

The Behavioral Medicine Research Council

Connecting behavioral scientists to achieve large-scale,
collaborative breakthroughs

Karina Davidson, PhD., MASc.

President, Behavioral Medicine Research Council

Senior Vice President of Research

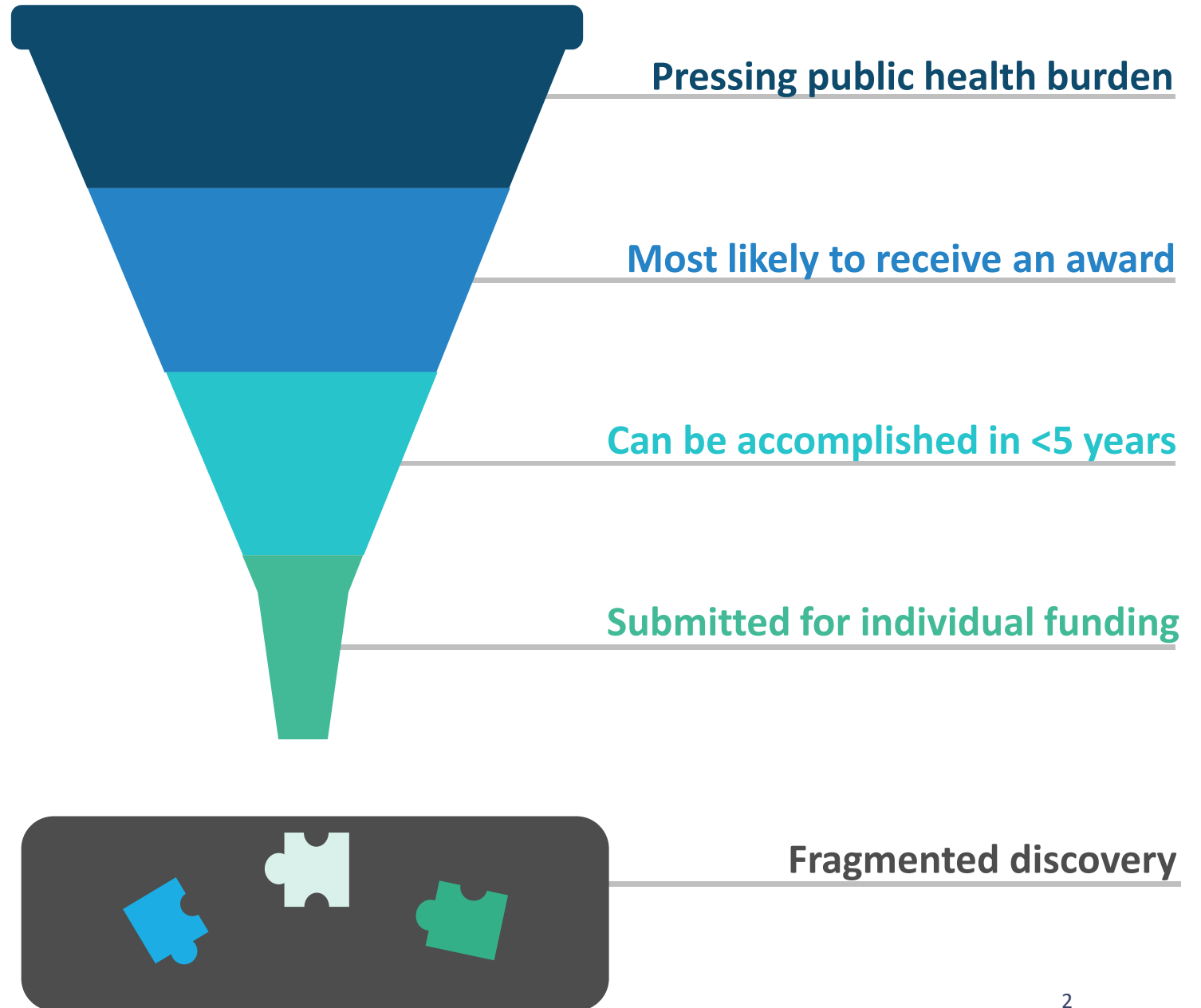
Dean of Academic Affairs

Donald and Barbara Zucker Professor in Health Outcomes

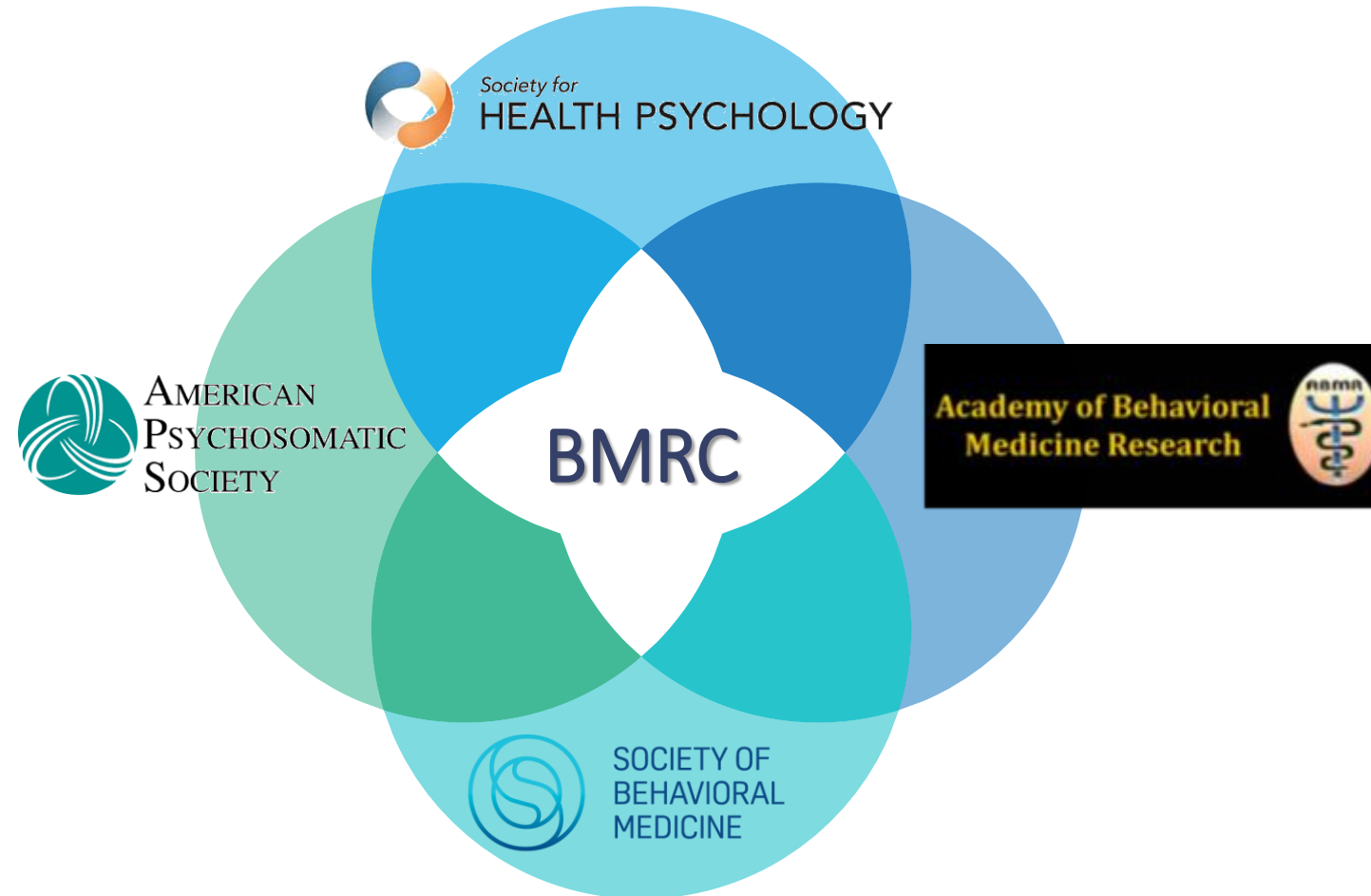
Feinstein Institutes for Medical Research

Northwell Health

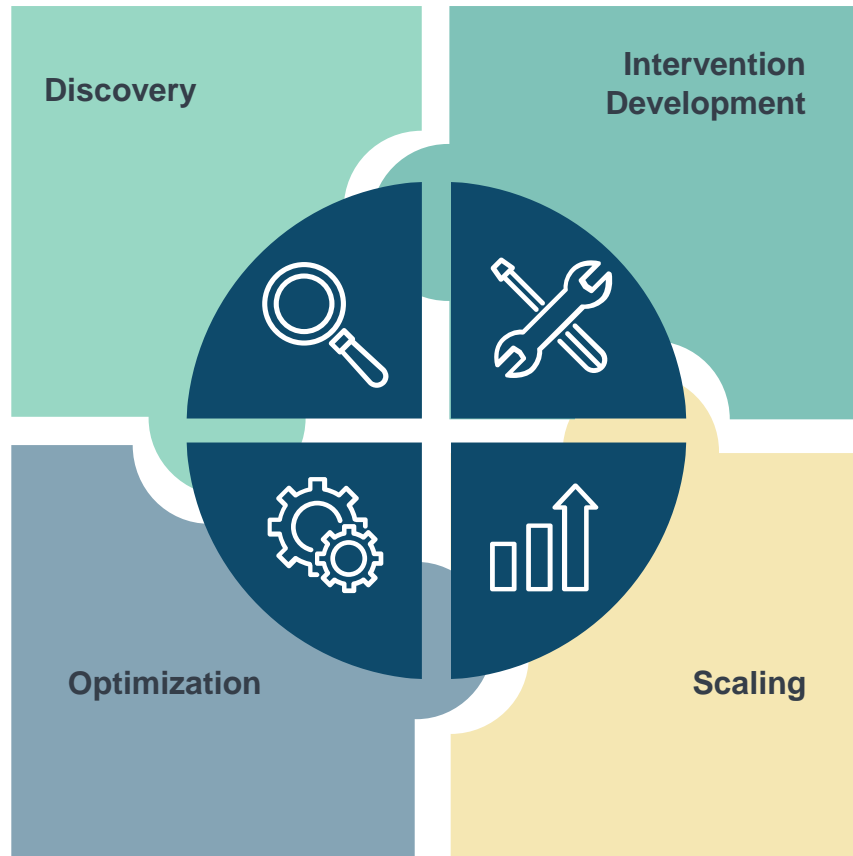
Significant advances in our field face systemic obstacles and lack of resources to promote complex, coordinated discovery.



Recognizing the Need



Our Mission



The mission of the Behavioral Medicine Research Council is to identify strategic, high-priority research goals and encourage multidisciplinary and multicenter research networks to pursue them.

2020 BMRC Committee Members



John M.
Ruiz, PhD
*Incoming
2021 President*

Society for Health Psychology



Elissa S.
Epel, PhD

American Psychosomatic Society



Simon L.
Bacon, PhD

Academy of Behavioral Medicine Research



Tracey A.
Revenson, PhD

Society of Behavioral Medicine



Karen A.
Matthews, PhD

Academy of Behavioral Medicine Research



Michael A.
Diefenbach, PhD,
MS

Society of Behavioral Medicine



Suzanne C.
Segerstrom, PhD

American Psychosomatic Society



Karina W.
Davidson, PhD,
MASc
*Outgoing
2019 & 2020
President*

Society for Health Psychology

Key initiatives
BMRC will use
to bridge
identified gaps
in our field

1 Establish Transparent and Public Processes for Topic Identification and Prioritization

2 Borrow to Create an International Behavioral Medicine Clinical Trial Structure

3 Ensure That Inclusivity of All Types is Inherent to All Parts of this Initiative

4 Conduct Meta-Reviews and Create Appropriate Knowledge Products from Findings

5 Craft Proposals for Big Behavioral Medicine Research Projects

6 Find Funding Partners

7 Train Junior Scientists to Work Within This Team-Science Infrastructure and New Process

8 Create a Large Team of Scientists Who Form a Network

Move Fast

BMRC Accomplishments

Establish Transparent and Public Processes



- 1 Established public website to collect ideas
- 2 Publishing BMRC methods piece
- 3 Work with editors of 3 major journals to coordinate open dissemination

Conduct Meta-Reviews and Create Appropriate Knowledge Products from Findings



- 1 Create process for annual review of literature
- 2 Conduct a 5-year review of behavioral medicine publications

Craft Proposals for Big Behavioral Medicine Research Projects



- 1 Conduct Delphi Poll and crowdsourcing to survey ideas
- 2 Contribute to Society of Behavioral Medicine's initiative to promote big ideas in behavioral medicine

Ensure That Inclusivity of All Types is Inherent to All Parts of this Initiative



- 1 Outline how BMRC will weave disparities lens in all projects
- 2 Form writing/working groups outside of committee

If you had the collective firepower of the behavioral medicine workforce – what challenge or issue would you target first?

AND HOW?

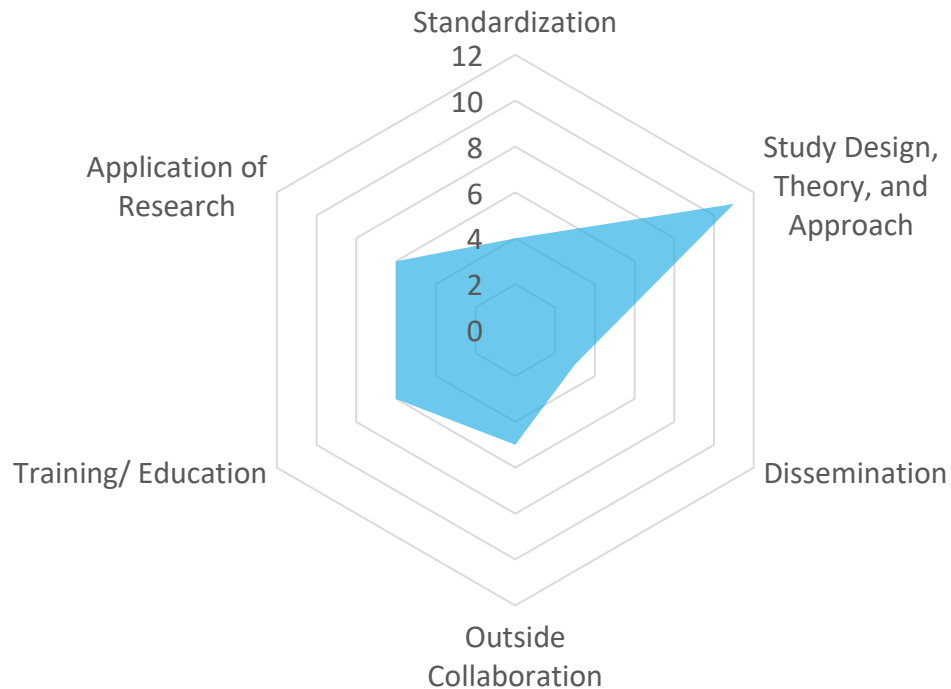
Delphi Poll & Crowdsourcing Survey

- Engaged 15 experts with average professional experience of 25 years in a Delphi Poll while simultaneously crowdsourcing a survey to our respective societies with the **same 5 questions**:
 1. What are the biggest opportunities/challenges that require no funding facing the field of Behavioral Medicine?
 2. What are the most important basic behavioral discovery areas to disrupt?
 3. What are the “shovel-ready” clinical ideas that require action?
 4. What are the “moon-shot” ideas for Behavioral Medicine?
 5. What are the future clinical or research barriers facing behavioral medicine that we could start preventing now, but that do not require funding to do so?

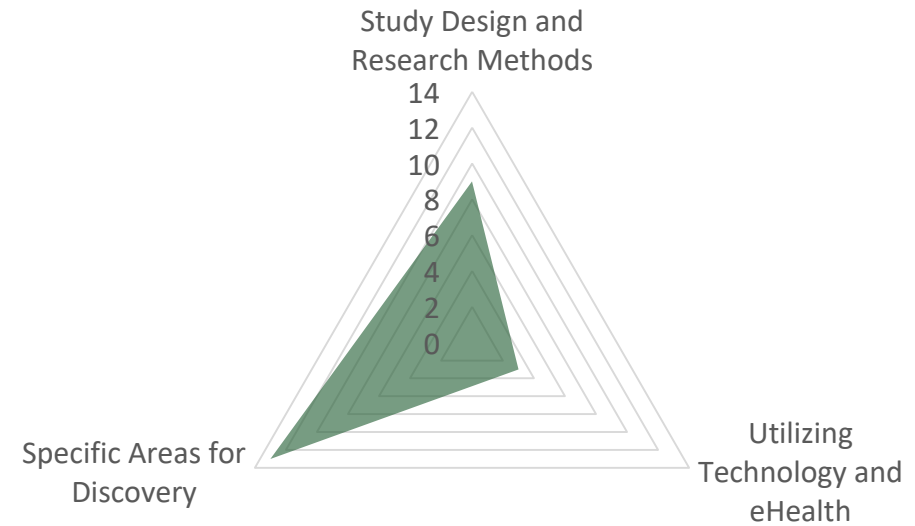


Delphi Results

What are the biggest opportunities/challenges that require no funding facing the field?



What are the most important basic behavioral discovery areas to disrupt?

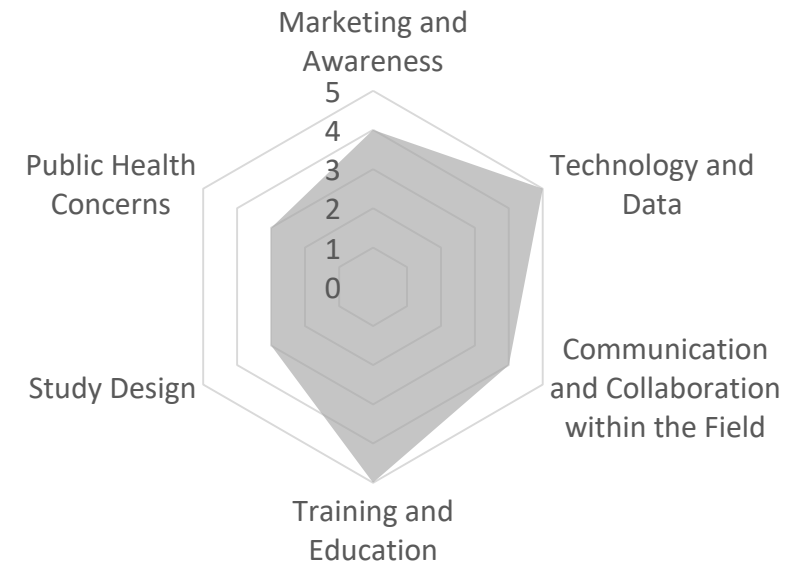


Delphi Results

What are the "shovel-ready" clinical ideas that require action?



What are the future clinical or research barriers facing behavioral medicine that we could start preventing now, but that do not require funding to do so?



**What do other fields do to identify
research gaps and educate other
professions of their field's priorities?**

AND HOW?

5-Year Review

- Conducted 2 searches to major developments in behavioral medicine published from 2014-2019 via citation analysis of:
 1. High-impact medical journals
 2. Psychology/psychiatry journals
- No overlap in 2 lists
- No new theoretical models
- No representation of cardiovascular disease, cancer, diabetes, or geriatric contributions



Medical Journals

Predominantly physical conditions and/or risk for medical conditions

Psychology/Psychiatry Journals

Predominantly mental health disorders

Top Article Citations

MEDICAL JOURNALS

Study	Target Population	Disease	Health Behavior	Focus	RCR Score
Hajek 2019	Patients	Substance Use	Cigarette smoking	Multi-center secondary prevention RCT (smoking cessation)	60
Liu 2016	Patients	HIV	Medication adherence	Multi-site prevention demonstration project	37.64
Null 2018	Rural women in Kenya	Child diarrhoea & growth faltering	Hygiene (as adjunct to nutrition program)	Cluster randomized secondary prevention trial	34.33
Meeker 2016	Prescribing physicians	Acute respiratory infection	Guideline-consistent antibiotics prescribing	Cluster-randomized adherence trial (peer comparison & accountable justification)	28.07
Poston 2015	Patients	Complications associated with obesity + pregnancy	Lifestyle (diet & exercise)	Secondary prevention RCT	24.21

PSYCHOLOGY/PSYCHIATRY JOURNALS

Study	Target Population	Disease	Health Behavior	Focus	RCR Score
Stice 2017	College-aged women at risk for eating disorders	Mental Health	Eating	Prognosis (longitudinal-descriptive study)	15.72
Freeman 2017	Patients	Mental Health & Insomnia	Sleep	Secondary prevention RCT trial	14.38
Pachankis 2015	Patients	Mental Health	Lifestyle; Safe-sex practices	Secondary prevention RCT	12.93
Christensen 2016	Patients	Mental Health	Sleep	Secondary prevention RCT	11.81
Kelly 2017	Nominally healthy college students	Stress-related behaviors	Coping	Experimental manipulation with probiotic	11.48

Upcoming Manuscripts

*Accomplishing
Breakthroughs in
Behavioral Medicine
Research*

*Behavioral Medicine:
A 5-Year Review*

*Behavioral Medicine
Research Council Methods*

*How to Be Prepared for the
Unexpected*

*Social Justice, Structural
Racism, and the BMRC's
Contribution to the Well-
Being/the Future of our
Nation*

*The Standardization of
Open Science and Data
Deposit Policies for
Behavioral Medicine*

*Gap in Needs in Climate
Crisis Research and
Intervention*

Thank You

www.BehavioralMedicineResearchCouncil.org



We Want to Hear From You

**Feel free to propose a suggestion
for improvements you want to see
in behavioral science.**

YOUR ANSWERS ARE ANONYMOUS

How do you want to see the field improve? (We
welcome ideas, research focuses, goals for the future,
thoughts on the major issues in behavioral medicine, etc.)

enter answer here

Submit