

Trial Name	Patient Population	Intervention Type	NIH Stage Model	Mechanism(s) of Action	Clinical Outcome(s)	Feasible?	Collaboration with Roybal Network	Advanced/Adapted within NIH stage within Roybal Center?	Advanced/Adapted outside Roybal Center?	Next steps	DEIA strategies related to recruitment	DEIA strategies related to intervention	Center/Institution	Country	Collaborators	Trial PI	Trial PI ESI Status	Study PI Promotion(s)/Advancement	Paper 1 <i>* indicates if manuscript includes results</i>	Paper 2	Talk 1	Talk 2	Talk 3	Subsequent grant specific to advancing intervention along NIH Stage Model	Subsequent grant related to Roybal research
Acceptance and Mindfulness-Based Exposure Therapy (AMBET) in Cardiac Arrest Survivors with Elevated Posttraumatic Stress Disorder (PTSD) Symptoms	Cardiac Arrest (CA)	Acceptance and mindfulness-based exposure therapy	Stage I	PTSD symptoms, cardiac anxiety	Physical activity	Yes		Planned for next funding period, also considering adapting for early preventive intervention	No	Applying for funding for Stage II efficacy testing as Year 1 Columbia Roybal study	Recruitment occurred remotely, allowing participants from all over the US to enroll	The intervention was delivered remotely; eliminating barriers to in-person visits	NYSPI	USA	NYSPI, Columbia University Department of Psychiatry	Dr. Yuval Neria/ Dr. Maja Bergman	Yes	Recruited to be a Post-doctoral Clinician and Researcher at NYSPI after leading the AMBET Study as a doctoral candidate.	*Manuscript submitted; revisions under review: Acceptance and Mindfulness-Based Exposure Therapy (AMBET) for PTSD after Cardiac Arrest: An Open Feasibility Trial.		"From Survival to Survivorship: The Journey for Survivors and Caregivers", presented by Dr. Maja Bergman at the 2021 Cardiac Arrest Survival Summit, San Diego, CA on 12/08/2021.	"Treating PTSD after Sudden Cardiac Arrest: Experiences from the AMBET Study", presented by Dr. Maja Bergman at the James J Peters VA Medical Center, Bronx, NY in 2022.	"Acceptance and Mindfulness-based Exposure Therapy (AMBET) for PTSD Following Sudden Cardiac Arrest: An Open Trial of a Novel Treatment Protocol" presented by Dr. Maja Bergman at the 3rd Annual Science Celebration and Columbia Psychiatry Poster Session on 4/22/2022.	Submitted for funding: efficacy testing for Year 1 of Columbia Roybal Center, 2024	
Remote-delivered Mindfulness-Based Cognitive Therapy to Target Far of Recurrence among SCAD Survivors	Sudden Coronary Artery Dissection (SCAD)	Group mindfulness-based cognitive training	Stage I	PTSD symptoms, cardiac anxiety	Physical activity	Yes		No	No	Apply for R01 funding for stage II efficacy trial			MGH/ Harvard	USA	MGH	Dr. Christina Luberto	Yes				Lopes, M., Hall, D., Wood, M., Park, E.R., Schuman-Olivier, Z., Hoepfner, B.B., & Luberto, C.M. (2022). Remotely-Delivered Mindfulness-Based Cognitive Therapy for SCAD Survivors: Preliminary Findings of an Open Pilot Trial [Poster at the 2022 International Congress on Integrated Medicine and Health, May 23-23, Phoenix, AZ]	Lopes, M., Hall, D., Wood, M., Park, E.R., Schuman-Olivier, Z., Hoepfner, B.B., & Luberto, C.M. (2022). Remotely-Delivered Mindfulness-Based Cognitive Therapy for SCAD Survivors: Preliminary Findings of an Open Pilot Trial also presented at Association for Behavioral and Cognitive Therapies (ABCT) Conference, November 17-20, New York, NY].	Lopes, M., Brathwaite, A., Wood, M., Hall, D., Park, E.R., Schuman-Olivier, Z., Hoepfner, B.B., & Luberto, C.M.(2022, April). Remotely-delivered mindfulness-based cognitive therapy for SCAD survivors: Study protocol for an open pilot trial. Poster presented virtually at the 2022 Massachusetts General Hospital Celebration of Science.		
Lab-Based Heart Rate Variability Training (HRVT)	Acute Coronary Syndrome (ACS)	Lab-based heart rate variability biofeedback training	Stage I	Anxiety sensitivity, PTSD symptoms	Respiration, physical activity	Yes		Yes, was advanced to the Home-Based HRVT Study (CALME) in Year 2	No	Advanced to feasibility testing of a scalable home-based protocol	Participants were offered to complete the study in conjunction with their final visit for the parent study to minimize participant burden	Participants were compensated for their travel to and from the Medical Center as part of the parent study, intervention was limited to one session to minimize participant burden	CBCH	USA	PhysioCom Design	Dr. Jeffrey Birk	Yes	Dr. Birk promoted from Instructor in Medical Sciences to Assistant Professor of Medical Sciences			Cumella, R., Lopez-Veneros, D., Kronish, I. M., Edmondson, D., & Birk, J. L. (2020). Heart rate variability biofeedback to reduce psychological distress in patients after acute cardiac events: A pilot study. Poster presented at: The 78th Annual Meeting of the American Psychosomatic Society, March 11-14, 2020; Long Beach, CA. Note: Conference canceled due to COVID-19.			Year 2 Roybal Pilot; CALME	R01: (HL151850) POSITIVE AND NEGATIVE PSYCHOLOGICAL DETERMINANTS OF RECOVERY AFTER CARDIAC ARREST (NIH/NHLBI)
Home-Based Heart Rate Variability Training: The Care After Life-threatening Medical Events (CALME) Study	Cardiac Arrest (CA)	Home-based HRV biofeedback training	Stage I	Anxiety sensitivity, PTSD symptoms	Resting State HRV, state and trait anxiety	Yes		Planned for future Roybal year in different population	No	Demonstrated feasibility but concern about high prevalence of beta-blockers interfering with HRV biofeedback, exploring conducting stage I and II testing in ICU survivors	Recruitment occurred remotely, allowing participants from all over the US to enroll	The intervention was delivered remotely; eliminating barriers to in-person visits	CBCH	USA	Sudden Cardiac Arrest Foundation, Polar USA	Dr. Jeffrey Birk	Yes	Dr. Birk promoted from Instructor in Medical Sciences to Assistant Professor of Medical Sciences	*Manuscript submitted; revisions under review: Feasibility of a remote heart rate variability biofeedback intervention for reducing anxiety in cardiac arrest survivors: A pilot trial.		"Surmounting the challenges of adapting a behavioral intervention for remote delivery during the COVID-19 pandemic: A case study of heart rate variability biofeedback training in cardiac arrest survivors", presented by Dr.Birk at the American Psychosomatic Society Virtual Meeting in December, 2020.				R01: (HL151850) POSITIVE AND NEGATIVE PSYCHOLOGICAL DETERMINANTS OF RECOVERY AFTER CARDIAC ARREST (NIH/NHLBI)
Initial Assessment of the Feasibility and Efficacy of a Scalable Digital CBT for Generalized Anxiety and Associated Health Behaviors in a Cardiovascular Disease Population	Cardiovascular disease events	Digital cognitive behavioral therapy for anxiety	Stage I and II	Anxiety	Physical activity	Yes		Advanced from stage I testing to stage II efficacy testing	No	Advanced from stage I to stage II efficacy testing which is currently underway, if successful, stage III trial			Boston University	USA	Big Health (digital app company)	Dr. Marie Parsons	Yes	Dr. Parsons promoted from Postdoctoral Associate to Assistant Professor; applying for first R01.	Accepted: E. Marie Parsons, Michele Hiserodt, Michael W. Otto, Initial assessment of the feasibility and efficacy of a scalable digital CBT for generalized anxiety and associated health behaviors in a cardiovascular disease population, Contemporary Clinical Trials	Manuscript in Preparation (abstract accepted for manuscript submission to JMIR Roybal special issue, "Digital Technology for Behavioral Interventions in Aging: Opportunities and Challenges")					
SLEEPWell: A pilot chronotherapeutic intervention to improve sleep following acute coronary syndrome	Acute Coronary Syndrome (ACS)	Combined chronotherapy for sleep	Stage I	Sleep duration, sleep latency, wakefulness after sleep onset	Insomnia, sleep quality, PTSD symptoms	Yes		No	No	Advanced from single group feasibility testing to a pilot RCT, currently underway; if feasibility demonstrated, will apply for R01 funding for stage II efficacy trial	Phase B recruitment is inclusive of both English and Spanish speakers, all of whom are patients at CUIMC/NYP in Washington Heights, NYC. Research coordinator is fully bilingual in English and Spanish.	All study materials for Phase B were translated so that the study could enroll both English and Spanish speakers. Educational videos provided including written transcripts.	CBCH	USA	Columbia Division of Cardiology, Columbia Department of Emergency Medicine	Dr. Ari Shechter	No		*Manuscript In Preparation: A Combined Chronotherapy for Poor Sleep Following Acute Coronary Syndrome: A Pilot Feasibility Study and Preliminary Findings.		Dr. Ari Shechter: "Sleep Well to Be Well: Exploring the Relationship of Sleep with Cardiovascular & Psychological Health at the 15th Annual Young Faculty Mentoring Program Symposium, Department of Medicine, Columbia University Irving Medical Center, New York, NY, June 2022.				

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FAID Fear: Family-Authorled ICU Diaries to Reduce Fear in Patients Experiencing a Cardiac Arrest: A Pilot Intervention Study	Family members of Cardiac Arrest (CA) patients	Family-authored ICU diary for family members of cardiac arrest patients	Stage I	Fear of recurrent cardiac arrest in their partner	PTSD symptoms	Yes		No	No	Applying for funding for a multi-site pilot RCT and expansion to family members of patients with other types of ICU hospitalizations	Recruitment was inclusive of both English and Spanish speakers, all of whom are loved ones of patients at CUIMC/NYP in Washington Heights, NYC. Research coordinator is fully bilingual in English and Spanish.	All study materials were translated so that the study could enroll both English and Spanish speakers. Diaries were not collected or viewed by research personnel; allowing for participants to express their thoughts openly without fear of judgment, writing skills, etc.	CBCH	USA	Columbia Neurology, Ana Maria Vrancanu's group at MGH	Dr. Talea Cornelius	Yes		*Manuscript submitted; revisions under review: Family-authored ICU diaries to reduce fear in patients experiencing a cardiac arrest (FAID Fear): A pilot randomized controlled trial.		Dr. Talea Cornelius: "Family-Authorled ICU Diaries to Reduce Fear in Patients Experiencing a Cardiac Arrest (FAID Fear)," has been accepted for presentation at the 37th Annual Conference of the European Health Psychology Society (EHPS 2023).					
RESET: Reducing Exercise Sensitivity using Exposure Training	Acute Coronary Syndrome (ACS)	Interceptive bias reduction training	Stage I	Exercise sensitivity	Physical activity, attendance at cardiac rehabilitation	Yes		No	No	Planning a pilot RCT which can assess feasibility of conducting an RCT, modifying recruitment strategy and intervention protocol to be more scalable	Recruitment occurred remotely	Intervention was designed with diverse participant home environments in mind; participants were permitted to walk in place as part of the intervention if their living space was not large enough to accommodate the walking course.	CBCH	USA	NYP Digital Innovation Team, Columbia University Department of Rehabilitation and Regenerative Medicine, Samantha Farris	Dr. Andrea Duran	Yes	Dr. Duran promoted from Associate Research Scientist to Assistant Professor	Manuscript in Preparation (abstract accepted for manuscript submission to JMIR Roybal special issue, "Digital Technology for Behavioral Interventions in Aging: Opportunities and Challenges")	*Manuscript in Preparation (results)					R01 on telehealth cardiac rehab under review; incorporated RESET intervention aspects into program	National Institutes of Health/National Center for Advancing Translational Sciences Implementing Telehealth-enhanced Hybrid Cardiac Rehabilitation among Acute Coronary Syndrome Survivors: A Pilot Randomized Controlled Trial
Pilot Study of Stellate Ganglion Blockade (SGB) to Reduce PTSD Symptoms in Cardiac Arrest Survivors: A Pilot Randomized Clinical Trial	Cardiac Arrest (CA)	Stellate ganglion blockade	Stage I	PTSD symptoms	Physical activity, medication adherence	No		No	Received funding to test in outpatient setting.	Too few patients eligible due to frequent use of anticoagulation in inpatient setting, which rendered injection contraindicated. Planning feasibility study to offer intervention in an outpatient setting after patients have completed anticoagulation treatment.	Recruitment was inclusive of both English and Spanish speakers.	All study materials were translated so that the study could enroll both English and Spanish speakers.	CBCH, Columbia Neurology	USA	Columba University Department of Anesthesiology, Sudden Cardiac Arrest Foundation (SCAF)	Dr. Sachin Agarwal	No	Dr. Agarwal promoted from Assistant Professor to Associate Professor.	Accepted: Agarwal S, Birk JL, Abukhadra SL, Rojas DA, Cornelius TM, Bergman M, Chang BP, Edmondson DE, Kronish IM. Psychological Distress After Sudden Cardiac Arrest and Its Impact on Recovery. Curr Cardiol Rep. 2022 Oct;24(10):1351-1360.		Oral presentation by Dr. Agarwal at CA Survivorship session, the SGB (Pilot# 5) potential mechanism and impact of this procedure, Manchester, UK, 2020 (European Resuscitation Council)	"Rehabilitation after sudden cardiac arrest: facing fear, fatigue, and the future after survival", presented by Dr. Agarwal at the 2021 Cardiac Arrest Survival Summit, San Diego, CA, 12/8/2021			FUNDED 2021-2022: Collaborative and Multidisciplinary Pilot Research award - Irving Institute of Clinical & Translational Research, Columbia University SAFETY, FEASIBILITY, AND EFFICACY OF STELLATE GANGLION BLOCKADE ON EARLY POSTTRAUMATIC STRESS SYMPTOMS IN CARDIAC ARREST SURVIVORS	R01: (HL151850) POSITIVE AND NEGATIVE PSYCHOLOGICAL DETERMINANTS OF RECOVERY AFTER CARDIAC ARREST (NIH/NHLBI)
Early Psychological Intervention to Prevent Cardiovascular Event-Induced PTSD ("WET")	Patients hospitalized for Stroke, TIA, Acute Coronary Syndrome (ACS), or Cardiac Arrest (CA)	Written exposure therapy	Stage I	PTSD symptoms	Physical activity, medication adherence	No		No	No	As too few patients were willing to participate when recruited from an inpatient setting, planning a feasibility trial with recruitment offered >1 month after discharge.			CBCH	USA	VA National Center for PTSD, Boston University (Denise Sloan and Brian P Marx)	Dr. Ian Kronish/ Dr. Jennifer Sumner	Yes		*Manuscript in Preparation (results)							
Feasibility and Acceptability of Pain Reprocessing Therapy (PRT) in Racially/Ethnically Diverse Adults with Chronic Back Pain	Back pain	Pain reprocessing therapy	Stage II	Fear of exercise	Physical activity	Study ongoing	Co-funded trial with Cornell Roybal Center				Recruitment is conducted on many platforms, including Facebook groups and others where member of the general public around the country may learn about the study.			University of Colorado-Anschutz	USA	Cornell Roybal Center (TRIPLL)	Dr. Yoni Ashar	Yes	Dr. Ashar promoted to first faculty position as Assistant Professor.	Manuscript in Preparation (abstract accepted for manuscript submission to JMIR Roybal special issue, "Digital Technology for Behavioral Interventions in Aging: Opportunities and Challenges")	Tankha, H., Lumley, M. A., Gordon, A., Schubiner, H., Uipi, C., Wager, T. D., Harris, J., & Ashar, Y. K. (2023). "I don't have chronic back pain anymore": Patient experiences in pain reprocessing therapy for chronic back pain. Journal of Pain.	Ashar, Y. K., Frank, J. (2022) Pain Reprocessing Therapy: Initial Findings and Future Directions. Research and Innovation Conference, CU Anschutz Dept of Medicine.	Ashar, Y. K. (2023) Canadian Pain Society, National Grand Rounds. Are we Treating Chronic Pain All Wrong? Panel presentation.	Ashar, Y. K., Frank, J. (2023) Pain Neuroscience and the Future of Chronic Pain Care. Workshop delivered to the Society for General Internal Medicine. Aurora, CO.	CU Division of Internal Medicine Small Grants Program Title: Feasibility and Acceptability of Group-Format Pain Reprocessing Therapy for Chronic Back Pain	Submitted: Efficacy and Mechanisms of Pain Reprocessing Therapy in Veterans with Chronic Back Pain.
Internet-delivered CBT/exposure therapy for anxiety after ACS	Acute Coronary Syndrome (ACS)	Internet-delivered exposure therapy	Stage II	PTSD symptoms, anxiety	Physical activity	Study ongoing							Karolinska	Sweden	Karolinska	Dr. Josefin Särholm	Yes	Dr. Särholm promoted to first faculty position			Dr. Josefin Särholm: "Behavior and the heart: Online cognitive behavioral therapy for cardiac disease" at The Nordic Baltic Congress of Cardiology, Reykjavik, Iceland, June 8-10 2023.				Dr. Särholm submitted a grant application to ALF Medicine (Swedish Government Agreement for Cooperation on Medical Education and Research) for 2024-2026 to carry out a randomized controlled trial as a continuation of the current pilot study.	Dr. Särholm secured funding from the Swedish Heart and Lung foundation to join the Columbia Roybal Center as a Visiting Scholar for 12 months 2023-2024.
ADIE: Aligning dimensions of interoceptive experience in patients with functional seizures	Functional seizures	Exercise-based interoception training	Stage I	Interoceptive bias	Frequency and severity of functional seizures	Study ongoing							University College London (UCL)	England	University College London (UCL)	Dr. Mahinda Yogarajah	Yes									

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Messy Memories: A Mobile Application Exposure Therapy Intervention to Reduce Psychological Distress and Improve Health Behaviors Following Critical Illness	Critical illness	Digital self-guided exposure therapy app	Stage I	PTSD symptoms	Physical activity	Study ongoing					The study flyers are shared with support groups and clinics around the US, allowing for a diverse geographic sample.	Intervention is fully remote; thus patients from all over the country are able to participate with equal access.	CBCH	USA	Emory University, Virtually Better, Inc., CAIRO network	Dr. Nadia Liyanage-Don	Yes	Promoted from postdoctoral research fellow to Assistant Professor.							KL2 funded to advance interventions for COPD	
CATCHES: Community Health Worker Assisted Task-Specific and Cognitive Therapy at Home with Exposure After Stroke	Stroke	Exposure-therapy added to task-specific therapy	Stage I	Fear of falling	Physical therapy	awaiting approval					Bilingual study team members will offer the study to English and Spanish speakers	Clinicians and healthcare workers will visit the participant in their home to initiate the intervention, so as to reduce barriers to accessibility.	CBCH	USA	Department of Exercise Physiology, Physical Therapy, CHW program by Jide	Dr. Imama Naqvi	Yes	Applying for K23								
RESURFACE (Removing Surrogates' Uncertainty to Reduce Fear and Anxiety after Cardiac Events: a Pilot Randomized Clinical Trial)	Cardiac Arrest (CA) survivors' family members	App-delivered informational program	Stage I	Uncertainty	Physical activity	awaiting approval					Bilingual study team members will offer the study to English and Spanish speakers		Columbia University Department of Neurology /CBCH	USA	HeartSight	Dr. Sachin Agarwal/ Dr. Talea Cornelius/ Dr. Jeffrey Birk	Yes	Co-I, Dr. Cornelius is applying for her first R01			2023 EMS World Expo in partnership with the National Association of Emergency Medical Technicians (NAEMT): The 6th Link: From Cardiac Arrest Survival to Interventions for Survivorship for All Who are Affected. New Orleans, LA					
ENGAGE: Optimizing Recruitment Methodology for Medication Adherence Interventions	CVD/ uncontrolled hypertension	Optimized recruitment strategies for evidence based adherence intervention	Stage II/ Stage V	Motivation to engage in behavioral intervention	Initiation and engagement in adherence intervention, medication adherence, BP control	awaiting approval	Collaborating with BWH Roybal Center to develop message framing strategy and then will conduct a parallel trial at each Center						CBCH/ BWH	USA	Brigham Roybal	Dr. Rushelle Byfield/ Dr. Ian Kronish	Yes	Dr. Byfield submitted KL2								