



STATE PORTFOLIO

Wisconsin

11
PROJECTS*

\$18.2
MILLION
AWARDED

**Including six research projects and five awards that support engagement in research. As of March 2018.*

STUDY SPOTLIGHT: LOW BACK PAIN

Comparing Mindfulness Meditation and Cognitive Behavioral Therapy to Manage Low Back Pain and Reduce Reliance on Opioids

Many people with chronic low back pain take opioid medicines to help manage their pain. But opioids can have serious side effects, such as addiction and death from accidental overdose. This study is comparing the abilities of two nondrug treatments to reduce chronic low back pain, reduce opioid use, and improve patients' quality of life. One is mindfulness meditation, which helps people train their minds to focus attention in a certain way to cope with and reduce negative reactions to pain. The other is cognitive behavioral therapy, a type of psychological therapy that helps people learn how to change their thoughts and feelings about pain and develop new ways to think and act when they are in pain. The study is led by researchers based at the University of Wisconsin at Madison.

AWARDEE AND COMMUNITY PARTNERS INCLUDE

- Aging and Disability Resource Centers of the Wisconsin Department of Health Services
- Arthritis Foundation Wisconsin
- Community Academic Aging Research Network of the Wisconsin Institute for Healthy Aging
- Marshfield Clinic Research Institute
- Medical College of Wisconsin
- University of Wisconsin, Madison
- University of Wisconsin, Milwaukee
- University of Wisconsin System
- Wisconsin Broadcasters Association
- Wisconsin Diabetes Advisory Group

CONDITIONS STUDIED INCLUDE



Diabetes



Multiple Chronic Conditions



Pain

PROJECTS FUNDED IN WISCONSIN ARE:

RESEARCH PROJECTS

Comparing Mindfulness Meditation and Cognitive Behavioral Therapy to Manage Low Back Pain and Reduce Reliance on Opioids	University of Wisconsin, Madison	\$8.4 M
Navigating High-Risk Surgery: Empowering Older Adults to Ask Questions That Inform Decisions about Surgical Treatment	University of Wisconsin, Madison	\$2.2 M
Family-Centered Tailoring of Pediatric Diabetes Self-Management Resources	University of Wisconsin, Madison	\$2.2 M
The Effectiveness of Peer-to-Peer Community Support to Promote Aging in Place	University of Wisconsin, Madison	\$2 M
Matching Complex Patients to Treatments: Innovative Statistical Scoring Methods for Treatment Selection	University of Wisconsin, Madison	\$1.5 M
Variation in Case Management Programs and Their Effectiveness in Managing High-Risk Patients for Medicare Accountable Care Organizations	University of Wisconsin, Madison	\$1.4 M

ENGAGEMENT IN RESEARCH PROJECTS

Working with Veterans to Optimize Implementation of Cancer Screening Programs	Medical College of Wisconsin	\$250,000
Building Capacity to Improve Prevention Strategies and Treatment Options for Healthcare-Associated Infections	University of Wisconsin System	\$250,000
Developing a Road Map for Optimum Patient-Partnered Chronic Condition Management	Wisconsin Research and Education Network, University of Wisconsin	\$100,000
Engaging Community Stakeholders for Patient-Driven Research to Eliminate Cancer Disparities for Young African-American Breast Cancer Survivors	Joseph J. Zilber School of Public Health, University of Wisconsin, Milwaukee	\$50,000
Engaging Patients in the Healthcare Systems Research Network's Fall Methods Workshop	Marshfield Clinic Research Institute	\$50,000