

Shane W. Adams, PhD

Dr. Shane W. Adams is a clinical psychologist who specializes in treating and studying heterogeneous trauma-related reactions, including PTSD and TBI-related sequelae. In addition to his role as Lead Psychologist for the Intensive Evaluation and Treatment Program within VA Palo Alto's Polytrauma System of Care, Dr. Adams is the Clinical Research Director of the Precision Rehabilitation Program, which utilizes innovative methods to identify increasingly precise trauma-related reactions by integrating behavioral, biological, and physiological indicators. The goal of this program is to help account for variability in individual presentations, treatment nonresponse, and improve targeted interventions in active-duty and veteran rehabilitation populations.

Large Research Initiative: In addition to his work on more broadly identifying increasingly precise trauma-related reactions, Dr. Adams is the VA leader in Operator Syndrome (OS) research related to the systemic sequelae following trauma and TBI in active-duty special operation forces (SOF), garnering support and collaboration from the creator of OS, Chris Frueh. This research has the potential to determine early protective and risk factors for SOF personnel both preceding and following TBI-related exposures to improve operational capacity and personal wellbeing for current and future operators, as well as develop more targeted and effective treatment interventions for operators. Currently this team is developing new measures, identifying key transdiagnostic indicators (e.g., biomarkers, multidimensional symptoms, personality), and evaluating adjunctive treatments (e.g., orexin antagonists, stellate ganglion block) for OS-related neurobehavioral and traumatic stress symptoms.

Recognized and Recent Publications:

- Top Cited Article: Adams, S. W., Layne, Christopher M., Contractor, Ateka A., Allwood, Maureen A., Armour, Chérie, Inslicht, Sabra S., Maguen, Shira "The Middle-Out Approach to reconceptualizing, assessing, and analyzing traumatic stress reactions" Journal of Traumatic Stress 37.3(2024) https://doi.org/10.1002/jts.23005
- Adams, S.W., Hauger, R., Altman, A.D., Yam, S., Maguen, S., & Inslicht, S.S. (2025). Low anti-Müllerian hormone mediates the association between childhood trauma and PTSD in women but not in men. Psychoneuroendocrinology, 178, 107484. https://doi.org/10.1016/j.psyneuen.2025.107484
- Adams, S.W., O'Donovan, A., Neylan, T., May, V., Hammack, S.E., Ressler, K., Harris, O.A., & Inslicht, S.S. (2025). PACAP a mediator of inflammation following trauma exposure and mild traumatic brain injury: Differential effects in males and females. Brain, Behavior, and Immunity, 128, 589-599. https://doi.org/10.1016/j.bbi.2025.04.038
- Adams, S.W., Neylan, T., May, V., Hammack, S.E., Ressler, K., & Inslicht, S.S. (2025). PACAP associated with precise PTSD and fear extinction response in women. Psychoneuroendocrinology, 173, 107375. https://doi.org/10.1016/j.psyneuen.2025.107375

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