



Research Interests

Curriculum Vitae

Name: Regine Klinger
Academic title: Priv.-Doz. Dr. phil., Dipl.-Psych.
Affiliation: Department of Anaesthesiology, Center for Anaesthesiology and Intensive Care Medicine, University Medical Center Hamburg-Eppendorf
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Present academic position: Senior psychologist

Education

1987 – 1992 Advanced education in clinical psychology, behaviour therapy
1980 – 1986 Diploma in Psychology, University of Trier, Germany

Degrees

2018 Shift-Habilitation and Venia Legendi Medical Psychology, Faculty of Medicine, University of Hamburg, Hamburg, Germany (Priv.-Doz.)
2012 Habilitation and Venia Legendi Clinical Psychology and Psychotherapy, Faculty of Psychology, University of Hamburg, Hamburg, Germany (Priv.-Doz.)
1995 PhD, conferral of doctorate, Department of Psychology, University of Hamburg, Hamburg, Germany
1992 Psychological specialist for pain psychotherapy (Spezielle Schmerzpsychotherapie)
1992/1999 Board Qualification Psychological Psychotherapist (1999: approbations for psychotherapy for adults, adolescents and children)

Professional positions

since 10/2015 Head Psychologist Section Pain Medicine and Pain Psychology, Department of Anaesthesiology, University Medical Center Hamburg-Eppendorf
2005 – 9/2015 Head of psychotherapeutic outpatient clinic, behaviour therapy, Department of Psychology, University of Hamburg
2000 - 2005 Development and organisation of the Psychotherapeutic Outpatient Clinic - Behaviour Therapy, Department of Psychology, University of Hamburg
1998 - 2005 Assistant professor, University of Hamburg
1993 – 1998 Head of the Department of Pain Therapy, Psychosomatic Medical Clinic Bad Bramstedt
1986 - 1993 Scientific employee, Department of Anaesthesiology, pain outpatient clinic, University of Lübeck, Germany

Research interests

Psychological pain management: headache, back pain, postoperative pain, placebo and nocebo research, interaction of psychological (e.g. learning) and somatic processes in the development and maintenance of chronic pain, learning processes / maintenance of chronic pain, in particular processes of classical conditioning, pain classification (MASK-P, MAC-Pain)

Other academic and administrative functions

Since 2018	Member of working group: Core Curriculum Pain Psychology
2013 - 2017	Coordination „Research Agenda – Perspective Pain Germany” https://www.dgss.org/forschung-und-foerderung/forschungsagenda-schmerz-deutschland/
	President of the „Deutschen Gesellschaft für Psychologische Schmerztherapie und -forschung DGPSF“ (www.dgpsf.de)
2013 - 2016	Vice president of the „Deutsche Schmerzgesellschaft e.V.“, German Pain Society /Section IASP (www.dgss.de)
	Delegate in the AWMF (German association of scientific societies for treatment guidelines)
Since 2014	spokesperson of the ad hoc committee of the German Pain Society promoting junior researchers, German Pain Society
Since 2015	Delegate in the National Treatment Guidelines Back Pain
Since 2014	Editorial Board Member: 'Der Schmerz'
Since 2000	Delegate in the treatment guidelines acute and perioperative pain management

Selected awards and honours

2007	Award for Pain Research of the German Association of Study of Pain for the paper "Classical conditioning and expectancy in placebo hypoalgesia: A randomized controlled study in patients with atopic dermatitis and persons with healthy skin"
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Current funding as principal investigator / applicant

2014-16	DFG KL 1350/3-2 (DFG FOR 1328/1) Clinical implications and applications of placebo effects: potential for post-operative pain management
2013-16	DFG KL 1350/5-1 Placeboeffects in atypical dermatitis –improvement of the pharmacological effects in itching through conditioning and expectancy
2011-14	DFG KL 1350/3-1 (DFG FOR 1328/1): Psychobiologische Mechanismen von Placebo- und Nocebo - Effekten in der Behandlung von Patienten mit chronischen Rückenschmerzen
2020-24	SFB – TRR 289 (DFG, German Research Foundation) – Project-ID 422744262: Treatment expectation: the impact of expectation on health outcome.

Publication list (Selection most relevant thematic publications)

Schwartz, M., Fischer, LM., Bläute, C., Stork, J., Colloca, L., Zöllner, C. & **Klinger, R.** (2021). Observing treatment outcomes in other patients can elicit augmented additive placebo effects on pain treatment: a double-blinded randomized clinical trial in chronic low back pain patients. *Pain* 2021.

Stuhldreier, J., & **Klinger, R.** (2021). Development and Validation of the Pain and State of Health Inventory (PHI): Application for the Perioperative Setting. *Journal of clinical medicine*, 10(9), 1965.

Schmitz J, Müller M, Stork J, Eichler I, Zöllner C, Flor H, & **Klinger R.** Positive Treatment Expectancies Reduce Clinical Pain and Perceived Limitations in Movement Ability Despite Increased Experimental Pain: A Randomized Controlled Trial on Sham Opioid Infusion in Patients with Chronic Back Pain. *Psychotherapy and psychosomatics* 2019, 88(4), 203-214.

Klinger R, Stuhldreier J, Schwartz M, Schmitz J & Colloca L. Clinical use of placebo effects in patients with pain disorders. *International review of neurobiology* 2018;139:107.

Klinger R, Kothe R, Schmitz J, Kamping S, Flor H. Placebo effects of a sham opioid solution: a randomized controlled study in patients with chronic low back pain. *Pain* 2017;158(10):1893-1902

Klinger R, Blasini M, Schmitz J, Colloca L. Nocebo effects in clinical studies: hints for pain therapy. *Pain Reports* 2017 2(2), e586

Schmitz J, Kamping S, Wiegratz J, Müller M, Stork J, Colloca L, Flor H & **Klinger R** (2017). Impact of Patient Information Leaflets on Pain Medication Intake Behavior: A pilot study. *Pain reports*, 0(0), e620

Müller M, Kamping S, Benrath J, Skowronek H, Schmitz J, **Klinger R** & Flor H. Treatment history and placebo responses to experimental and clinical pain in chronic pain patients. *European Journal of Pain* 2016;20(9):1530-1541. # Springer-Verlag Berlin Heidelberg 2014

Klinger R, Flor H. Clinical and Ethical Implications of Placebo Effects: Enhancing Patients' Benefits from Pain Treatment. In: F. Benedetti et al. (eds.), *Placebo, Handbook of Experimental Pharmacology* 225, DOI 10.1007/978-3-662-44519-8_13

Klinger R, Colloca L, Bingel U, Flor H. Placebo analgesia: Clinical applications. *Pain* 2014;155:1055–1058

Christiansen S, Oettingen G, Dahme B, **Klinger R.** A Short Goal-Pursuit-Intervention to Improve Physical Capacity: A Randomized Clinical Trial in Chronic Back Pain Patients. *Pain* 2010;149:444–452

Klinger R, Matter N, Kothe R, Dahme B, Hofmann U, and Krug F. Unconditioned and Conditioned Muscular Responses in Patients with Chronic Back Pain and Chronic Tension-Type Headaches and in Healthy Controls. *Pain* 2010;150:66–74.

Klinger R, Soost S, Flor H, and Worm M. Classical conditioning and expectancy in placebo hypoalgesia: a randomized controlled study in patients with atopic dermatitis and persons with healthy skin. *Pain* 2007; 128:31-39