L., Dyrbye, L. N., Shanafelt, T. D., Sinsky, C. A., Satele, D. n., Trockel, M. n., Tutty, M. n., West, C. P.
2020
- **Burnout, Depression, Career Satisfaction, and Work-Life Integration by Physician Race/Ethnicity.** *JAMA network open*
Garcia, L. C., Shanafelt, T. D., West, C. P., Sinsky, C. A., Trockel, M. T., Nedelec, L. n., Maldonado, Y. A., Tutty, M. n., Dyrbye, L. N., Fassiotto, M. n.
2020; 3 (8): e2012762
- **Effectiveness of a Digital Cognitive Behavior Therapy-Guided Self-Help Intervention for Eating Disorders in College Women: A Cluster Randomized Clinical Trial.** *JAMA network open*
Fitzsimmons-Craft, E. E., Taylor, C. B., Graham, A. K., Sadeh-Sharvit, S. n., Balantekin, K. N., Eichen, D. M., Monterubio, G. E., Goel, N. J., Flatt, R. E., Karam, A. M., Firebaugh, M. L., Jacobi, C. n., Jo, et al
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- **A Framework for Applying Natural Language Processing in Digital Health Interventions.** *Journal of medical Internet research*
Funk, B. n., Sadeh-Sharvit, S. n., Fitzsimmons-Craft, E. E., Trockel, M. T., Monterubio, G. E., Goel, N. J., Balantekin, K. N., Eichen, D. M., Flatt, R. E., Firebaugh, M. L., Jacobi, C. n., Graham, A. K., Hoogendoorn, et al
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- **Relationship Between Burnout, Professional Behaviors, and Cost-Conscious Attitudes Among US Physicians.** *Journal of general internal medicine*
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2019

- **The Association Between Perceived Electronic Health Record Usability and Professional Burnout Among US Physicians.** *Mayo Clinic proceedings*
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- **Developing a Portfolio to Support Physicians' Efforts to Promote Well-being: One Piece of the Puzzle.** *Mayo Clinic proceedings*
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- **Characteristics of Academic Physicians Associated With Patient Satisfaction** *AMERICAN JOURNAL OF MEDICAL QUALITY*
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- **Associations Between Dietary Patterns and Sleep-Related Impairment in a Cohort of Community Physicians: A Cross-sectional Study** *AMERICAN JOURNAL OF LIFESTYLE MEDICINE*
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- **Changes in Burnout and Satisfaction With Work-Life Integration in Physicians and the General US Working Population Between 2011 and 2017** *MAYO CLINIC PROCEEDINGS*
Shanafelt, T. D., West, C. P., Sinsky, C., Trockel, M., Tutty, M., Satele, D., Carlasare, L. E., Dyrbye, L. N.
2019; 94 (9): 1681–94
- **Medical student depression and its correlates across three international medical schools** *WORLD JOURNAL OF PSYCHIATRY*
Gold, J. A., Hu, X., Huang, G., Li, W., Wu, Y., Gao, S., Liu, Z., Trockel, M., Rohrbaugh, R. M., Wilkins, K. M.
2019; 9 (4): 65–77
- **Healing the Professional Culture of Medicine.** *Mayo Clinic proceedings*
Shanafelt, T. D., Schein, E., Minor, L. B., Trockel, M., Schein, P., Kirch, D.
2019
- **Clinician Perceptions Related to the Use of the CBT-I Coach Mobile App** *BEHAVIORAL SLEEP MEDICINE*
Miller, K. E., Kuhn, E., Owen, J. E., Taylor, K., Yu, J. S., Weiss, B. J., Crowley, J. J., Trockel, M.
2019; 17 (4): 481–91
- **Screening and offering online programs for eating disorders: Reach, pathology, and differences across eating disorder status groups at 28U.S. universities.** *The International journal of eating disorders*
Fitzsimmons-Craft, E. E., Balantekin, K. N., Eichen, D. M., Graham, A. K., Monterubio, G. E., Sadeh-Sharvit, S., Goel, N. J., Flatt, R. E., Saffran, K., Karam, A. M., Firebaugh, M., Trockel, M., Taylor, et al
2019
- **Burnout, Professional Fulfillment and Intent-to-Leave Among Ophthalmologists: A National Study**
Kosowsky, T., Higgins, M. S., Marchalik, D., Trockel, M., Rowe, S.
ASSOC RESEARCH VISION OPHTHALMOLOGY INC.2019
- **Estimating the Attributable Cost of Physician Burnout in the United States.** *Annals of internal medicine*
Han, S., Shanafelt, T. D., Sinsky, C. A., Awad, K. M., Dyrbye, L. N., Fiscus, L. C., Trockel, M., Goh, J.
2019
- **A protected time policy to improve dental health among resident physicians** *JOURNAL OF THE AMERICAN DENTAL ASSOCIATION*
Jun, T., Liebert, C., Esquivel, M., Cox, J., Trockel, M., Katznelson, L.
2019; 150 (5): 362–+
- **Burnout Among Physicians Compared With Individuals With a Professional or Doctoral Degree in a Field Outside of Medicine.** *Mayo Clinic proceedings*
Shanafelt, T. D., Sinsky, C., Dyrbye, L. N., Trockel, M., West, C. P.
2019; 94 (3): 549–51
- **Changes in Burnout and Satisfaction With Work-Life Integration in Physicians and the General US Working Population Between 2011 and 2017.** *Mayo Clinic proceedings*
Shanafelt, T. D., West, C. P., Sinsky, C., Trockel, M., Tutty, M., Satele, D. V., Carlasare, L. E., Dyrbye, L. N.

2019

- **Evidence Relating Health Care Provider Burnout and Quality of Care: A Systematic Review and Meta-analysis.** *Annals of internal medicine*
Tawfik, D. S., Scheid, A. n., Profit, J. n., Shanafelt, T. n., Trockel, M. n., Adair, K. C., Sexton, J. B., Ioannidis, J. P.
2019
- **Authors' response.** *Journal of the American Dental Association (1939)*
Jun, T. W., Liebert, C. A., Esquivel, M. n., Cox, J. A., Trockel, M. n., Katznelson, L. n.
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- **Medical student depression and its correlates across three international medical schools.** *World journal of psychiatry*
Gold, J. A., Hu, X. n., Huang, G. n., Li, W. Z., Wu, Y. F., Gao, S. n., Liu, Z. N., Trockel, M. n., Li, W. Z., Wu, Y. F., Gao, S. n., Liu, Z. N., Rohrbach, et al
2019; 9 (4): 65–77
- **Efficacy of a Parent-Based, Indicated Prevention for Anorexia Nervosa: Randomized Controlled Trial.** *Journal of medical Internet research*
Jacobi, C., Hutter, K., Volker, U., Mobius, K., Richter, R., Trockel, M., Jones Bell, M., Lock, J., Taylor, C. B.
2018; 20 (12): e296
- **Correlates of suicidal ideation in college women with eating disorders.** *The International journal of eating disorders*
Goel, N. J., Sadeh-Sharvit, S., Flatt, R. E., Trockel, M., Balantekin, K. N., Fitzsimmons-Craft, E. E., Monterubio, G. E., Firebaugh, M., Jacobi, C., Wilfley, D. E., Taylor, C. B.
2018
- **A Roadmap for Research on Resident Well-Being** *AMERICAN JOURNAL OF MEDICINE*
Quinn, M. A., Bazari, H., Ripp, J., Block, L., Chretien, K. C., Fried, E. D., Leiter, R. E., Pincavage, A. T., Spataro, B., Trockel, M., West, C. P.
2018; 131 (3): 323–28
- **What Do We Mean by Physician Wellness? A Systematic Review of Its Definition and Measurement** *ACADEMIC PSYCHIATRY*
Brady, K. S., Trockel, M. T., Khan, C. T., Raj, K. S., Murphy, M., Bohman, B., Frank, E., Louie, A. K., Roberts, L.
2018; 42 (1): 94–108
- **A screening tool for detecting eating disorder risk and diagnostic symptoms among college-age women.** *Journal of American college health : J of ACH*
Graham, A. K., Trockel, M. n., Weisman, H. n., Fitzsimmons-Craft, E. E., Balantekin, K. N., Wilfley, D. E., Taylor, C. B.
2018: 1–10
- **Factors Associated With Provider Burnout in the NICU** *PEDIATRICS*
Tawfik, D. S., Phibbs, C. S., Sexton, J. B., Kan, P., Sharek, P. J., Nisbet, C. C., Rigdon, J., Trockel, M., Profit, J.
2017; 139 (5)
- **"Physician Wellness" as Published in Academic Psychiatry** *ACADEMIC PSYCHIATRY*
Louie, A. K., Trockel, M. T., Balon, R., Coverdale, J. H., Beresin, E. V., Brenner, A. M., Guerrero, A. S., Roberts, L.
2017; 41 (2): 155–58
- **Reciprocal longitudinal relations between weight/shape concern and comorbid pathology among women at very high risk for eating disorder onset.** *Eating and weight disorders : EWD*
Fitzsimmons-Craft, E. E., Eichen, D. M., Kass, A. E., Trockel, M. n., Crosby, R. D., Taylor, C. B., Wilfley, D. E.
2017
- **Encouraging Mindfulness in Medical House Staff via Smartphone App: A Pilot Study.** *Academic psychiatry : the journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry*
Wen, L. n., Sweeney, T. E., Welton, L. n., Trockel, M. n., Katznelson, L. n.
2017; 41 (5): 646–50
- **Clinician Perceptions Related to the Use of the CBT-I Coach Mobile App.** *Behavioral sleep medicine*
Miller, K. E., Kuhn, E. n., Owen, J. E., Taylor, K. n., Yu, J. S., Weiss, B. J., Crowley, J. J., Trockel, M. n.
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- **Reducing Eating Disorder Onset in a Very High Risk Sample With Significant Comorbid Depression: A Randomized Controlled Trial** *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*
Taylor, C. B., Kass, A. E., Trockel, M., Cuning, D., Weisman, H., Bailey, J., Sinton, M., Aspen, V., Schecthman, K., Jacobi, C., Wilfley, D. E.
2016; 84 (5): 402-414
- **Universal prevention efforts should address eating disorder pathology across the weight spectrum: Implications for screening and intervention on college campuses.** *Eating behaviors*
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2016
- **Non-suicidal self-injury and suicidal ideation in relation to eating and general psychopathology among college-age women.** *Psychiatry research*
Eichen, D. M., Kass, A. E., Fitzsimmons-Craft, E. E., Gibbs, E., Trockel, M., Barr Taylor, C., Wilfley, D. E.
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Schrijver, I., Brady, K. J., Trockel, M.
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Brown, G. K., Karlin, B. E., Trockel, M., Gordienko, M., Yesavage, J., Taylor, C. B.
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- **CBT-I Coach: A Description and Clinician Perceptions of a Mobile App for Cognitive Behavioral Therapy for Insomnia** *JOURNAL OF CLINICAL SLEEP MEDICINE*
Kuhn, E., Weiss, B. J., Taylor, K. L., Hoffman, J. E., Ramsey, K. M., Manber, R., Gehrman, P., Crowley, J. J., Ruzek, J. I., Trockel, M.
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- **Effectiveness of Acceptance and Commitment Therapy in treating depression and suicidal ideation in Veterans** *BEHAVIOUR RESEARCH AND THERAPY*
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Kass, A. E., Wang, A. Z., Kolko, R. P., Holland, J. C., Altman, M., Trockel, M., Taylor, C. B., Wilfley, D. E.
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- **National evaluation of the effectiveness of cognitive behavioral therapy for insomnia among older versus younger veterans.** *International journal of geriatric psychiatry*
Karlin, B. E., Trockel, M., Spira, A. P., Taylor, C. B., Manber, R.
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- **Comparison of the Effectiveness of Cognitive Behavioral Therapy for Depression among Older Versus Younger Veterans: Results of a National Evaluation.** *journals of gerontology. Series B, Psychological sciences and social sciences*
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2014; 15 (4): 686-693
- **Moderators and mediators of outcome in Internet-based indicated prevention for eating disorders** *BEHAVIOUR RESEARCH AND THERAPY*
Voelker, U., Jacobi, C., Trockel, M. T., Taylor, C. B.
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- **Internet-based preventive intervention for reducing eating disorder risk: A randomized controlled trial comparing guided with unguided self-help** *BEHAVIOUR RESEARCH AND THERAPY*
Kass, A. E., Trockel, M., Safer, D. L., Sinton, M. M., Cunning, D., Rizk, M. T., Genkin, B. H., Weisman, H. L., Bailey, J. O., Jacobi, C., Wilfley, D. E., Taylor, C. B.
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- **A population-wide screening and tailored intervention platform for eating disorders on college campuses: the healthy body image program.** *Journal of American college health*
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Trockel, M., Karlin, B. E., Taylor, C. B., Manber, R.
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- **An Internet-based positive psychology program: Strategies to improve effectiveness and engagement** *JOURNAL OF POSITIVE PSYCHOLOGY*
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Kass, A. E., Trockel, M. n., Safer, D. L., Sinton, M. M., Cunning, D. n., Rizk, M. T., Genkin, B. H., Weisman, H. L., Bailey, J. O., Jacobi, C. n., Wilfley, D. E., Taylor, C. B.
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- **Training in and implementation of Acceptance and Commitment Therapy for depression in the Veterans Health Administration: Therapist and patient outcomes** *BEHAVIOUR RESEARCH AND THERAPY*
Walser, R. D., Karlin, B. E., Trockel, M., Mazina, B., Taylor, C. B.
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