

Clinical Research Collaborations in North Dakota

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Objectives

1. Brief overview of collaborative eating disorder research in North Dakota (1998 – 2021)
2. Overview of Collaborative Center of Biomedical Research Excellence (COBRE) Grant Application (2020 – 2021)

Eating Disorder Treatment Development

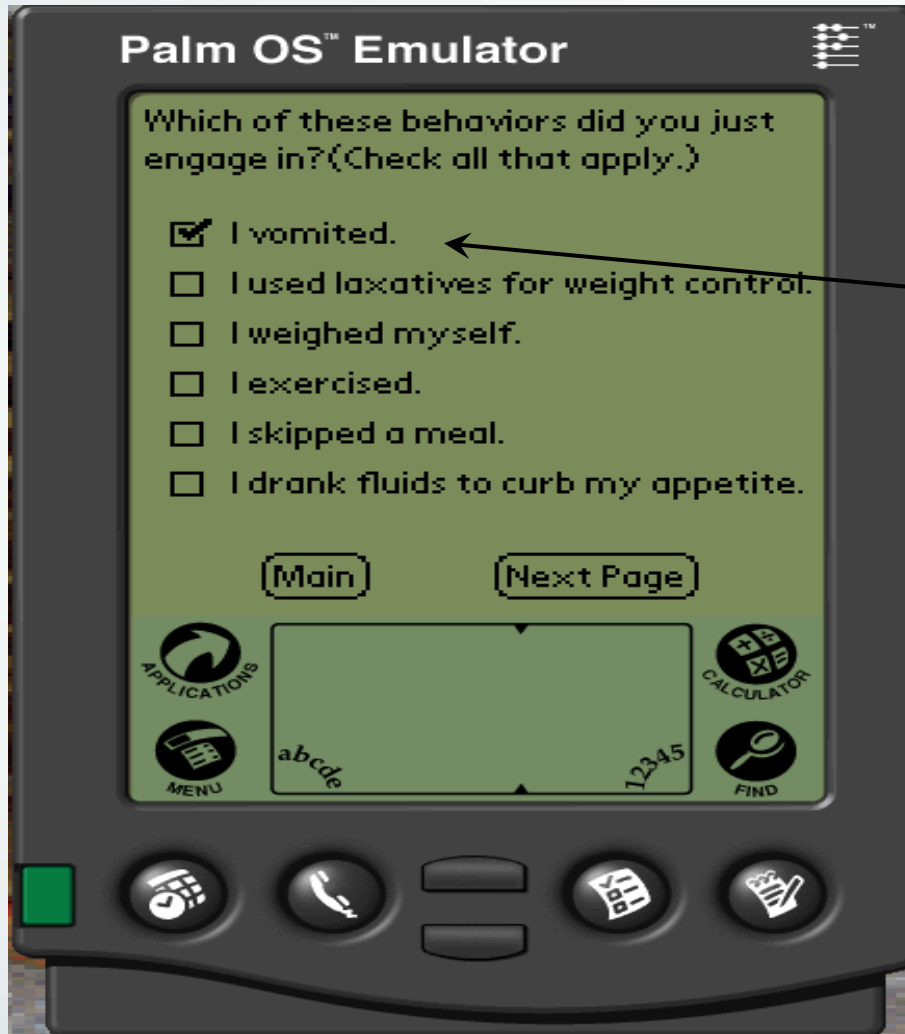
- Eating disorders represent one of the most (if not the most) lethal psychiatric disorders
 - Anorexia nervosa
 - Bulimia nervosa
 - Binge eating disorder
- Eating disorder treatments are moderately effective, intensive (hospital), and lengthy

Local Basic Behavioral Science Collaboration (since 1998)

- Twenty years ago we needed a better understanding of the nature of EDs in real time and real world (what symptoms, when, under what conditions)
- UNDSOM, NDSU, Meritcare/Sanford personnel developed technology-based behavioral assessment system
 - Behaviors (symptoms)
 - Location
 - Stress
 - Cognition
 - Emotion
 - Eating

(Funded by NIMH MH059674, MH059674-5)

This was “cool” in 1998!



Check Boxes

Real-Time Assessment In the Natural Environment (ReTAINE)



Real Time Assessment In the Natural Environment
By Neuropsychiatric Research Institute (NRI)

About ReTAINE

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ReTAINE is a highly effective tool for research organizations needing a secure system for collecting data from research participants in their natural environment.



ReTAINE stands for **Real Time Assessment In the Natural Environment**. The researchers at the Neuropsychiatric Research Institute in Fargo, North Dakota created this web-based system that allows researchers and clinicians to gather important information from individuals in their natural environment.

ReTAINE can be used to design customized assessments, can automatically signal participants to complete those assessments based upon individualized schedules, and it can collect and manage the data participants provide using their smart phones, tablets or personal computers. ReTAINE is easy to use, economical and secure.

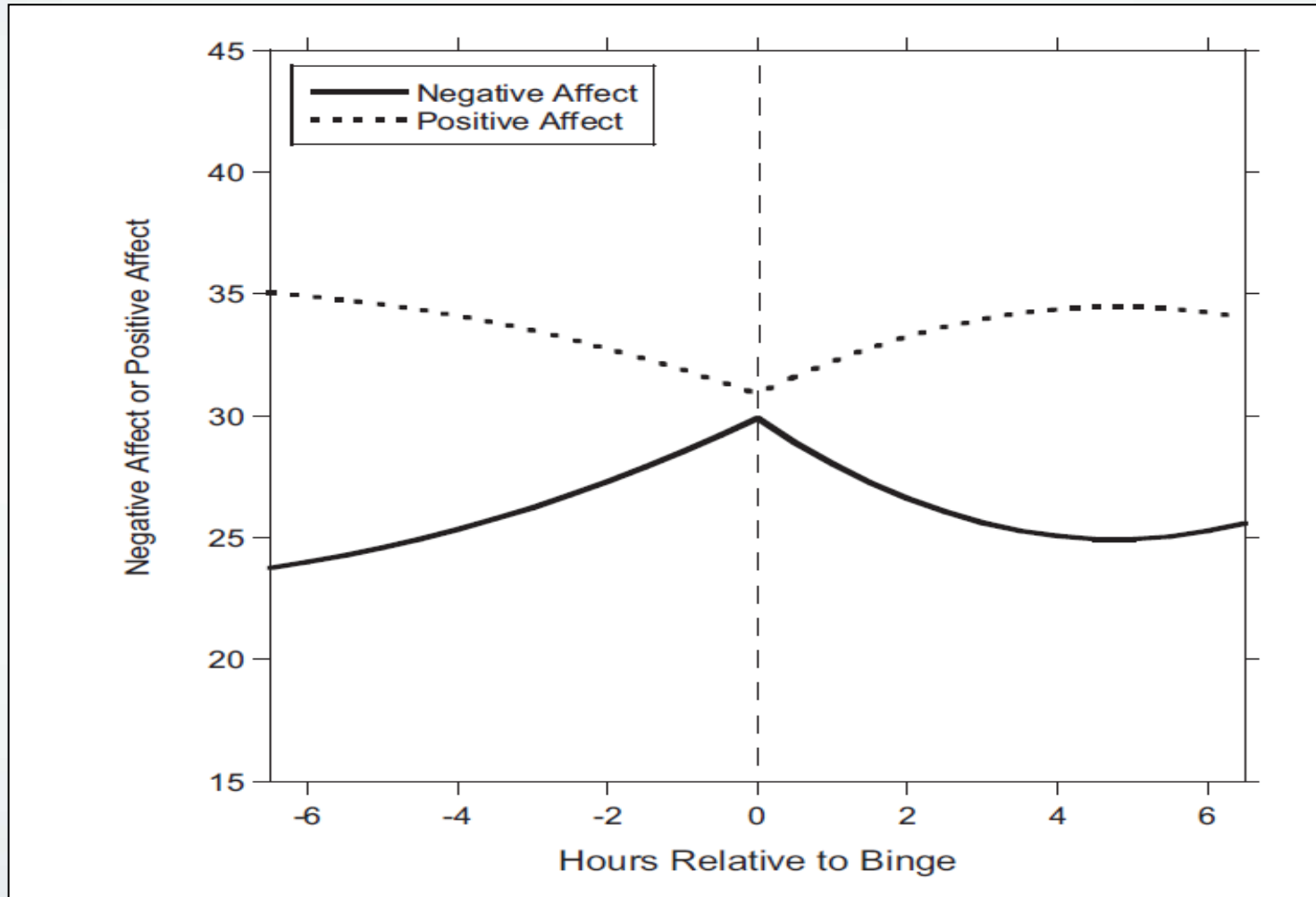
[CONTACT NRI TODAY](#) for more information or to schedule a demonstration.

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We learned a lot in these studies.
One example...

Emotional States and Symptoms



How to bring these findings to the clinic?

The strength of clinicians and scientists
collaborating.

Integrative Cognitive-Affective Therapy for **Bulimia Nervosa**

A Treatment Manual

Stephen A. Wonderlich,
Carol B. Peterson, and Tracey Leone Smith
with Marjorie H. Klein, James E. Mitchell,
and Scott J. Crow

Guilford Press, 2015

A randomized controlled comparison of integrative cognitive-affective therapy (ICAT) and enhanced cognitive-behavioral therapy (CBT-E) for bulimia nervosa

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and S. J. Crow²

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(Funded by NIMH MH098995, MH077571)

But how do we disseminate and implement?

2021 ICAT Learning Collaborative Marketing Plan

Learning Collaborative Presenters:
Stephen Wonderlich, PhD, FAED
Carol Peterson, PhD, FAED

Importantly, these collaborative projects can lead to bigger collaborative projects.

**Center of Biomedical Research Excellence
Sanford Center for Biobehavioral Mechanisms of Eating Behavior**

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Summary

- Local institutions have effectively collaborated on eating disorder research
- The research program has clinical utility and relevance
- In our experience health systems and universities are good collaborators