



**Eva Szigethy, MD, PhD**  
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Dr. Eva Szigethy is the co-director of the Total Care-IBD program at the University of Pittsburgh Medical Center (UPMC), a subspecialty medical home for patients with IBD. She is also the behavioral director of the Program for Gut Brain Health, as well as a professor of psychiatry, medicine, and pediatrics in the Department of Psychiatry at the University of Pittsburgh School of Medicine. She specializes in the behavioral aspects of IBD in adolescents and adults.

Dr. Szigethy started her work with pediatric IBD patients at Boston Children's Hospital. Upon her arrival in Pittsburgh in 2005, she created the Medical Coping Clinic, an integrated clinical behavioral health program nested in the Division of Gastroenterology at Children's Hospital of Pittsburgh. In 2012, she expanded her scope to develop a behavioral clinic within adult gastroenterology.

Her research in understanding the diagnosis and treatment of depression and pain in IBD was funded by the National Institute of Mental Health (through the prestigious National Institutes of Health Director's New Innovator Award), and the Crohn's and Colitis Foundation of America. She has published more than 70 peer-reviewed articles on her research findings, as well as written many reviews and book chapters. She is a nationally and internationally recognized speaker on integrating behavioral health into medical treatment and has facilitated the translation and implementation of her cognitive behavioral theory model in several other countries. Her most recent clinical and research focus has been to develop integrated behavioral and medical services for IBD patients (subspecialty medical home) in a way that makes care accessible, scalable and affordable. She is currently involved with several projects using virtually delivered interventions to serve the mental health needs of a great number of patients with chronic gastrointestinal conditions. Her innovation in building medical homes for both adolescents and adults with IBD was recently recognized in 2017 with a national leadership award (Simon Wile Award in Consultation Liaison Psychiatry) given by the American Academy of Child and Adolescent Psychiatry and in 2021 the Excellence in Healthcare Honoree for the Crohn's and Colitis Foundation, Western Pennsylvania/West Virginia Chapter.

Dr. Szigethy was awarded the Sherman Prize for Excellence in Crohn's and Colitis in 2016 for her outstanding contributions in improving health outcomes by integrating behavioral health into the comprehensive care of IBD patients. She received a PhD from McGill University, an MD from the University of Rochester School of Medicine, and an MS from Harvard University.