



STATE PORTFOLIO

# Alabama

**8**  
PROJECTS\*

**\$21**  
MILLION  
AWARDED

*\*Including five research projects and three projects that support engagement in research. As of March 2018.*

## AWARDEE AND COMMUNITY PARTNERS INCLUDE

- Alabama Primary Health Care Association
- Gulf Coast Therapy
- Montgomery East Rehabilitation
- Tanner Foundation
- Therapy Achievements
- University of Alabama, Birmingham
- University of Alabama, Tuscaloosa
- West Nile Virus Advocacy
- Whatley Health Services

### STUDY SPOTLIGHT: CHRONIC PAIN

## Treating Chronic Pain Using Approaches Adapted for Patients with Limited Reading Skills

It's important to educate patients who have chronic pain about strategies to manage it, but people with limited reading skills may find educational materials difficult to understand. This project compared two types of group treatment with usual care alone. The treatment types were pain education and cognitive behavioral therapy (CBT), which teaches skills patients can use for relaxing and managing pain. The team made easy-to-use materials for patients with limited reading skills. The project found that people who received either pain education or CBT had less pain than people who had only usual care. This project was based at the University of Alabama, Tuscaloosa.

## CONDITIONS STUDIED INCLUDE



Allergies and Immune Disorders



Chronic Pain



Hypertension



Multiple Sclerosis



Mental Illness

PROJECTS FUNDED IN ALABAMA ARE:

## RESEARCH PROJECTS

Collaboration to Improve Blood Pressure in the US Black Belt	University of Alabama, Birmingham	\$9.5 M
Comparing Clinic- and Home-Based Exercise Programs to Help Adults with Multiple Sclerosis	University of Alabama, Birmingham	\$5.8 M
Harnessing PCORnet to Study Comparative Effectiveness and Safety of Biologic Therapies	University of Alabama, Birmingham	\$2.5 M
A Personalized Decision Aid to Help Women with Lupus Nephritis from Racially and Ethnically Diverse Backgrounds Make Decisions about Taking Immune-Blocking Medicines	University of Alabama, Birmingham	\$1.5 M
Treating Chronic Pain Using Approaches Adapted for Patients with Limited Reading Skills	University of Alabama, Tuscaloosa	\$1.3 M

## ENGAGEMENT IN RESEARCH PROJECTS

Sharing Opinions and Advice about Research in the Deep South	University of Alabama, Tuscaloosa	\$250,000
The Alabama Initiative for Integrated Primary Care and Behavioral Health Services	University of Alabama, Tuscaloosa	\$250,000
Collaboration of West Nile Virus Patients, their Caregivers, and Researchers	West Nile Virus Advocacy	\$15,000