

CURRICULUM VITAE

LAURIE KEEFER, PHD
laurie.keefer@mssm.edu
Last Prepared December 22, 2025

APPOINTMENTS/EMPLOYMENT

Icahn School of Medicine at Mount Sinai **1/2016 - present**
New York, NY USA

Professor	Medicine, Psychiatry and Behavioral Sciences	11/2019 —present
	Biomedical Sciences	11/2022 —present
Assoc. Professor	Medicine, Psychiatry and Behavioral Sciences	1/2016 — 11/2019

Northwestern University, Feinberg School of Medicine **2006 — 2020**
Chicago, IL USA

Professor (adjunct)	Medicine, Psychiatry and Behavioral Sciences	2015 — 2020
Associate Professor	Medicine, Psychiatry and Behavioral Sciences	2010 — 2015
Assistant Professor	Medicine, Psychiatry and Behavioral Sciences	2006 — 2010

Rush University Medical Center **2003 — 2005**
Chicago, IL USA

Assistant Professor	Medicine and Behavioral Sciences (Psychology)	2004 — 2005
Instructor,	Behavioral Sciences (Psychology)	2003 — 2004

GAPS IN EMPLOYMENT

none

EDUCATION

Rush University Medical Center, Chicago, IL USA

Post-doctoral fellowship	2003
Health Psychology (Gastroenterology, Hepatology & Nutrition)	

Pre-doctoral Residency	2002
Health Psychology (Sleep, Pain/Rehab, Oncology, Primary Care)	

State University of New York at Albany, NY USA

Doctor of Philosophy, Clinical Psychology	2003
Masters of Arts, Clinical Psychology	2000

Pennsylvania State University, University Park, PA, USA

Bachelor of Arts, Psychology	1997
Bachelor of Arts, Women's Studies	1997

Spencerport High School, Spencerport, New York, USA	1994
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CERTIFICATION

none

LICENSURE

Psychologist (Clinical Health)		
New York	015998	2004 - present
New Jersey	35SI00736800	2024 - present
PsyPact Interstate Telemedicine	5187	2020 - present

HONORS/AWARDS

Fellow, American College of Gastroenterology	2024
Healio Disruptive Innovators Partners in Practice Award	2023
American College of Gastroenterology	
Distinguished Investigator Award for Women in Neurogastroenterology	2022
American Society of Neurogastroenterology and Motility	
In Vivo Rising Leader in Digital Health	2022
Best in Class Abstract: "Resilience based care improves outcomes in IBD"	2022
American College of Gastroenterology	
Dean's HealthCare System Team Science Award (for the GRITT Team)	2020
Mount Sinai Health System	
Early Career Achievement Award	2018
American Society of Clinical Hypnosis	
Fellow, American Gastroenterological Association	2014
Outstanding Contribution to Academic Instruction	2010
Northwestern University Feinberg School of Medicine	
Initiatives for Women Presidential Award (Doctoral Dissertation)	2001
State University of New York at Albany	
Phi Beta Kappa	1996
Phi Eta Sigma National Honor Society	1994

PATENTS

U.S. Patent Application No. 18/002,075 [Filed December 16, 2022]
For: *SYSTEMS AND METHODS FOR EVALUATING A SUBJECT FOR INFLAMMATORY BOWEL DISEASE MANAGEMENT* [Laurie Keefer, PhD, Marla C Dubinsky MD]
MSIP Ref. No. P-200413-US
MLB Ref. No. 104593-5025-US

OTHER ENTREPRENEURIAL ACTIVITIES

Intellectual Property/License Agreements and Copyrights

Perceived Stigma Scale for Irritable Bowel Syndrome
The Eosinophilic Quality of Life Questionnaire*
Digestive Diseases Acceptance Scale

The Inflammatory Bowel Disease Self-Efficacy Scale [translated into 48 languages]
 The Adolescent IBD Self-Efficacy Scale [translated into 5 languages]
 Project Management for Crohn's Disease Treatment Manual
 Rome III Diagnostic Questionnaire
 Hypnotherapy Protocol for Gastroesophageal Reflux Disease
 Hypnotherapy Protocol for Inflammatory Bowel Disease
 Dysphagia Stress Test
 The Northwestern Esophageal Quality of Life Questionnaire*
 The Esophageal Hypervigilance and Anxiety Scale
 Patient Provider Relationship Scale (IBS)- Provider Version
 The IBD Resilience (RISE) Scale
 Handbook of Psychogastroenterology for Adults* [translated into Polish]
**denotes I receive royalties*

OTHER PROFESSIONAL ROLES

Elected Positions

American Neurogastroenterology and Motility Society,

Council Member	2014-2018
Senior Advisor, Research Institute	2019-2022

American Psychological Association

2016-2019

Commissioner, Recognition of Specialties and Proficiencies in Professional Psychology

Appointed Positions

Rome Foundation

Chief Executive Officer	2025– present
Chair, Rome V Non-Pharmacological Committee	2020 – 2025
Member, Rome V Psychosocial Aspects of DGBI Chapter Committee	2020 – 2026
Member, Board of Directors	2018 – present
Member, Rome IV Psychosocial Aspects of DGBI Chapter Committee	2012 – 2016
Chair, Rome IV Centrally Mediated Disorders of GI Pain Chapter Committee	2012 – 2016
Chair and Founder, GastroPsychology Professional Community	2017 – present
Co-Chair, Working Team on Design of Brain Gut Behavior Intervention Trials	2025
Chair, Brain-Gut Behavior Therapy for Disorders of Gut-Brain Interaction	2021
Member, Complex DGBI with Nutritional Consequences	2025 – 2027
Member, IOIBD-Rome Consensus on IBS-IBD Overlap	2025 – 2026

Crohn's and Colitis Foundation

Member, Congress Planning Committee	2018 – 2024
Member, Methodology and Impact Committee	2022 – present

American Gastroenterological Association

Member, Ethics Committee	2017 – 2020
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American College of Gastroenterology

Member, Education Innovations Task Force	2026 – present
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Tapestry Networks

Member, Value Based Care Consortium (IBD)	2022 – 2024
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RESEARCH PROFILE

I am an academic health psychologist and behavioral intervention scientist focused on the development, testing and implementation of integrated behavioral therapies focused on the relief of gastrointestinal symptoms and improved gastrointestinal quality of life. My science intersects with my clinical experience and emphasizes positive psychology and optimizing brain-gut interactions to improve symptoms and disease self-management behaviors which in turn improve IBD outcomes. I have recently published guidelines on the design of behavioral intervention studies in gastroenterology with the goal of promoting more rigorous science in this area.

I have conducted as PI or Co-PI several large, federal and foundation funded behavior intervention trials, beginning in 2008. Indeed, my first NIH funded grant focused on the use of gut-directed hypnotherapy for quiescent ulcerative colitis. I also served as a site PI for the largest clinical trial to date investigating brief (4-session) cognitive-behavioral therapy for IBS, establishing that this protocol is equivalent in efficacy to traditional 10-session CBT and offers added cost-effectiveness.

I am also the Co-Principal Investigator (with E. Szigethy, UPMC) on "Specialty Medical Homes for Patients with Inflammatory Bowel Disease and Behavioral Health Conditions," a PCORI contracted 3-site RCT of more than 700 participants with IBD and a comorbid mental health condition, comparing whether clinician administered vs. digitally administered behavioral therapy is effective in reducing behavioral health complexity and unplanned care, and if so, who benefits most from which approach (clinician vs. digital). This project is in its final year and will be the largest behavioral RCT for IBD to date, with well-characterized patients and disease trajectories over 1 year follow-up yielding rich data about the intersection between brain and gut in IBD for years to come.

My most recent, ongoing behavioral intervention trial is called "Combination Therapy of Resilience Intervention with Biologics in Crohn's Disease" (CATHARSIS), in which patients are randomized to new biologic start +/- a resilience based intervention. This project, enrolling 180 participants, is funded by the Leona B and Harry M Helmsley Charitable Trust and will be the first RCT in which behavioral support will be evaluated with respect to its ability to influence response and raise the therapeutic ceiling of our existing biologic therapies.

I have a strong background in psychometrics, having validated the: IBD Self-efficacy scale in both adult and adolescent versions, (now in 7 languages and short-form), Eosinophilic Esophagitis Quality of Life Scale, Esophageal Hypervigilance and Awareness Scale (also translated and shortened), Northwestern Esophageal Quality of Life Scale, Dysphagia Stress Test, Perceived Stigma Scale for IBS (translated for IBD/EoE), Internalized Stigma Scale for IBS. Several of these measures have been adopted by pharma and/or the FDA as outcome measures.

CLINICAL PROFILE

Currently, I exclusively work with people who have complex Crohn's disease or ulcerative colitis. Within this population, I have specializations working with people living with short bowel syndrome/on total parental nutrition, ostomies, perianal and fistulizing Crohn's disease, refractory Crohn's disease and those undergoing experimental therapies including autologous stem cell transplant. I have growing interest in the application of behavioral

therapies for prevention of IBD among at-risk individuals as well as identification and management of early childhood trauma as it relates to the development of refractory disease.

My clinical approach to IBD has been grounded in applied positive psychology, which focuses on harnessing human strengths to ensure people flourish despite adversity. I strongly believe that emotional healing is achievable in IBD, but only if we offer early, effective psychosocial care. I have long said that psychiatric disorders like depression, anxiety and post-traumatic stress should be treated as extraintestinal manifestations of IBD and, when present, treated as a complication or poor outcome just as other forms of disease progression/bowel wall damage would be. To intervene earlier and ensure prompt diagnosis, treatment and tight control of emotional healing, I have identified 5 character strengths that are associated with optimal disease self-management skills and emotional well-being across the lifespan. Known now as the Resilience5™, these buildable strengths include disease acceptance, learned optimism, self-compassion and self-regulatory skills, social support and community and self-confidence.

The Resilience5™ has served as the foundation of the Gaining Resilience through Transitions™ (GRITT) Method, a multidisciplinary, integrated care approach to IBD that has been associated with improved disease outcomes. At Mount Sinai, I direct the IBD subspecialty medical home, overseeing a multidisciplinary team of providers focused on improving patient self-management behaviors across the domains of medical and symptom management, diet and nutrition, resilience and psychological, independence in self-management and financial/social barriers to accessing quality healthcare. The program, which includes nurses, nurse practitioners, a clinical pharmacist, 2 social workers, 2 health psychologists, 2 dietitians and 2 care coordinators. The team has “graduated” more than 750 patients over the past 10 years. The GRITT Team supports several integrated clinical programs in the IBD Center: Young Adult Transition Program, a New Diagnosis Program (COMPASS), Autologous Stem Cell Transplant Program, a Complex IBD Program, a Peri-anal disease program, a Clinical Trials Readiness Program and an IBD Malnutrition Program. We track outcomes to demonstrate the value of integration over time.

Prior to working at Mount Sinai in the IBD Center I counseled thousands of people with a wide range of digestive complaints- IBS, dyspepsia, gastroparesis, nausea, vomiting, heartburn, belching, constipation, abdominal pain, diarrhea and extraintestinal complaints- fatigue, sleep difficulties, and even (mild) disordered eating patterns.

Finally, I am heavily involved in the training and dissemination of evidence-based practices in gastropsychology, including recent “how-to” manuscripts and lectures on how to incorporate a psychologist into GI care, defining the core competencies for gastropsychologists and clinical practice guidelines for physicians with respect to psychosocial assessment. I am the founder and Chair of the internationally based Rome Foundation’s Gastropsychology Group which currently supports the clinical training and professional needs of >400 members from 7 continents.

MENTORING PROFILE

I have trained numerous clinical psychology doctoral students and postdoctoral psychology fellows who have gone on to set up their own integrated GI Psych practices. I acquired the

first T32 training grant in "GI Physiology and Psychology" through NIDDK which focused on sharing knowledge and best research and clinical practices between gastroenterologists and psychologists. I also co-edited the first "Handbook of Psychogastroenterology," published in Fall 2019 which now serves as the basis for gastropsych training in countries such as Poland and Ukraine.

I also serve **currently as a primary mentor or co-mentor on 5 NIH funded K23s (early career awards), 3 of which are directly focused on IBD** (below). I am also a standing member of the NIDDK-C study section which focuses on early career awards to physician scientists interested in IBD.

K23DK131334 A Biobehavioral Approach to Understand Problematic Avoidant/Restrictive Eating in Adults with Functional Dyspepsia [Burton-Murray H]

K23NR020044 A Comprehensive Self-Management Intervention for individuals with Inflammatory Bowel Disease [Kamp K]

K23DK134814 A Fully Remote Pilot Randomized Controlled Trial to Investigate the Impact of Insomnia Treatment on Crohn's disease [Salwen-Deremer J]

K23DK131338 Approaches and Outcomes of Shared Decision-making and Patient Centered Care Delivery in Barrett's Esophagus [Eluri, S]

K23DK138875 A Positive Psychology Intervention for Irritable Bowel Syndrome [Madva, E]

K23DK142064 Digital Mind Body Intervention among Black and Hispanic Patients Living with Inflammatory Bowel Disease [Greywoode, R]

I am a primary mentor or dissertation chair for several doctoral dissertations in the Graduate School of Biomedical sciences, including a recently completed dissertation which led to the development of a new patient reported outcome measure for IBD, known as the IBD RISE (resilience) and an ongoing project looking at interoceptive awareness training as a way to optimize clinician-patient communication.

OVERALL IMPACT

I am a clinical health psychologist specializing in the psychosocial care of people living with Crohn's disease and ulcerative colitis. I have more than 25 years of experience as a clinician, researcher and mentor and am a recognized leader among a growing field of professionals dedicated to integrated psychosocial care, known as gastropsychology. I was the first ever fully integrated health psychologist in an IBD Center (2003-2005) at Rush University Medical Center, spent 10 years as an integrated gastropsychologist at Northwestern (2006-2015) before coming to my dream job at Mount Sinai's IBD Clinical Center in 2016 (to present).

As one of the few psychologists in the world with specialization in gastroenterology and IBD more specifically, I am fortunate enough to be invited to speak nationally and internationally about integrated behavioral health, multidisciplinary team management and resilience in IBD. I am a key opinion leader for several organizations with respect to behavioral interventions, self-management skills and emotional considerations in chronic digestive diseases. I serve on the internationally based Rome Foundation's Board of Directors, now in the role as Chief Executive Officer.

GRANTS, CONTRACTS, FOUNDATION SUPPORT**PAST GRANTS**

List Funding Source	Role in Project	Dates	Direct Costs	Supplemental Info
T32 DK101363	Co-PI, Program Director	7/2014-6/30/2019	\$1.2M	
R01 DK092217	Co-PI	3/2012-2/2015	\$1.2M	
U01 DK082342	Co-Investigator	9/2008-6/2013	\$1.2M	
R34 AA019877	Site PI	8/2012-8/2013	\$331,046	
R34 DK092097	Site PI	9/2011-8/2013	\$397,840	
R43 TR000573	Site PI	5/2011-11/2012	\$386,021	
R21 AT003204	PI	6/2007-6/2010	\$250K	
U01 DK077738	Site PI, Executive Committee	5/2008-6/2017	\$9M	
R01 DK096606	Site PI	7/1/2012-6/30/2017	\$1.2M	
Pfizer	PI	1/1/2018-12/30-2019	\$100K	
AbbVie	Co-PI	10/1/2018-9/30/2019	\$100K	
U01 AI2014028	Co-I/PRO Consultant	7/1/2016-6/30/2022	\$1.5M	
R01 DK117824	PI	7/18/2018-6/17/2022	\$1.2M	
CCF 899254	Co-Investigator	2/1/2022-1/31/2025	\$800K	
Faculty REDuCE Award ISMMS	Principal Investigator	1/2024-4/2025	\$50K	
Leona M. and Harry B. Helmsley Charitable trust 2103- 05041	Co-Investigator/ Intervention Consultant	7/1/2020-6/30/2024	\$1.7M	

CURRENT GRANTS

List Funding Source	Role in Project	Dates	Direct Costs	Supplemental Info
PCORI 17-05887	Co-PI	1/1/2019-12/30/2026	\$6M	
U01 DK129191	Co-Investigator/ PRO Consultant	07/1/2021-6/30/2026	\$2.5M	
Ardelyx	Principal Investigator	3/1/2025-3/31/2026	\$165K	
Leona M. and Harry B. Helmsley Charitable trust, G- 2401-08140	Principal Investigator	9/2024-8/2027	\$1.5M	

PENDING GRANTS

List Funding Source	Role in Project	Dates	Direct Costs	Supplemental Info
Defense Advanced Research Projects Agency (DARPA) HR001125S0014 [PI Traverso, MIT]	Co-Investigator	2026-2028		

CLINICAL TRIALS PARTICIPATION

Project	Role in Project	Dates	Award	Other Info
N/A				

TRAINEES

Name	Level of Trainee	Role in Training & Inclusive Dates of Training	Training Venue	Trainees' Current Status/ Employment
Current Research Mentorship				
Kendra Kamp, PhD	Faculty	Co-Primary Research mentor, 2020- present K23NR020044	University of Washington	Assistant Professor
*Ruby Greywoode, MD	Faculty	Co-Primary Research mentor, 2021- present; K23DK142064	Montefiore, Albert Einstein University	Assistant Professor

Jessica Salwen-Deremer, PhD	Faculty	Co-Primary Research mentor, 2020-present K23DK134814	Dartmouth Hitchcock	Assistant Professor
Helen Burton-Murray, PhD	Faculty	Co-Primary Research mentor, 2020-present K23DK131334	Harvard	Assistant Professor
Elizabeth Madva, MD	Faculty	Co-Primary Research mentor, 2022-present K23DK138875	Harvard	Instructor
Swathi Eluri, MD	Faculty	Co-Primary Research mentor, 2022-present K23DK131338	Mayo Clinic Jacksonville	Assistant Professor
Yuying Luo, MD	GI Fellow & Faculty	Primary Research mentor, 2021-present	ISMMS	Instructor
Andrea Mecquel, MAPP	Graduate Student	Primary Research mentor, 2023-present	ISMMS	Doctoral Candidate
Taryn Lores, PhD	PostDoc	Primary Research mentor, 2024-present	ISMMS	Post Doctoral Research Fellow
Madison Simons, PhD	Faculty	Co-Mentor, 2025-present, K23 submitted Feb 2026	Cleveland Clinic	Assistant Professor
Elyse Thakur, PhD	Faculty	Co-Primary Research mentor, 2024- present, K23 submission Oct 2026	Wake Forest University	Assistant Professor
Past Research Mentorship				
Salva Balbale, PhD	Faculty	Co-Primary research mentor, 2020 – 2025 CCF Career Development Award	Northwestern University	Assistant Professor
Robert Hirten, MD	Faculty	Co-Primary Research Mentor, 2020- 2024 CCF Career Development Award and K23DK129835	ISMMS	Associate Professor
Rena Yadlapati, MD	T32 Fellow, Faculty	Co-mentor, 2014-2022, K23 DK 125266	Northwestern University	Professor, University California San Diego
Ryan Ungaro, MD	Faculty	Co-mentor, 2019-2022, K23DK111995	ISMMS	Associate Professor
*Michelle Mendiolaza, PhD	Graduate Student	Primary research mentor 2021-2025	ISMMS	Clinical Researcher, Eli Lilly

Dustin Carlsen, MD, MS	T32 Fellow	Secondary research mentor 2014-2017	Northwestern University	Associate Professor, Northwestern University
Livia Guadagnoli, PhD	T32 Graduate Student	Primary Research Mentor (T32) and Chair, Dissertation Committee 2015-2019	Northwestern University	Assistant Professor, Northwestern University
Alicia Philippou, MD	Resident	Primary research mentor	ISMMS	Capital Digestive Care
Lori Gawron, MD	Faculty	Primary research mentor, 2011-2014, K12 HD050121	Northwestern University	Professor, University of Utah
Ksenia Gorbenko, PhD	Faculty	Co-Primary Research Mentor, 2017-2020	ISMSS	Associate Professor
Anava Wren, PhD	Faculty	Secondary research mentor, 2017-2020	Stanford University	Associate Professor, Stanford University
*Marisa Izaguirre, MD	Fellow	Primary Research Mentor, 2010-2013	Northwestern University	Associate Professor, Dell Children's Hospital University of Texas
Itishree Trivedi, MD	Fellow	Primary Research mentor, 2013-2017	Northwestern University	Associate Professor, University of Illinois
Tiffany H. Taft, PsyD	Graduate Student & Post-Doctoral Fellow	Primary research mentor, 2006-2012	Chicago School of Professional Psychology	Senior Researcher, The Rome Foundation
Priya Seghal, MD,MPH	Medical Student	Primary research mentor, 2016-2018	ISMMS	Assistant Professor, University of Pennsylvania
Alyse Bedell, PhD	Graduate Student	Primary Graduate Mentor [T32] and Chair, Dissertation Committee, 2014-2018	Northwestern University	Associate Professor, University of Chicago
*Meredith Craven, PhD,MPH	Graduate Student	Primary Graduate Mentor [T32] and Chair, Dissertation Committee, 2015-2019	Northwestern University	Assistant Professor, Stanford University

Sarah Ballou, PhD	Graduate Student	Primary Graduate Mentor; Chair, Dissertation Committee 2011-2015	Northwestern University	Associate Professor, Harvard-Beth Israel
Jordyn Feingold, MD, MAPP	Medical Student	Primary research mentor, 2018-2020	ISMMS	Adolescent Psychiatry Fellow, NY Presbyterian, Columbia University
*Hannibal Person, MD	Fellow	Secondary Clinical/Research mentor 2017-2020	ISMMS	Assistant Professor University of Washington-Seattle Children's Hospital
Esther Fried-Stein, PsyD	Pre-doctoral Intern	Clinical mentor 2023-2024	ISMMS	Gastro-psychologist, private practice

*denotes underrepresented minority

Teaching Activity/ Topic	Level	Role	Indicate Level/ #of Learners, Venue	# hours w/m/y	Eval Summary	Years Taught
Health and Society in medicine (Gastro-enterology module)	Medical School	Module Leader	Medical students (120)	10 hours per year	4.2/5	2013-2015
Introduction to behavioral medicine	Pre-Doctoral	Course Director	Clinical Psychology PhD Students (8)	30 hours per year	4.5/5	2010-2016
Diversity in psychological science and practice	Pre-Doctoral	Course Co-Director	Clinical Psychology PhD Students (22)	15 hours per year	3.8/5	2011
Cognitive behavior therapy II	Pre-Doctoral	Course Director	Clinical Psychology PhD Students (12)	30 hours per year	4.8/5; Outstanding Instructor Award	2010
CBT for Medical Professionals	Pre-Doctoral	Course Director	NPs, RDs, MDs	20 hours per year		2019-2020
Health and Society in medicine (Gastroenterology module)	Medical School	Module Leader	Medical students (120)	10 hours per year	4.2/5	2013-2015

Introduction to behavioral medicine	Pre-Doctoral	Course Director	Clinical Psychology PhD Students (8)	30 hours per year	4.5/5	2010-2016
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ADMINISTRATIVE LEADERSHIP APPOINTMENTS

INTERNAL:

- Research or Clinical:
 - Director, Psychobehavioral Research Division of Gastroenterology
 - Director, IBD Medical Home [GRITT-IBD] IBD Center [integrated care model]
- Teaching: n/a
- General Administration: n/a

EXTERNAL:

- Founder and Chair, Rome Foundation Gastropsychology Group
- Chief Executive Officer, Rome Foundation [non-profit DGBI professional society]

PUBLICATIONS

H index 69 accessed Dec 29, 2025

[GoogleScholar-LaurieKeefer](#)

Peer Reviewed Original Contributions [inc. meta-analyses]

1. Blanchard EB, Keefer L, Galovski TE, Taylor AE, Turner SM. Gender differences in psychological distress among patients with irritable bowel syndrome. J Psychosom Res. 2001;50(5):271–5.
2. Keefer L, Blanchard EB. The effects of relaxation response meditation on the symptoms of irritable bowel syndrome: results of a controlled treatment study. Behav Res Ther. 2001;39(7):801–11.
3. Blanchard EB, Keefer L, Payne A, Turner SM, Galovski TE. Early abuse, psychiatric diagnoses and irritable bowel syndrome. Behav Res Ther. 2002;40(3):289–98.
4. Keefer L, Blanchard EB. A one year follow-up of relaxation response meditation as a treatment for irritable bowel syndrome. Behav Res Ther. 2002;40(5):541–6.
5. Sykes MA, Blanchard EB, Lackner J, Keefer L, Krasner S. Psychopathology in irritable bowel syndrome: support for a psychophysiological model. J Behav Med. 2003;26(4):361–72.
6. Blanchard EB, Keefer L, Lackner JM, Galovski TE, Krasner S, Sykes MA. The role of childhood abuse in Axis I and Axis II psychiatric disorders and medical disorders of unknown origin among irritable bowel syndrome patients. J Psychosom Res. 2004;56(4):431–6.
7. Keefer L, Blanchard EB. Hot flash, hot topic: conceptualizing menopausal symptoms from a cognitive-behavioral perspective. Appl Psychophysiol Biofeedback. 2005;30(1):75–82.
8. Keefer L, Blanchard EB. A behavioral group treatment program for menopausal hot flashes: results of a pilot study. Appl Psychophysiol Biofeedback. 2005;30(1):21–30.
9. Blanchard EB, Lackner JM, Gusmano R, Gudleski GD, Sanders K, Keefer L, et al. Prediction of treatment outcome among patients with irritable bowel syndrome treated with group cognitive therapy. Behav Res Ther. 2006;44(3):317–37.
10. Keefer L, Stepanski EJ, Ranjbaran Z, Benson LM, Keshavarzian A. An initial report of sleep disturbance in inactive inflammatory bowel disease. J Clin Sleep Med. 2006;2(4):409–16.
11. Blanchard EB, Lackner JM, Sanders K, Krasner S, Keefer L, Payne A, et al. A controlled evaluation of group cognitive therapy in the treatment of irritable bowel syndrome. Behav Res Ther. 2007;45(4):633–48.

12. Jones MP, Bratten J, Keefer L. Quality of life in patients with inflammatory bowel disease and irritable bowel syndrome differs between subjects recruited from clinic or the internet. *Am J Gastroenterol*. 2007;102(10):2232–7.
13. Keefer L, Keshavarzian A. Feasibility and acceptability of gut-directed hypnosis on inflammatory bowel disease: a brief communication. *Int J Clin Exp Hypn*. 2007;55(4):457–66.
14. Ranjbaran Z, Keefer L, Farhadi A, Stepanski E, Sedghi S, Keshavarzian A. Impact of sleep disturbances in inflammatory bowel disease. *J Gastroenterol Hepatol*. 2007;22(11):1748–53.
15. Ranjbaran Z, Keefer L, Stepanski E, Farhadi A, Keshavarzian A. The relevance of sleep abnormalities to chronic inflammatory conditions. *Inflamm Res*. 2007;56(2):51–7.
16. Keefer L, Keshavarzian A, Mutlu E. Reconsidering the methodology of "stress" research in inflammatory bowel disease. *J Crohns Colitis*. 2008;2(3):193–201.
17. Keefer L, Sayuk G, Bratten J, Rahimi R, Jones MP. Multicenter study of gastroenterologists' ability to identify anxiety and depression in a new patient encounter and its impact on diagnosis. *J Clin Gastroenterol*. 2008;42(6):667–71.
18. Jones MP, Keefer L, Bratten J, Taft TH, Crowell MD, Levy R, et al. Development and initial validation of a measure of perceived stigma in irritable bowel syndrome. *Psychol Health Med*. 2009;14(3):367–74.
19. Komanduri S, Swanson G, Keefer L, Jakate S. Use of a new jumbo forceps improves tissue acquisition of Barrett's esophagus surveillance biopsies. *Gastrointest Endosc*. 2009;70(6):1072–8 e1.
20. Taft TH, Keefer L, Leonhard C, Nealon-Woods M. Impact of perceived stigma on inflammatory bowel disease patient outcomes. *Inflamm Bowel Dis*. 2009;15(8):1224–32.
21. Kiebles JL, Doerfler B, Keefer L. Preliminary evidence supporting a framework of psychological adjustment to inflammatory bowel disease. *Inflamm Bowel Dis*. 2010;16(10):1685–95.
22. Kiebles JL, Kwiatek MA, Pandolfino JE, Kahrilas PJ, Keefer L. Do patients with globus sensation respond to hypnotically assisted relaxation therapy? A case series report. *Dis Esophagus*. 2010;23(7):545–53.
23. Lackner JM, Brasel AM, Quigley BM, Keefer L, Krasner SS, Powell C, et al. The ties that bind: perceived social support, stress, and IBS in severely affected patients. *Neurogastroenterol Motil*. 2010;22(8):893–900.
24. Lackner JM, Gudleski GD, Keefer L, Krasner SS, Powell C, Katz LA. Rapid response to cognitive behavior therapy predicts treatment outcome in patients with irritable bowel syndrome. *Clin Gastroenterol Hepatol*. 2010;8(5):426–32.
25. Keefer L, Kiebles JL, Martinovich Z, Cohen E, Van Denburg A, Barrett TA. Behavioral interventions may prolong remission in patients with inflammatory bowel disease. *Behav Res Ther*. 2011;49(3):145–50.
26. Keefer L, Kiebles JL, Taft TH. The role of self-efficacy in inflammatory bowel disease management: preliminary validation of a disease-specific measure. *Inflamm Bowel Dis*. 2011;17(2):614–20.
27. Keswani RN, Taft TH, Cote GA, Keefer L. Increased levels of stress and burnout are related to decreased physician experience and to interventional gastroenterology career choice: findings from a US survey of endoscopists. *Am J Gastroenterol*. 2011;106(10):1734–40.
28. Komanduri S, Keefer L, Jakate S. Diagnostic yield of a novel jumbo biopsy "unroofing" technique for tissue acquisition of gastric submucosal masses. *Endoscopy*. 2011;43(10):849–55.
29. Kwiatek MA, Kiebles JL, Taft TH, Pandolfino JE, Bove MJ, Kahrilas PJ, et al. Esophageal symptoms questionnaire for the assessment of dysphagia, globus, and reflux symptoms: initial development and validation. *Dis Esophagus*. 2011;24(8):550–9.

30. Taft TH, Keefer L, Artz C, Bratten J, Jones MP. Perceptions of illness stigma in patients with inflammatory bowel disease and irritable bowel syndrome. *Qual Life Res.* 2011;20(9):1391–9.
31. Taft TH, Keefer L, Keswani RN. Friends, alcohol, and a higher power: an analysis of adaptive and maladaptive coping strategies among gastroenterologists. *J Clin Gastroenterol.* 2011;45(8):e76–81.
32. Taft TH, Kern E, Keefer L, Burstein D, Hirano I. Qualitative assessment of patient-reported outcomes in adults with eosinophilic esophagitis. *J Clin Gastroenterol.* 2011;45(9):769–74.
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Books and Book Chapters

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INVITED PRESENTATIONS

MEDIA RESOURCE EDUCATIONAL MATERIALS

VOLUNTARY PRESENTATIONS – e.g. abstracts, poster presentations