

## Steven James Linton

### Formazione

- Dottorato di Ricerca, Università di Uppsala, Psicologia Clinica, 1984 (Un approccio comportamentale al dolore cronico)
- Master of Arts, Psicoterapia, 2007, Università di Uppsala
- Psicoterapeuta Abilitato, 2007
- Specialista in Psicologia Clinica e del Lavoro, 1997
- Master of Arts, Psicologia Clinica, 1982
- Psicologo Clinico Abilitato, 1982
- Master of Arts, Psicologia Sperimentale Generale, Wichita State University, 1976

### Esperienza Professionale

- Professore Emerito di Psicologia Clinica, Università di Örebro, 2021 - in corso
- Professore Senior di Psicologia Clinica, Università di Örebro, 2019-2021
- Professore di Psicologia Clinica, Dipartimento di Giurisprudenza, Psicologia e Lavoro Sociale, Università di Örebro, 2005-2019
- Sabbatico didattico STINT presso la National University di Singapore, 2016
- Visiting Scholar, Liberty Mutual Research Center for Safety, Boston, 2006
- Direttore e Leader Scientifico, Center for Health and Medical Psychology, Università di Örebro
- Psicologo Clinico e Ricercatore, Dipartimento di Medicina del Lavoro, Ospedale Universitario di Örebro
- Professore Associato di Psicologia Clinica (docente), Università di Uppsala, 1988 - in corso

### Meriti Didattici ed Educativi

- Insegnante di Eccellenza, Università di Örebro, 2016 - in corso
- Membro, Commissione di Accreditamento per l' Educazione Dottorale in Psicologia, UKÄ, 2016-2017
- Premio Sabbatico Didattico STINT, 2016

### Meriti di Ricerca

- Direttore, Center for Health and Medical Psychology (CHAMP), Università di Örebro
- Supervisore per 23 dottorandi
- Supervisore per studenti di tesi magistrale in psicologia clinica

### Recenti Finanziamenti

- Valutazione multicentrica dell'implementazione del "trattamento ibrido focalizzato sulle emozioni per il dolore cronico tramite disegni sperimentali a caso singolo". 2022 (co-investigatore)
- Implementazione di un trattamento ibrido focalizzato sulle emozioni per il dolore cronico. AFA, 2020 (co-investigatore)
- Intervento preventivo precoce per i lavoratori, focalizzato sul dolore muscoloscheletrico e lo stress. 2019 (co-investigatore)
- Un trattamento ibrido focalizzato sulle emozioni per il dolore cronico: valutazione tramite RCT. AFA, 2016

- Come influisce un deficit di sonno sulla diffusione del dolore? Fondazione Svedese per la Fibromialgia, 2016
- Premio: Università di Örebro, Borsa di ricerca personale (500.000 SEK), 2016

### **Publicazioni Rappresentative negli Ultimi 5 Anni**

*More than 250 total scientific publications and an h-factor of more than 95 (Google Scholar).*

- Askeland, K. G., Bøe, T., Sivertsen, B., Linton, S. J., Heradstveit, O., Nilsen, S. A., & Hysing, M. (2022). Association of depressive symptoms in late adolescence and school dropout. *School mental health, 14*(4), 1044-1056.
- Bauducco, S. V., Flink, I. K., Boersma, K., & Linton, S. J. (2020). Preventing sleep deficit in adolescents: Long-term effects of a quasi-experimental school-based intervention study. *Journal of sleep research, 29*(1), e12940.
- Andersen, T. E., Vægter, H. B., Linton, S. J., Hendricks, O., & Roessler, K. K. (2022). Chronic Pain—Theory, Prevention and Management. In *Textbook of Applied Medical Psychology: A Multidisciplinary Approach* (pp. 181-231). Syddansk Universitetsforlag.
- Bauducco, S., Flink, I., Jansson-Fröjmark, M., & Linton, S.J. (2016). Sleep duration and patterns in adolescents: correlates and the role of daily stressors. *Sleep Health, 2*(3), 211-218.
- Beales, D., Kyaw-Myint, S., Smith, A., O'Sullivan, P., Pransky, G., Linton, S., . . . Straker, L. (2017). Work Productivity Loss in Young Workers Is Substantial and Is Associated With Spinal Pain and Mental Ill-health Conditions. *Journal of Occupational and Environmental Medicine, 59*(3), 237-245.
- Besen, E., Gaines, B., Linton, S. J., & Shaw, W. S. (2017). The role of pain catastrophizing as a mediator in the work disability process following acute low back pain. *Journal of Applied Biobehavioral Research, 22*(1).
- Boersma, K., Flink, I. K., & Linton, S. J. (2019). Considering the interpersonal context of pain catastrophizing. *Scandinavian Journal of Pain, 20*(1), 9-10.
- Boersma, K., Ljótsson, B., Edebol-Carlman, H., Schrooten, M., Linton, S. J., & Brummer, R. J. (2016). Exposure-based cognitive behavioral therapy for irritable bowel syndrome. A single-case experimental design across 13 subjects. *Cognitive Behaviour Therapy, 45*, 415-430.
- Boersma, K., Södermark, M., Hesser, H., Flink, I.K., Gerdle, B. & Linton SJ (2019). The efficacy of a transdiagnostic emotion-focused exposure treatment for chronic pain patients with comorbid anxiety and depression: a randomized controlled trial. *Pain*.
- Caneiro, J. P., Smith, A., Bunzli, S., Linton, S., Moseley, G. L., & O'Sullivan, P. (2022). From fear to safety: a roadmap to recovery from musculoskeletal pain. *Physical therapy, 102*(2), pzab271.
- Caneiro, JP, Smith, A, Linton, SJ, Moseley, L & O'Sullivan, P (2019). How does change unfold? An evaluation of the process of change in four people with chronic low back pain and high pain-related fear managed with Cognitive Functional Therapy. *Behavior Research and Therapy, 117*, 28-39.
- Carstens, J. K., Boersma, K., Schrooten, M. G., & Linton, S. J. (2017). Effects of validating communication on recall during a pain-task in healthy participants. *Scandinavian Journal of Pain, 17*, 118-125.
- Edebol-Carlman, H., Ljótsson, B., Linton, S. J., Boersma, K., Schrooten, M., Repsilber, D., & Brummer, R. J. (2017). Face-to-Face Cognitive-Behavioral Therapy for Irritable Bowel Syndrome: The Effects on Gastrointestinal and Psychiatric Symptoms. *Gastroenterology research and practice, 2017*.
- Edlund, S. M., Wurm, M., Holländare, F., Linton, S. J., Fruzzetti, A. E., & Tillfors, M. (2017). Pain patients' experiences of validation and invalidation from physicians before and after multimodal pain rehabilitation: Associations with pain, negative affectivity, and treatment outcome. *Scandinavian Journal of Pain, 17*, 77-86.
- Ekdahl, J., Flink, I., Engman, L., & Linton, S. J. (2017). Vulvovaginal pain from a fear-avoidance perspective: a prospective study among female university students in Sweden. *International Journal of Sexual Health*  
[doi.org/10.1080/19317611.2017.1404543](https://doi.org/10.1080/19317611.2017.1404543)
- Edvinsson, M., Karlsson, M., Linton, S. J., Brattgård, K., Solinger, G., & Flink, I. K. (2023). Male pelvic pain: the role of psychological factors and sexual dysfunction in a young sample. *Scandinavian Journal of Pain, 23*(1), 104-109.
- Engman, L., Flink, I.K., Ekdahl, J., Boersma, K. & Linton, S.J. (2018). Avoiding or enduring painful sex? A prospective study of coping and psychosexual function in vulvovaginal pain. *European Journal of Pain, 22*, 1388-1398.

- Engman, L., Ter Kuile, M. M., Linton, S. J., Ekholm, E., Tuijnman-Raasveld, C. C., & Flink, I. K. (2022). An initial proof of concept: A replicated single-case study of a CBT group treatment with partner involvement for vulvodynia. *Cognitive Behaviour Therapy*, 51(6), 503-519.
- Ekholm, E., Lundberg, T., Carlsson, J., Norberg, J., Linton, S. J., & Flink, I. K. (2022). "A lot to fall back on": experiences of dyspareunia among queer women. *Psychology & Sexuality*, 13(5), 1242-1255.
- Ekholm, E., Blaker, H., Gottlander, L., Zhao, X., Linton, S. J., Dewitte, M., & Flink, I. K. (2023). Sexual communication patterns in couples with vulvodynia—a case-control behavioral observation study. *The Journal of Sexual Medicine*, qdad085.
- Flink, I. K., Boersma, K., Klein-Strandberg, E., & Linton, S. J. (2019). Responding to social cues: An experimental paradigm exploring the link between context sensitivity and pain. *British journal of health psychology*, 24(2), 443-459.
- Fullen, B., Morlion, B., Linton, S. J., Roomes, D., van Griensven, J., Abraham, L., ... & Perrot, S. (2022). Management of chronic low back pain and the impact on patients' personal and professional lives: Results from an international patient survey. *Pain Practice*, 22(4), 463-477
- Heikkala, E., Oura, P., Ruokolainen, O., Ala-Mursula, L., Linton, S. J., & Karppinen, J. (2023). The Örebro Musculoskeletal Pain Screening Questionnaire-Short Form and 2-year follow-up of registered work disability. *European Journal of Public Health*, 33(3), 442-447.
- Holopainen, R., Piirainen, A., Karppinen, J., Linton, S. J., & O'Sullivan, P. (2020). An adventurous learning journey. Physiotherapists' conceptions of learning and integrating cognitive functional therapy into clinical practice. *Physiotherapy Theory and Practice*, 1-18.
- Holopainen, R., Piirainen, A., Karppinen, J., Linton, S. J., & O'Sullivan, P. (2022). An adventurous learning journey. Physiotherapists' conceptions of learning and integrating cognitive functional therapy into clinical practice. *Physiotherapy Theory and Practice*, 38(2), 309-326.
- Holopainen, R., Lausmaa, M., Edlund, S., Carstens-Söderstrand, J., Karppinen, J., O'Sullivan, P., & Linton, S. J. (2023). Physiotherapists' validating and invalidating communication before and after participating in brief cognitive functional therapy training. *European Journal of Physiotherapy*, 25(2), 73-79.
- Jonsson, U., Linton, S. J., Ybrandt, H., Ringborg, A., Leander, L., Moberg, K., ... & Arnberg, F. K. (2022). Internet-delivered psychological treatment as an add-on to treatment as usual for common mental disorders: A systematic review with meta-analysis of randomized trials. *Journal of Affective Disorders*.
- Linton, S. J. (2020). Been there, done that—what now? New avenues for dealing with chronic pain. *Scandinavian Journal of Pain*, 1(ahead-of-print).
- Linton, S.J., Flink, I. K., Schrooten, M. G. S., & Wicksell, R. (2016). Understanding co-occurring emotion and pain: The role of context sensitivity from a transdiagnostic perspective. *Journal of Contemporary Psychotherapy*, 46, 129-137.
- Linton, S.J., Flink, I., Nilsson, E. & Edlund, S. (2017). Can training in empathetic validation improve medical students' communication with patients suffering pain? A test of concept. *Pain Reports*, published online 2017 Apr 30. doi: [10.1097/PR9.0000000000000600](https://doi.org/10.1097/PR9.0000000000000600).
- Linton, S.J., Flink, I.K. & Vlaeyen, W.S. (2018). Understanding the etiology of chronic pain from a psychological perspective. *Physical Therapy*, 98, 315-324.
- Linton, S.J., Nicholas, M. & Shaw, W.S. (2018). Why wait to address high-risk cases of acute low back pain? A comparison of stepped, stratified, and matched care. *Pain*, 159, 2437-2441.
- Linton, S. J., O'Sullivan, P. B., Zetterberg, H. E., & Vlaeyen, J. W. (2024). The "future" pain clinician: Competencies needed to provide psychologically informed care. *Scandinavian journal of pain*, 24(1), 20240017.
- Mazzer, K., Bauducco, S., Linton, S.J. & Boersma, K. (2018). Longitudinal associations between time spent using technology and sleep duration among adolescents. *Journal of Adolescence*, 66, 112-119.
- Mazzer, K., Boersma, K. & Linton, S.J. (2019). A longitudinal view of rumination, poor sleep and psychological distress in adolescents. *Journal of Affective Disorders*, 245, 686-696.
- Main, C. J., Shaw, W. S., Nicholas, M. K., & Linton, S. J. (2022). System-level efforts to address pain-related workplace challenges. *Pain*, 163(8), 1425.
- Miettinen, T., Kautiainen, H., Mäntyselkä, P., Linton, S. J., & Kalso, E. (2019). Pain interference type and level guide the assessment process in chronic pain: Categorizing pain patients entering tertiary pain treatment with the Brief Pain Inventory. *PLoS One*, 14(8), e0221437.

- Miettinen, T., Sverloff, J., Lappalainen, O. P., Linton, S. J., Sipilä, K., & Kalso, E. (2022). Sleep problems in pain patients entering tertiary pain care: the role of pain-related anxiety, medication use, self-reported diseases, and sleep disorders. *Pain*, *163*(7), e812.
- Nicholas, M. K., Costa, D. S. J., Linton, S. J., Main, C. J., Shaw, W. S., Pearce, R., ... & Maher, C. G. (2019). Predicting return to work in a heterogeneous sample of recently injured workers using the brief ÖMPSQ-SF. *Journal of occupational rehabilitation*, *29*(2), 295-302.
- Nicholas, M. K., Costa, D. S. J., Linton, S. J., Main, C. J., Shaw, W. S., Pearce, G., ... & Smeets, R. J. E. M. (2020). Implementation of early intervention protocol in Australia for 'High Risk' injured workers is associated with fewer lost work days over 2 years than usual (stepped) care. *Journal of occupational rehabilitation*, *30*(1), 93-104.
- Peters, M. L., Smeets, E., Feijge, M., van Breukelen, G., Andersson, G., Buhrman, M., & Linton, S. J. (2017). Happy despite pain: an RCT of an 8-week internet-delivered positive psychology intervention for enhancing well-being in patients with chronic pain. *The Clinical Journal of Pain*, *33*(11), 962.
- Ruokolainen, O., Auvinen, J., Linton, S. J., Herrala, S., Eskola, P., Paananen, M., . . . Karppinen, J. (2017). ÖMPSQ-short score and determinants of chronic pain: cross-sectional results from a middle-aged birth cohort. *European journal of physical and rehabilitation medicine*.
- Shaw, W. S., Hartvigsen, J., Woisztillo, M. J., Linton, S. J., & Reme, S. E. (2016). Psychological distress in acute low back pain: A review of measurement scales and levels of distress reported in the first two months after pain onset. *Archives of physical medicine and rehabilitation*.
- Simula, A. S., Ruokolainen, O., Oura, P., Lausmaa, M., Holopainen, R., Paukkunen, M., Linton, S.J.... & Karppinen, J. (2020). Association of STarT Back Tool and the short form of the Örebro Musculoskeletal Pain Screening Questionnaire with multidimensional risk factors. *Scientific reports*, *10*(1), 1-11.
- Simpson, P., Holopainen, R., Schütze, R., O'Sullivan, P., Smith, A., Linton, S. J., ... & Kent, P. (2021). Training of physical therapists to deliver individualized biopsychosocial interventions to treat musculoskeletal pain conditions: a scoping review. *Physical therapy*, *101*(10), pzb188.
- Södermark, M., Linton, S. J., Hesser, H., Flink, I., Gerdle, B., & Boersma, K. (2020). What Works? Processes of Change in a Transdiagnostic Exposure Treatment for Patients With Chronic Pain and Emotional Problems. *The Clinical Journal of Pain*, *36*(9), 648-657.
- Sündermann, O., Flink, I., & Linton, S. J. (2020). My body is not working right: a cognitive behavioral model of body image and chronic pain. *Pain*, *161*(6), 1136-1139.
- Vlaeyen, J. W., Crombez, G., & Linton, S. J. (2016). The fear-avoidance model of pain. *Pain*, *157*(8), 1588-1589.
- Vlaeyen, J., Wicksell, R. K., Simons, L. E., Gentili, C., De, T. K., Tate, R. L., .Linton, S.J. ... & Onghena, P. (2020). From Boulder to Stockholm in 70 Years: Single Case Experimental Designs in Clinical Research. *The Psychological Record: a quarterly journal in theoretical and experimental psychology*.
- Wiklund, T., Gerdle, B., Linton, S. J., Dragioti, E., & Larsson, B. (2020). Insomnia is a risk factor for spreading of chronic pain: A Swedish longitudinal population study (SwePain). *European Journal of Pain*, *24*(7), 1348-1356.
- Wiklund, T., Linton, S. J., Alföldi, P., & Gerdle, B. (2018). Is sleep disturbance in patients with chronic pain affected by physical exercise or ACT-based stress management?—A randomized controlled study. *BMC musculoskeletal disorders*, *19*, 1-13.
- Young, A. E., Viikari-Juntura, E., Boot, C. R., Chan, C., de Porras, D. G. R., & Linton, S. J. (2016). Workplace outcomes in work-disability prevention research: a review with recommendations for future research. *Journal of Occupational Rehabilitation*, *26*(4), 434-447.
- Zetterberg, H., Owiredua, C., Åsenlöf, P., Lennartsson, R., Brodda Jansen, G., Boersma, K., Linton, S.J. ... & Flink, I. (2023). Preventing Pain and Stress-Related Ill-Health in Employees: A 6-Months Follow-Up of a Psychosocial Program in a Cluster Randomized Controlled Trial. *Journal of occupational rehabilitation*, *33*(2), 316-328.