



Maisa Ziadni, PhD

Clinical Assistant Professor, Anesthesiology, Perioperative and Pain Medicine

CLINICAL OFFICE (PRIMARY)

- **Stanford Pain Management Center**

450 Broadway St

Pavilion A 1st Fl MC 5340

Redwood City, CA 94063

Tel (650) 723-6238 **Fax** (650) 721-3417

Bio

BIO

Dr. Ziadni is a licensed clinical psychologist with a specialization in pain psychology. She is a Clinical Assistant Professor at Stanford University School of Medicine, Department of Anesthesiology, Perioperative, and Pain Medicine. She is also a Principal Investigator on a Career Development Award at Stanford's Neurosciences and Pain laboratory, examining the impact of a behavioral intervention on opioid use among patients with chronic pain. Her research is focused on developing and testing novel interventions for chronic pain. Prior to Stanford, she received her doctoral degree in clinical psychology from Wayne State University with a focus on health psychology, and completed an APA-accredited internship at Rush University Medical Center. Dr. Ziadni completed a combined 3-year clinical and research fellowship in pain psychology at Stanford University before joining the faculty group in 2019.

Dr. Ziadni's clinical focus is broadly focused on pain management, adjustment-related issues, and emotional, awareness, processing and expression related to traumatic events. She uses a number of treatment approaches including cognitive-behavioral therapy, emotion-focused therapy, biofeedback and values-based treatments. She offers individual, as well as group therapy groups at the Pain Management Center.

CLINICAL FOCUS

- Psychology
- Pain Management
- Emotion-focused treatments
- Cognitive Behavioral Therapy for pain

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Anesthesiology, Perioperative and Pain Medicine

PROFESSIONAL EDUCATION

- Fellowship: Stanford University Child Psychology Postdoctoral Fellowship (2018) CA
- Internship: Rush University Medical Center (2016) IL

- Fellowship: Stanford University Division of Pain Medicine (2019) CA
- PhD Training: Wayne State University School of Medicine (2016) MI

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

- Development and testing of novel interventions for chronic pain.
- Understanding mechanisms of treatment among patients with chronic with pain.
- Understanding predictors of opioid use among patients with chronic pain.

CLINICAL TRIALS

- Single Session Class to Reduce Opioid Use in Chronic Pain, Recruiting

Publications

PUBLICATIONS

- **Is there an association between lateralization of chronic pain in the body and depression?** *The journal of pain*
Edwards, K. A., Lii, T., Schouten, T. D., Kearney, K. M., Ziadni, M. S., Darnall, B. D., Mackey, S. C., Gilam, G.
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
- **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 Dairy Study**
Edwards, K., Dildine, T., Herrick, A., You, D. S., Darnall, B., Ziadni, M. S.
CHURCHILL LIVINGSTONE.2023: 96-97
- **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
- **Association between history of childbirth and chronic, functionally significant back pain in later life.** *BMC women's health*
Zhang, M., Cooley, C., Ziadni, M. S., Mackey, I., Flood, P.
2023; 23 (1): 4
- **Innovative treatment formats, technologies, and clinician trainings that improve access to behavioral pain treatment for youth and adults.** *Frontiers in pain research (Lausanne, Switzerland)*
Darnall, B. D., Edwards, K. A., Courtney, R. E., Ziadni, M. S., Simons, L. E., Harrison, L. E.
2023; 4: 1223172
- **"Pain, Stress, and Emotions": Uncontrolled trial of a single-session, telehealth, emotional awareness and expression therapy class for patients with chronic pain.** *Frontiers in pain research (Lausanne, Switzerland)*
Ziadni, M. S., Sturgeon, J. A., Lumley, M. A.
2022; 3: 1028561

- **Patient Responses to the Term Pain Catastrophizing: Thematic Analysis of Cross-sectional International Data.** *The journal of pain*
Webster, F., Connoy, 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
- **Intensity of Chronic Low Back Pain and Activity Interference: A Daily Diary Study of the Moderating Role of Cognitive Pain Coping Strategies.** *Pain medicine (Malden, Mass.)*
Vertsberger, D., Talmon, A., Ziadni, M., Kong, J., Darnall, B. D., Manber, R., Mackey, S., Gross, J. J.
2022
- **CHOIRBM: An R package for exploratory data analysis and interactive visualization of pain patient body map data.** *PLoS computational biology*
Cramer, E., Ziadni, M., Scherrer, K. H., Mackey, S., Kao, M.
2022; 18 (10): e1010496
- **"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.
2021: 1-6
- **Comparative efficacy of a single-session "Empowered Relief" videoconference-delivered group intervention for chronic pain: study protocol for a randomized controlled trial.** *Trials*
Ziadni, M. S., Anderson, S. R., Gonzalez-Castro, L., Darnall, B. D.
2021; 22 (1): 358
- **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
- **Development and validation of the Collaborative Health Outcomes Information Registry body map.** *Pain reports*
Scherrer, K. H., Ziadni, M. S., Kong, J., Sturgeon, J. A., Salmasi, V., Hong, J., Cramer, E., Chen, A. L., Pacht, T., Olson, G., Darnall, B. D., Kao, M., Mackey, et al
2021; 6 (1): e880
- **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
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., Poupore-King, H.
2021; 34 (6): 965-973

- **Efficacy of a Single-Session "Empowered Relief" Zoom-Delivered Group Intervention for Chronic Pain: Randomized Controlled Trial Conducted During the COVID-19 Pandemic.** *Journal of medical Internet research*
Ziadni, M. S., Gonzalez-Castro, L., Anderson, S., Krishnamurthy, P., Darnall, B. D.
2021; 23 (9): e29672
- **Classifying chronic pain using multidimensional pain-agnostic symptom assessments and clustering analysis.** *Science advances*
Gilam, G., Cramer, E. M., Webber, K. A., Ziadni, M. S., Kao, M. C., Mackey, S. C.
2021; 7 (37): eabj0320
- **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
- **Association of State Policies Allowing Medical Cannabis for Opioid Use Disorder With Dispensary Marketing for This Indication.** *JAMA network open*
Shover, C. L., Vest, N. A., Chen, D., Stueber, A., Falasinnu, T. O., Hah, J. M., Kim, J., Mackey, I., Weber, K. A., Ziadni, M., Humphreys, K.
2020; 3 (7): e2010001
- **ASSOCIATION BETWEEN PAIN CATASTROPHIZING AND FREQUENT CRAVING FOR PRESCRIPTION OPIOIDS IN PATIENTS WITH CHRONIC PAIN**
You, D. S., Ziadni, M., Hah, J., Darnall, B. D., Mackey, S.
OXFORD UNIV PRESS INC.2020: S89
- **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
- **Efficacy and mechanisms of a single-session behavioral medicine class among patients with chronic pain taking prescription opioids: study protocol for a randomized controlled trial.** *Trials*
Ziadni, M. S., Chen, A. L., Winslow, T. n., Mackey, S. C., Darnall, B. D.
2020; 21 (1): 521
- **Patient-centered prescription opioid tapering in community outpatients with chronic pain: 2- to 3-year follow-up in a subset of patients** *Pain Reports*
Ziadni, M. S., A, C. L., Krishnamurthy, P., Flood, P., Stieg, R. L., Darnall, B. D.
2020; 5 (5): e851
- **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
- **"My Surgical Success": Effect of a Digital Behavioral Pain Medicine Intervention on Time to Opioid Cessation After Breast Cancer Surgery-A Pilot Randomized Controlled Clinical Trial** *PAIN MEDICINE*
Darnall, B. D., Ziadni, M. S., Krishnamurthy, P., Flood, P., Heathcote, L. C., Mackey, I. G., Taub, C., Wheeler, A.
2019; 20 (11): 2228-37
- **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.
2019; 20 (10): 1925-33
- **"My Surgical Success": Effect of a Digital Behavioral Pain Medicine Intervention on Time to Opioid Cessation After Breast Cancer Surgery-A Pilot Randomized Controlled Clinical Trial.** *Pain medicine (Malden, Mass.)*
Darnall, B. D., Ziadni, M. S., Krishnamurthy, P., Flood, P., Heathcote, L., Mackey, I. G., Taub, C. J., Wheeler, A.
2019
- **Emotional Awareness and Expression Therapy for Chronic Pain: Outcomes and Emotion-focused Moderators**
Lumley, M. A., Schubiner, H., Williams, D., Thakur, E., Ziadni, M., Holmes, H. A., Carty, J.
LIPPINCOTT WILLIAMS & WILKINS.2019: A191
- **Evaluation of the Preliminary Validity of Misuse of Prescription Pain Medication Items from the Patient-Reported Outcomes Measurement Information System (PROMIS).** *Pain medicine (Malden, Mass.)*

- You, D. S., Hah, J. M., Collins, S., Ziadni, M. S., Domingue, B. W., Cook, K. F., Mackey, S. C.
2019
- **Use of Immersive Learning and Simulation Techniques to Teach and Research Opioid Prescribing Practices** *PAIN MEDICINE*
Heirich, M. S., Sinjary, L. S., Ziadni, M. S., Sacks, S., Buchanan, A. S., Mackey, S. C., Newmark, J. L.
2019; 20 (3): 456–63
 - **Perceived lack of training moderates relationship between healthcare providers' personality and sense of efficacy in trauma-informed care.** *Anxiety, stress, and coping*
Stevens, N. R., Ziadni, M. S., Lillis, T. A., Gerhart, J. n., Baker, C. n., Hobfoll, S. E.
2019: 1–15
 - **Injustice Appraisal but not Pain Catastrophizing Mediates the Relationship Between Perceived Ethnic Discrimination and Depression and Disability in Low Back Pain.** *The journal of pain : official journal of the American Pain Society*
Ziadni, M. S., Sturgeon, J. A., Bissell, D. n., Guck, A. n., Martin, K. J., Scott, W. n., Trost, Z. n.
2019
 - **Examining Injustice Appraisals in a Racially Diverse Sample of Individuals With Chronic Low Back Pain** *JOURNAL OF PAIN*
Trost, Z., Sturgeon, J., Guck, A., Ziadni, M., Nowlin, L., Goodin, B., Scott, W.
2019; 20 (1): 83–96
 - **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
 - **Characterizing chronic pain in late adolescence and early adulthood: prescription opioids, marijuana use, obesity, and predictors for greater pain interference.** *Pain reports*
Anastas, T., Colpitts, K., Ziadni, M., Darnall, B. D., Wilson, A. C.
2018; 3 (6): e700
 - **Sleep quality buffers the effects of negative social interactions on maternal mood in the 3-6month postpartum period: a daily diary study.** *Journal of behavioral medicine*
Lillis, T. A., Hamilton, N. A., Pressman, S. D., Ziadni, M. S., Khou, C. S., Boddy, L. E., Wagner, L. M.
2018; 41 (5): 733–46
 - **Sleep quality buffers the effects of negative social interactions on maternal mood in the 3-6month postpartum period: a daily diary study** *JOURNAL OF BEHAVIORAL MEDICINE*
Lillis, T. A., Hamilton, N. A., Pressman, S. D., Ziadni, M. S., Khou, C. S., Boddy, L. E., Wagner, L. M.
2018; 41 (5): 733–46
 - **Use of Immersive Learning and Simulation Techniques to Teach and Research Opioid Prescribing Practices.** *Pain medicine (Malden, Mass.)*
Heirich, M. S., Sinjary, L. S., Ziadni, M. S., Sacks, S., Buchanan, A. S., Mackey, S. C., Newmark, J. L.
2018
 - **Examining injustice appraisals in a racially diverse sample of individuals with chronic low back pain.** *The journal of pain : official journal of the American Pain Society*
Trost, Z., Sturgeon, J., Guck, A., Ziadni, M., Nowlin, L., Goodin, B., Scott, W.
2018
 - **Voluntary Opioid Tapering-Reply.** *JAMA internal medicine*
Darnall, B. D., Ziadni, M. S., Stieg, R. L.
2018; 178 (6): 875
 - **Voluntary Opioid Tapering-Barriers to Delivering Care Reply** *JAMA INTERNAL MEDICINE*
Darnall, B. D., Ziadni, M. S., Stieg, R. L.
2018; 178 (6): 875
 - **Patient-Centered Prescription Opioid Tapering in Community Outpatients With Chronic Pain.** *JAMA internal medicine*
Darnall, B. D., Ziadni, M. S., Stieg, R. L., Mackey, I. G., Kao, M. C., Flood, P.
2018; 178 (5): 707-708

- **CARE Scale - 7: Development and Preliminary Validation of a Measure to Assess Factors Impacting Self-care in Chronic Pain.** *The Clinical journal of pain*
Ziadni, M., You, D. S., Wilson, A. C., Darnall, B. D.
2018
- **Comparative Efficacy and Mechanisms of a Single-Session Pain Psychology Class in Chronic Low Back Pain: Study Protocol for a Randomized Controlled Trial.** *Trials*
Darnall, B. D., Ziadni, M. S., Roy, A., Kao, M. C., Sturgeon, J. A., Cook, K. F., Lorig, K., Burns, J. W., Mackey, S. C.
2018; 19 (1): 165
- **A Life-Stress, Emotional Awareness, and Expression Interview for Primary Care Patients With Medically Unexplained Symptoms: A Randomized Controlled Trial** *HEALTH PSYCHOLOGY*
Ziadni, M. S., Carty, J. N., Doherty, H. K., Porcerelli, J. H., Rapport, L. J., Schubiner, H., Lumley, M. A.
2018; 37 (3): 282–90
- **Perceived injustice in chronic pain: an examination through the lens of predictive processing** *PAIN MANAGEMENT*
Bissell, D. A., Ziadni, M. S., Sturgeon, J. A.
2018; 8 (2): 129–38
- **Perceived injustice in chronic pain: an examination through the lens of predictive processing.** *Pain management*
Bissell, D. A., Ziadni, M. S., Sturgeon, J. A.
2018; 8 (2): 129–38
- **Patient-Centered Prescription Opioid Tapering in Community Outpatients with Chronic Pain** *JAMA Internal Medicine*
Darnall, B., Ziadni, M., Stieg, R., Mackey, I., Kao, M., Flood, P.
2018; Feb 19
- **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
- **Comparative Efficacy and Mechanisms of a Single-Session Pain Psychology Class in Chronic Low Back Pain: Study Protocol for a Randomized Controlled Trial** *Trials*
Darnall, B., Siadni, M., Roy, A., Kao, M., Sturgeon, J., Cook, K., Lorig, K., Burns, J., Mackey, S.
2018: 165
- **Pain catastrophizing, perceived injustice, and pain intensity impair life satisfaction through differential patterns of physical and psychological disruption.** *Scandinavian journal of pain*
Sturgeon, J. A., Ziadni, M. S., Trost, Z., Darnall, B. D., Mackey, S. C.
2017; 17: 390-396
- **THE EFFECTS OF A STRESS AND EMOTION INTERVIEW FOR WOMEN WITH UROGENITAL PAIN: A RANDOMIZED TRIAL**
Carty, J., Ziadni, M., Lumley, M., Holmes, H., Tomakowsky, J., Schubiner, H., Dove-Medows, E., Peters, K. M.
WILEY-BLACKWELL.2017: S52
- **Pain catastrophizing, perceived injustice, and pain intensity impair life satisfaction through differential patterns of physical and psychological disruption** *Scand J Pain*
Sturgeon, J., Ziadni, M., Zina, T., Darnall, B., Mackey, S.
2017: 390–96