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**PI:** CON Faculty or Student
- CON Faculty PI

**Project Name**
- Text messaging to Improve Adherence to Oral Chemotherapy Agents

**Project Period**
- 4/1/2013 - 6/30/2015

**Funding Source**
- NIH-NCI

**Funding Mechanism**
- R15

**CON Faculty Name**
- Spoelstra, Sandy

**Name of PI if not CON Faculty**
- N/A

**Abstract**
The purpose of this Academic Research Enhancement Award proposal is to conduct a small-scale, health-related research project on text messages to improve adherence to oral chemotherapy agents. Michigan State University College of Nursing (MSU-CON) has not been a major recipient of National Institute of Health grant funding. As a result, the overall objective of this proposal is to strengthen the research environment in the College of Nursing so that it can develop into a significant health-related scientific research enterprise. This project would involve undergraduate and graduate students and, thus, generate student interest in research as a career. The importance of the research planned for this proposal is as follows. More than 50 oral chemotherapy agents in pill form are currently on the market, with projections that in 3 years, 25% of cancer treatments will be delivered in pill form. There are many associated benefits of oral agents, such as convenience, avoidance of clinic visits, and reduced impact on daily activities. For oral agents to achieve a therapeutically effective level for cancer treatment, patients must strictly adhere to the regimen. Adherence to oral cancer agents is often less than 80%, which may be inadequate for treating the cancer. To further complicate this, nearly 75% of those with cancer also have comorbid conditions with self-care management responsibilities, which may create barriers to oral agent adherence. To date, empirical research in the area of improving adherence to oral agents is underdeveloped. The goal of this research is to improve adherence to oral chemotherapy agents through a technology-based strategy: tailored short message service (SMS) text messages. This 10 week, two group, prospective randomized controlled trial will enroll 75 patients (50 in the intervention group and 25 in the control group), from three cancer centers to examine the feasibility, acceptability, and satisfaction with a three week, tailored, text message intervention for oral agent adherence. Descriptive statistics, generalized linear modeling, and generalized estimating equations will be used for analysis. In this proposal, preliminary data will be collected to examine efficacy of the text message intervention to promote adherence to oral agents. Data will then be used to further inform the development of an intervention to improve adherence to oral agents for an R01 application to conduct a larger randomized trial to test this innovative intervention. This study can have a transformative impact on oral agent adherence by developing a technology-based strategy to promote adherence among the increasing number of cancer patients who receive their cancer treatment in pill form. This type of novel intervention also has the potential to transform and impact many other ill populations that require adherence to a medication regimen. Furthermore, this proposal involves numerous nursing students, allowing them to be fully functioning members of a team and engaging them in the research process. This application will strengthen the research environment at MSU-CON so that it can develop into a significant health-related scientific research enterprise.
Abstract

This study was designed to develop and test a system to monitor adherence with non-hormonal oral chemotherapeutic agents using an automated voice response (AVR) system plus nursing intervention. Participants received the Symptom Management Toolkit then participated in an interview for symptom severity, satisfaction, and beliefs about oral agents. Patients received weekly AVR calls, which assessed adherence to oral agents and severity of 15 symptoms. Patients who reported adherence of < 100% of prescribed oral agents or symptoms of 4 or greater (0-10 scale) for three consecutive weeks, were called by a nurse for assistance with symptom management and adherence to oral chemotherapy medications. Following the 8 weekly AVR calls, patients participated in a follow up interview and medical record review. Subjects were 30 oncology patients who were ambulatory and treated at two cancer centers in Midwest USA. The results indicate 23.3% non adherence rate to oral chemotherapy medications due to symptoms and forgetting to take the medication. An association between symptom management and adherence was found. Symptom severity and beliefs about medications were not significantly different between adherent and non adherent patients. This pilot study demonstrated the ability to accrue patients for a longitudinal trial and informed intervention design, while providing guidance for future interventions and research studies.
Abstract
The purpose of the study is to collect feasibility data on animal frolics, providing preliminary data for a new investigator R01 application to be submitted to NIH/NCCAM. The purpose of the proposed R01 project is to test the feasibility and efficacy of a 12-week animal frolics exercise program in long-term care facilities, with a goal to improve residents’ exercise participation as well as to improve their range of motion of the joints, and mood. Descriptive design, using survey method.
Eligibility criteria: Individuals who are 1). 21 years and older, 2). attended and/or will attend animal frolics workshops provided by certified Tai Chi instructors Ms. Jann Nestell and Mr. Dan Jones. Mr. Jones is also a certified Master Trainer (http://www.taichiforhealthinstitute.org/instructors/find_instructors/instructor.php?id=46) Ms. Jann Nestell practices as a physical therapist (MI PT license #5501001179) with the C. Weaver Physical Therapy, Inc, East Lansing, MI.

Procedures: A 2-hour animal frolics workshop will be provided at no cost to volunteer participants. A total of 9 (nine) workshops will be provided. Fliers, newspaper advisement and workshop announcements will be made in the larger Lansing community to invite workshop participants. Previous workshop announcements of Mrs. Nestell and Mr. Jones see http://www.tccii.com/seminar/2011/FiveAnimalFrolicsQigong2011MI.asp, and http://tccii.com/seminar/2011/QigongCertification2011MI.asp. Questionnaires will be completed by the participants at the end of the workshop, or be mailed to participants who are not able to complete the questionnaires onsite.

Data Collection Plan and Procedure
The following variables will be included in the questionnaires: age, gender, years of education, working status, presence of chronic disease (yes/no), and disability.
Example survey questions relate to the animal frolics has been attached. See the attached questionnaire draft.
PI: CON Faculty or Student
CON Faculty PI

Project Name
What Influences Healthy-Eating Decision-Making in Latino Adolescent Children of Migrant and Seasonal Agricultural Workers

Project Period

Funding Source
CON

Funding Mechanism
Start-Up

CON Faculty Name
Kilanowski, Jill

Name of PI if not CON Faculty
N/A

Abstract
From Publication: Introduction: Latino children demonstrate high rates of unhealthy weight. Children of Latino migrant and seasonal agricultural workers (MSAWs) are heavier than their Latino peers.
Method: This one-group cross-sectional mixed methods pilot study explored healthy-eating decision-making with 12-to-14 year olds recruited from a Midwest summer Migrant Education Program. Demographics, decision-making, self-efficacy, and social support survey instruments accompanied gender-specific focus groups.
Result: In the convenient sample, n=24, students felt varying degrees of uncertainty when choosing healthy foods in social situations, and 67% made non-quality decisions. Parents offered greater support for healthy-eating compared to friends. Qualitative analyses identified three themes: healthy decision-making includes fruits, vegetables and physical activity; mothers have influence over health and healthy-decisions; and friends encouraging unhealthy food choices.
Discussion: We learned what influences healthy-eating decision-making in Latino adolescent children of MSAWs, previously missing from the literature. Future research includes intervention development to assist these adolescents in healthy-eating decision-making.
**PI:**  CON Faculty or Student  
CON Faculty PI  

**Project Name**  
Mothers in Motion Program to Prevent Weight Gain in Overweight/Obese WIC Mothers  

**Project Period**  
4/1/2011 - 12/31/2015  

**Funding Source**  
NIH-NIDDK  

**Funding Mechanism**  
R18  

**CON Faculty Name**  
Chang, Mei-wei  

**Name of PI if not CON Faculty**  
N/A  

**Abstract**  
Over 45% of American women 20-39 years old are at risk for type 2 diabetes, cardiovascular disease, and other health conditions because they are overweight or obese. The prevalence of overweight/obesity is disproportionately high among low-income women. Unfortunately, advances in prevention of obesity have generally failed to translate evidence-based knowledge to real-world settings. To have a broad public health impact on obesity, it is critical to design interventions that have the potential for implementation, adoption, dissemination, and long-term maintenance in major community-based programs such as the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and Extension. Working with 4 WIC and 6 Michigan State University Extension (MSUE) programs, the research team proposes to conduct a randomized controlled trial (RCT) to test the effectiveness of the Mothers In Motion intervention (MIM). The MIM aims to prevent weight gain among African American (AA) and white overweight/obese WIC mothers 18-39 years old by promoting healthy eating, physical activity, and stress management. The MIM will deliver theory-based, culturally-sensitive intervention messages via a combination of DVDs featuring AA and white overweight/obese WIC mothers who will participate in a healthy lifestyle intervention patterned after MIM and peer support group teleconferences (PSGTs) led by MSUE nutrition (paraprofessional) educators who will be trained in motivational interviewing. Participants (N = 465) will be randomly assigned to an intervention or control group. The intervention group will receive usual WIC care and DVDs (watched at home) and call in PSGT discussions. The control group will receive usual WIC care. The primary outcome will be the difference in changes of body weight at the final follow up. Secondary outcomes will include improvement of fasting plasma glucose, triglyceride, and cholesterol. Mediating factors will include improvements in dietary fat, fruit, and vegetable intake; physical activity; stress; feelings; and personal (self-efficacy and emotional coping response) and environmental (social support) factors from the Social Cognitive Theory. The RE-AIM model will guide process evaluation of the MIM. The specific aims are to 1) develop and refine the MIM DVDs and a booster DVD training program for PSGT nutrition moderators, 2) evaluate the effectiveness of the MIM via a RCT, comparing the MIM to usual WIC care in preventing weight gain among AA and white overweight/obese WIC mothers 18-39 years old, 3) evaluate key factors related to implementation of the MIM including reach, adoption, implementation, cost effectiveness, and maintenance over time, and 4) initiate plans to facilitate and support national dissemination once the study is complete. If MIM shows effectiveness, it will have a favorable impact on public health/community programs: The DVDs and PSGTs will be disseminated in WIC, Extension, clinical practice (e.g., OB/GYN offices), and other settings (e.g., Community Health Centers) that promote healthy lifestyles for similar target audiences. We also anticipate a concomitant benefit on childhood obesity.
**Project Name**
Post-Intervention Effect of Motivational Postcards on Girls' Physical Activity

**Project Period**

**Funding Source**
NIH-NHLBI

**Funding Mechanism**
Supplement

**CON Faculty Name**
Robbins, Lorraine

**Name of PI if not CON Faculty**
N/A

**Abstract**
Hypothesis. Girls receiving motivational individually tailored postcards mailed during the 9-month post-intervention period will have greater minutes of MVPA (measured via accelerometer) at 9-month follow-up than girls not receiving the postcards during the same time period. For this prospective study, one control and two intervention schools with similar demographics were selected from eight (four intervention, four control) urban schools involved in the group RCT during academic year 2012–2013. The two intervention schools were randomly assigned to receive either postcard boosters during Months 2 through 8 post-intervention (Booster Intervention) or no postcard boosters post-intervention (GOTM Intervention). The third school served as a control condition in the group RCT and this study.
Project Name
Chemotherapy, Gycemic Control and Symptoms in Adults with a Solid Tumor Cancer and Diabetes

Project Period
5/1/2013 - 8/31/2015

Funding Source
BCOG

Funding Mechanism

CON Faculty Name
Hershey, Denise

Name of PI if not CON Faculty
N/A

Abstract
A 12-week exploratory pilot study exploring the impact of chemotherapy on glycemic control and symptoms in adults with a solid tumor cancer and pre-existing type 2 diabetes. Data will be collected at baseline, 4, 8 and 12 weeks. Glycemic control will be measured with HbA1c at baseline and 12 weeks. A medical audit will also be conducted which will cover a time period from 1 month prior to study enrollment to 2 months’ post completion of the 12-week interview.
**Project Name**
Tools for Teen Moms: Reducing Infant Obesity Risk

**Project Period**
5/1/2014 - 4/30/2016

**Funding Source**
NIH-NICHD

**Funding Mechanism**
R21

**CON Faculty Name**
Horodynski, Mildred

**Name of PI if not CON Faculty**
N/A

**Abstract**
Rapid weight gain during infancy is one of the strongest risk factors for obesity later in childhood. Weight gain in infancy is closely linked with feeding practices. Unhealthy mother-infant feeding practices contribute to rapid and/or excessive infant weight gain. Lower-income, adolescent, first-time mothers are less likely to engage in infant-centered feeding (ICF) which is characterized by maternal responsiveness (MR), healthy feeding styles (FS), and healthy feeding practices (FP). ICF is needed to reduce rapid/excessive weight gain during the first six months of life and to foster infant feeding self-regulation that is associated with healthy growth. ICF is a critical factor in reducing infant obesity risk and later adverse health conditions. Practical early intervention strategies are necessary to promote ICF among adolescent mothers to reduce obesity risk. We propose Baby Dayr, a novel social media intervention platform designed by the investigators which includes cell phone text message reminders, an infant feeding website, and Facebook to increase ICF through daily behavioral challenge activities ("challenges") for this population. Because cell phones permit natural, frequent and non-intrusive contact as they are not time-or-place-dependent, they offer an innovative strategy for intervening with adolescent mothers. However, this approach is untested for its feasibility with this population regarding infant feeding practices. We propose an exploratory, longitudinal, randomized, two-group study design. The three specific aims are: 1) to establish preliminary efficacy of the intervention as assessed by infant growth evaluated pre-intervention, immediately post intervention, and when the infant is six months old; 2) establish preliminary efficacy of the Baby Dayr plus Maternal-Infant Health Program (MIHP) care vs. MIHP care only on infant-centered feeding (MR, FS, and FP) mediated by maternal knowledge and self-efficacy; and 3) establish the feasibility, acceptability, and satisfaction of a social media intervention (Baby Dayr) for low-income adolescent, first-time mothers by assessing: 1) rates of enrollment and completion of daily challenges, 2) acceptability ratings of Baby Dayr; and 3) satisfaction with Baby Dayr. Participants will be randomly assigned to the intervention (Baby Dayr and MIHP) \( n = 40 \) or control group (MIHP care only) \( n = 40 \). The intervention consists of six weeks of daily challenges and will be delivered starting when the infant is four to six weeks old. The study is innovative in its: 1) assessment of ICF to reduce rapid/excessive infant weight gain in the first six months of life with low-income, adolescent, first-time mother-infant dyads, and 2) combination of an infant-centered skill-building, educational, and coaching approach using social media that is accessible and suitable for adolescents. The proposed research is significant in that it will contribute to the science related to ICF and knowledge regarding use of a social media platform in an at-risk population that can lead to reducing the risk of infant obesity. Information gained from this study will be used to refine the intervention for use in a larger-scale, longitudinal, randomized, controlled trial to reduce obesity risk in infants of low-income, adolescent mothers.
**Project Name**
Reflexology: An intervention for Advanced Breast Cancer

**Project Period**

**Funding Source**
NIH-NCI

**Abstract**
Among all women diagnosed with breast cancer annually, those with advanced disease represent 38% and experience the burden of unmanaged symptoms resulting from cancer and its treatment. These symptoms lead to reduced health-related quality of life (HRQOL) and increased use of health services along with the associated costs. While conventional medicine provides standard symptom care, more than 80% of women with cancer turn to complementary and alternative medicine (CAM) for symptom management. Among CAM therapies, reflexology is one of the most common choices.

This project tests the benefits of a home-based intervention of foot reflexology for improving HRQOL including symptom responses, functioning, and health perceptions in women treated with chemotherapy for advanced breast cancer. Reflexology applies a firm walking-motion during sessions and is based on the premise that the foot has reflexes mirroring organs of the body. Symptom burden is the strongest predictor of HRQOL for cancer patients. The primary specific aims, in a sample of women with advanced breast cancer receiving chemotherapy, are to determine the effects of a 4-week, home-based reflexology intervention delivered by a friend/family provider compared to attention control for improvement of:

1) HRQOL including symptoms, functioning, and health perception at study weeks 5 and 11. The investigators hypothesize that the reflexology group will have better HRQOL (symptoms, functioning, and health perception) than the attention control group at study weeks 5 and 11.

2) Multiple symptom responses and times-to-response as determined by weekly symptom assessments during the 4-week intervention time. The investigators hypothesize that the reflexology group will have a higher proportion of symptoms that respond to the intervention and shorter time-to-symptom-responses than the attention control group.

3) Symptom-related use of unscheduled health services during the 11-week study. The investigators hypothesize that fewer unscheduled services will be used for symptom management over the 11-week study period by women receiving reflexology compared to women in the attention control.
**Project Name**
Saw Palmetto: Symptom Management for Men During Radiation Therapy

**Project Period**
10/7/2011-9/30-2013

**Funding Source**
MSU

**Funding Mechanism**
CTSI

**CON Faculty Name**
Wyatt, Gwen

**Name of PI if not CON Faculty**
N/A

**Abstract**
Lower urinary tract symptoms (LUTS) affect from 75-80% of men undergoing radiation therapy (RT) for prostate cancer. The purpose of this study is to determine the feasibility, safety and efficacy of an inexpensive, non-toxic herbal supplement, Saw Palmetto, in treating these distressing symptoms. LUTS are currently treated by alpha-adrenergic blockers that relax the smooth muscle of the prostate. Saw Palmetto may share this mechanism of action and may have a general anti-inflammatory effect. Therefore, it may be reasonable to consider Saw Palmetto in place of expensive and toxic drugs. This trial will use a two group randomized design: either placebo or 1 of 3 doses of Saw Palmetto (320, 640, 960mg/day) to determine the maximum therapeutic dose and obtain preliminary evidence of efficacy.

The aim of this study is to test whether Saw Palmetto, is useful in preventing or reducing the side effects for men undergoing radiation therapy for prostate cancer. Urinary symptoms will be recorded each week, as well as assessment of quality of life.
**PI: CON Faculty or Student**
CON Student PI

**Project Name**
Emotion Regulation in African American Women with Heart Failure

**Project Period**
8/16/2014 - 2/15/2016

**Funding Source**
NIH-NINR

**Funding Mechanism**
F31

**CON Faculty Name**
Lehto, Rebecca

**Name of PI if not CON Faculty**
Adams, Kelly

**Abstract**
African Americans with heart failure (HF) are at increased risk for unanticipated hospitalizations and utilization of emergency department services. [Mental health issues, such as depression and anxiety, are also more prevalent in African American women with HF than African American women without HF. African American women are recognized to have compounded stressors that augment the strain of self-management of this intensive disease]. Recognizing the relationships of physical and psychosocial issues in self-management is important; and, in particular, the role of emotion regulation.

Emotion regulation is defined as the experiencing, processing, and modulating of emotional responses in response to stressors or situations, and is required to facilitate behavioral adherence to HF self-management. Research has identified relationships between emotional and physical health in the African American women, but less is known about how perceptions of illness and emotion regulatory capacity alter behavioral adherence and health service usage outcomes of this patient population. [Thus, this prospective observational study proposes to examine emotion regulation, illness perceptions, and adherence to medications, exercise, and diet in African American women with HF. The specific aims of this study are to:

Aim 1. Determine the associations between psychological factors (anxiety, stress, and depression) and emotion regulation in African American women with HF (time 1).

Aim 2. Determine the relationship of the contributing factors (clinical, demographic, and psychological) and illness perceptions with emotion regulation at intake (time 1) for African American women with HF.

Aim 3. Determine the effects of illness perceptions and emotion regulation on [the outcomes of] adherence and the use of healthcare services (hospitalization, emergency department, urgent care and unanticipated primary care visits) in African American women with HF at 30-days (time 2).

The proposed project utilizes a repeated measures design with two data collection points: 1) discharge from the hospital, and 2) 30-days after discharge. Measurements will include surveys eliciting socio-demographic, emotion regulation, illness perception, and adherence information and medical record data to obtain clinical indicators and determine additional use of healthcare services. Patients included will be African American women who are being discharged from a hospitalization for exacerbation of HF with discharge instructions that include diet, medication, and exercise.
Project Name
Factors Associated with Breastfeeding Practice Among Saudi Arabian Mothers with Six-Month-Old Infants

Project Period
9/1/2016 - 8/31/2017

Funding Source
American Nurses Foundation

Funding Mechanism
ANF

CON Faculty Name
Horodynski, Mildred

Name of PI if not CON Faculty
Alghamdi, Salmah

Abstract
The following is the overarching research question that represented the aim of this study:
How do perceived stress, social support, and breastfeeding self-efficacy influence the practice of breastfeeding among Saudi Arabian mothers, and what are the inter-relationships among selected maternal psychosocial factors?
A cross-sectional correlational survey design was used to examine the associations among the study variables. The population of interest in this study was first-time Saudi Arabian mothers with infants 6 to 12 months of age. A convenience sample of 160 mother-infant dyads was recruited for the purpose of this study.
**Project Name**
Emotion Regulation and Illness Perceptions in African American Women with Heart Failure

**Project Period**

**Funding Source**

**Funding Mechanism**

**CON Faculty Name**
Given, Barb

**Name of PI if not CON Faculty**
Wieranga, Kelly

**Abstract**
This observational study examined the relationships among emotion regulation, illness perceptions, and health outcomes of adherence and use of healthcare services in female African American patients with HF. Psychological factors (including illness perception and emotion regulation), clinical factors, and demographic data were collected as covariates using surveys and medical record review.