



BROWN
Alpert Medical School

**Clinical Psychology Training Programs at Brown: A Consortium of the
Providence VA Medical Center, Lifespan, and Care New England
Postdoctoral Fellowship Training Program
Postdoctoral Fellowship Description: RESEARCH FOCUS**

Title: Postdoctoral Fellowship in Addiction & Physical Activity Research

Site: Butler Hospital

APA-accredited: ___ YES ___ X ___ NO

Supervisor(s): Ana M. Abrantes, Ph.D. (Primary Supervisor)
Lisa A. Uebelacker, Ph.D.
Michael D. Stein, M.D.

Description of Site

Butler Hospital is a 117-bed private Brown University affiliated psychiatric and substance abuse hospital located in Providence, RI. Butler Hospital is one of the earliest psychiatric facilities established in the United States. Butler Hospital has a distinguished reputation, recently being named by U.S. News and World Report as one of the 30 "best" psychiatric facilities in the United States. As a member of the Care New England Health System and affiliated with the Alpert Medical School of Brown University, Butler Hospital is actively engaged in a variety of important research studies, particularly patient-oriented research. Faculty members at Butler Hospital are nationally recognized for conducting treatment research in addictive behaviors, mood disorders, obsessive-compulsive disorder, and more recently, movement disorders.

The Behavioral Medicine and Addictions Research (BMAR) group is under the co-direction of Drs. Abrantes and Uebelacker, with Dr. Stein serving as Associate Director. BMAR is located in the Annex and Weld Buildings at Butler Hospital. The Behavioral Medicine and Addictions Research group is comprised of an interdisciplinary group of investigators and research staff from various professional backgrounds including clinical psychology, internal medicine, sociology, and exercise physiology. There are over 15 NIH-funded clinical research studies currently ongoing. Research projects include testing the efficacy of lifestyle physical activity intervention for depressed women in alcohol treatment, development of a tailored smartphone physical activity app for alcohol dependent patients, developing a peer-facilitated physical activity intervention for opiate dependent patients in a methadone maintenance program, testing the effect of transcranial direct current stimulation (tDCS) on opioid cravings among patients newly on buprenorphine, developing a personalized text message intervention for individual with alcohol use disorder beginning disulfiram medication, developing an EMA/EMI intervention to address drinking to cope behaviors among emerging adults in psychiatric treatment, utilizing a Multiphase Optimization Strategy (MOST) design to identify effective components of a yoga-based intervention targeting chronic pain in individuals with opioid use disorder, and examining changes in biomarkers of tobacco toxicants among methadone-maintained smokers who switch to e-cigarettes.

Fellowship Aims

1. To provide the fellow with broad post-doctoral research and clinical training in the area of addictive behaviors and physical activity.
2. To provide the fellow with a strong working knowledge of assessment of physical activity and development of aerobic exercise interventions (with an option for learning about yoga interventions as well) with individuals with addictive behaviors and mental health disorders.

3. To provide the fellow with strong working knowledge of the assessment, treatment, and research conducted with individuals with substance use disorders and other addictive behaviors.
4. To actively participate in research, including grant writing, data collection, management and analysis, and development and implementation of research protocols, with the goal of presenting research results at national meetings and writing peer-reviewed manuscripts.

Fellowship Timeline

This is a 2-year fellowship. The 2nd year of fellowship is contingent upon satisfactory progress. This fellowship will begin July 1, 2022.

Research Activity Plan (75%)

The fellowship is primarily a clinical research position. The fellow will be exposed to various aspects of addiction and physical activity research via participation in the following activities:

- Study coordination: The fellow will contribute toward project coordination for an NIH-funded project focused on the effect of a lifestyle physical activity intervention on alcohol treatment outcomes among women with depression receiving alcohol treatment. Project coordinator responsibilities include participant recruitment, conducting and supervising diagnostic assessments, oversight of data management, and supervision of research assistants. The fellow will participate in weekly research meetings focused on research progress, discussion of relevant literature, and ongoing program planning. **(50% time)**
- Review of the physical activity and addiction/mental health literature: The fellow will be provided with a series of readings to increase his/her general knowledge of this area, with a specific focus on populations with opioid dependence. **(5% time)**
- Grant writing: The fellow will have the opportunity to contribute toward outgoing grant preparation/submissions in the Behavioral Medicine and Addictions Research group. The fellow will also be encouraged to develop his/her own grant idea and submit a grant proposal by the end of the fellowship term. **(10% time)**
- Manuscript preparation and submission: The fellow will be encouraged to collaborate on manuscript preparation and poster submissions to national conferences. A number of datasets are currently available in BMAR that will facilitate the development of manuscript preparation in the areas of physical activity, yoga, smoking cessation, chronic pain, HIV, depression, and addictive behaviors. Individually tailored goals will be established in this area. **(10% time)**

Clinical Activity Plan (15%)

Opportunities for additional clinical experience will be provided as part of the position.

The fellow will be involved in the clinical activities of an NIAAA-funded project focused on examining the effect of a lifestyle physical activity intervention on alcohol treatment outcomes among women with depression. Clinical activities will involve conducting physical activity counseling sessions, diagnostic structured interviews (e.g., SCID), administering Timeline Follow-back Interviews, and conducting interviewer-administered physical activity assessments. These assessments will be in the context of an intervention study and will be used to determine study eligibility and to monitor clinical symptomatology throughout the intervention. More specifically, clinical monitoring throughout the intervention will be necessary to ensure patient safety in cases of clinical deterioration. **(10% time)**

In addition, the fellow will have the opportunity to conduct intervention sessions in 2 different projects (he/she will be able to choose): 1) focus groups and personalized feedback sessions with young adult

heavy drinkers who are receiving psychiatric treatment and report drinking to cope and 2) medication adherence counseling with patients with alcohol use disorder beginning disulfiram treatment. **(5% time)**

The fellow will receive training in all assessment procedures and intervention protocols.

Path toward licensure: YES NO

The fellow will be eligible for licensure after approximately 2 years.

Didactics (10%)

Post-Doctoral Seminars: The fellow will participate in the following post-doctoral seminars through the Brown Post Doctoral Training Program. **(10% time)**

Mandatory Didactics:

- Core Seminars (1 per month)
- DPHB Academic Grand Rounds (1 per month)
- Clinical Ethics – if intending to sit for licensure (1 per month)
- RFP Core Seminars
- Grantsmanship seminar

Optional Didactics:

- Special Topics in Statistics
- Alcohol Center seminars

Supervision and Evaluation

Supervision of research activities will be provided in the form of both weekly individual supervision (Dr. Abrantes) and weekly group supervision (Drs. Abrantes, Uebelacker, Stein). Clinical supervision will be provided in the form of both weekly individual supervision (Dr. Abrantes) and bi-monthly group supervision (Dr. Abrantes).

Every 6 months for the duration of the fellowship, the fellow and the supervisors will provide formal evaluations, and evaluations of the program relative to the goals and learning objectives of the fellowship.

Resource Requirements

Fellow will be provided with the following resources:

- Access to space to complete research responsibilities
- A computer and project specific software
- Internet access
- Telephone

Reporting and approval

This fellowship will be part of the Adult track. The position has been discussed and approved by the RFP faculty.

Associate Director, Research Fellowship Program (RFP)

Director, Postdoctoral Fellowship Training Program (PFTP)