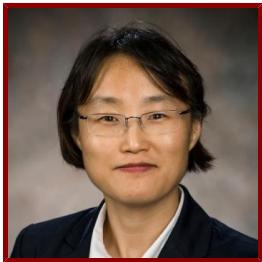


Stanford



Dokyoung Sophia You, PhD

Clinical Assistant Professor, Anesthesiology, Perioperative and Pain Medicine

CLINICAL OFFICE (PRIMARY)

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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. I am also interested in identifying EEG markers for critical psychological and neurocognitive factors contributing to worsening or improving pain symptoms and substance use disorder. Ultimately, my research goal is 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

- Chronic Pain
- Pain Management
- Pain Medicine

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=73WWWeCQAAAAJ&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, Not Recruiting

Publications

PUBLICATIONS

- Trends in patient representation in low back pain pharmacological randomized clinical trials, 2011-2020: A systematic review. *The journal of pain*
Jiang, T. E., Edwards, K. A., Dildine, T. C., You, D. S., Nguyen, T., Pascual, A. P., Falasinnu, T.
2024
- 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
- Establishing the interpretability and utility of the 4-item BriefPCS. *Scientific reports*
You, D. S., Cook, K. F., Lannon, E. W., Ziadni, M. S., Darnall, B. D., Mackey, S. C.
2023; 13 (1): 21272
- A Longitudinal Investigation of the Impact of COVID-19 on Patients with Chronic Pain. *The journal of pain*
Ziadni, M. S., Jaros, S., Anderson, S. R., You, D. S., Darnall, B. D., Mackey, S. C.
2023
- EEG Power Spectrum Predict Concurrent And Future Depression In Chronic Pain
Lannon, E., You, D. S., Mackey, S.
CHURCHILL LIVINGSTONE.2023: 76-77
- The Impact Of Single-Session Behavioral Pain Management Class On Next Day Pain Intensity And Opioid Use Among People With Chronic Pain Taking Prescribed Daily Opioids: A Daily Diary Study
Edwards, K., Dildine, T., Herrick, A., You, D. S., Darnall, B., Ziadni, M. S.
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- Spontaneous self-affirmation: an adaptive coping strategy for people with chronic pain. *Scandinavian journal of pain*
You, D. S., Hettie, G., Darnall, B. D., Ziadni, M. S.
2023
- Patient Responses to the Term Pain Catastrophizing: Thematic Analysis of Cross-sectional International Data. *The journal of pain*
Webster, F., Connolly, L., Longo, R., Ahuja, D., Amtmann, D., Anderson, A., Ashton-James, C. E., Boyd, H., Chambers, C. T., Cook, K. F., Cowan, P., Crombez, G., Feinstein, et al
2022
- "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
- The impact of COVID-19 on patients with chronic pain seeking care at a tertiary pain clinic. *Scientific reports*
Ziadni, M. S., You, D. S., Cramer, E. M., Anderson, S. R., Hettie, G., Darnall, B. D., Mackey, S. C.
2022; 12 (1): 6435
- 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.
2022; 3: 850713

- **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., Rassu, F. S., Meagher, M. W.
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- **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.
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- **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
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- **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*
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2021; 4 (8): e2113401
- **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., Poupopore-King, H.
2021; 34 (6): 965-973
- **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.
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- **Emotions Matter: The Role of Emotional Approach Coping in Chronic Pain.** *European journal of pain (London, England)*
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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*
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- **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*
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- **Generalized Pain Sensitization and Endogenous Oxytocin in Individuals With Symptoms of Migraine: A Cross-Sectional Study** *HEADACHE*
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2018; 58 (1): 62–77
- **Childhood adversity and pain facilitation** *Psychosomatic Medicine*
You, D. S., Meagher, M. W.
2018; 80 (9): 869-879
- **CARE Scale - 7: Development and preliminary validation of a measure assessing factors that impact self-care in chronic pain** *Clin J Pain*
Ziadni, M., You, S., Wilson, A., Darnall, B.
2018; March
- **Association between borderline personality traits and temporal summation of second pain** *Behavioral Medicine*
You, D. S., Meagher, M. W.
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- **Enhanced Area of Secondary Hyperalgesia in Women with Multiple Stressful Life Events: A Pilot Study.** *Pain medicine (Malden, Mass.)*
You, D. S., Creech, S. K., Meagher, M. W.
2016; 17 (10): 1859-1864
- **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*
You, D. S., Youngstrom, E. A., Feeny, N. C., Youngstrom, J. K., Findling, R. L.
2015; 46 (4): 511-522
- **Effect of written emotional disclosure on secondary hyperalgesia in women with trauma history.** *Psychosomatic medicine*
You, D. S., Creech, S. K., Vichaya, E. G., Young, E. E., Smith, J. S., Meagher, M. W.
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