

John W. Burns, PhD

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Advancement of Medicine

My research investigates psychosocial processes in chronic pain among humans. My work in recent years has revolved around three issues: 1) understanding the day-to-day interplay of pain, emotions, behavior and medication use in adjustment to chronic pain; 2) examining how psychosocial interventions for chronic pain work and for whom they work; and 3) evaluating new, especially simpler, psychosocial interventions for chronic pain.

My work is supported by the National Institutes of Health, or NIH, and the Department of Defense, or DoD, and I have published reports of my work in top-tier journals — with high impact factors — devoted to the study of pain.

Research

I have been the recipient of this endowment for approximately one year. Your generosity enabled me to employ a full-time research coordinator. The coordinator conducts many administrative tasks I once had to perform to meet requirements of the Institutional Review Board (IRB) and funding agencies, thus freeing me to work on grant proposals and research reports to journals. The coordinator was also instrumental in helping us design, draft and submit an NIH grant application on 2/5/24. She will perform this role for all upcoming grant application cycles.

We are working on the following projects:

- Evaluating Specific and Non-Specific Mechanisms in Two Distinct Complementary/Integrative Interventions for Chronic Pain. R01 AT009680-01; NIH/NCCIH. Dates: 7/1/18-6/30/24. Role on project: Multi-PI.

- Transition from Acute to Chronic Pain in Total Knee Arthroplasty Patients: Identifying Resilience and Vulnerability Profiles. 1 UM1 NS112874-01; NIH/NINDS. Dates: 7/1/19 – 1/31/25. Project role: Multi-PI.
- Stress and Opioid Misuse Risk: The Role of Endogenous Opioid and Endocannabinoid Mechanisms; R01DA050334-01. NIH/NIDA. Dates: 6/1/21 – 5/30/25. Project role: Co-I.
- Preventing the Development of Chronic Pain: Treating PTSD at Acute Pain Onset. W81XWH2210739; DoD. Dates: 9/30/22 – 8/30/26. Project role: PI.
- Improving physical function in adults with chronic pain. A multisite feasibility study. U01AT011337; NIH/NCCIH. Dates: 04/01/2021-03/31/2025. Project role: site-PI.
- Comparative Mechanisms (Mediators, Moderators) of Psychosocial Chronic Pain Treatments. R01NR020610-01; NIH/NINR. Dates: 11/01/22-10/31/27. Project role: multi-PI. NIH grant application (2/5/24).

Publication Highlights — Abbreviated

- Burns JW, et al. (2022). Cognitive Therapy, Mindfulness Based Stress Reduction, and Behavior Therapy for the treatment of chronic pain: A randomized controlled trial. *PAIN*, 163, 376-389.
- Burns JW, et al. (2023) Cognitive therapy, mindfulness-based stress reduction, and behavior therapy for people with chronic low back pain: A comparative mechanisms study. *Journal of Consulting and Clinical Psychology*, 9:171-187.
- Burns JW, et al (in press). Cognitive Therapy, Mindfulness Based Stress Reduction, and Behavior Therapy for the Treatment of Chronic Pain: Predictors and Moderators of Treatment Response, *Journal of Pain*.

The Year Ahead: 2024 and Beyond

We will prioritize the following research: 1) examining how psychosocial interventions for chronic pain work and for whom they work; 2) evaluating new, especially simpler, psychosocial interventions for chronic pain; 3) whether we can effectively ameliorate the co-morbidity between PTSD and chronic pain among people with poorer health outcomes.



With Gratitude

Thank you for this wonderful endowment which provides critical support for my research endeavors.

I deeply appreciate the faith you place in me to use the associated funds wisely to advance the study of medical science.