



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

### Instructions:

Please fill out the form and return via email to Michele Sisco ([mcoral@shp.rutgers.edu](mailto:mcoral@shp.rutgers.edu)) by **March 25, 2024**. 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:	03/22/2024
Faculty Name:	Suchismita Ray, Ph.D
Department/Program:	Department of Health Informatics, Rutgers School of Health Professions
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### Project Detail:

Project Title: (56 characters max)	The effects of a brief Mindfulness Intervention on mental health and brain response in treatment seeking individuals with opioid use disorder.
Hypothesis:	<ol style="list-style-type: none"> <li>H1a. We hypothesize that the brief mindfulness intervention will improve mood and reduce opioid craving, emotional dysregulation and anxiety.</li> <li>We hypothesize that the brief mindfulness intervention will result in H2a.decrease activation in the nucleus accumbens (brain reward area) during opioid cues. H2b: decrease activation in the amygdala (brain affective area) during stress cues.</li> </ol>
Description: (Include design, methodology, data collection, techniques, data analysis to be employed, evaluation and interpretation methodology for research component)	<ul style="list-style-type: none"> <li>Pre-mindfulness meditation Phase: Opioid and stress cues exposure followed by a questionnaire for mood, anxiety, craving and emotional regulation data collection</li> <li>15 minutes of mindfulness meditation.</li> <li>post mindfulness meditation phase: The same Opioid and stress cues will be presented followed by a questionnaire for mood, anxiety, craving and emotional regulation.</li> <li>During the whole experiment functional brain imaging data will be collected.</li> <li>FSL software will be used to analyze imaging data (within subject t-test will be used to compare pre vs post mindfulness meditation data)</li> </ul>

Specific Student Responsibilities: <b>1. Literature search</b> <b>2. Experimental design</b> <b>3. Subject testing</b> <b>4. Data analysis</b> <b>5. Manuscript preparation</b>	
Start / end date of project:	June-August 2024

**Educational**

WHAT OTHER EDUCATIONAL OPPORTUNITIES ARE AVAILABLE TO STUDENTS? (e.g., journal club, seminars, clinic, rounds)	Conference Presentations Student Presentation
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)	Society for Neuroscience, SHP Poster Day, Journal Cureus

**CHECK ALL APPROPRIATE BOXES BELOW AND PROVIDE REQUESTED INFORMATION.**


This project is:  clinical  laboratory  behavioral  survey  educational

Other: please specify \_\_\_\_\_

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

Pending  Approved  IRB Protocol Number \_\_\_\_\_

***IRB approval must be obtained by June 2024***



3/26/24

\_\_\_\_\_  
Signature of Department Chair

\_\_\_\_\_  
Date

OR-For internal use

**Form: (1)**

**Reviewed date:** \_\_\_\_\_

**Date processed on website:** \_\_\_\_\_