**Tracy M. Anastas, MS**

Indiana University-Purdue University Indianapolis VA Puget Sound Health Care System

Department of Psychology Seattle Division

Indianapolis, IN Seattle, WA

tanastas@iupui.edu tracy.anastas@va.gov

mobile: 503-523-9716

**EDUCATION**

2016–Present **Indiana University-Purdue University Indianapolis (IUPUI)**

PhD in Clinical Psychology (Expected July 2022)

MS in Clinical Psychology (2019)

2021-Present **VA Puget Sound Health Care System, Seattle Division**

Clinical Psychology Doctoral Internship

Training Director: Stephen McCutcheon, PhD

2012 **Cornell University**

BA in Psychology and Feminist, Gender, & Sexuality Studies

**GRANTS & FELLOWSHIPS**

2019–2021 **Ruth L. Kirschstein National Research Service Award Individual Predoctoral Fellowship**, NIH/National Institute on Minority Health and Health Disparities (F31MD014058)

*Title*: Examining the effects of contextually-imposed cognitive load on providers’ chronic pain treatment decisions for racially and socioeconomically diverse patients

*Role*: Principal Investigator

*Sponsor*: Adam Hirsh, PhD

*Co-sponsors*: Diana Burgess, PhD, Kurt Kroenke, MD, & Wei Wu, PhD

*Amount*: $86,866 direct costs

**PEER-REVIEWED PUBLICATIONS**

1. Grant, A.D., Miller, M. M., **Anastas, T. M.**, Quinn, P., Lok, B., & Hirsh, A. T. *In press*. Opioid-related risk perceptions in chronic pain: Influence of patient gender and prior misuse behaviors. *Pain*. <https://doi.org/10.1097/j.pain.0000000000002412>

2. **Anastas, T.M.,** Miller, M.M., Hollingshead, N.A., Stewart, J.C., Rand, K.L., & Hirsh, A.T. (2020). The unique and interactive effects of patient race, patient socioeconomic status, and provider attitudes on chronic pain decisions. *Annals of Behavioral Medicine*, *54*(10), 771-782. <https://doi.org/10.1093/abm/kaaa016>

3. Hirsh, A.T., **Anastas, T.M.,** Miller, M.M., Quinn, P.D., & Kroenke, K. (2020). Patient race and opioid misuse history influence provider risk perceptions for future opioid-related problems. *American Psychologist, 75*(6), 784-795. <https://doi.org/10.1037/amp0000636>

4. Grant, A.D., Miller, M.M., Hollingshead, N.A., **Anastas, T.M.,** & Hirsh, A.T. (2020). Intergroup anxiety in pain care: Impacts on treatment recommendations by White providers for Black patients. *PAIN*, *161*(6), 1264-1269. <https://doi.org/10.1097/j.pain.0000000000001806>

5. Hirsh, A.T., Miller, M.M., Hollingshead N.A., **Anastas, T.,** Carnell, S.T., Lok, B.C., Chu, C., Zhang, Y., Robinson, M.E., Kroenke, K., & Ashburn-Nardo, L. (2019). A randomized controlled trial testing a virtual perspective-taking intervention to reduce race and SES disparities in pain care. *PAIN*, *160*(10), 2229-2240. <https://doi.org/10.1097/j.pain.0000000000001634>

6. **Anastas, T.,** Waddell, E.N., Howk, S., Remiker, M., Horton-Dunbar, G., & Fagnan, L. (2019). Building behavioral health homes: Clinicians and staff perspectives on creating integrated care teams. *The Journal of Behavioral Health Services & Research*, *46*(3), 475-486. <https://doi.org/10.1007/s11414-018-9622-y>

7. **Anastas, T.M.,** Meints, S.M., Gleckman, A.D., & Hirsh, A.T. (2019). Social influences on peer judgments about chronic pain and disability. *The Journal of Pain*, *20*(6), 698-705. <https://doi.org/10.1016/j.jpain.2018.12.006>

8. **Anastas, T.M.,** Wagner, J., Ross, R.L., Sachdeva, B., Michaels, L., Gray, K., Cartwright, K., & Dorr, D.A. (2019) Defining high value elements for reducing cost and utilization in patient-centered medical homes for the TOPMED trial. *eGEMs*, *7*(1), 20. <https://doi.org/10.5334/egems.246>

9. **Anastas, T.,** Colpitts, K., Ziadni, M., Darnall, B.D., & Wilson, A.C. (2018). Characterizing chronic pain in late adolescence and early adulthood: Prescription opioids, marijuana use, obesity, and predictors for greater pain interference. *PAIN Reports*, *3*(6), e700. <https://doi.org/10.1097/PR9.0000000000000700>

10. Michaels, L., **Anastas, T.,** Waddell, E.N., Fagnan, L., & Dorr, D.A. (2017). A randomized trial of high-value change using practice facilitation. *Journal of the American Board of Family Medicine*, *30*(5), 572-582. <https://doi.org/10.3122/jabfm.2017.05.170013>

11. Dorr, D.A., **Anastas, T.,** Ramsey, K., Wagner, J., Sachdeva, B., Michaels, L., & Fagnan, L. (2016). Effect of a pragmatic, cluster-randomized controlled trial on patient experience with care: The Transforming Outcomes for Medical home Evaluation and reDesign (TOPMED) study. *Medical Care*, *54*(8), 745-51. <https://doi.org/10.1097/MLR.0000000000000552>

**MANUSCRIPTS UNDER REVIEW**

1. **Anastas, T.M.,** Stewart, J.C., Rand, K.L., & Hirsh, A.T. (under review). The pain experience of people experiencing homelessness: A scoping review.

**POSTER AND ORAL PRESENTATIONS**

1. **Anastas, T.M.,** Miller, M.M., Quinn, P., Kroenke, K., Carnell, S., Lok, B., & Hirsh, A.T. (2020, March). Patient race and opioid misuse behaviors influence provider risk perceptions in chronic pain care. Accepted as a poster presentation at the Annual Meeting of the American Psychosomatic Society, Long Beach, CA. Conference canceled due to COVID-19.

2. Grant, A., **Anastas, T.M.,** Miller, M.M., Quinn, P., Kroenke, K., & Hirsh, A.T. (2020, March). Opioid-related risk perceptions in chronic pain: influence of patient gender and misuse. Accepted as a poster presentation at the Annual Meeting of the American Psychosomatic Society, Long Beach, CA. Conference canceled due to COVID-19.

3. **Anastas, T.,** Walsh, K., Miller, M.M., Trost, Z., Goubert, L., de Ruddere, L., & Hirsh, A.T. (2019, April). The unique and interactive effects of patient race, patient weight, and provider implicit attitudes on chronic pain treatment decisions. Poster presented at the Annual Meeting for the American Pain Society, Milwaukee, WI.

4. Procento, P., Miller, M.M., **Anastas, T.M.,** Hollingshead, N., & Hirsh, A. (2019, April). Sex differences in providers' pain treatment recommendations. Poster presented at the Annual Meeting for the American Pain Society, Milwaukee, WI.

5. Grant, A., **Anastas, T.M.,** Miller, M.M., Hollingshead, N., & Hirsh, A.T. (2019, April). Effects of patient and provider race and socioeconomic status on pain treatment decisions and decision-making awareness. Poster presented at the Annual Meeting for the American Pain Society, Milwaukee, WI.

6. **Anastas, T.M.,** Miller, M., Hollingshead, N., Carnell, S., Lok, B., & Hirsh, A. (2018, September). Providers' implicit and explicit attitudes about race and socioeconomic status influence their pain treatment recommendations. Poster presented at the 17th Word Congress on Pain, Boston, MA.

7. Procento, P., Miller, M., **Anastas, T.M.,** Hollingshead, N., Carnell, S., Lok, B., & Hirsh, A. (2018, September). Perceived exaggeration mediates the relationships of patient race and socioeconomic status with provider opioid recommendations in chronic pain. Poster presented at the 17th Word Congress on Pain, Boston, MA.

8. Clark, E., **Anastas, T.M.,** Miller, M., Hollingshead, N., Carnell, S., Lok, B., & Hirsh, A. (2018, September). Compassion for patients mediates racial and socioeconomic differences in providers’ pain treatment decisions. Poster presented at the 17th Word Congress on Pain, Boston, MA.

9. Waddell, E., **Anastas, T.M.,** Horton-Dunbar, G., Howk, S., & Baker, R. (2018, June). Building health homes for clients in treatment for substance use disorders. Poster presented at the College of Problems of Drug Dependence Annual meeting, San Diego, CA.

10. Ziadni, M., **Anastas, T.M.,** Darnall, B., & Wilson, A. (2018, April). Characterizing chronic pain in late adolescence and early adulthood: Opioid prescription, marijuana use, and predictors of pain interference. Poster presented at the American Academy of Pain Medicine Annual Meeting, Vancouver, BC, Canada.

11. Hirsh, A., **Anastas, T.M.,** Miller, M., & Hollingshead, N. (2018, April). Preliminary results of a virtual perspective-taking intervention to reduce race and SES disparities in pain treatment decisions. Poster presented at the Annual Scientific Meeting of the Society of Behavioral Medicine, New Orleans, LA.

12. **Anastas, T.M.,** Hollingshead, N., Miller, M.M., Ashburn-Nardo, L., & Hirsh, A. (2017, May). Patient race and socioeconomic status influence provider’s recommendations about opioid therapy and workplace accommodations for chronic pain. Poster and oral presentation at the Annual Meeting for the American Pain Society, Pittsburgh, PA.

13. **Anastas, T.M.,** Moore, R., Remiker, M., Howk, S., & Waddell, E. (2016, June). Models for integrating primary care services into behavioral health homes and their barriers and facilitators to integration. Poster presented at Academy Health, Boston, MA.

14. Cholan, R., Wagner, J., Dorr, D., Sachdeva, B., **Anastas, T.M.,** & Romer, A. (2015, November). Technical assistance to support primary care practice transformation in Oregon: Efforts from the Comprehensive Primary Care initiative. Poster presented at North American Primary Care Research Group Annual Meeting, Cancun, Mexico.

15. Sachdeva, B., Dorr, D., & **Anastas, T.M.,** (2015, June). Clinic response to Transforming Outcomes for Patients through Medical home Evaluation and reDesign (TOPMED): A clustered randomized control trial to test high value elements. Oral presentation at North American Primary Care Research Group Practice-Based Research Network Conference, Bethesda, MD.

16. Michaels, L., **Anastas, T.M.,** Howk, S., Waddell, E., Sommers, B., Fagnan, L., & Dorr, D. (2015, June). Evaluation of practice facilitation in the Transforming Outcomes for Patients through Medical home Evaluation and reDesign (TOPMED) trial. Poster presented at the North American Primary Care Research Group Practice-Based Research Network Conference, Bethesda, MD.

17. Dorr, D., **Anastas, T.M.,** Wagner, J., Gray, K., & Cartwright, K. (2015, June). Defining high value elements for reducing cost and utilization in patient-centered medical home definitions: The TOPMED trial. Poster presented at Academy Health, Minneapolis, MN.

18. Wilson, A., Stacey, B., Olds, T., Colpitts, K., & **Anastas, T.M.** (2013, May). Pain interference and sexual interference in a clinical sample of young adults with chronic pain. Poster presented at the Annual Meeting for the American Pain Society, New Orleans, LA.

19. Edmunds, S., **Anastas, T.M.,** Schwade, J., & Goldstein, M. (2012, June). Infant word learning from video: Contingency and the organization of attention in 16- to 18.5-month-olds. Poster presented at the biennial International Conference on Infant Studies, Minneapolis, MN.

**RESEARCH EXPERIENCE**

2021–Present **VA Puget Sound Health Care System**, Seattle Division, Seattle, WA

*Summary*: Examine associations between chronic pain, interference, and other psychosocial variables within the context of a RCT, testing the effects of self-hypnosis, mindfulness mediation, and pain education.

*Duties*: Perform statistical analyses; write and contribute to manuscripts for publication.

*Supervisor*: Aaron Turner, PhD, ABPP & Rhonda Williams, PhD, ABPP

2016–Present **Pain Research Lab,** Department of Psychology**,** IUPUI, Indianapolis, IN

*Summary*: Investigate provider decision-making for pain care and the biopsychosocial aspects of pain and functioning in humans.

*Duties*: Contribute to the development of new studies; perform statistical analyses in SPSS, R, and Mplus; write manuscripts for publication; write and maintain IRB protocols.

*Supervisor*: Adam Hirsh, PhD

2015–2017 **Oregon Rural Practice-based Research Network,** Oregon Health & Science University, Portland, OR

*Summary*: Examine best practices for integrating primary care services into behavioral health/substance use treatment clinics.

*Duties*: Developed a qualitative coding system; wrote manuscripts for publication; assisted with grant preparation; provided coaching and technical assistance to clinics.

*Supervisor*: Elizabeth Waddell, PhD

2014–2015 **Care Management Plus**, Department of Medical Informatics and Clinical Epidemiology, Oregon Health & Science University, Portland, OR

*Summary*: Examined primary care clinics working towards or maintaining patient-centered medical home status in a national CMS initiative and a local RCT.

*Duties*: Assisted clinics in transformation efforts (e.g., performed quarterly check-in phone calls, organized in-person learning meetings) assisted with a behavioral health integration webinar series; developed a qualitative coding system; contributed to manuscripts for publication.

*Supervisor*: David Dorr, MD, MS

2011–2014 **Institute on Development and Disability**, Oregon Health & Science University, Portland, OR

*Summary*: Investigated biopsychosocial risk factors for pediatric chronic pain and behavioral health integration in a pediatric primary care clinic.

*Duties*: Performed laboratory pain testing on adults and children (11-15 years); completed literature reviews; performed statistical analyses; wrote manuscripts for publication.

*Supervisors*: Anna Wilson, PhD & Kimberly Guion, PhD

2011–2011 **Pediatric Research Summer Internship**, Department of Pediatrics, Oregon Health & Science University, Portland, OR

*Summary*: Investigated biopsychosocial risk factors for pediatric chronic pain and family therapy for children with diabetes.

*Duties*: Performed laboratory pain testing on adults and children (11-15 years); developed a video-coding system; performed statistical analyses in SPSS.

*Supervisors*: Anna Wilson, PhD & Kurt Freeman, PhD

2009–2012 **Behavioral Analysis of Beginning Years Lab*,*** Department of Psychology**,** Cornell University, Ithaca, NY

*Summary*: Investigated the influence of infants’ social environments on their language development.

*Duties*: Ran parents and infants through study protocol; performed video coding; recruited participants

*Supervisors*: Michael Goldstein, PhD & Jennifer Schwade, PhD

**HONORS & AWARDS**

2021 IUPUI Clinical Psychology Award for Research Excellence

2020 IUPUI Elite 50 Award

2018–2020 IUPUI Graduate and Professional Education Travel Grant (received 2x)

2018–2020 IUPUI School of Science Graduate Student Travel Award (received 2x)

2017–2020 IUPUI Psychology Department Research Grant (received 4x)

2020 American Psychosomatic Society Citation Poster Award

2017–2018 IUPUI Psychology Department Travel Award (received 2x)

2017–2019 American Pain Society Young Investigator Travel Award (received 2x)

2017 American Pain Society Pain & Disparities SIG Poster Award

**LEADERSHIP & SERVICE**

2021-Present Student Representative, Training Committee

VA Puget Sound Health Care System, Seattle Division

2019–2020 Student Representative/Liaison, Clinical Psychology Faulty Board

IUPUI

2018–2020 Peer Mentor, Clinical Psychology PhD Program

IUPUI

2018–2019 Campus Representative, Division 38 Health Psychology

American Psychological Association

**EDITORIAL EXPERIENCE**

2016–Present Ad hoc reviewer (mentored by Adam Hirsh, PhD):

*The Clinical Journal of Pain*

*The Journal of Pain*

*Journal of Racial and Ethnic Health Disparities*

*Pain Medicine*

*PAIN*

*PAIN Reports*

*Pain Practice*

**PROFESSIONAL MEMBERSHIPS**

American Psychological Association (Division 38, Health Psychology)

American Psychosomatic Society

International Association for the Study of Pain

**CLINICAL EXPERIENCE**

2021-Present **Clinical Psychology Doctoral Internship (APA Accredited)**

VA Puget Sound Health Care System, Seattle Division, Seattle, WA

*Rotation #1 of 3:* Pain Clinic (Supervisors: Jessica Chen, PhD & Jennifer DelVentura, PhD, ABPP-CHP)

*Rotation #2 of 3:* Rehabilitation Care Services (Supervisors: Aaron Turner, PhD, ABPP & Rhonda Williams, PhD, ABPP)

2020–2021 **Indiana Polyclinic (Pain Clinic)**

Private practice medical clinic, Carmel, IN

*Supervisor:* Amber Fleming, PsyD

2019–2020 **Methodist Family Medicine Center**

Indiana University Health, Indianapolis, IN

*Supervisor:* Sarah Landsberger, PhD

2019–2019 **ADHD/DBD Program (Pediatrics)**

Indiana University Health, Indianapolis, IN

*Supervisor:* Hillary Blake, PsyD

2019–2019 **Riley Pediatric Headache Program**

Indiana University Health, Indianapolis, IN

*Supervisor:* Hillary Blake, PsyD

2018–2019 **Riley Pediatric Pain Center**

Indiana University Health, Indianapolis, IN

*Supervisor:* Amy Williams, PhD, ABPP, HSPP

2017–2018 **Neuropsychology Clinic**

Indiana University Health, Indianapolis, IN

*Supervisor:* Daniel Rexroth, PsyD