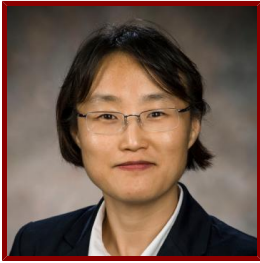


Stanford



Dokyoung Sophia You

Clinical Assistant Professor, Anesthesiology, Perioperative and Pain Medicine

CLINICAL OFFICES

- **Stanford Pain Management Center**

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Bio

BIO

I am interested in investigating the role of stress and emotion regulatory system in chronic pain and substance use. Ultimately, I want to develop mechanisms-based psychological interventions for patients suffering from chronic pain to optimize pain management strategies with less medications and substances and to help patients live meaningful life.

CLINICAL FOCUS

- Psychologist
- Chronic Pain
- Pain Management

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Anesthesiology, Perioperative and Pain Medicine

PROFESSIONAL EDUCATION

- Fellowship: Stanford University Division of Pain Medicine (2019) CA
- Internship: Wright State University School of Psychology (2017) OH
- BSN, Hanyang University , Nursing (1997)
- BA, Case Western Reserve University , Psychology (2007)
- MS, Texas A&M University , Clinical Psychology (2012)
- PhD, Texas A&M University , Clinical Psychology (2017)

LINKS

- Google Scholar: <https://scholar.google.com/citations?user=73WWeCQAAAAJ&hl=en>
- Research Gate: <https://www.researchgate.net/profile/Dokyoung-You/research>

Research & Scholarship

CLINICAL TRIALS

- Pain Catastrophizing and Prescription Opioid Craving, Recruiting
- Virtual Empowered Relief for Chronic Pain, Recruiting

Publications

PUBLICATIONS

- **"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*
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- **The impact of COVID-19 on patients with chronic pain seeking care at a tertiary pain clinic.** *Scientific reports*
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- **Comparing Perceived Pain Impact Between Younger and Older Adults With High Impact Chronic Pain: A Cross-Sectional Qualitative and Quantitative Survey.** *Frontiers in pain research (Lausanne, Switzerland)*
You, D. S., Ziadni, M. S., Hettie, G., Darnall, B. D., Cook, K. F., Von Korff, M. R., Mackey, S. C.
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- **Lack of Premeditation Predicts Aberrant Behaviors Related to Prescription Opioids in Patients with Chronic Pain: A Cross-Sectional Study.** *Substance use & misuse*
Hettie, G., Nwaneshiudu, C., Ziadni, M. S., Darnall, B. D., Mackey, S. C., You, D. S.
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- **Clinical utility of CAT administered PROMIS measures to track change for pediatric chronic pain.** *The journal of pain*
Bhandari, R. P., Harrison, L. E., Richardson, P. A., Arce, A. B., You, D. S., Rajagopalan, A., Birnie, K. A., Sil, S.
2021
- **Emotion regulation strategies moderate the impact of negative affect induction on alcohol craving in college drinkers: an experimental paradigm** *JOURNAL OF AMERICAN COLLEGE HEALTH*
You, D. S., Rattu, F. S., Meagher, M. W.
2021: 1-9
- **Customizing CAT administration of the PROMIS Misuse of Prescription Pain Medication Item Bank for patients with chronic pain.** *Pain medicine (Malden, Mass.)*
You, D. S., Cook, K. F., Domingue, B. W., Ziadni, M. S., Hah, J. M., Darnall, B. D., Mackey, S. C.
2021
- **THE TEMPORAL RELATIONSHIP BETWEEN NEGATIVE AFFECT AND SLEEP BRUXISM IN PATIENTS WITH CHRONIC BACK PAIN**
Hettie, G., You, D. S., Ziadni, M., Kong, J., Law, C., Gross, J., Manber, R., Darnall, B. D., Mackey, S.
OXFORD UNIV PRESS INC.2021: S478
- **A Brief Screening Tool for Opioid Use Disorder: EMPOWER Study Expert Consensus Protocol.** *Frontiers in medicine*
You, D. S., Mardian, A. S., Darnall, B. D., Chen, C. A., De Bruyne, K., Flood, P. D., Kao, M., Karnik, A. D., McNeely, J., Porter, J. G., Schwartz, R. P., Stieg, R. L., Mackey, et al
2021; 8: 591201
- **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
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- **Effectiveness of a multidisciplinary rehabilitation program in real-world patients with chronic back pain: A pilot cohort data analysis** *JOURNAL OF BACK AND MUSCULOSKELETAL REHABILITATION*
You, D. S., Ziadni, M. S., Cooley, C. E., Talavera, D. C., Mackey, S. C., Poupore-King, H.
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 - **Validation of CARE Scale-7 in treatment-seeking patients with chronic pain: measurement of sex invariance.** *Pain reports*
Ziadni, M., You, D. S., Chen, A., Wilson, A. C., Darnall, B. D.
2020; 5 (6): e862
 - **Hyperalgesia after a Drinking Episode in Young Adult Binge Drinkers: A Cross-Sectional Study.** *Alcohol and alcoholism (Oxford, Oxfordshire)*
You, D. S., Hahn, H. A., Welsh, T. H., Meagher, M. W.
2020
 - **Perceived Injustice Mediates the Relationship Between Perceived Childhood Neglect and Current Function in Patients with Chronic Pain: A Preliminary Pilot Study.** *Journal of clinical psychology in medical settings*
Ziadni, M. S., You, D. S., Sturgeon, J. A., Mackey, S. C., Darnall, B. D.
2020
 - **Emotions Matter: The Role of Emotional Approach Coping in Chronic Pain.** *European journal of pain (London, England)*
Ziadni, M. S., You, D. S., Johnson, L. n., Lumley, M. A., Darnall, B. D.
2020
 - **Evaluation of the Preliminary Validity of Misuse of Prescription Pain Medication Items from the Patient-Reported Outcomes Measurement Information System (PROMIS)(R)** *PAIN MEDICINE*
You, D., Hah, J. M., Collins, S., Ziadni, M. S., Domingue, B. W., Cook, K. F., Mackey, S. C.
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 - **Cumulative Childhood Adversity as a Risk Factor for Common Chronic Pain Conditions in Young Adults** *PAIN MEDICINE*
You, D. S., Albu, S., Lisenbardt, H., Meagher, M. W.
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 - **International Stakeholder Community of Pain Experts and Leaders Call for an Urgent Action on Forced Opioid Tapering** *PAIN MEDICINE*
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 - **Negative Affect-Related Factors Have the Strongest Association with Prescription Opioid Misuse in a Cross-Sectional Cohort of Patients with Chronic Pain.** *Pain medicine (Malden, Mass.)*
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2019
 - **Evaluation of Candidate Items for Severe PTSD Screening for Patients with Chronic Pain: Pilot Data Analysis with IRT Approach.** *Pain practice : the official journal of World Institute of Pain*
You, D. S., Ziadni, M. S., Gilam, G. n., Darnall, B. D., Mackey, S. C.
2019
 - **Diagnostic Efficiency of Caregiver Report on the SCARED for Identifying Youth Anxiety Disorders in Outpatient Settings.** *Journal of clinical child and adolescent psychology : the official journal for the Society of Clinical Child and Adolescent Psychology, American Psychological Association, Division 53*
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 - **Is it Too Soon to Meet? Examining Differences in Geosocial Networking App Use and Sexual Risk Behavior of Emerging Adults** *SEXUALITY AND CULTURE*
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- **Association between borderline personality traits and temporal summation of second pain** *Behavioral Medicine*
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- **Comparing the Diagnostic Accuracy of Five Instruments for Detecting Posttraumatic Stress Disorder in Youth.** *Journal of clinical child and adolescent psychology : the official journal for the Society of Clinical Child and Adolescent Psychology, American Psychological Association, Division 53*
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