

SHP Student Interns for Research and Scholarly Activities Application of Project Proposal Form

Instructions:

Please fill out the form and return via email to Nipa Sahasrabuddhe (ns1115@shp.rutgers.edu) by **March 31, 2023**. Please fill each box to the right of each required field. If you are sending attachments, please ensure your contact information is added to all your forms.

Faculty Contact Information:

Date submitted:	3-24-23
Faculty Name:	Rebecca Brody, PhD, RD, LD, CNSC
Department/Program:	Clinical and Preventive Nutrition Sciences
Telephone number:	503-490-9824
E-mail:	brodyra@shp.rutgers.edu

Project Detail:

Project Title: (56 characters max)	Nutrition interventions for Depression Among People with Severe Mental Health Conditions: A Review of the Evidence
Hypothesis:	With the escalating rate and burden of depression on individuals and society, there have been expanding efforts to identify lifestyle factors that may impact depression. Research findings indicate that certain dietary patterns, such as those with elevated levels of processed or fast foods, cholesterol, saturated fat, and added sugars, heighten systemic inflammation. However, less is known about how the interprofessional healthcare team (mental health providers, dietitians, etc.) can best work together in the management of people with depression. We hypothesize that literature exists to support the role of dietitians and mental health professionals working collaboratively to best care for these individuals.
Description: (Include design, methodology, data collection, techniques, data analysis to be employed, evaluation and interpretation methodology for research component)	This proposed project includes doing a comprehensive literature review to explore how the interprofessional team works collaboratively in the management of people with depression. The student will contribute to manuscript development. A grant has been submitted (pending funding decision) to explore a diet intervention for people with severe mental health conditions. This project will also help develop basic diet education materials for people with severe mental health conditions.
Specific Student Responsibilities:	1. Conduct a comprehensive literature review on diet interventions for people with severe mental health conditions and how the interprofessional team

	collaborates in their care. Work with the Rutgers Librarians to conduct the systematic literature search. 2. Assist in writing sections of a manuscript based on the literature review. 3. Develop and/or identify basic diet education tools for use with people with severe mental health disorders.
Start / end date of project:	June 1, 2023 – August 15, 2023

Educational:

WHAT OTHER EDUCATIONAL OPPORTUNITIES ARE AVAILABLE TO STUDENTS? (e.g., journal club, seminars, clinic, rounds)	The student will be a co-author of the manuscript and will submit an abstract on the topic to a professional conference. The student will be encouraged to present the findings as a presentation for the Department of Clinical and Preventive Nutrition Sciences and the Department of Psychological Rehabilitation and Counseling Disorders. The student will also receive mentorship from two faculty from the Department of Psychological Rehabilitation and Counseling Disorders.
WHERE DO YOU PLAN TO PRESENT OR PUBLISH THE FINDINGS WITH THE STUDENT? (e.g., national or state meetings, newsletter or journal, SHP poster day)	The manuscript will be submitted to a psychological rehabilitation journal. The project abstract will be submitted to the 2024 American Society for Nutrition conference. The educational tools will be used for future interventions for people with severe mental health disorders.

CHECK ALL APPROPRIATE BOXES BELOW AND PROVIDE REQUESTED INFORMATION.

This project is: ☐ clinical ☐ laboratory ☐ behavioral ☐ survey ☒ educational

x ☐ Other: please specify: __Literature search and development of manuscript sections.

☐ This project involves the use of human subjects (including chart review, retrospective studies and questionnaires). n/a

Pending ☐ Approved ☐ IRB Protocol Number _____

IRB approval must be obtained by June 2023

Jane Ziegler

Signature of Department Chair

3/27/23
Date

OR-For internal use

Form: (1)

Reviewed date: 4/4/23

Date processed on website: _____