

Dr. Darria

Dr. Darria believes that every woman deserves access to honest, evidence-based health information - and the peace of mind that comes with it.

A Harvard and Yale-trained emergency medicine physician, Dr. Darria Long, MD MBA is founder of [Trueve](#), a source of truth for women and children's health, turning evidence-based answers into guidance that you can understand, trust, and implement easily.

National bestselling author of [Mom Hacks](#), Dr. Darria is a [TedX speaker](#) of the widely popular "An ER doctor on ending the crazy busy," and Clinical Assistant Professor at the University of Tennessee. A featured regular on CNN, Headline News, NBC, Hallmark, Lifetime, Thrive Global and other networks, Dr. Darria is a national spokesperson for the American College of Emergency Physicians and author in the preeminent textbook of emergency medicine,

On New Years Eve 2020, Dr. Darria diagnosed herself with a rare, life-threatening heart arrhythmia. That ensuing process, tests, and hospital stays, all while caring for her two small children and launching Trueve, made her more committed than ever to giving women the best information when it comes to health - and confidence in their choices.



Trueve provides a unique, refreshing answer to women's wellbeing, children's health, and stress. Trueve combines a scientist's mindset of seeking evidence, with an unbiased approach to look at ALL sources (from Western to Eastern medicine, holistic health, nutrition, psychology, and elsewhere).

The result? True evidence-based guidance that you can understand, trust, and implement easily - so you stop surfing for health answers and get back to living - with confidence.

About TrueveLab

TrueveLab is the independent research arm of Trueve, facilitating and funding research in women's and children's health, parenting, and stress. TrueveLab is committed to the highest ideals of scientific integrity and excellence, and connects independent researchers with big questions, funding sources (including funding projects itself) and media outlets to facilitate exceptional science. TrueveLab's landmark study, [The Burnout Study in Women](#) is the first large-scale study of women's demands, resources and burnout during and post-pandemic, and was performed in collaboration with the University of Tennessee Department of Industrial Organizational Psychology.



Dr. Darria Long

DR. DARRIA LONG, MD MBA

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Women deserve honest, data-driven health and wellness information
... and the peace of mind that comes with it.

Busy, smart women today are exhausted - they need health information more than ever, but don't have the time or energy to sift through the volumes of health "advice" to find the truth.

Trueeve

Our title, "Trueeve" blends "source of truth" with the French "trouve," or "I find", and we're changing how you get health guidance.

Trueeve's research is agnostic to source - we simply want the best evidence. Sometimes that's Western medicine's randomized controlled trials. Sometimes that's Eastern medicine, psychology, holistic health, nutrition, or elsewhere. All that matters is turning true evidence-based answers into guidance that you can understand, trust, and implement easily - so you stop surfing for health answers, and can get back to living - with *confidence*.

TrueveLab

TrueveLab is an independent research arm of Trueeve, that facilitates research in women's and children's health, parenting, and stress. TrueveLab is committed to the highest ideals of scientific integrity and excellence, and has a mission connects independent researchers with - often nontraditional - funding and media outlets to facilitate exceptional science. TrueveLab's landmark study is [The Burnout Study in Women](#).

Team

FOUNDER

Trueeve founder, Dr. Darria Long, is a Harvard and Yale-trained emergency physician, national TV health expert, national bestselling author, TedX speaker, and mom.

ADVISORY BOARD

Includes physicians, psychologists, and other wellness experts, from Johns Hopkins University, Brown University, the University of Tennessee, The University of Pennsylvania, and other top-tier institutions.

TEAM OF PHD / RESEARCHERS

Research and writing for TrueveLab is performed by highly-trained group of PhD scientists, and writers

The Burnout Study in Women

TrueveLab's Burnout Study in Women, an ongoing study, is the first large-scale academic study of burnout in women, their resources, and demands, during and post-pandemic. Partners included the University of Tennessee Department of Industrial Organizational Psychology. Good Housekeeping, LUNA Bar, and ComputersForKidz.

TrueveLab Reports

Trueve Reports are released regularly, taking an evidence-based dive into important health topics, trends, and myths

Other Original Research

As TrueveLab encounters topics in which evidence-based data simply does not exist, it will embark on further original research studies.