



# Mechanisms of Mind-Body Interventions on Emotional Well-Being: Request For Applications

Supported by grant NIH U24AT011281

**Letter of Intent Due: 5/1/2023 @ 11:59 p.m.**

## **Summary:**

The University of Connecticut (UConn) [M3EWB](#) (Mechanisms Underlying Mind-Body Interventions and Measurement of Emotional Well-Being) Network is requesting applications to support researchers to conduct studies testing (a) the mechanisms through which mind-body therapies can improve emotional wellbeing (EWB), an important endpoint itself and/or (b) promotion of EWB as a potential mechanism of MBIs' promotion of other health outcomes. These studies must involve secondary data analysis and *cannot* involve original collection of data.

Our working definition of EWB can be found on our website and has been elaborated here:

Park, C., Kubzansky, L., Chafouleas, S. M., Davidson, R., Keltner, D., Parsafar, P., Conwell, Y., Martin, M., Hanmer, J., & Wang, K. (2022). Emotional Well-Being: What It Is and Why It Matters. *Affective Science*. <https://doi.org/10.1007/s42761-022-00163-0>.

Studies must assess EWB using assessment tools consistent with this conceptualization. For examples, consult our repository: <https://m3ewb.research.uconn.edu/ewb-subjective-measures-repository/>

## **Who we are:**

The UConn [M3EWB](#) Network is part of a collaborative web of research hubs funded by the National Institute of Health (NIH [U24AT011281](#)) to advance the study of a variety of facets of EWB. With regard to this grant opportunity, our aim is to facilitate investigation of the relationship between mind-body interventions and EWB (i.e., whereby EWB may be conceptualized as a mediator of improved mental and physical health or an important outcome in itself).

## **Funding Opportunity Announcement Number:**

RFA-M3EWB-2023A

### **Key Dates:**

- Deadline for Letter of Intent (LOI): 5/1/2023
- Invitation to submit full proposal: 6/1/2023
- Deadline for full proposal: 7/1/2023
- Approximate Notification of award: 9/1/2023
- Proposed start date: 12/1/2023

### **Funding**

- The M3EWB Networks plans to fund:
  - 5 grants with a budget of up to \$20,000 per grant
- Duration of the grant is one year.
- The grant does not fund indirect costs. All funds must go directly towards the research project and may not be directed to primary data collection.

### **Eligibility**

- Principal Investigators (PIs) must possess the skills, knowledge, and resources necessary to carry out the proposed research.
- Full-time faculty/staff at a domestic, public or private, organization are eligible to be a PI.
- Early career investigators including doctoral students, postdoctoral fellows, and research staff may apply as PI, but require their faculty mentor/supervisor to be Co- PI.
- Projects should be staffed appropriately with expertise/experience and time commitment needed to carry out the project.
- PI/Co-PIs may only submit one proposal except for mentors/supervisors, although they may be co-investigators on other projects.
- PIs must be members of the M3EWB network or have applied to become a member at the time of application. To apply for M3EWB membership click [here](#).

### **Scope**

- Investigators should propose studies with a strong theoretical or conceptual basis and build on existing knowledge. Studies must be conducted with existing data (no new data collection permitted under this RFA).
- The proposed study should focus explicitly on understanding the mechanisms through which MBIs affect/improve EWB. Examples of mechanisms include heightened interoceptive awareness, increased mindfulness or self-compassion, and improved emotion regulation or vagal tone, but there are many other potential mechanisms.
- As seed grants, studies should be considered within a larger research frame (e.g., how will results of the proposed study lead to future development of the field, what future studies can be seeded with the proposed study's results?)
- Secondary datasets must include measures that fall within the previously provided definition of emotional well-being. (not distress/symptom reduction)

- Next steps for an independent grant application (e.g., NIH R or K grant mechanism) building on the work proposed must be included.
- Mechanisms can include biological, social, or psychological. Multiple levels of assessment that combine biological, self-report, other-report and objective approaches are welcome.
- Unresponsive applications are those that
  - Propose new data collection.
  - Lack mind-body interventions or measures of central EWB constructs.
  - Lack a mechanistic conceptual framework.

### **Letter of Intent (LOI) Information:**

A LOI is required for this proposal to ensure proposals fit with the RFA. From the LOIs, we will invite a subset of applicants to submit a full proposal. Although non-binding, any major alterations to the personnel or main content may be rejected without review. The information that it contains allows for planning of the review.

By the date listed above, prospective applicants must submit an online application with a LOI that includes the following information:

- Descriptive title of proposed study
- Name(s), address(es), and telephone number(s) of the PI(s)
- Names of other key personnel
- Participating Institution(s)
- An abstract describing the aims, significance, mechanistic conceptualization, and study design (including data source, specific type of mind-body intervention, and specific aspects of EWB measured) of the proposed project (800 words maximum).

**The online LOI form can be found [here](#).**

### **Steps after LOI is approved:**

- Detailed instructions on full proposals will be given to approved LOIs by June 1, 2023.
- The full proposal is due July 1, 2023.
- Full grant proposals will be no more than 6 pages in length including full details of the proposed budget. Budget proposals should be ½ page.
- PIs who are awarded research funds must provide all necessary documentation (including Human Subjects Protection, Data and Safety Monitoring) from their respective Institutional Review Boards before starting the research.
- The project should commence by December 1, 2023.