

THE TRIBUNE

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University of Arkansas for Medical Sciences

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ACCELERATING DISCOVERIES TOWARD BETTER HEALTH

ARresearch.org Registry Volunteers Weigh in with Top Research Choices



ARresearch.org registrants pick weight management as their top health interest area for research.

What areas of health research do Arkansans most want to participate in at UAMS? Data from more than 3,500 ARresearch.org registrants show that weight management-related research is by far the most popular among a long list of options.

Fifty-three percent (1,697) of registrants checked weight management as one of the health interest areas they wish to be contacted about for future studies. Registrants may select as many of the form's 29 health interest areas as they want.

Others in the top five choices are:

- Mental Health, 1,373 (43 percent)
- Healthy Volunteer, 1,274 (40 percent)
- Heart Disease, 1,236 (38 percent)
- Sleep Disorders, 1,227 (38 percent)

The purpose of having registrants choose their health interest areas is to give them control over what research studies

UAMS contacts them about. The data also offer a window into the health areas that are of most concern to Arkansans, said Jean McSweeney, Ph.D., R.N., who leads TRI's Recruitment Unit, which oversees the ARresearch registry.

"As the number of registrants grows, we're seeing trends that also reflect some of our biggest health challenges in Arkansas," she said.

Health statistics show this to be the case:

- **Obesity.** With an adult obesity rate of 34.5 percent, Arkansas has the sixth highest obesity rate nationally, according to The State of Obesity, a 2016 report by the Trust for America's Health and the Robert Wood Johnson Foundation.
- **Mental Health.** Fifteen percent of Arkansans – third highest in the U.S. – reported having frequent mental distress in 2015, according

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Message from Dr. James



Dear Colleagues,
Fall is an energizing time at UAMS as we welcome new students, new faculty, and the new school year swings into gear. TRI is also excited to be kicking off the fall with an Aug. 29 Open House for all UAMS researchers.

For the first time, we'll have tables staffed with representatives of all our services and resources in one place (details on Page 2). Please stop by for this informal introduction of TRI services, enjoy a glass of wine and hors d'oeuvres, and visit with our knowledgeable employees. All are welcome to attend. New faculty may find it particularly useful.

As you will find in this issue, the ARresearch.org participant registry data show what areas of research Arkansans most want to volunteer for at UAMS. It is striking, though not surprising, that the "weight management" category is by far the most popular choice.

This information will be of interest to our research community and guide future research efforts. Also noteworthy is that our registry and has grown to nearly 3,500 potential volunteers in just 15 months. As our numbers grow, it will become an even greater resource to aid your research participant recruitment.

Sincerely,

Laura James, M.D.
TRI Director
UAMS Associate Vice Chancellor for
Clinical and Translational Research

ARresearch.org Registry *(Continued from page 1)*



Two new ARresearch.org registrants at the Aug. 12 Community Resource Fair in Hot Springs. Nearly 3,500 Arkansans have registered in just 15 months.

to the Centers for Disease Control and Prevention. In the U.S., 26.2 percent of adults have a diagnosable mental disorder, according to the National Institute on Mental Health.

- **Heart Disease.** It is the No. 1 cause of death in the state, according to the Arkansas Department of Health.
- **Sleep Disorders.** In 2014, 36.5 percent of Arkansas adults reported sleeping less than 7 hours in a 24-hour period (CDC). As many as 70 million U.S. adults have a sleep disorder, according to the American Sleep Association.

Other popular selections by registrants include Women's Health (37 percent), Neurology (32 percent), Endocrinology (30 percent), Dental Health (30 percent) and Digestion (28 percent).

"I believe our research community will be very interested in this data, especially investigators in these more popular fields," said TRI Director Laura James, M.D., UAMS associate vice chancellor for clinical and translational research. "Over time, the information should influence the type of research we pursue to ensure that we are responsive to the state's needs."

The ARresearch registry has been promoted publicly to establish a diverse pool of registrants, and the demographic data reflect Arkansas' race/ethnicity.

TRI's goal for the registry is to help researchers achieve their enrollment targets. The registry is available at no cost to all UAMS researchers, including those based at Arkansas Children's Research Institute and Central Arkansas Veterans Healthcare System.

Researchers interested in utilizing the registry may submit a request through the TRI Request Services Portal found at TRI.uams.edu. Additional information about ARresearch for researchers is at tri.uams.edu/arresearch.

Questions? Contact TRI's Sandra Hatley, HatleySandraE@uams.edu, or 686-5417.



You're Invited!

TRI to Hold Open House August 29

All UAMS researchers are invited to attend the TRI Open House on Aug. 29, 4 – 5:30 p.m. in the Cancer Institute 10th floor rotunda. We'll be highlighting the many services and resources beneficial to your research! Come meet the TRI team and check out the booths for each of our service areas. Refreshments including wine and hors d'oeuvres will be served. Attendees will also be registered for prize drawings announced throughout the event.

TRI serves all UAMS researchers, including those based at Arkansas Children's Research Institute, the Central Arkansas Veterans Healthcare System and the UAMS Northwest Campus.

TRIBUTARY

Mentoring Workshop Enriched by Diversity of Faculty Participants



Brooke Montgomery, Ph.D., (speaking) said the workshop exceeded her expectations.

The strong mentorship she received as a junior faculty member and TRI KL2 Scholar motivated Brooke Montgomery, Ph.D., to attend TRI's Research Mentoring Workshop this summer.

It did not disappoint.

"It absolutely exceeded my expectations," said Montgomery, an assistant professor in the College of Public Health and president of the UAMS Minority Faculty Development Caucus, where she promotes the mentorship of minority faculty and students.

The day-long workshop was led by veteran mentors Mary Aitken, M.D., M.P.H., and Beatrice Boateng, Ph.D., both nationally certified mentor trainers. Aitken also co-directs

TRI's KL2 Scholar program and Boateng is TRI's evaluation director.

The workshop was focused on group discussion of cases with common issues that occur in mentor-mentee relationships. Both trainers and participants felt the group interaction was strengthened by the diversity of the 11 attendees.

"I think the varying experience and academic ranks made the workshop a rich experience," Boateng said. "The cases we presented were new territory for some but not others, which made for a dynamic discussion."

"Hearing all the different opinions and experiences of the group made it a really fun process," Montgomery said.

Having participants learn from one another was a primary goal. "It's not a didactic or passive experience," Aitken said.

More workshops are on the horizon. One is being planned for the NIH Center of Biomedical Research Excellence (COBRE) in Childhood Obesity Prevention, which has a focus on mentoring junior faculty. UAMS' Judith Weber, Ph.D., who directs the COBRE, said her participation in the workshop inspired her to request one for the Center's researchers.

"Regardless of experience, everyone can benefit from learning new skills and brushing up on old ones," said Weber, a professor in the College of Medicine, Department of Pediatrics. "We look forward to conducting this workshop in the fall!"



Jonathan Young,
Senior Project Manager, UAMS TRI
Clinical Trials Innovation Unit (CTIU).

"TRI's Clinical Trials Innovation Unit (CTIU) plays a vital role in assisting investigators with their research at UAMS. To some extent the CTIU is involved with all human subjects research conducted at UAMS. We are here to help, and I am proud to be a part of all that

we do to ensure efficient management of protocols and study budgets, as well as the coordination and management of studies. It is rewarding to see the outcomes of these studies and their potential for improving lives, and knowing that our team played a part, however large or small."

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Thank you for remembering to cite TRI in your publications resulting from studies that receive TRI support.