



Karen J. Sherman

Karen J. Sherman, PhD, MPH, is an epidemiologist and clinical trialist. Her research interests include:

- reducing the impact of chronic pain, especially spine pain;
- evaluating complementary and integrative health (CIH) therapies;
- building the evidence base for contextual factors related to care;
- understanding and taking advantage of the relationship of spirituality and health; and
- improving geriatric care.

She has led or participated in groundbreaking studies of various non-pharmacological therapies for chronic low back pain, including acupuncture, massage, meditation, and yoga.

Dr. Sherman has collaborated with investigators at Kaiser Permanente Washington Health Research Institute (KPWHRI) and elsewhere across a range of disciplines, including clinical trials of CIH therapies for cancer, mood disorders, and menopause. Her work on building the evidence base for contextual factors related to care tries to find ways to bring greater healing into the primary care encounter. Dr. Sherman hopes her work will encourage more focus on the intricate connections between mind and body—and on helping patients seize the power of this connection to pursue better health and healing at all phases of life, including older age. Her work is rigorous, designed to answer practical questions, and intended to have impacts on the whole person.

Dr. Sherman is a senior scientific investigator at KPWHRI and an affiliate professor of epidemiology at the University of Washington (UW) School of Public Health. Her doctorate is in behavioral biology from Cornell University, and her MPH is in epidemiology from the UW. She has served as a reviewer for dozens of medical journals and granting institutions, and has sat on editorial boards for numerous CIH journals.