



Karen Chan Osilla

Associate Professor of Psychiatry and Behavioral Sciences (Public Mental Health and Population Sciences)

CLINICAL OFFICES

- **Psychiatry**

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Bio

BIO

Dr. Osilla is an Associate Professor in Psychiatry and Behavioral Sciences at Stanford and a licensed clinical psychologist. She conducts health services research with a focus on delivering substance use services to underserved populations using innovative solutions that decrease health access disparities. Dr. Osilla has received funding from the National Institute on Drug Abuse (NIDA), National Institute on Alcohol Abuse and Alcoholism (NIAAA), and the Patient-Centered Outcomes Research Institute (PCORI) and has published over 100 publications on this work. Dr. Osilla has been conducting addictions research since 2006 and has been involved in over a dozen clinical trials evaluating cognitive behavioral therapy, collaborative care, and motivational interviewing interventions (web and in-person) for mental health and substance use disorders among youth, adult, military, family members, and other hard-to-reach populations.

Currently, Dr. Osilla leads a large clinical trial called INSPIRE (Integrating Support Persons Into REcovery) in collaboration with 17 primary care clinics in California. This project evaluates a counseling program for people who support patients with opioid use disorder (OUD), including family members, spouses, and friends. INSPIRE draws from the Community Reinforcement and Family Training (CRAFT) approach and teaches support people effective ways to help a person with OUD change their behavior. This work is funded by PCORI.

Dr. Osilla is also leading another clinical trial to evaluate a brief online program called webCHAT that aims to reduce alcohol and cannabis-impaired driving among adolescents learning to drive. This study partners with two large driver education schools in Michigan and Colorado, and is funded by NIAAA. She is also an Investigator on two collaborative care studies. The first focuses on patients with OUD with co-occurring PTSD and/or depression being seen in primary care clinics in New Mexico, and the second is a multi-site study evaluating collaborative care with patients with OUD in the hospital. She is also an Investigator on a clinical trial evaluating an online social network intervention for young adults experiencing homelessness and substance misuse. On these projects, Dr. Osilla leads the intervention development and adaptation activities including qualitative interviews with stakeholders, facilitator training and supervision, and intervention fidelity monitoring.

Dr. Osilla teaches substance use disorder treatment (CLIN 711) in the PGSP-Stanford PsyD Consortium, and trains across the country on cognitive behavioral therapy and motivational interviewing approaches to prevent and reduce the harms associated with substance use. She also served on NIH's Interventions to Prevent and Treat

Addictions scientific review committee for four years and has served on other NIH study section committees since 2013. Prior to joining Stanford, she conducted research at the RAND Corporation for 15 years. She maintains an Adjunct Behavioral Scientist appointment at RAND.

CLINICAL FOCUS

- Psychology

ACADEMIC APPOINTMENTS

- Associate Professor - University Medical Line, Psychiatry and Behavioral Sciences

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Study Section Member, NIH Center for Scientific Review, Interventions to Prevent and Treat Addictions (2017 - 2021)

PROFESSIONAL EDUCATION

- Internship: VA Palo Alto Health Care Psychology Training (2006) CA
- PhD Training: University of Washington Registration and Transcripts Office (2006) WA
- PhD, University of Washington , Clinical Psychology (2006)
- Clinical Internship, VA Palo Alto Healthcare System (2006)

Research & Scholarship

RESEARCH INTERESTS

- Psychology
- Race and Ethnicity

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Dr. Osilla is an Associate Professor in Psychiatry and Behavioral Sciences at Stanford and an Adjunct Behavioral Scientist at the RAND Corporation. She conducts health services research with a focus on delivering substance use services to underserved populations using innovative solutions that decrease health access disparities.

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CLINICAL TRIALS

- Integrating Support Persons Into Recovery, Recruiting
- Preventing Impaired Driving Among Adolescents, Not Recruiting

Publications

PUBLICATIONS

- **Effects of a Web-Based Intervention in Reducing Drinking Among Concerned Partners of Military Service Members and Veterans** *COUPLE AND FAMILY PSYCHOLOGY-RESEARCH AND PRACTICE*
Osilla, K., Rodriguez, L. M., Neighbors, C., Pedersen, E. R.
2021
- **Value of family involvement in substance use disorder treatment: Aligning clinical and financing priorities.** *Journal of substance abuse treatment*
Dopp, A. R., Manuel, J. K., Breslau, J., Lodge, B., Hurley, B., Kase, C., Osilla, K. C.
2021: 108652
- **Longitudinal effects of social network changes on drinking outcomes for individuals with a first-time DUI.** *Journal of substance abuse treatment*
Matsuda, M., Osilla, K. C., Kennedy, D. P., Paddock, S. M.
2021; 131: 108392
- **Motivational network intervention to reduce substance use and increase supportive connections among formerly homeless emerging adults transitioning to housing: study protocol for a pilot randomized controlled trial.** *Addiction science & clinical practice*
Tucker, J. S., Kennedy, D. P., Osilla, K. C., Golinelli, D.
2021; 16 (1): 18
- **Design of CLARO (Collaboration Leading to Addiction Treatment and Recovery from other Stresses): A randomized trial of collaborative care for opioid use disorder and co-occurring depression and/or posttraumatic stress disorder.** *Contemporary clinical trials*
Meredith, L. S., Komaromy, M. S., Cefalu, M., Murray-Krezan, C., Page, K., Osilla, K. C., Dopp, A. R., Leamon, I., Tarhuni, L., Hindmarch, G., Jacobsohn, V., Watkins, K. E.
2021; 104: 106354
- **Group Cohesion and Climate in Cognitive Behavioral Therapy for Individuals with a First-Time DUI.** *Alcoholism treatment quarterly*
Cruz, M., Osilla, K. C., Paddock, S. M.
2020; 38 (1): 68-86
- **Study design to evaluate a group-based therapy for support persons of adults on buprenorphine/naloxone.** *Addiction science & clinical practice*
Osilla, K. C., Becker, K., Ecola, L., Hurley, B., Manuel, J. K., Ober, A., Paddock, S. M., Watkins, K. E.
2020; 15 (1): 25
- **Randomized Clinical Trial Examining Cognitive Behavioral Therapy for Individuals With a First-Time DUI Offense.** *Alcoholism, clinical and experimental research*
Osilla, K. C., Paddock, S. M., McCullough, C. M., Jonsson, L., Watkins, K. E.
2019; 43 (10): 2222-2231
- **Associations between driving under the influence or riding with an impaired driver and future substance use among adolescents.** *Traffic injury prevention*
Osilla, K. C., Seelam, R., Parast, L., D'Amico, E. J.
2019; 20 (6): 563-569
- **Understanding Which Teenagers Benefit Most From a Brief Primary Care Substance Use Intervention.** *Pediatrics*
D'Amico, E. J., Parast, L., Osilla, K. C., Seelam, R., Meredith, L. S., Shadel, W. G., Stein, B. D.
2019; 144 (2)

- **Exploring the association between changes in partner behaviors, perceived service member drinking, and relationship quality: Secondary analysis of a web-based intervention for military partners.** *Journal of substance abuse treatment*
Trail, T. E., Osilla, K. C., Rodriguez, L. M., Pedersen, E. R., Gore, K. L.
2019; 98: 66-72
- **The longitudinal effects of military spouses' concern and behaviors over partner drinking on relationship functioning.** *Alcohol (Fayetteville, N.Y.)*
Rodriguez, L. M., Neighbors, C., Osilla, K. C., Trail, T. E.
2019; 76: 29-36
- **Initiation and engagement as mechanisms for change caused by collaborative care in opioid and alcohol use disorders.** *Drug and alcohol dependence*
Setodji, C. M., Watkins, K. E., Hunter, S. B., McCullough, C., Stein, B. D., Osilla, K. C., Ober, A. J.
2018; 192: 67-73
- **The Feasibility of a Web Intervention for Military and Veteran Spouses Concerned About Their Partner's Alcohol Misuse.** *The journal of behavioral health services & research*
Osilla, K. C., Pedersen, E. R., Tolpadi, A., Howard, S. S., Phillips, J. L., Gore, K. L.
2018; 45 (1): 57-73
- **Alcohol Use Among Concerned Partners of Heavy Drinking Service Members and Veterans.** *Journal of marital and family therapy*
Rodriguez, L. M., Osilla, K. C., Trail, T. E., Gore, K. L., Pedersen, E. R.
2018; 44 (2): 277-291
- **Efficacy of a Web-based Intervention for Concerned Spouses of Service Members and Veterans with Alcohol Misuse.** *Journal of marital and family therapy*
Osilla, K. C., Trail, T. E., Pedersen, E. R., Gore, K. L., Tolpadi, A., Rodriguez, L. M.
2018; 44 (2): 292-306
- **Differences in alcohol cognitions, consumption, and consequences among first-time DUI offenders who co-use alcohol and marijuana.** *Drug and alcohol dependence*
Smart, R., Osilla, K. C., Jonsson, L., Paddock, S. M.
2018; 191: 187-194
- **Patient predictors of substance use disorder treatment initiation in primary care.** *Journal of substance abuse treatment*
Ober, A. J., Watkins, K. E., McCullough, C. M., Setodji, C. M., Osilla, K., Hunter, S. B.
2018; 90: 64-72
- **Effects of motivational interviewing fidelity on substance use treatment engagement in primary care.** *Journal of substance abuse treatment*
Osilla, K. C., Watkins, K. E., D'Amico, E. J., McCullough, C. M., Ober, A. J.
2018; 87: 64-69
- **A pilot test of a motivational interviewing social network intervention to reduce substance use among housing first residents.** *Journal of substance abuse treatment*
Kennedy, D. P., Osilla, K. C., Hunter, S. B., Golinelli, D., Maksabedian Hernandez, E., Tucker, J. S.
2018; 86: 36-44
- **Assessing and improving organizational readiness to implement substance use disorder treatment in primary care: findings from the SUMMIT study.** *BMC family practice*
Ober, A. J., Watkins, K. E., Hunter, S. B., Ewing, B., Lamp, K., Lind, M., Becker, K., Heinzerling, K., Osilla, K. C., Diamant, A. L., Setodji, C. M.
2017; 18 (1): 107
- **Demographic and Mental Health Characteristics of Individuals Who Present to Community Health Clinics With Substance Misuse.** *Health services research and managerial epidemiology*
Iyiewuare, P. O., McCullough, C., Ober, A., Becker, K., Osilla, K., Watkins, K. E.
2017; 4: 2333392817734523
- **Bringing alcohol treatment to driving under the influence programs: Perceptions from first-time offenders.** *Alcoholism treatment quarterly*
Osilla, K. C., Kulesza, M., Miranda, J.
2017; 35 (2): 113-129
- **Internalized stigma as an independent risk factor for substance use problems among primary care patients: Rationale and preliminary support.** *Drug and alcohol dependence*
Kulesza, M., Watkins, K. E., Ober, A. J., Osilla, K. C., Ewing, B.

2017; 180: 52-55

- **Collaborative Care for Opioid and Alcohol Use Disorders in Primary Care: The SUMMIT Randomized Clinical Trial.** *JAMA internal medicine*
Watkins, K. E., Ober, A. J., Lamp, K., Lind, M., Setodji, C., Osilla, K. C., Hunter, S. B., McCullough, C. M., Becker, K., Iyiewuare, P. O., Diamant, A., Heinzerling, K., Pincus, et al
2017; 177 (10): 1480-1488
- **The role of perceived injunctive alcohol norms in adolescent drinking behavior.** *Addictive behaviors*
Pedersen, E. R., Osilla, K. C., Miles, J. N., Tucker, J. S., Ewing, B. A., Shih, R. A., D'Amico, E. J.
2017; 67: 1-7
- **Feasibility of a computer-assisted social network motivational interviewing intervention for substance use and HIV risk behaviors for housing first residents.** *Addiction science & clinical practice*
Osilla, K. C., Kennedy, D. P., Hunter, S. B., Maksabedian, E.
2016; 11 (1): 14
- **A Systematic Review of the Prevention and Treatment of Prescription Drug Misuse.** *Military medicine*
Blanchard, J., Hunter, S. B., Osilla, K. C., Stewart, W., Walters, J., Pacula, R. L.
2016; 181 (5): 410-23
- **It is time to develop appropriate tools for assessing minimal clinically important differences, performance bias and quality of evidence in reviews of behavioral interventions.** *Addiction (Abingdon, England)*
Grant, S., Pedersen, E. R., Osilla, K. C., Kulesza, M., D'Amico, E. J.
2016; 111 (9): 1533-5
- **Factors Affecting Mental Health Service Utilization Among California Public College and University Students.** *Psychiatric services (Washington, D.C.)*
Sontag-Padilla, L., Woodbridge, M. W., Mendelsohn, J., D'Amico, E. J., Osilla, K. C., Jaycox, L. H., Eberhart, N. K., Burnam, A. M., Stein, B. D.
2016; 67 (8): 890-7
- **Reviewing and interpreting the effects of brief alcohol interventions: comment on a Cochrane review about motivational interviewing for young adults.** *Addiction (Abingdon, England)*
Grant, S., Pedersen, E. R., Osilla, K. C., Kulesza, M., D'Amico, E. J.
2016; 111 (9): 1521-7
- **The longitudinal relationship between employment and substance use among at-risk adolescents.** *Journal of child and adolescent behavior*
Osilla, K. C., Miles, J. N., Hunter, S. B., D'Amico, E. J.
2015; 3 (3)
- **A pilot study comparing in-person and web-based motivational interviewing among adults with a first-time DUI offense.** *Addiction science & clinical practice*
Osilla, K. C., Paddock, S. M., Leininger, T. J., D'Amico, E. J., Ewing, B. A., Watkins, K. E.
2015; 10: 18
- **The effects of mental health symptoms and marijuana expectancies on marijuana use and consequences among at-risk adolescents.** *Journal of drug issues*
Pedersen, E. R., Miles, J. N., Osilla, K. C., Ewing, B. A., Hunter, S. B., D'Amico, E. J.
2015; 45 (2): 151-165
- **How group factors affect adolescent change talk and substance use outcomes: implications for motivational interviewing training.** *Journal of counseling psychology*
Osilla, K. C., Ortiz, J. A., Miles, J. N., Pedersen, E. R., Houck, J. M., D'Amico, E. J.
2015; 62 (1): 79-86
- **Longitudinal family effects on substance use among an at-risk adolescent sample.** *Addictive behaviors*
Ewing, B. A., Osilla, K. C., Pedersen, E. R., Hunter, S. B., Miles, J. N., D'Amico, E. J.
2015; 41: 185-91
- **Group motivational interviewing for adolescents: change talk and alcohol and marijuana outcomes.** *Journal of consulting and clinical psychology*
D'Amico, E. J., Houck, J. M., Hunter, S. B., Miles, J. N., Osilla, K. C., Ewing, B. A.
2015; 83 (1): 68-80
- **The effects of purchasing alcohol and marijuana among adolescents at-risk for future substance use.** *Substance abuse treatment, prevention, and policy*

- Osilla, K. C., Pedersen, E. R., Ewing, B. A., Miles, J. N., Ramchand, R., D'Amico, E. J.
2014; 9: 38
- **Evaluating the impact of getting to outcomes-underage drinking on prevention capacity and alcohol merchant attitudes and selling behaviors.** *Prevention science : the official journal of the Society for Prevention Research*
Chinman, M., Ebener, P., Burkhart, Q., Osilla, K. C., Imm, P., Paddock, S. M., Wright, P. A.
2014; 15 (4): 485-96
 - **Study design to develop and pilot-test a web intervention for partners of military service members with alcohol misuse.** *Addiction science & clinical practice*
Osilla, K. C., Pedersen, E. R., Gore, K., Trail, T., Howard, S. S.
2014; 9 (1): 18
 - **Perceived norms moderate the association between mental health symptoms and drinking outcomes among at-risk adolescents.** *Journal of studies on alcohol and drugs*
Pedersen, E. R., Miles, J. N., Hunter, S. B., Osilla, K. C., Ewing, B. A., D'Amico, E. J.
2013; 74 (5): 736-45
 - **The Carrot and the Stick: A Cross-Sectional Study of the Influences on Responsible Merchant Practices to Reduce Underage Drinking.** *Journal of community psychology*
Ebener, P., Malone, P., Imm, P., Osilla, K. C., Paddock, S. M., Wright, P. A., Burkhart, Q.
2013; 41 (4): 463-470
 - **The effects of employment among adolescents at-risk for future substance use.** *Addictive behaviors*
Osilla, K. C., Hunter, S. B., Ewing, B. A., Ramchand, R., Miles, J. N., D'Amico, E. J.
2013; 38 (3): 1616-9
 - **Assessing motivational interviewing integrity for group interventions with adolescents.** *Psychology of addictive behaviors : journal of the Society of Psychologists in Addictive Behaviors*
D'Amico, E. J., Osilla, K. C., Miles, J. N., Ewing, B., Sullivan, K., Katz, K., Hunter, S. B.
2012; 26 (4): 994-1000
 - **Multicultural web-based motivational interviewing for clients with a first-time DUI offense.** *Cultural diversity & ethnic minority psychology*
Osilla, K. C., D'Amico, E. J., Díaz-Fuentes, C. M., Lara, M., Watkins, K. E.
2012; 18 (2): 192-202
 - **Patient and provider characteristics associated with the decision of HIV coinfecting patients to start hepatitis C treatment.** *AIDS patient care and STDs*
Osilla, K. C., Wagner, G., Garnett, J., Ghosh-Dastidar, B., Witt, M., Bhatti, L., Goetz, M. B.
2011; 25 (9): 533-8
 - **The premises is the premise: understanding off- and on-premises alcohol sales outlets to improve environmental alcohol prevention strategies.** *Prevention science : the official journal of the Society for Prevention Research*
Chinman, M., Burkhart, Q., Ebener, P., Fan, C. C., Imm, P., Osilla, K. C., Paddock, S. M., Wright, A.
2011; 12 (2): 181-91
 - **Disparate prevalence estimates of PTSD among service members who served in Iraq and Afghanistan: possible explanations.** *Journal of traumatic stress*
Ramchand, R., Schell, T. L., Karney, B. R., Osilla, K. C., Burns, R. M., Caldarone, L. B.
2010; 23 (1): 59-68
 - **Exploring productivity outcomes from a brief intervention for at-risk drinking in an employee assistance program.** *Addictive behaviors*
Osilla, K. C., dela Cruz, E., Miles, J. N., Zellmer, S., Watkins, K., Larimer, M. E., Marlatt, G. A.
2010; 35 (3): 194-200
 - **Factors that influence an HIV coinfecting patient's decision to start hepatitis C treatment.** *AIDS patient care and STDs*
Osilla, K. C., Ryan, G., Bhatti, L., Goetz, M., Witt, M., Wagner, G.
2009; 23 (12): 993-9
 - **Treat early or wait and monitor? A qualitative analysis of provider hepatitis C virus treatment decision-making in the context of HIV coinfection.** *AIDS patient care and STDs*
Wagner, G., Ryan, G., Osilla, K. C., Bhatti, L., Goetz, M., Witt, M.
2009; 23 (9): 715-25

- **Developing an integrated treatment for substance use and depression using cognitive-behavioral therapy.** *Journal of substance abuse treatment*
Osilla, K. C., Hepner, K. A., Muñoz, R. F., Woo, S., Watkins, K.
2009; 37 (4): 412-20
- **Further validity evidence for the dimensions of change in therapeutic community treatment instrument.** *The American journal of drug and alcohol abuse*
Edelen, M. O., Miles, J. N., Osilla, K. C., Wenzel, S. L.
2008; 34 (3): 285-92
- **A brief intervention for at-risk drinking in an employee assistance program.** *Journal of studies on alcohol and drugs*
Osilla, K. C., Zellmer, S. P., Larimer, M. E., Neighbors, C., Marlatt, G. A.
2008; 69 (1): 14-20
- **Regular tobacco use among American Indian and Alaska native adolescents: an examination of protective mechanisms.** *Journal of ethnicity in substance abuse*
Osilla, K. C., Lonczak, H. S., Mail, P. D., Larimer, M. E., Marlatt, G. A.
2007; 6 (3-4): 143-53