

Pain Biomarkers: Current progress and challenges for the future

Tor D. Wager

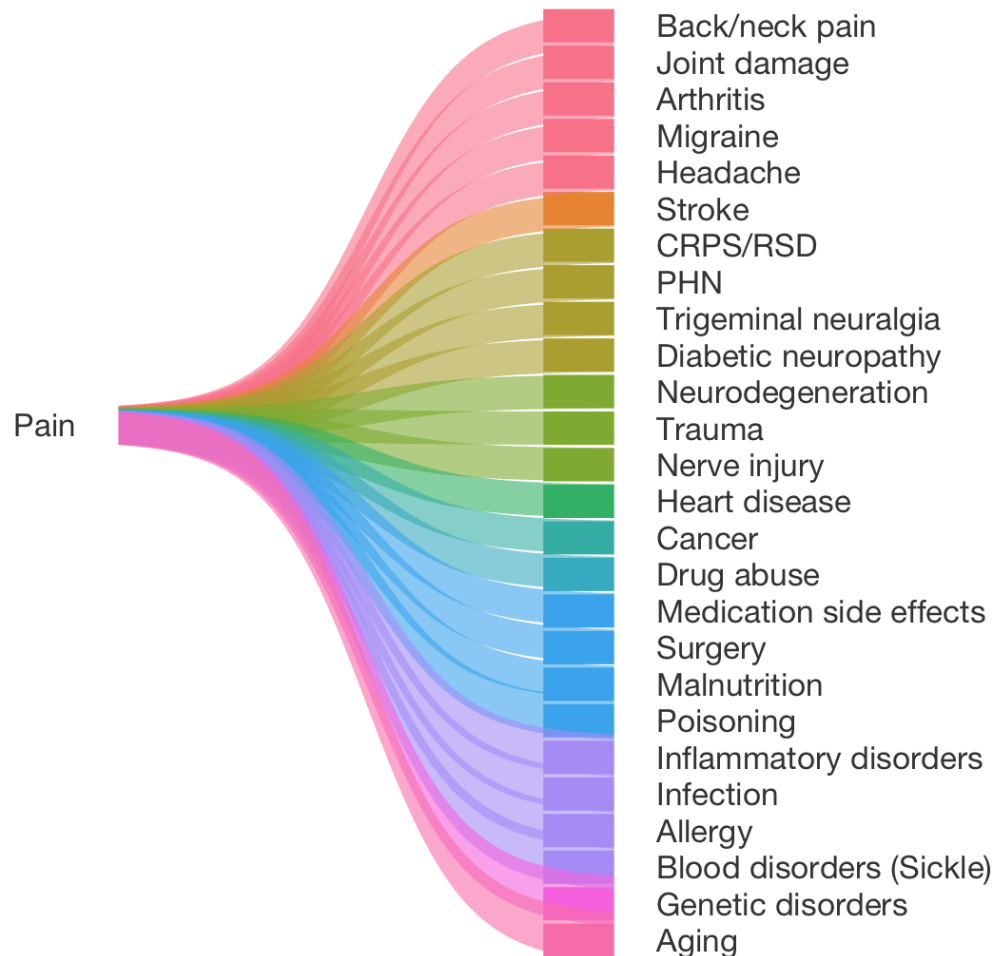
Department of Psychology and Neuroscience
And the Institute for Cognitive Science

The University of Colorado, Boulder

Pain: A root problem



A primary reason people seek medical attention, and primary impact on wellbeing and function



Pain: A root problem



100 million adults
suffer from chronic pain in the U.S.

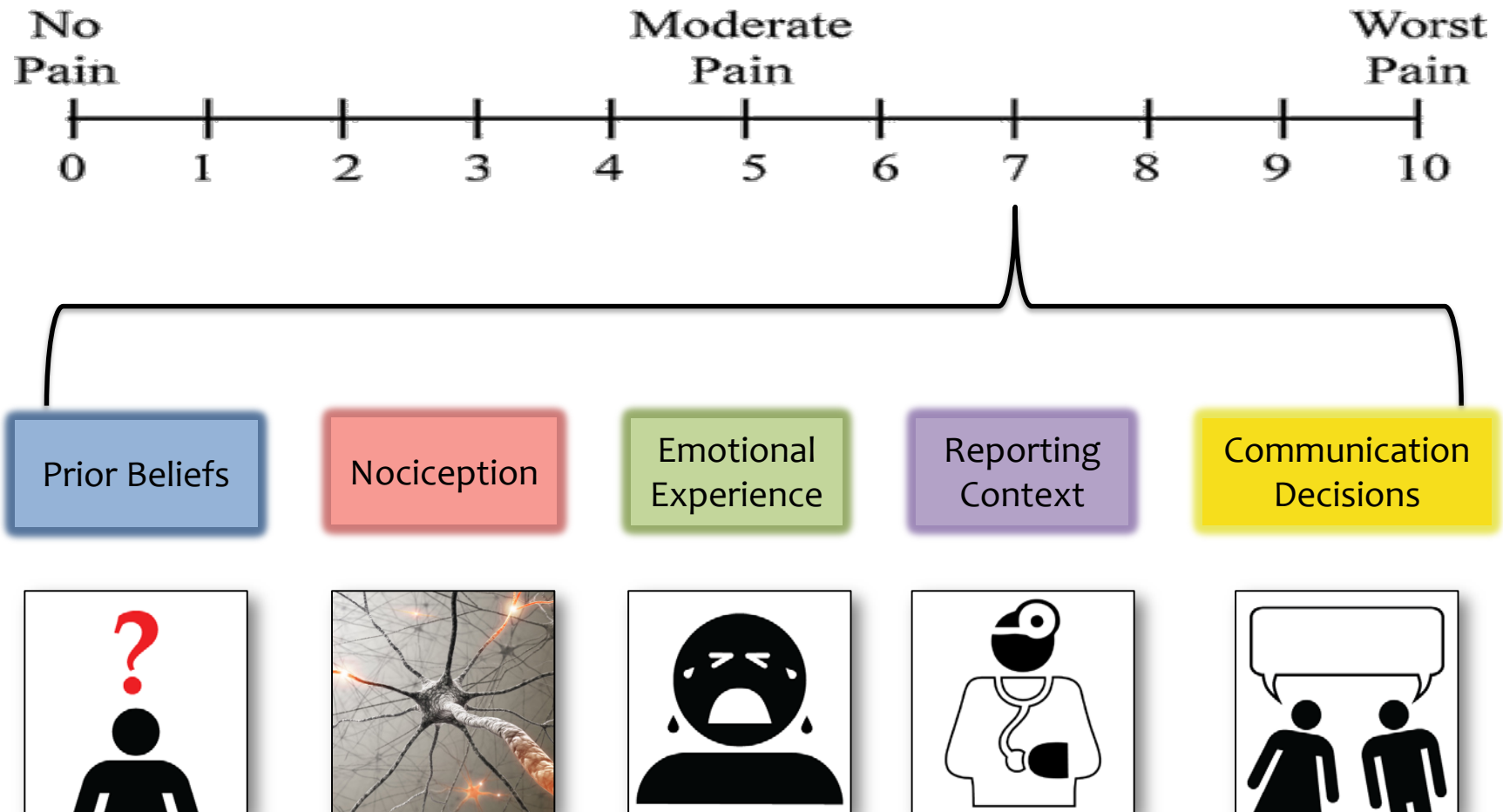
Legal issues:

- Disability status, V.A. benefits
- Workers' compensation
- Tort claims (esp. in the US)
- Insurance, Medicare coverage for treatment

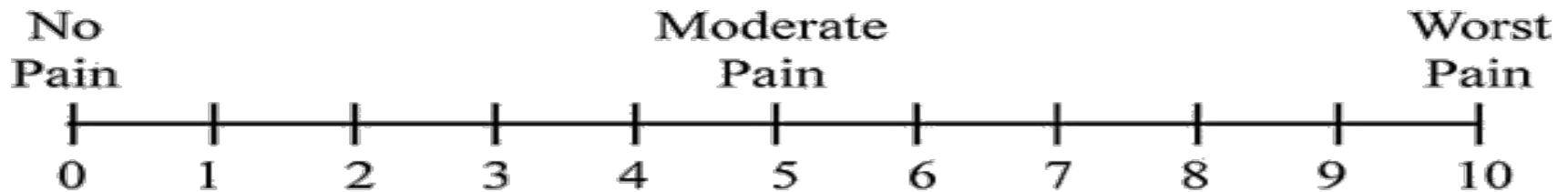
Depends on:

- Presence and severity of pain
- Cause of pain in the brain/body
- Personal predispositions ('thin skull')

Pain reports: Complex determinants



Pain reports: Complex determinants

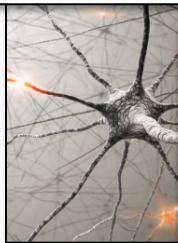


The New York Times
Sunday Review | The Opinion Pages
The Gender Gap in Pain

By LAURIE EDWARDS
Published: March 16, 2013

ting
ext

Communication
Decisions

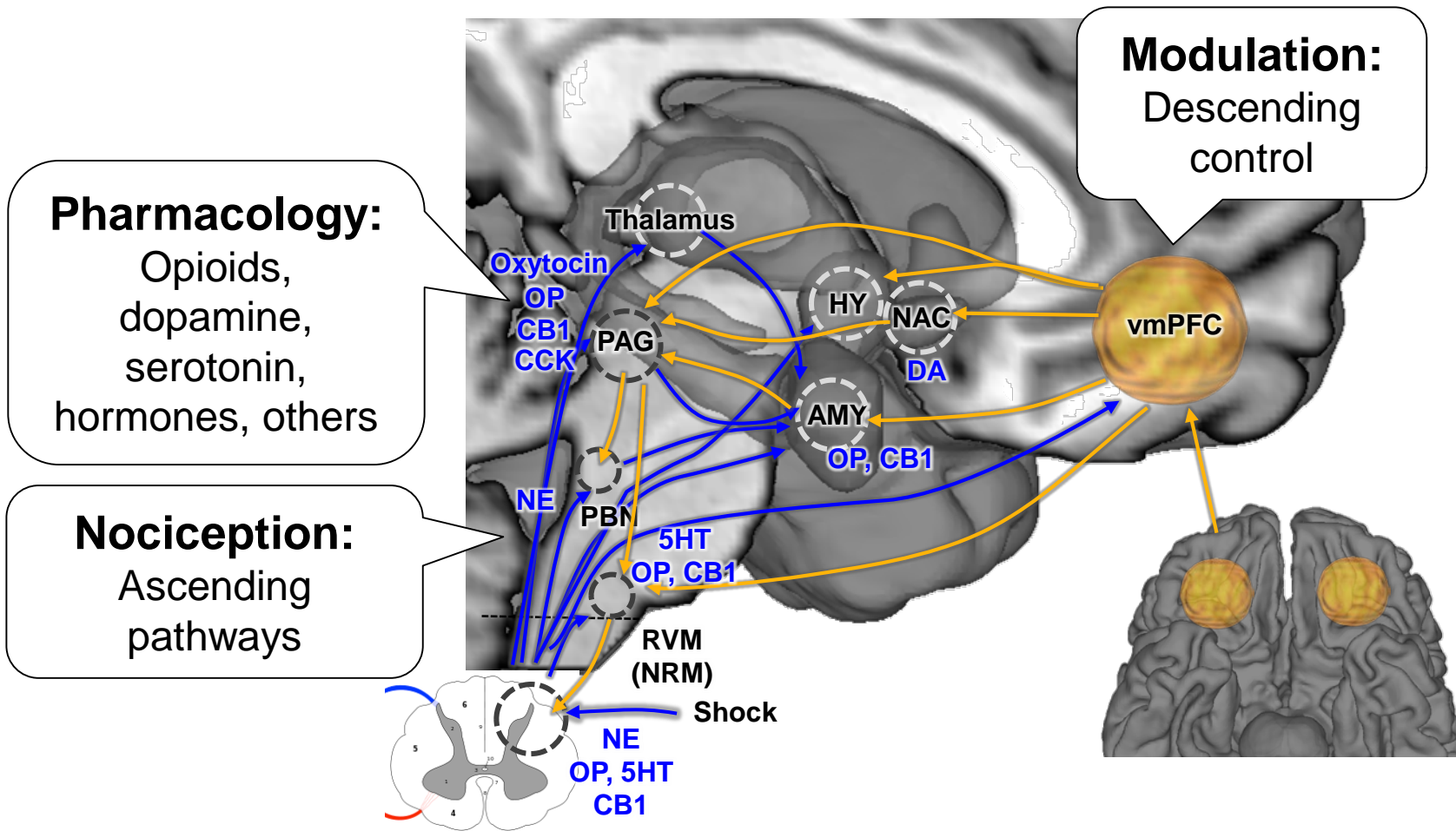


AS

Racial bias in pain assessment and treatment recommendations, and false beliefs about biological differences between blacks and whites

Kelly M. Hoffman^{a,1}, Sophie Trawalter^a, Jordan R. Axt^a, and M. Norman Oliver^{b,c}

The neurophysiology of pain



“Sensory, Affective, and Evaluative components” (e.g., Casey & Melzack, 1968)

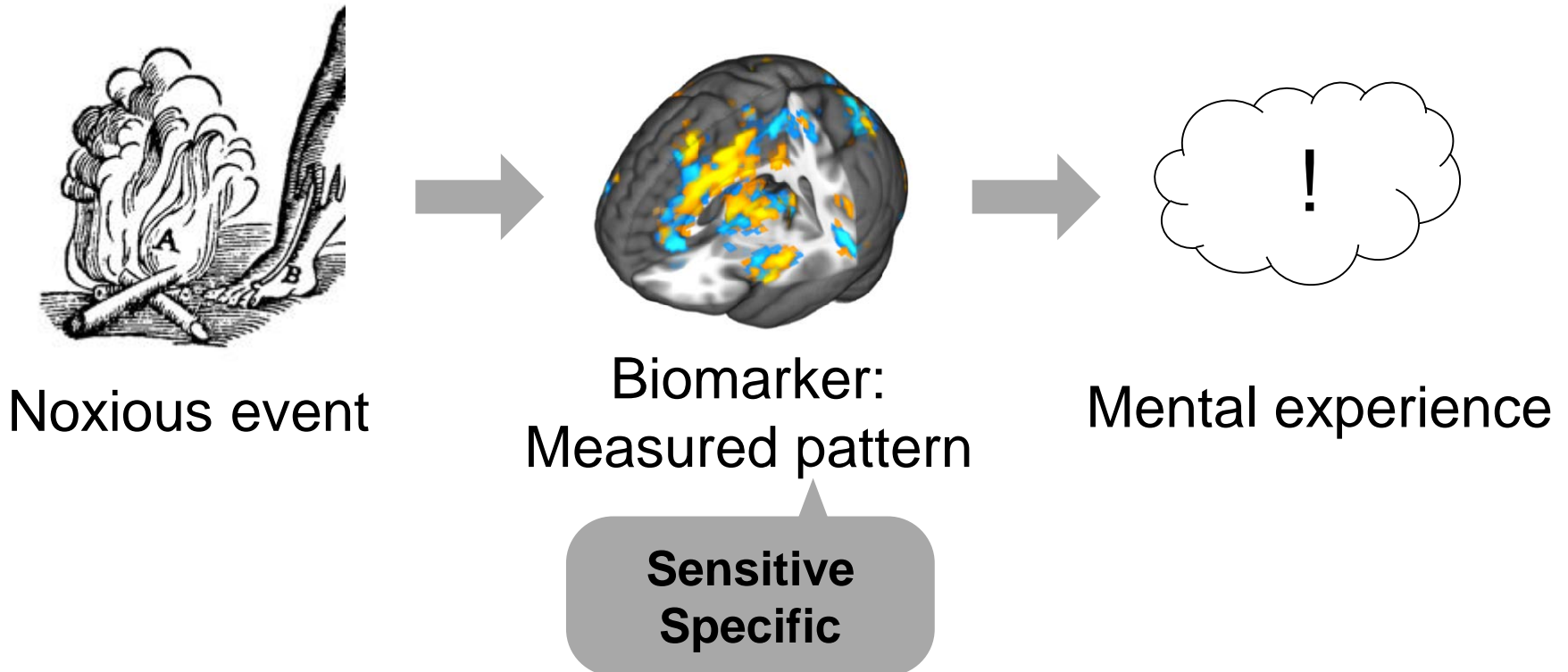
Wager & Atlas, 2015, Nat Rev Neuro; Fields 2004; Heinricher & Fields 2013; Altier & Stewart 1999; Willis & Westlund 1997; Bushnell 2013 Nat Rev Neuro; Tracey 2008

Pain biomarkers



Biomarker: physiological, objectively measured process that indicates a mental experience or process

(Biomarker Definitions Working Group, 2001; Borsook et al., 2011)



Standards of evidence

Pain in court: A cautionary tale



Carl Koch: Arm burned by a glob of molten asphalt in 2005, reported chronic pain later and sued his former employer, Western Emulsions in Tucson, Arizona, for damages

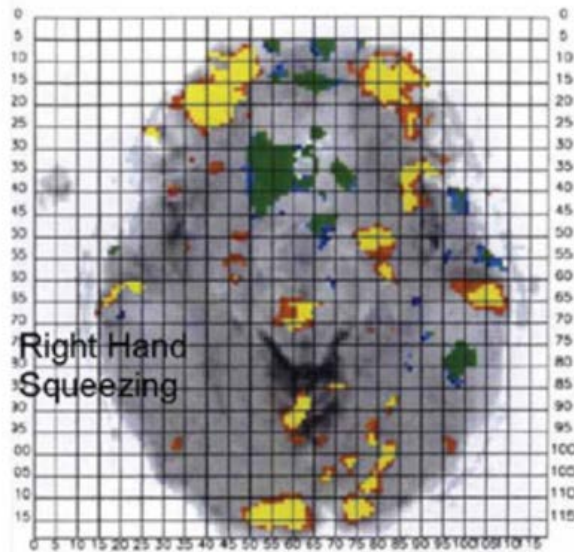


THE PAINFUL TRUTH

Pain in court: A cautionary tale



Carl Koch: Arm burned by a glob of molten asphalt in 2005, reported chronic pain later and sued his former employer, Western Emulsions in Tucson, Arizona, for damages



Functional magnetic resonance imaging. Carl Koch's brain scan nearly two years after the accident shows that he experienced extreme pain when moving the injured side of his body, according to neuroscience specialist Joy Hirsch.

Hirsch: Brushing and squeeze-ball on affected body site “consistent with” pain claims. Publications not necessary; sensory mapping already validated

Judge Chon-Lopez: Testimony admitted, based on “a combination of generally accepted scientific principles (fMRI) and inductive reasoning from her own research.”

Frye does not apply.

Case settled for \$800,000 without testimony.

Inferring what a brain pattern measures



What does this map *mean*?



**Romantic
rejection**

Kross et al. 2011,
PNAS

Neurosci.

Acti

from

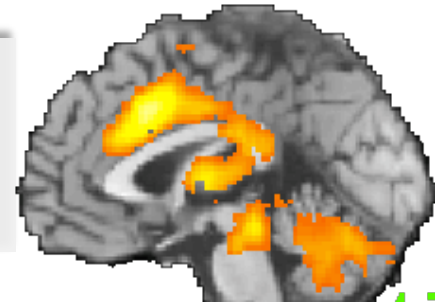
For this pattern:

...xious, heat, somatosensory,
painful, sensation, stimulation,
muscle, temperature



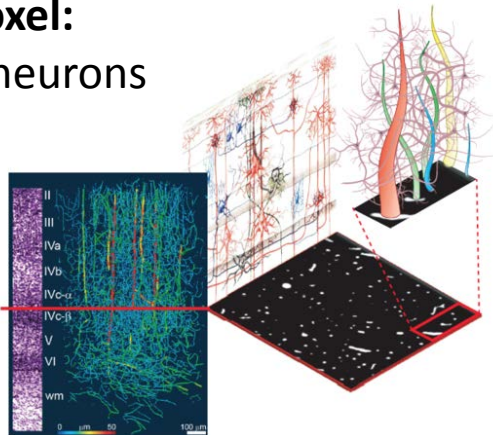
The problem of specificity

Anterior cingulate and insula have often been used as markers for pain – but they are not specific for pain or any type of affect.



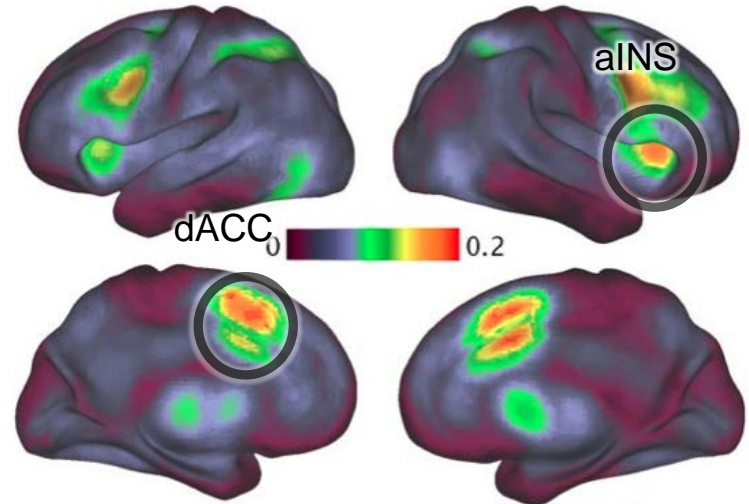
Voxels are **mixed measures** of multiple neuronal populations

One voxel:
5.5 M neurons



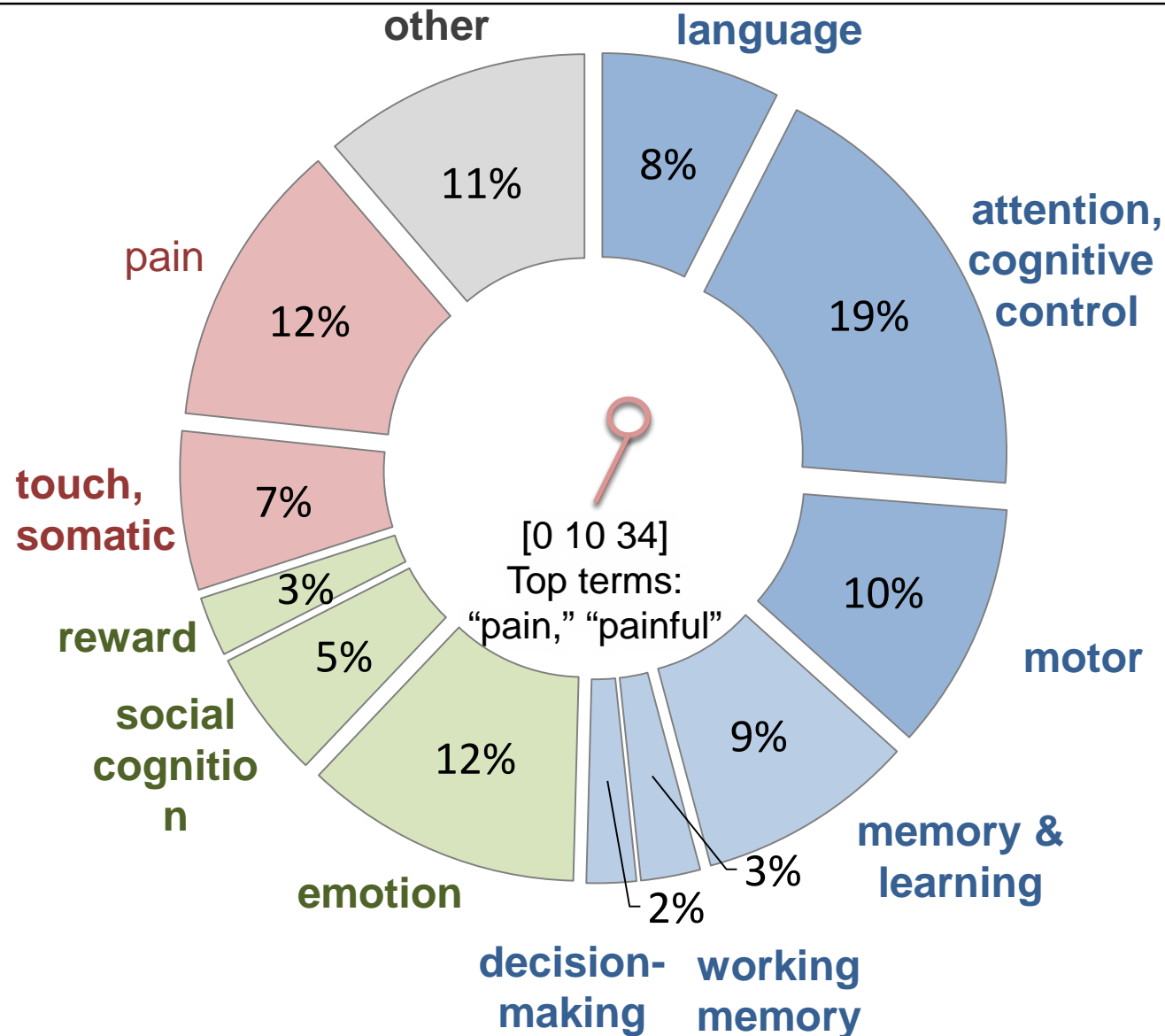
Logothetis, Nature, 2008

Base rate, P(activation) across
3489 neuroimaging studies Yarkoni et al. (2012)



*Yarkoni, Poldrack, Van Essen, & Wager, 2011, Nature Methods; See Poldrack 2006; Sarter et al. 1996
cf. Lieberman and Eisenberger, 2016; Wager et al. 2016 PNAS*

Anterior cingulate activation across 250 studies



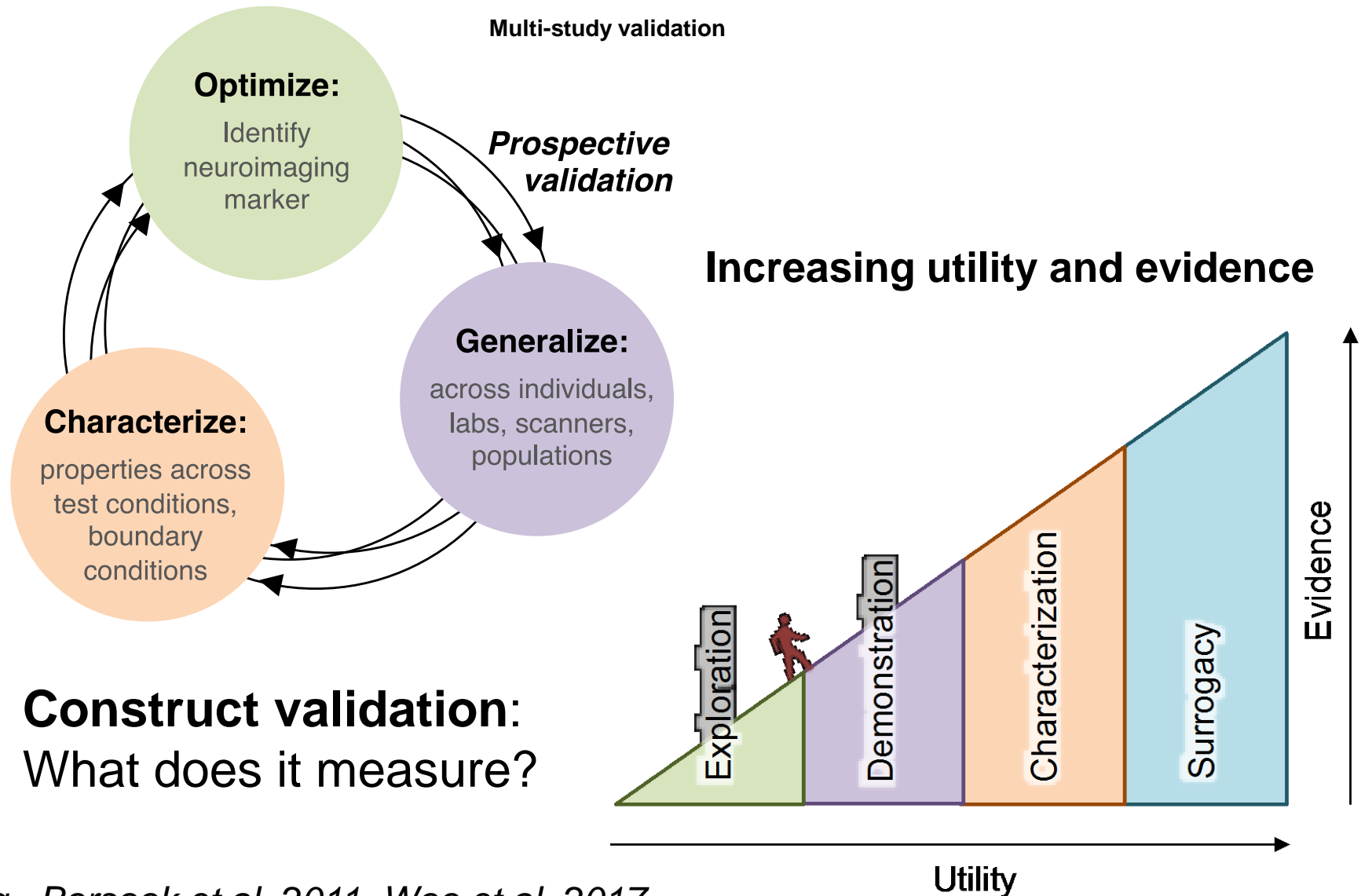


CONSENSUS STATEMENT

Criteria for establishing biomarkers:

- Precisely defined measures (biomarkers)
- Replicated and applied without adjustment across across laboratories, pain variants, and populations
- Sensitive and specific to pain
- Generalizable to patient group and test setting

A biomarker development framework

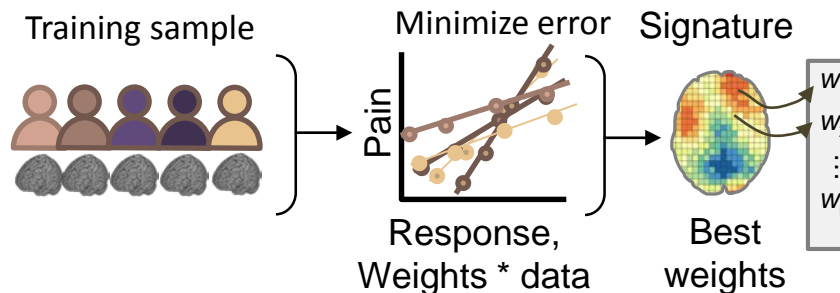


e.g., Borsook et al. 2011, Woo et al. 2017

Measures of pain using fMRI

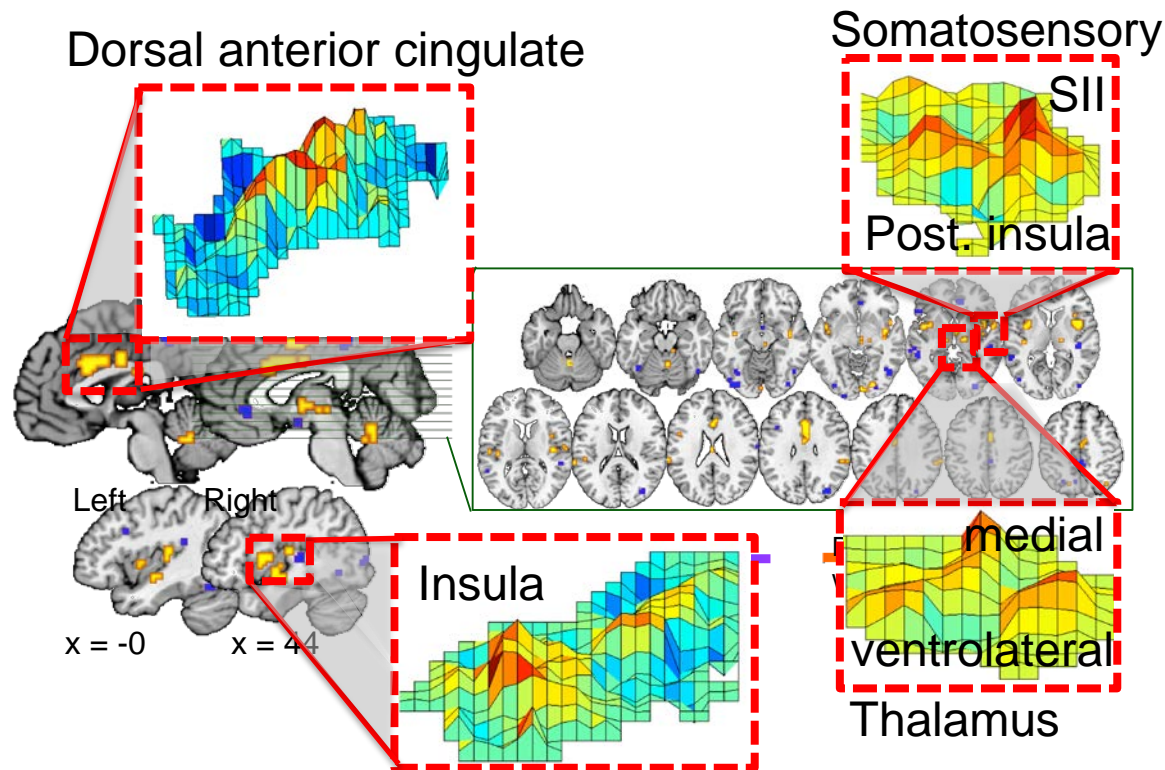


Identify a 'signature' for pain



The 'Neurologic Pain Signature'

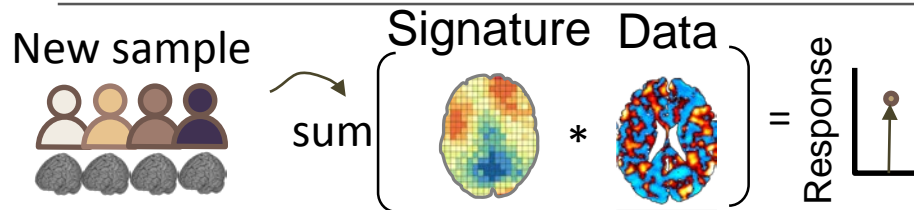
Wager et al. 2013, NEJM



Measures of pain using fMRI

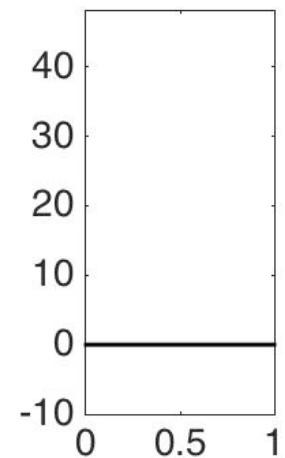
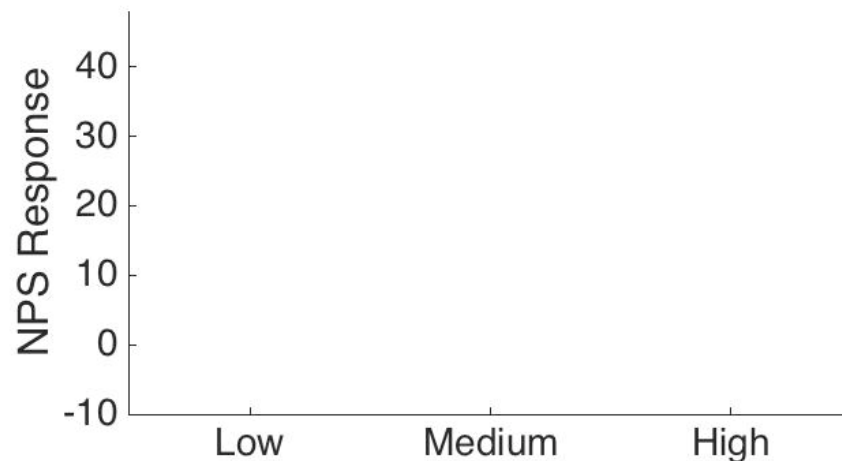


Apply the signature to new test data



Noxious heat

High - Low



The 'Neurologic Pain Signature'

Chang et al. 2015

Woo et al. 2016

Krishnan et al. 2016

Wager et al. 2013, NEJM

Vachon-Presseau et al. 2016

Becker et al. 2016

Ma et al. 2016

Lopez-Sola et al. 2016

Woo et al. in revision

van Oudenhove et al. in prep

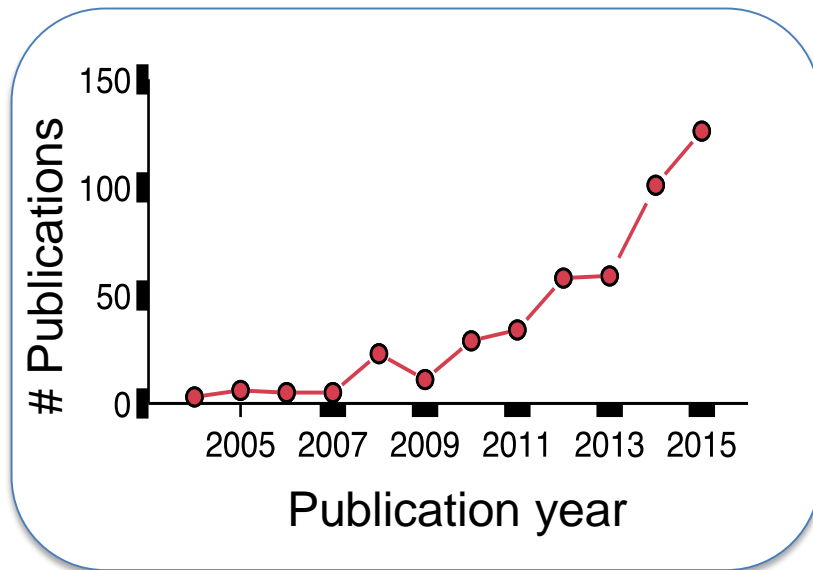
Kragel et al. in prep

Zunhammer et al. in prep

Krishnan et al. 2016, eLife

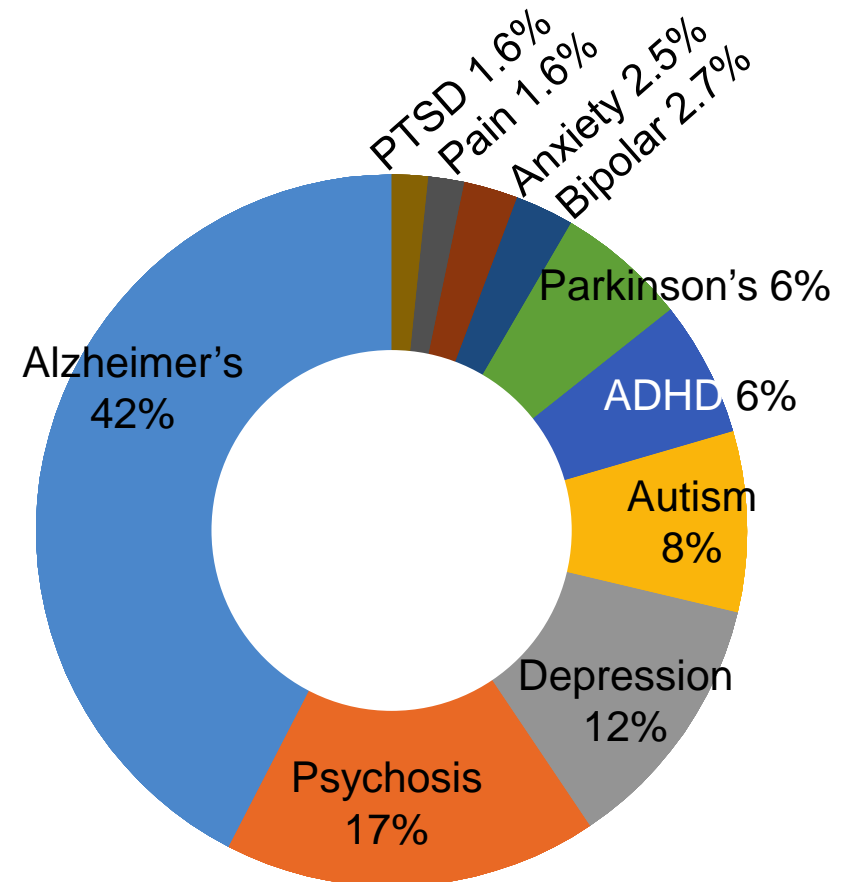
Sensitivity and generalizability

Predictive models across disorders



Variable accuracy
Little prospective validation...yet
But this is changing!

Translational neuroscience
615 predictive maps, 475 studies

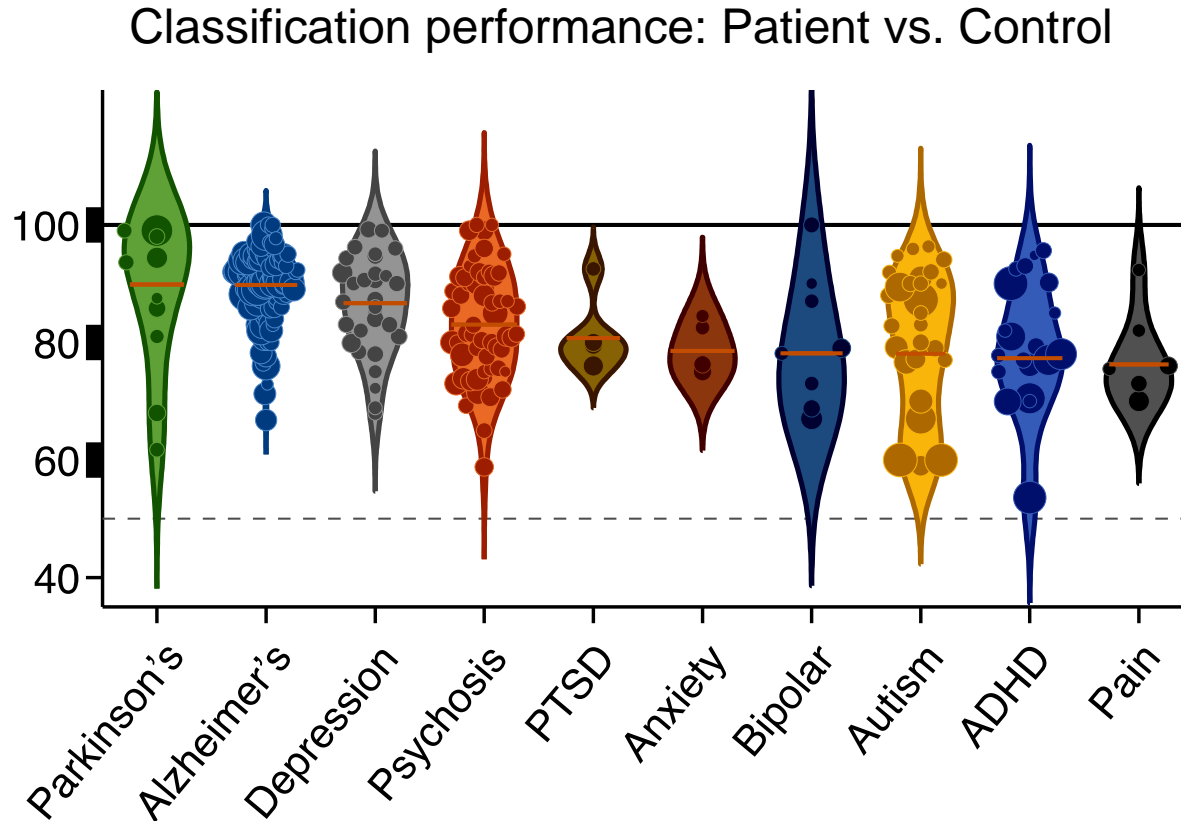


Translational neuroscience: A snapshot



Choong-Wan
Woo

615 predictive maps, 475 studies





Translational neuroscience: A snapshot



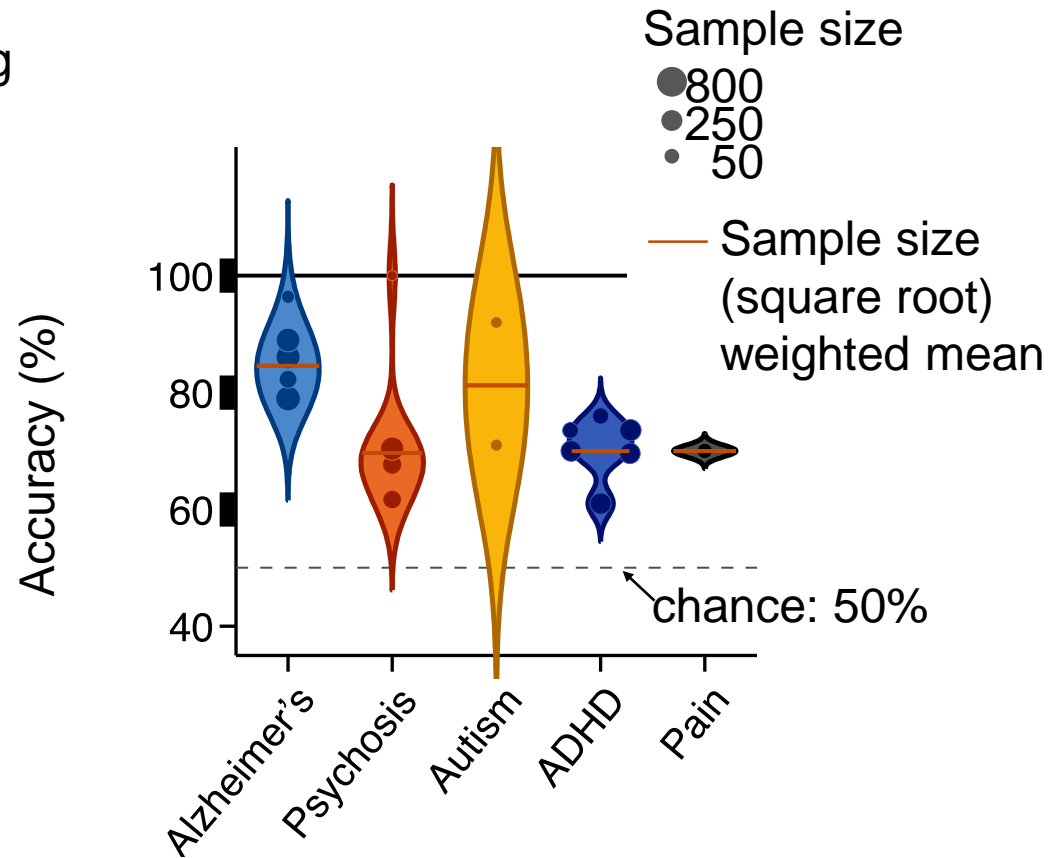
Choong-Wan
Woo

9%

Perform prospective testing



Prospective testing



Measures of pain: Sensitivity and specificity of the NPS

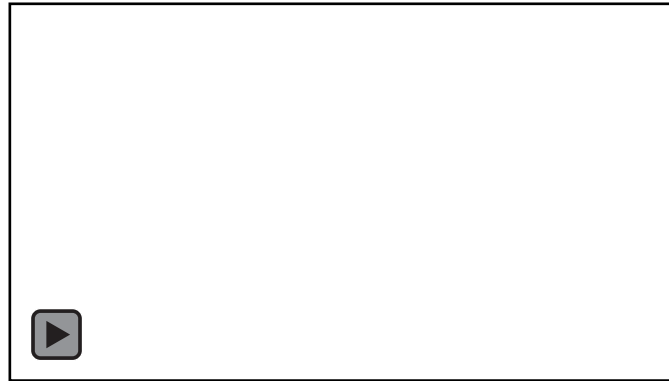


Sharing and prospective testing → specificity, generalizability, construct validation



Wager et al. 2013, NEJM; Chang et al. 2015; Woo et al. 2015; Krishnan et al. 2016; Vachon-Pressseau et al. 2016; Becker et al. 2016; Lopez-Sola et al. 2016; Woo et al. 2017; van Oudenhove et al. in prep; Kragel et al. 2019

Generalization: Pain and placebo meta-analysis



Lorenz J, Schoell E, Weiller C, Büchel C, Wanigasekera V, Wiech K, Mhuircheartaigh R, Lee MC, Ploner M, Tracey I, Choi JC, Yi DJ, Han BS, Lee PH, Kim JH, Kim BH, Eippert F, Schoell ED, Yacubian J, Klinger R, Lorenz J, Ellingsen D-M, Wessberg J, Eikemo M, Liljencrantz J, Endestad T, Olausson H, Elsenbruch S, Kotsis V, Benson S, Rosenberger C, Reidick D, Schedlowski M, Theysohn N, Forsting M, Gizewski ER, Freeman S, Yu R, Egorova N, Chen X, Kirsch I, Claggett B, Kaptchuk TJ, Gollub RL, Kong J., Geuter S, Hindi Attar C, Huber A, Lui F, Porro CA, Kessner S, Forkmann K, Ritter C, Wiech K, Ploner M, Rosman IS, Webb JM, Vangel MG, Polich G, Zyloney C, Rosen B, Rütgen M, Seidel EM, Silani G, Riečanský I, Hummer A, Windischberger C, Petrovic P, Lamm C, Theysohn N, Schmid J, Icenhour A, Mewes C, Gizewski ER, Benson S, Rilling JK, Smith EE, Sokolik A, Casey KL, Davidson RJ, Kosslyn SM, Rose RM, Cohen JD, Watson A, El-Deredy W, Iannetti GD, Lloyd D, Vogt BA, Wrobel N, Zeidan F, Emerson NM, Farris SR, Ray JN, Jung Y, McHaffie JG

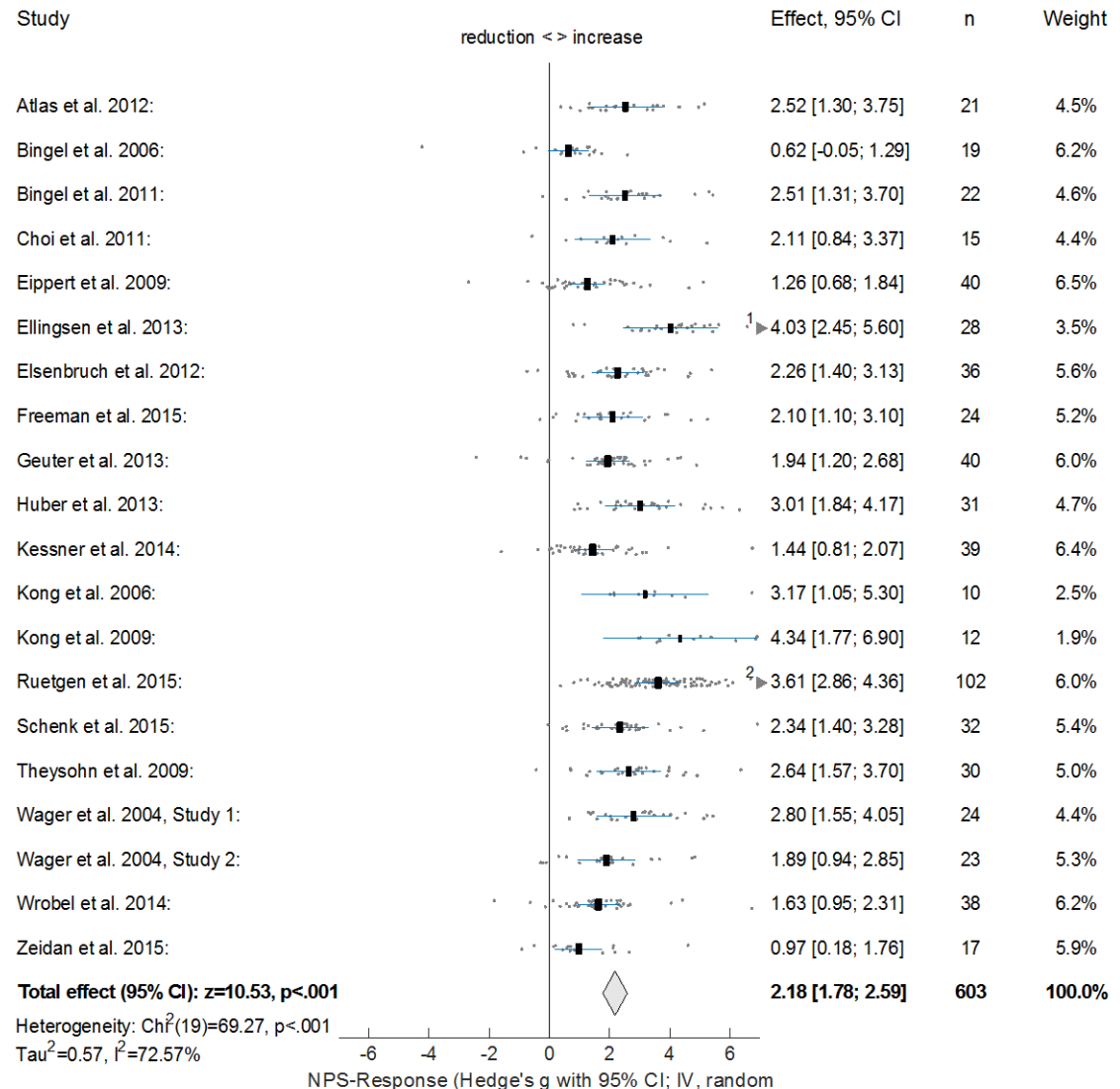
Generalization: NPS responds to diverse types of evoked pain



Diverse population:
N = 600 across 20 sites

Multiple pain types:
Electrical, heat, laser,
mechanical

Large effects:
Detection in >95% of
individuals
Average $d = 2.18$



Measures of pain: Sensitivity and specificity of the NPS



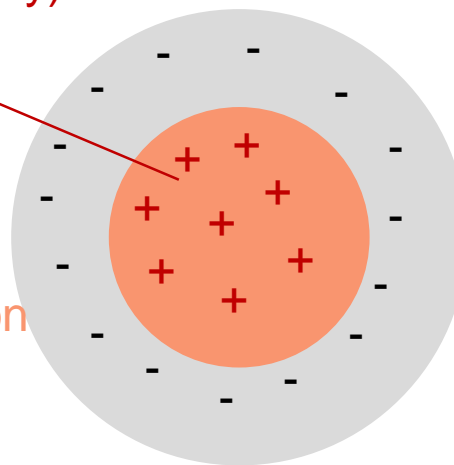
Sharing and prospective testing → specificity, generalizability, construct validation

Activated by (sensitivity)

- Noxious heat
- Electric shock
- Noxious pressure
- Gastric distention
- Esophageal distention
- Rectal distention
- Vaginal pressure

Sub-threshold:

- Breathlessness
- Aversive taste



Dark colors: Published

Light colors: Preliminary

Treatments:

Opioids
SSRIs
Conditioned cues
Distraction
Social touch

specificity

What is the NPS really measuring?



Specific

General



sub-types of pain – somatic pain – negative affect – arousal – salience

Case study: Comparing physical and social pain



Social rejection

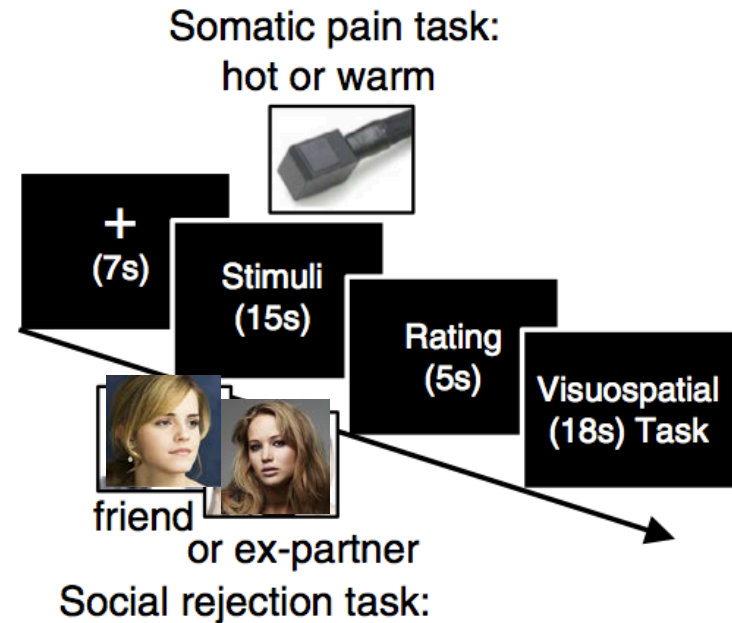


Choong-Wan
Woo



Ethan
Kross

- $N = 60$ participants, All romantically rejected
- Viewed pictures of ex-partners and friends
- Painful and non-painful heat

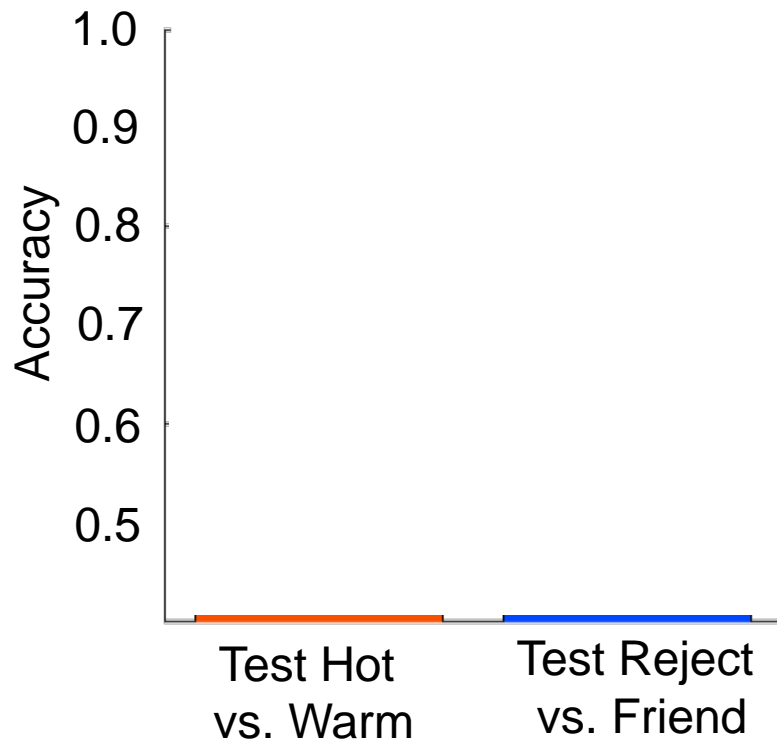


Rejection and pain:
Similar negative ratings, similar brain
activity

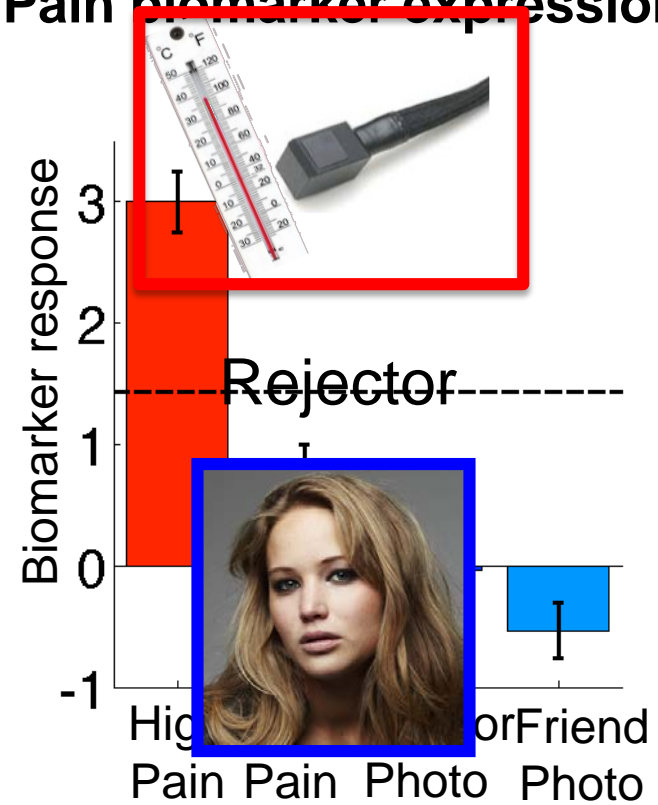
NPS responses to rejection?



Discrimination performance



Physical pain Pain biomarker expression

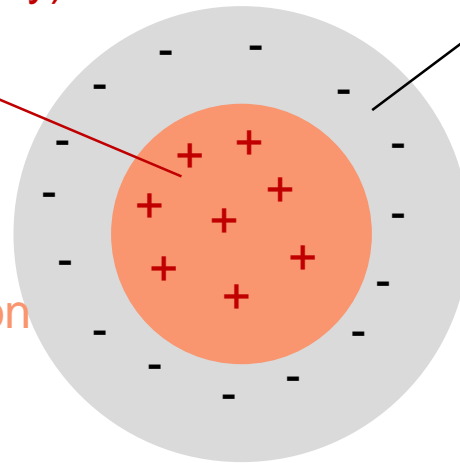


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- Sub-threshold:
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 - Aversive taste



Not activated by (specificity)

- Aversive images
- Social rejection
- Observed pain
- Pain anticipation
- Nausea
- Itch
- Cognitive demand
- Pain recall
- Warmth

Dark colors: Published

Light colors: Preliminary

Counter measures

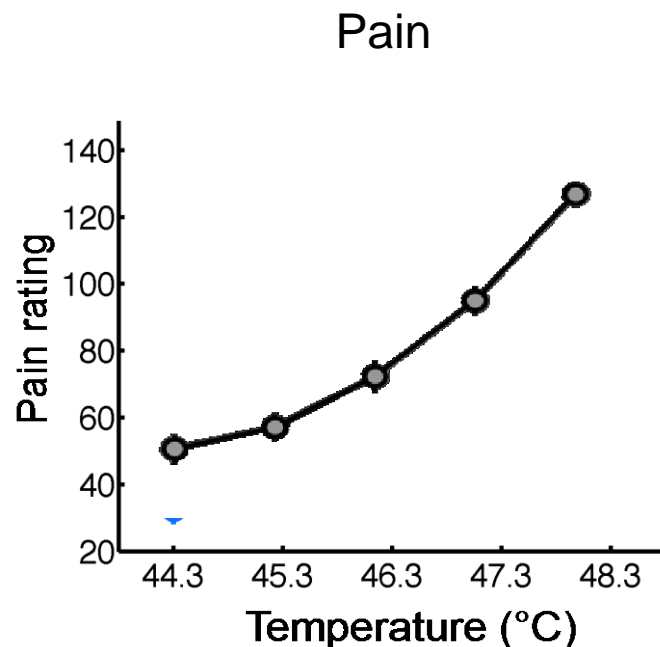
Can you “rethink” responses in the NPS?

Sensitivity to cognitive reappraisal (N = 30)

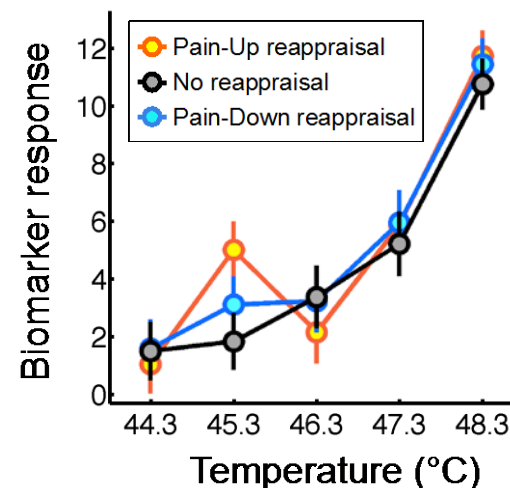


ChoongWan Woo Mathieu Roy

- “Appraise-up:” imagine your skin is *burning, sizzling, melting*
- “Appraise-down:” imagine *spreading warmth*, like your skin is under a warm blanket on a cold day



Neurologic Pain Signature response



Placebo treatment: Strong effects on pain



Placebo significantly
reduces pain in all
studies.

Average effect size:
 $d = -0.65$

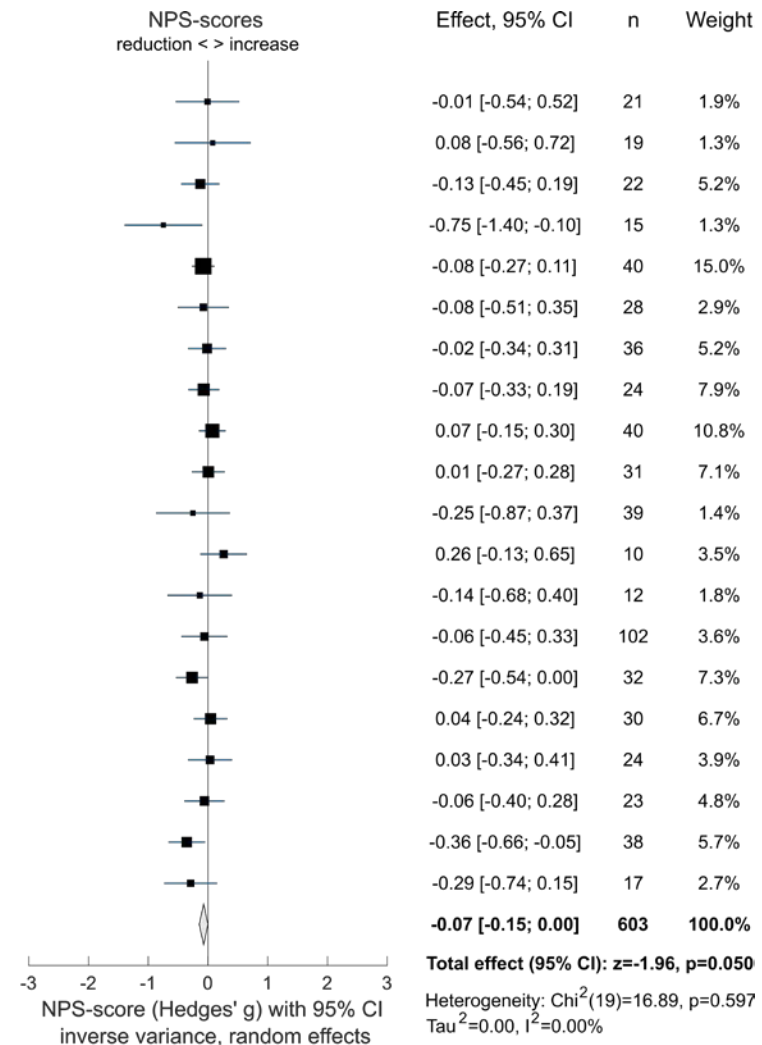
Placebo treatment: No (or little) effect on the NPS



The “Neurologic Pain Signature” is insensitive to placebo

Average effect size $d = -0.07$

Points to contributions from other systems



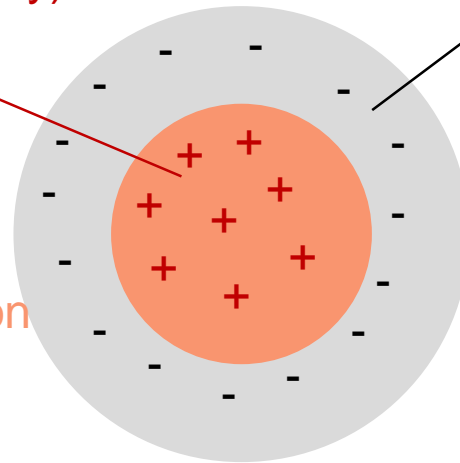
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Opioids
SSRIs
Conditioned cues
Distraction
Social touch



Dark colors: Published
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Treatments:

Not activated by (specificity)

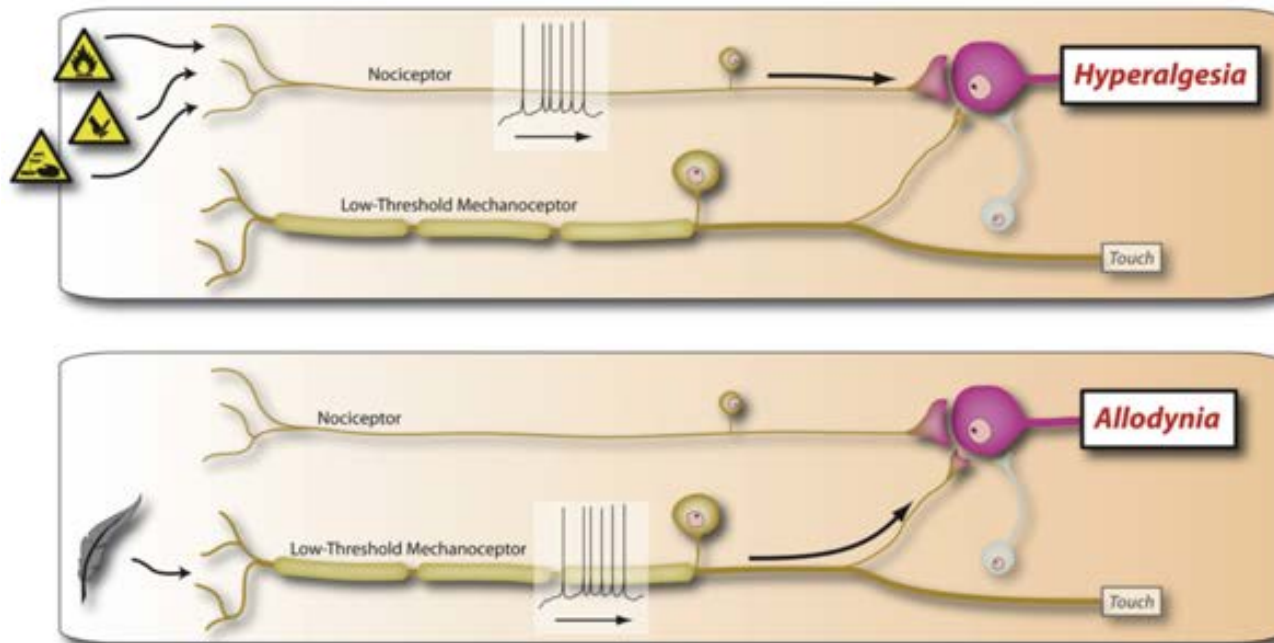
- Aversive images
- Social rejection
- Observed pain
- Pain anticipation
- Nausea
- Itch
- Cognitive demand
- Pain recall
- Warmth

Cognitive regulation
Placebo
Perceived control
Reward
Social cues

Use cases and limitations



Spinal plasticity: Central sensitization



Nociceptive spinal dorsal horn neurons **sensitize** to inputs
- Hypersensitivity, allodynia, 'spontaneous' pain

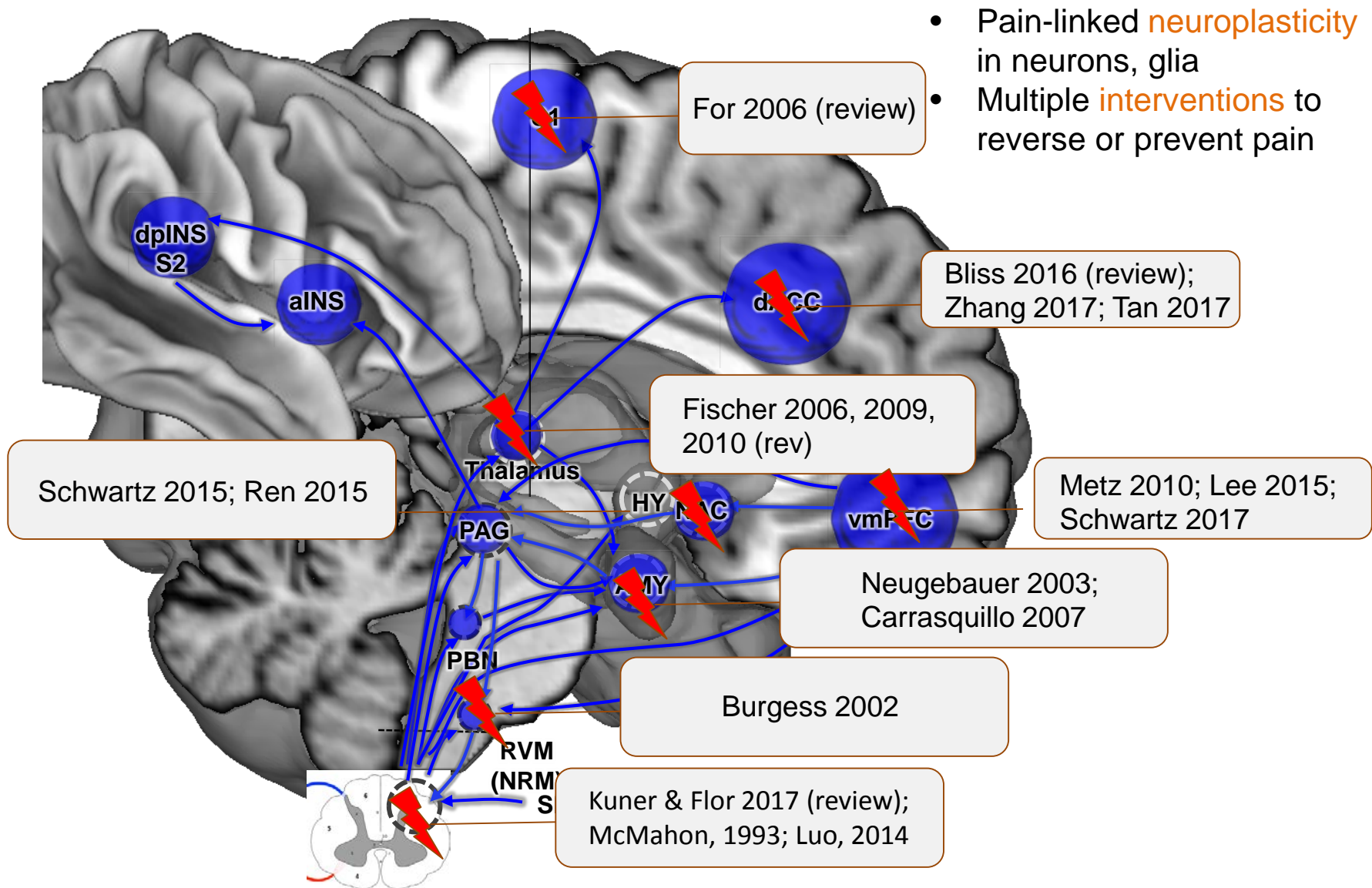
Features of many pain conditions:

Fibromyalgia, osteoarthritis, musculoskeletal disorders, headache, temporomandibular joint disorders, neuropathic pain (e.g., stroke, diabetes), complex regional pain syndrome, irritable bowel syndrome, and post-surgical pain

Woolf, 2011, Pain

Why **brain** biomarkers?

Neuroplasticity in chronic pain models above the neck



- Pain-linked **neuroplasticity** in neurons, glia
- Multiple **interventions** to reverse or prevent pain

Why **brain** biomarkers?

Neuroplasticity in chronic pain models above the neck



- Pain-linked **neuroplasticity** in neurons, glia
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For 2006 (review)

Multiple mechanisms and pathways

Multiple relationships with pain

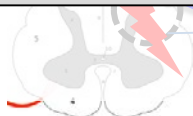
Predispositions, consequences, and mediators

Interactions with other processes

- Cognitive appraisal, emotion, attention
- Different legal implications for these

Schw

Ramer & Flor 2017 (review),
McMahon, 1993; Luo, 2014



Fibromyalgia



Hypersensitivity

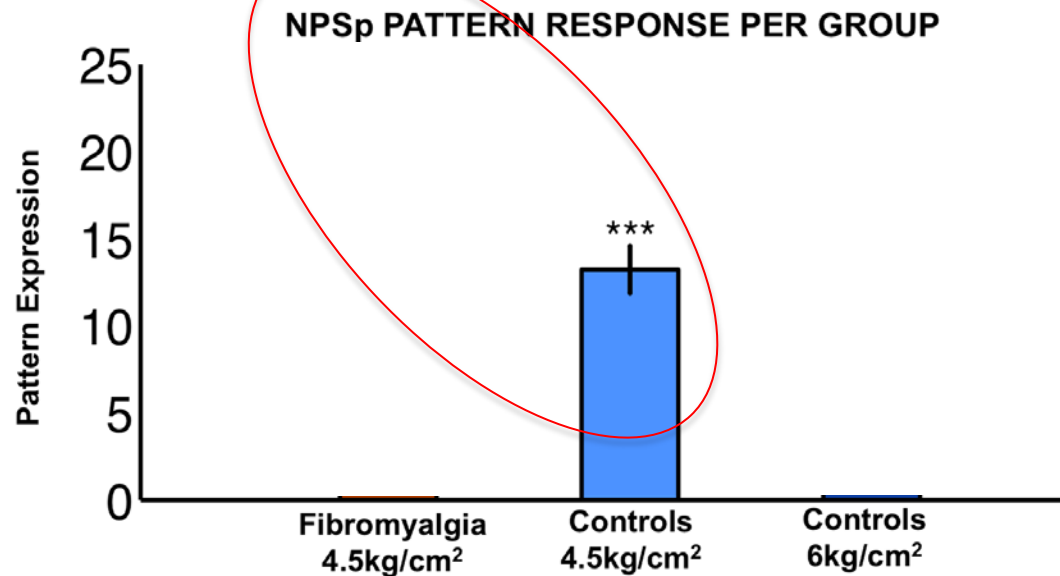
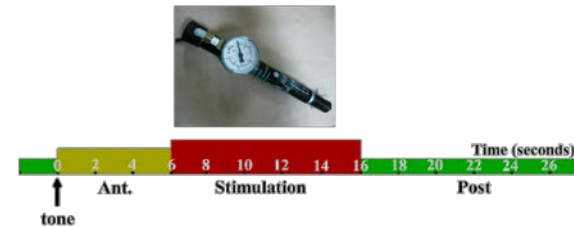
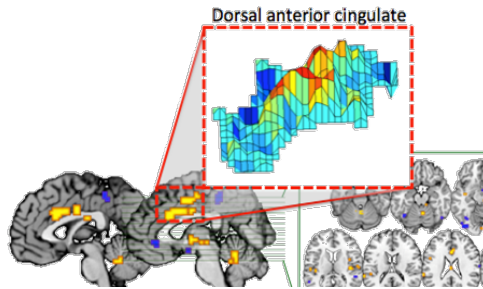
Widespread pain

Fatigue

Multiple
sensitivities



Fibromyalgia: Enhanced “Neurologic Pain Signature” (NPS) responses

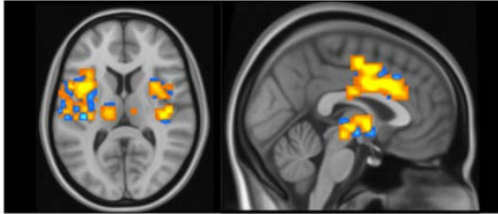


Same pressure
Greater NPS

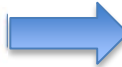
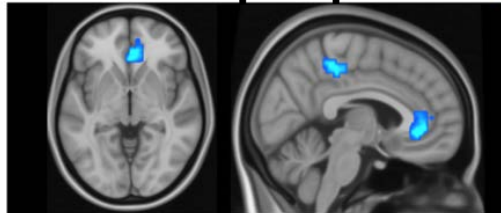
Fibromyalgia: Multiple systems



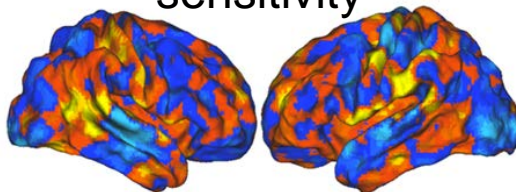
NPS: Hypersensitivity



'Regulatory' systems
become **pro-pain**



Multisensory
sensitivity



Combined measure:

93%

accuracy for
fibromyalgia vs. controls

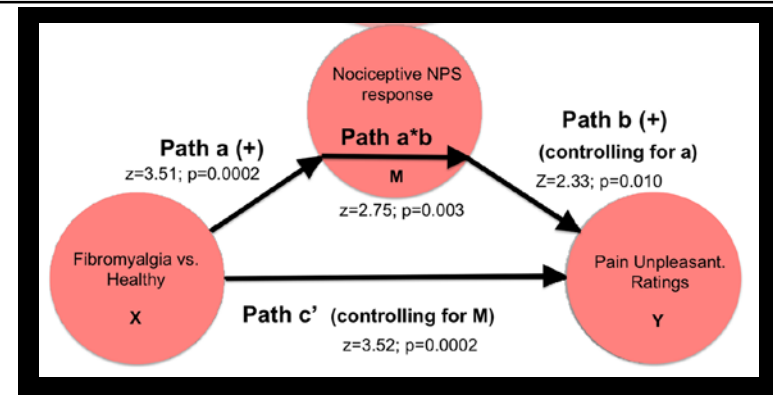
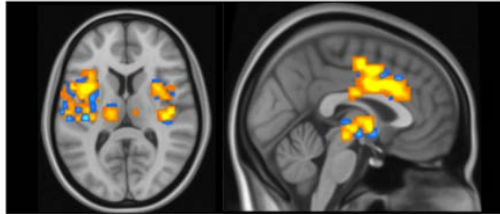
Fibromyalgia



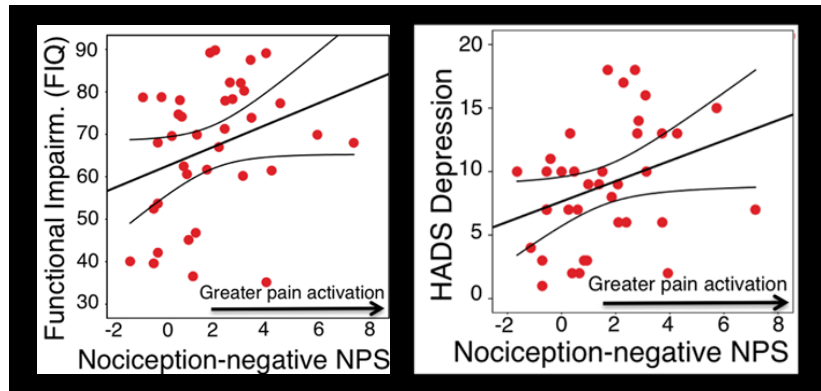
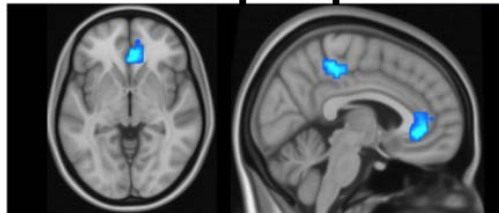
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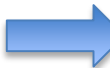
NPS: Hypersensitivity



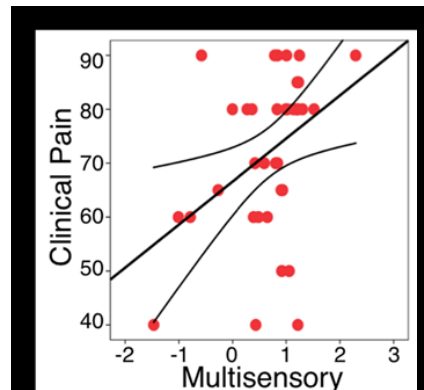
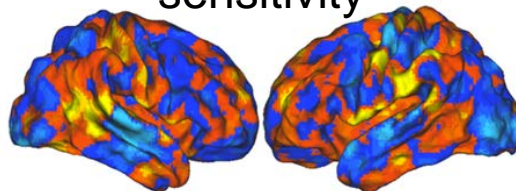
'Regulatory' systems become **pro-pain**



Fibromyalgia



Multisensory sensitivity



cal Pain

Future directions:



- **Construct validation:** Biomarkers need to be tested for sensitivity, specificity, generalizability to diverse populations
 - Need data resources for testing, e.g., biobank of study data
- **Countermeasures:** Need more extensive tests (distraction, pain induction during control conditions)
 - Brain models specific to body site as well as intensity
- **Applicability to chronic pain:** Need model development/validation with multiple pain disorders, 'spontaneous' pain
 - Multi-systems approach, multiple pain targets
 - Extensions to deal with tonic/sustained pain
 - Separation of risk factors, consequences, and mediators
 - New methods to deal with plasticity/reorganization

Cognitive and Affective Neuroscience Lab

University of Colorado at Boulder

Funding Sources



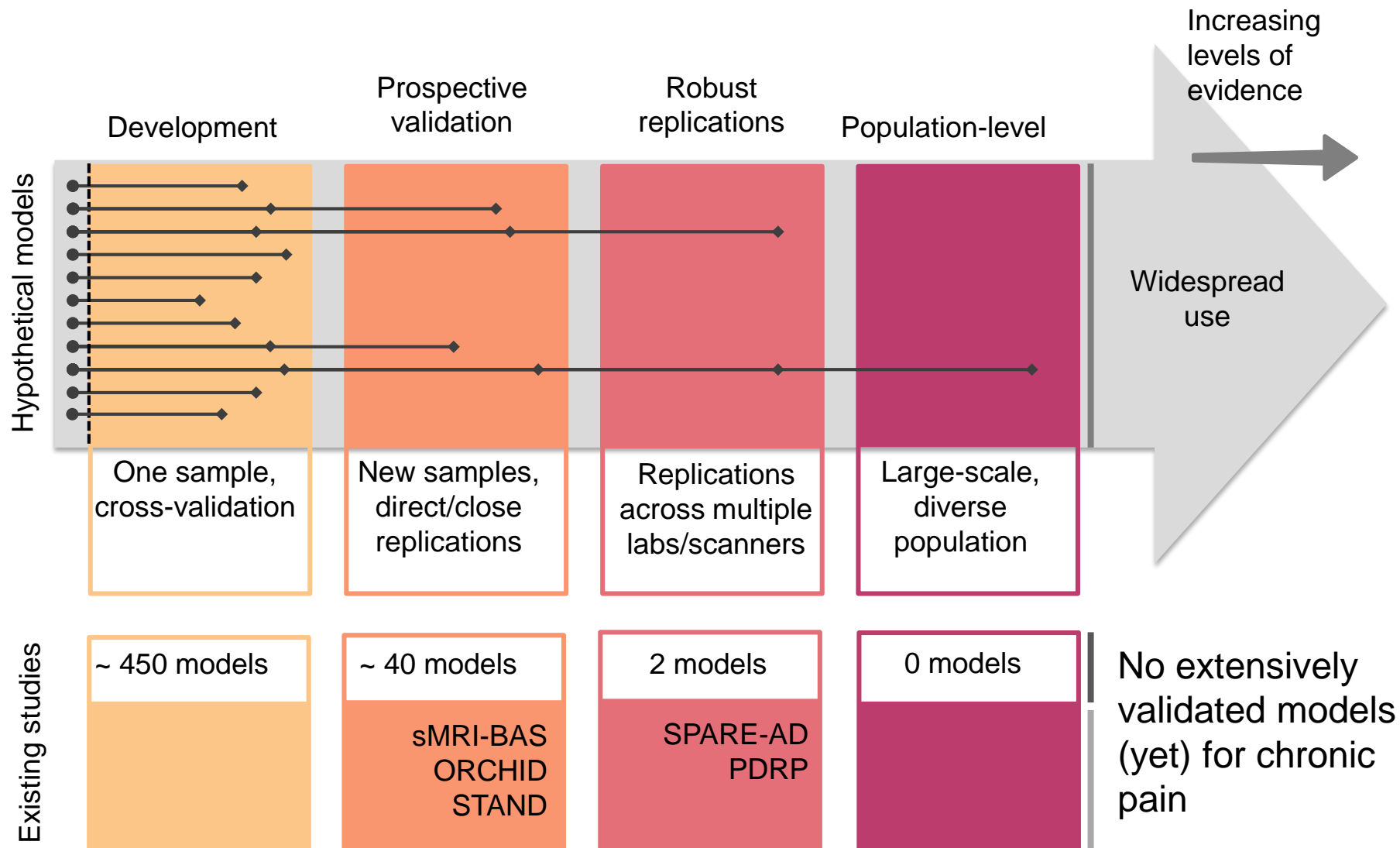
JOHN TEMPLETON FOUNDATION
SUPPORTING SCIENCE - INVESTING IN THE BIG QUESTIONS



Catalan government
Mind, Brain, Body and Health Network

Code: shared on <https://github.com/canlab> . Papers, etc. : wagerlab.colorado.edu

Established neuromarkers for neuro/psychopathology



Central mechanisms of chronic pain in Fibromyalgia



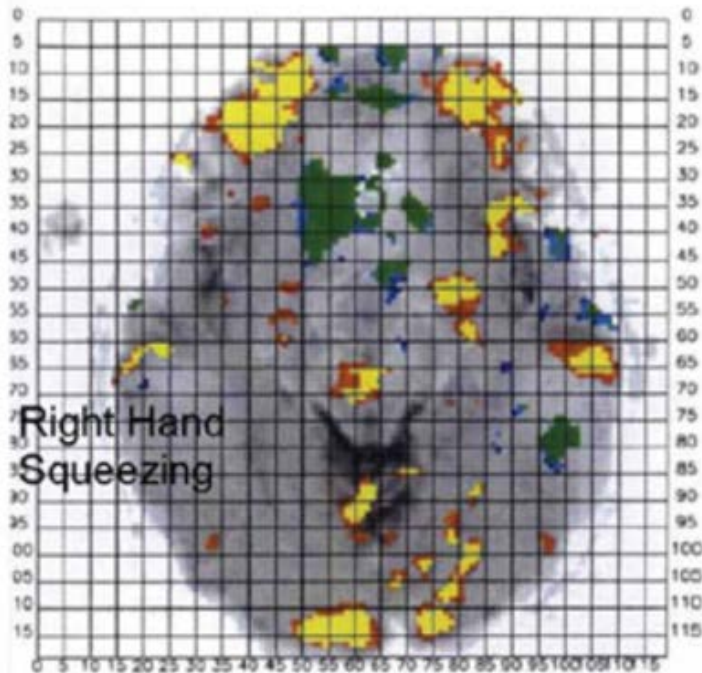
- Chronic widespread musculoskeletal pain
- No well-established tissue pathology (cf. Serra et al. 2004)
- Diagnosis based on subjective reports. Patients often not believed and appropriately diagnosed.

Study

- 37 female patients, 35 matched controls (age, education)
- fMRI during mechanical pain (pressure) and other multisensory tasks



Next 10 years: Evidentiary Standards for evaluating biomarkers



- fMRI scans cannot be “read” the way a neuroradiologist reads a clinical scan for pathology
 - ...just as genetic tests cannot be “read” by an expert’s subjective impression of what the gene patterns “look like”
- Models must be precisely specified and quantitatively evaluated
- Pain is not just “stronger touch”
Somatosensory activity in general does not indicate pain

International Association for the Study of Pain Task Force



- 1. Consider the technical and physiological capabilities of brain imaging to detect whether an individual has chronic pain.
- 2. Place the capability of brain imaging as a diagnostic test of chronic pain in an ethical and legal context.
- 3. Establish guidelines for health care systems, government and legal policymakers on the validity and ethics of adopting a brain imaging-based test of pain.

A “cheat sheet” for lawyers and judges



1. Are all parameters of the “pain test” defined in advance?

- Which ‘voxels’, and what relative contributions of each voxel?
- What threshold or cutoff values?

2. What is the sensitivity of the test for this type of pain?

- How many individuals with this type of pain have shown positive findings? How many negative findings?

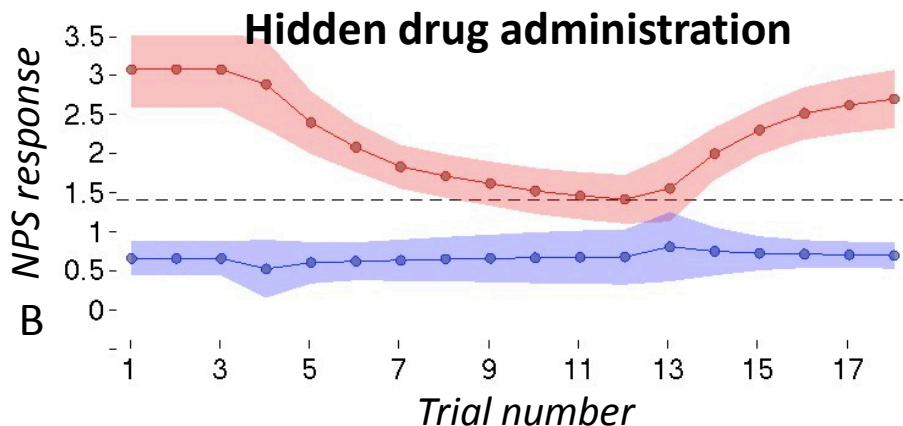
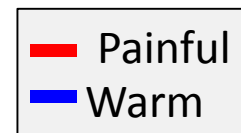
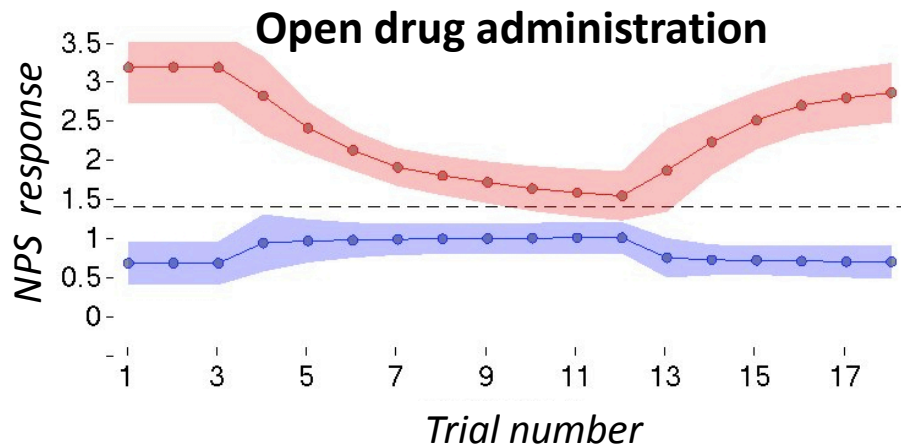
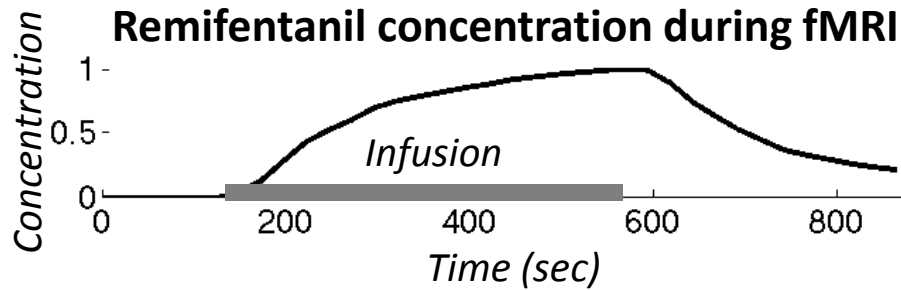
3. What is the specificity of the test for this type of pain?

- Against what other conditions has specificity been evaluated?
- What is the specificity relative to aversive, but not painful, touch? Relative to emotional ‘pain’? Relative to cognition about pain?

4. If this test involves comparing an individual to a reference sample, was that sample matched on age, sex, handedness, SES/education, fMRI scanner?

5. Has a normative neuroanatomical organization been demonstrated in this individual, so that the reference sample applies?

Testing treatment response (pharmacodynamics)



Wager et al. 2013, NEJM;
Ma et al. 2016: citalopram effects

A “cheat sheet” for lawyers and judges (2)



- Has this individual's hemodynamic (blood flow) response been shown to match assumptions made in the test?
- Have tests of non-pain-related conditions demonstrated positive findings, to validate image quality?
- Is the test adequately powered in this individual?
- Have countermeasures and deception (e.g., self-induced pain during scanning) been ruled out?

A “cheat sheet” for lawyers and judges (3)



1. Are all parameters of the “pain test” defined?

- Which ‘voxels’?
- What relative contributions of each voxel?
- What threshold or cutoff values?

2. Does the test provide a meaningful conclusion about an individual person?

3. How have methodological procedures of the test been validated?

- Have they been validated for this exact test, or for more general cases (e.g., fMRI)?
- Are the specific processing steps peer-reviewed and accepted in the scientific literature?
- Have the procedures been shown to be robust to head movement and physiological artifacts, and in what percentage of individual patients?

4. What positive and negative controls established image quality in the particular individual tested?

If pain test is negative:

- Has this individual’s hemodynamic (blood flow) response been shown to match assumptions made in the test?
- Have tests of non-pain-related conditions demonstrated positive findings, to validate image quality?
- Is the test adequately powered in this individual?
- Have countermeasures been ruled out?
- Has a normative functional neuroanatomical organization been demonstrated in this individual?
- Has a normative physiological basis for pain been established in this individual?

If pain test is positive:

- Have confounds such as head movement and physiological artifacts been ruled out?

5. What is the sensitivity of the test for this type of pain?

- What types of pain has the test been shown to respond to?
- What is the sensitivity for patients with comparable pain conditions and demographics (age, sex, ethnicity/race)?

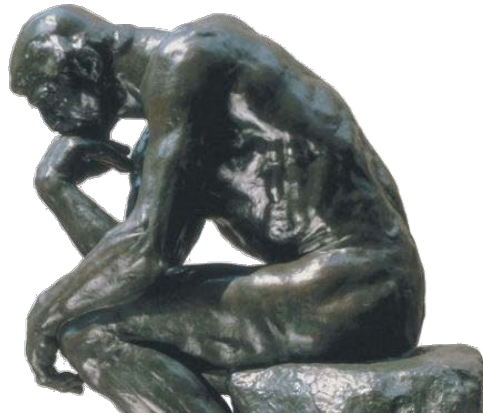
6. What is the specificity of the test for this type of pain?

- Against what other conditions has specificity been evaluated?
- What is the specificity relative to aversive, but not painful, touch?
- What is the specificity relative to emotional ‘pain’?
- What is the specificity for patients with comparable pain conditions and demographics (age, sex, ethnicity/race)?

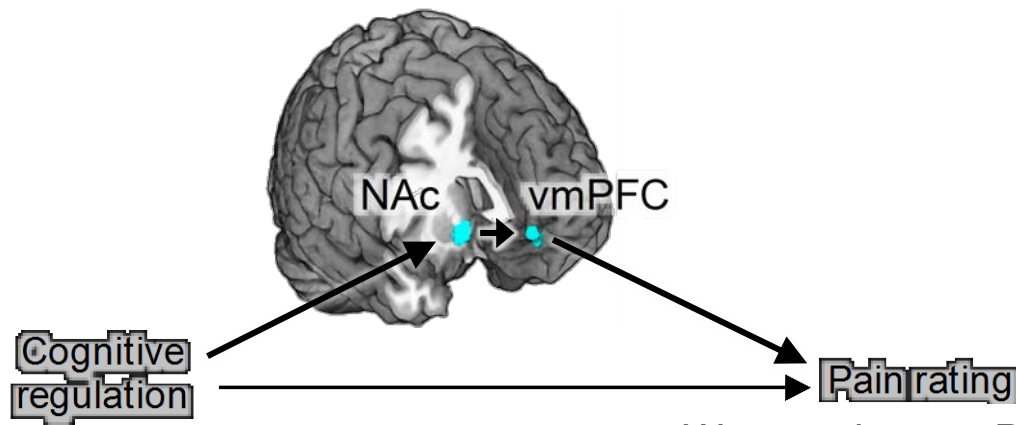
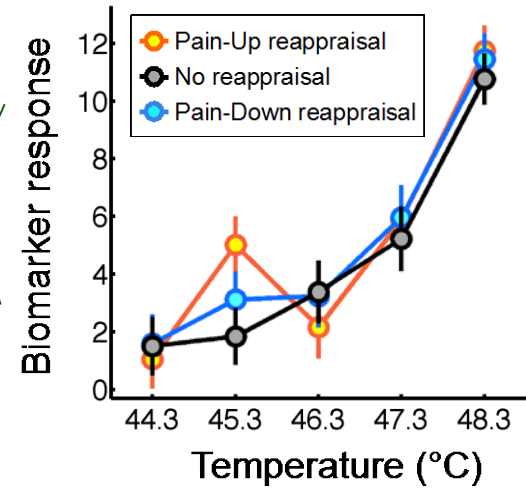
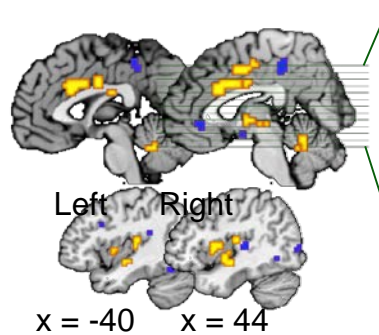
Pain-regulatory systems



Rethinking pain



NPS



Woo et al. 2015 PLoS Biol

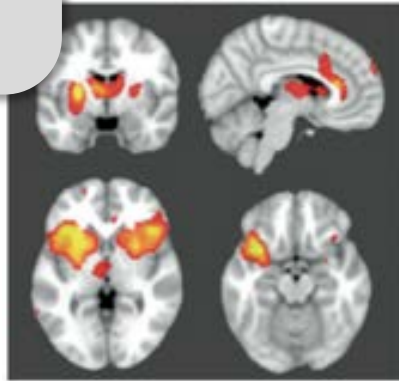
Human evidence on pain chronification: Shift from classic nociceptive systems to 'emotional' ones



Nociceptive targets:
Cingulate, insula, thalamus

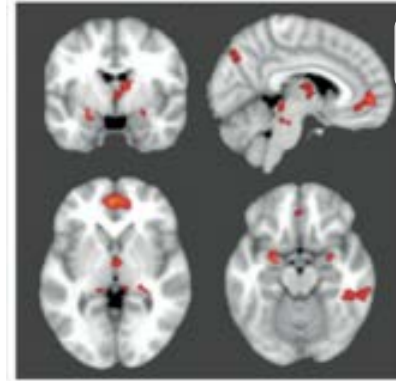
Back pain persists

Visit 1



One year later

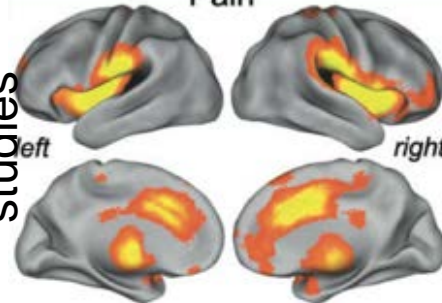
Visit 4



vmPFC

Meta-analysis
of basic
studies

Pain



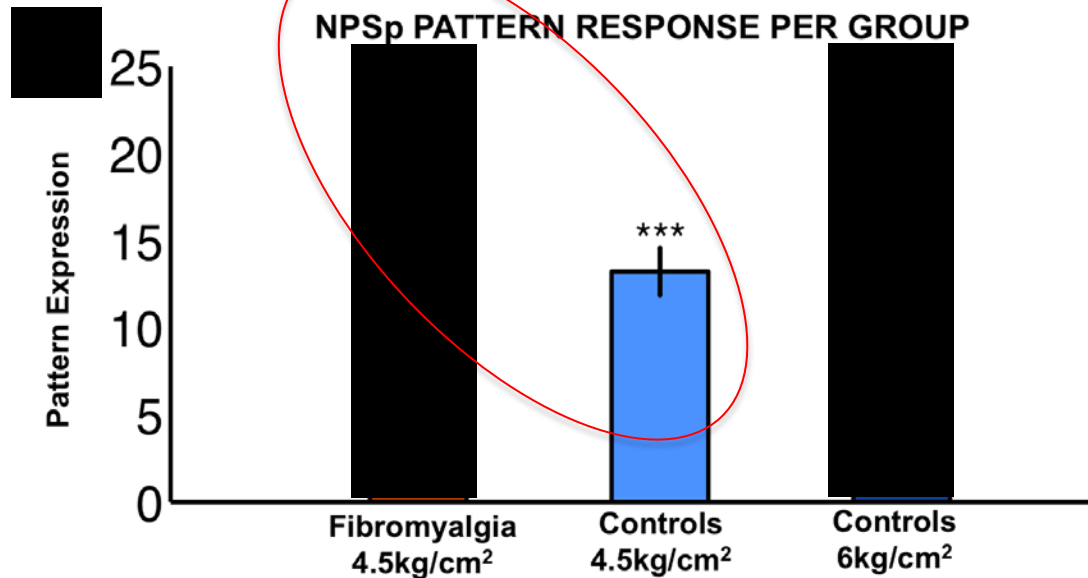
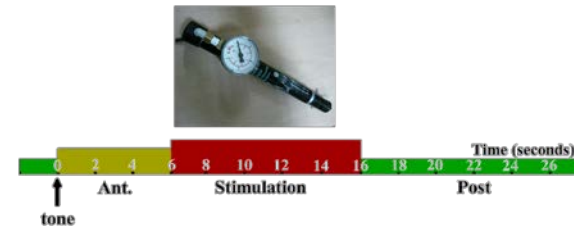
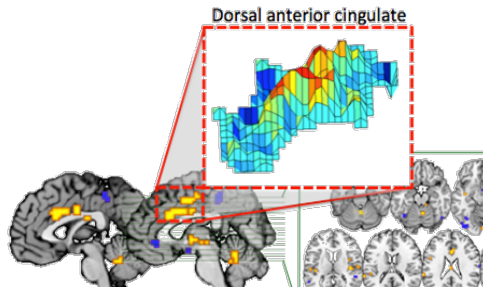
Emotion



2.3 9.0

Yarkoni et al.
2011,
Neurosynth.org

Fibromyalgia: Enhanced “Neurologic Pain Signature” (NPS) responses

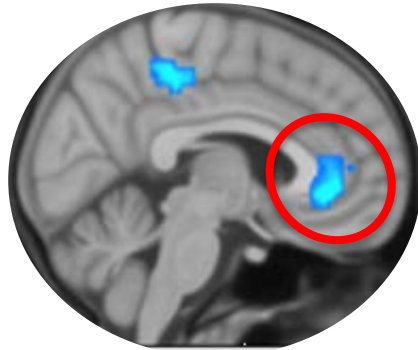


Same pressure
Greater NPS

Fibromyalgia: Alterations in other pathways beyond pain transmission

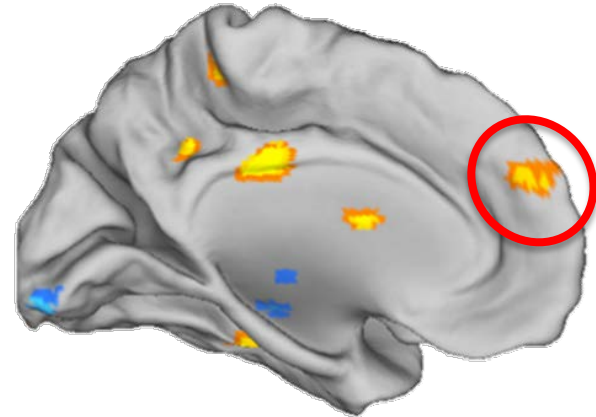


Alterations in pain-regulatory systems



Medial frontal cortex becomes **pro**-pain

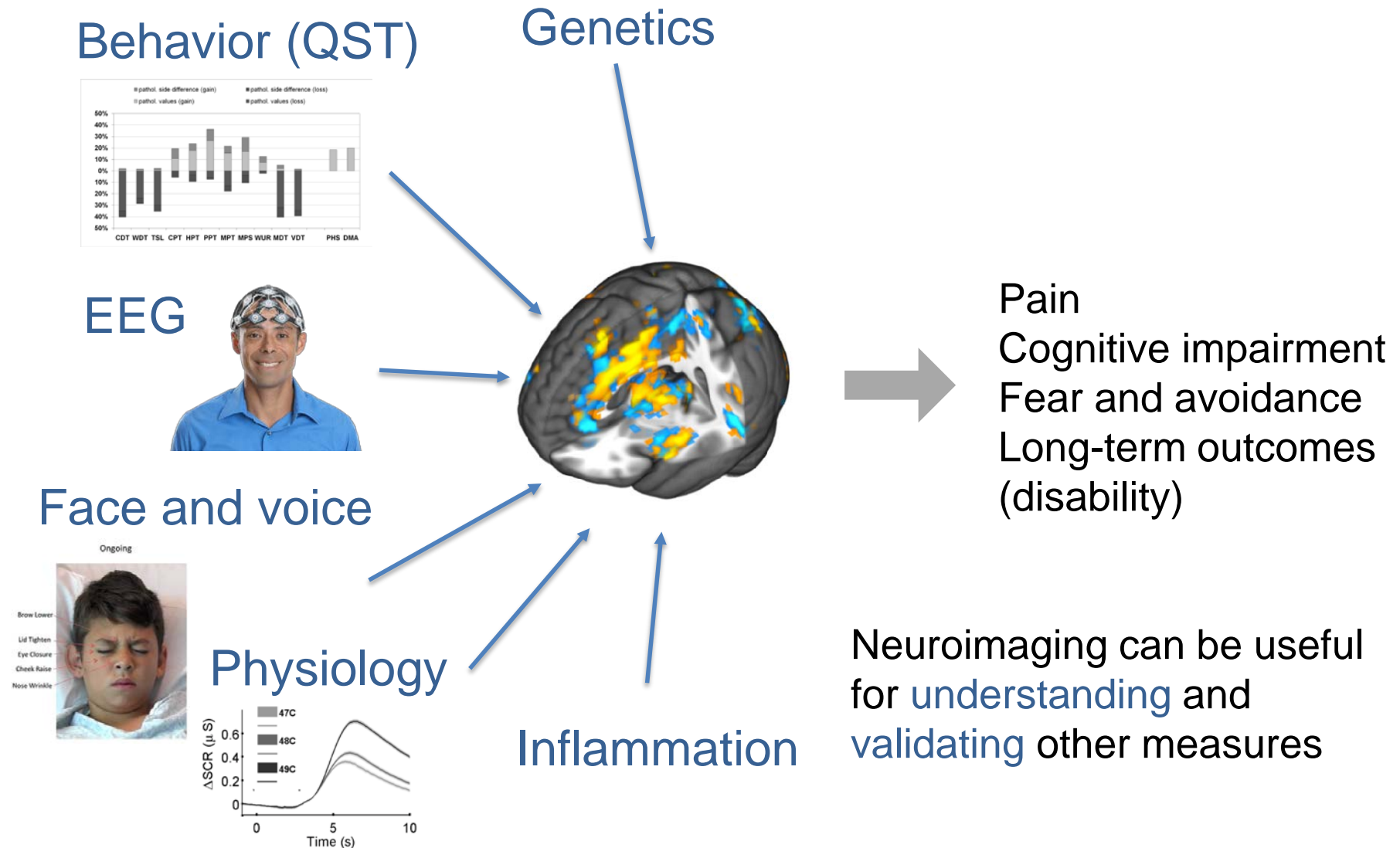
Multisensory responses
beyond pain



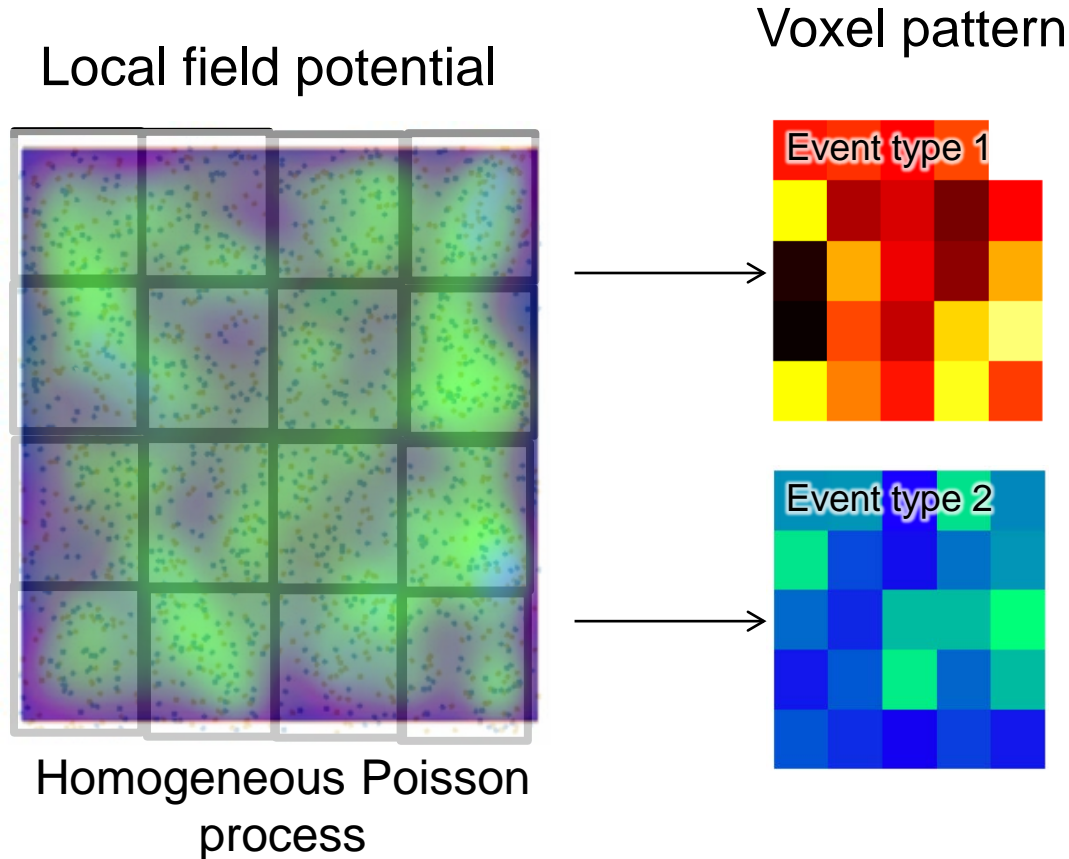
93%

accuracy for
fibromyalgia vs. controls

Biomarkers for pain – **scalable**, cost-effective **measures**

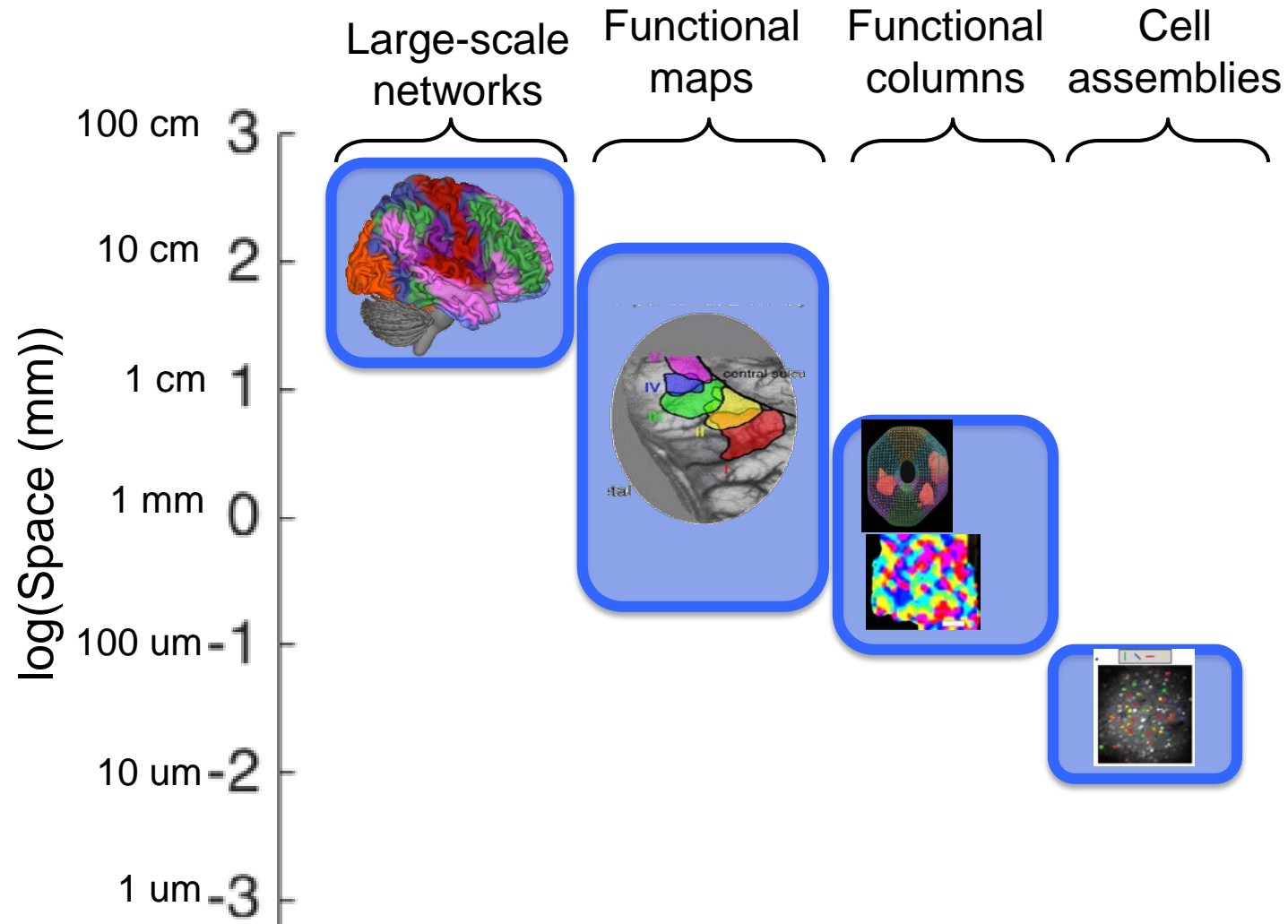


Multivariate patterns afford greater sensitivity and specificity



Each pattern reflects different information

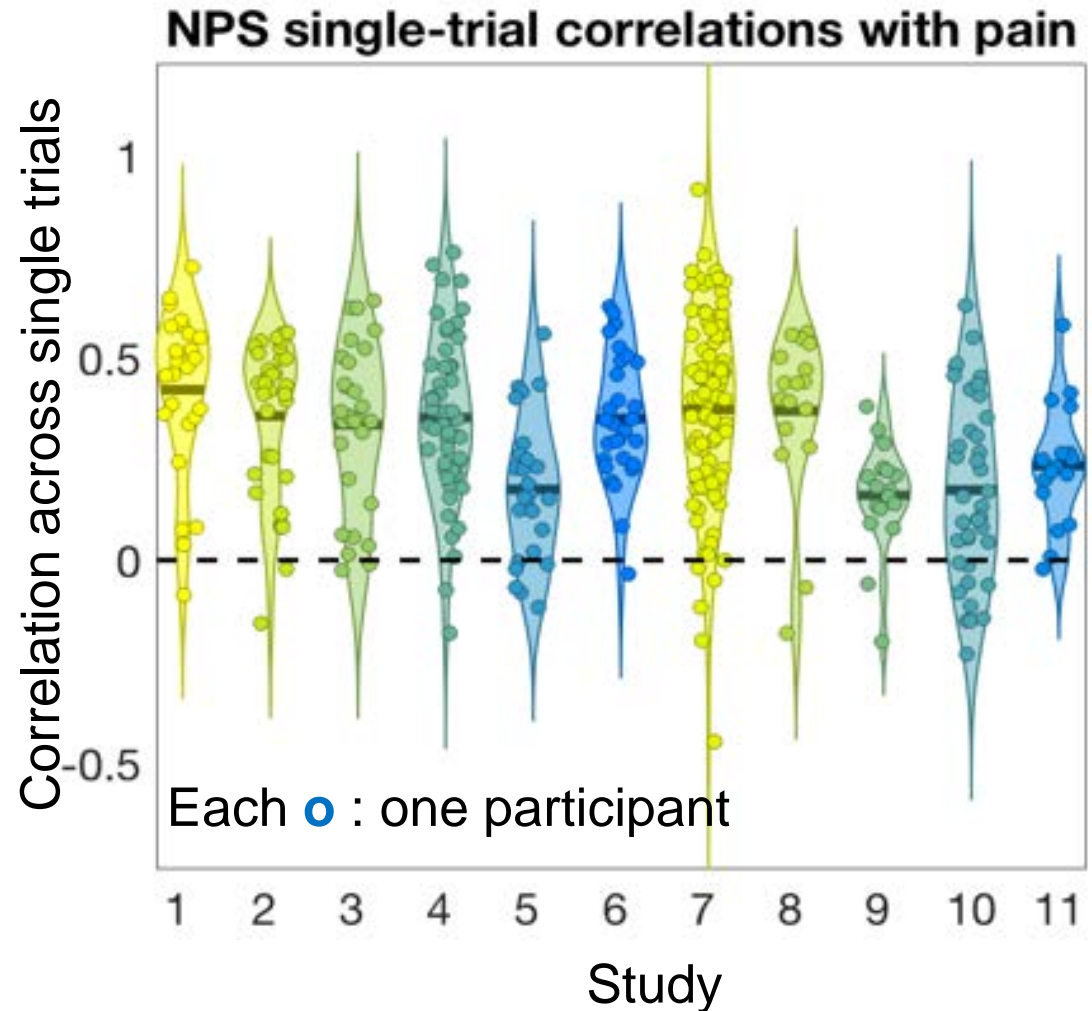
Sensitivity to information at multiple spatial scales



Replication: Single-trial associations with pain



11 studies
378 participants
23,493 single-trial
images



Evidentiary Standards for evaluating biomarkers



- **Criterion 1:** Precise definition
- **Criterion 2:** Applicability to individual persons
- **Criterion 3:** Validation of methodological procedures used during test
- **Criterion 4:** Internal consistency and validation of imaging quality in individuals using positive and negative controls
- **Criterion 5:** Diagnosticity for pain
- **Criterion 6:** Validation of neurophysiology with converging methods
- **Criterion 7:** Generalizability to patient group tested and to test conditions

Standards of evidence for an application (e.g., tort law) decided by the field; these are dimensions helpful for evaluating claims.

Specificity pathways