

**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:	3/3/24
Faculty Name:	Shankar Srinivasan Co-Faculty Ken Gill
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**Project Detail:**

Project Title: (56 characters max)	Comparative study of the effect of exercise in mitigating risk of depression in patients with chronic illnesses
Hypothesis:	Regular Exercise will reduce the risk of depression in patients with chronic illnesses.
Description: (Include design, methodology, data collection, techniques, data analysis to be employed, evaluation and interpretation methodology for research component)	Depression is one of the most common complications of chronic diseases and it is estimated that around 9 to 25% of all patients with chronic illnesses will suffer from depression. Feelings of apathy, pain, fatigue typically associated with chronic diseases increase the risk of depression in such patients. Although regular exercise or physical activity is recommended for otherwise healthy patients with depression, there is, however no large-scale, population-level study done yet to quantify the effects of such exercise or physical activity in patients with depression and chronic illnesses. In this study the Behavioral Risk Factor Surveillance System (BRFSS) data will be employed to quantify the effects of exercise/physical activity in various chronic illnesses such as diabetes, heart disease, kidney disease and arthritis. A Logistic Regression Model (with Depression as the Dependent Variable) will be performed to determine the odds ratios besides cross-tabulation analyses and such.

	Results from this project can be used to determine appropriate mitigating interventions personalized to the chronic disease and to the demographic category of the patient.
Specific Student Responsibilities:	<p>The methodology for the project is planned to be as follows:</p> <ul style="list-style-type: none"> <li>• The student will download the BRFSS dataset for a set period (eg: 2018 – 2023)</li> <li>• They will determine and isolate the appropriate variables for various types of descriptive, inferential and predictive analyses for the project outcomes.</li> <li>• The student will prepare a project report on the analyses and the findings as also prepare a manuscript for a peer-reviewed journal.</li> </ul> <p>Note: Since the BRFSS uses complex sampling, the student should have a priori experience in performing analyses on such complex sample data and preferably experience with BRFSS data sets.</p>
Start / end date of project:	June 1, 2024 to August 30, 2024

**Educational:**

<p>WHAT OTHER EDUCATIONAL OPPORTUNITIES ARE AVAILABLE TO STUDENTS? (e.g., journal club, seminars, clinic, rounds)</p>	<p>Tutorial on conducting literature review using PubMed Opportunity to publish one's findings in a peer-reviewed journal</p>
<p>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)</p>	<p>SHP Research Day Poster presentation and manuscript submissions to peer-reviewed journals. Peer-reviewed Journals such as the <i>American Journal of Psychiatric Rehabilitation</i></p>

**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***

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3/4/24

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

\_\_\_\_\_  
Date

OR-For internal use

**Form: (1)**

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

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