

BIOGRAPHICAL SKETCH

Provide the following information for the key personnel and other significant contributors in the order listed on Form Page 2.
Follow this format for each person.

NAME Bruce Barrett, M.D., Ph.D.		POSITION TITLE		
eRA COMMONS USER NAME BPBARRE!		Associate Professor of Family Medicine		
EDUCATION/TRAINING				
INSTITUTION AND LOCATION		DEGREES	YEAR(s)	FIELD OF STUDY
University of Wisconsin, Madison, WI		BS	1984	Anthropology, Philosophy
U.W. Madison		MS	1987	Anthropology
U.W. Madison		MD	1992	Medicine
U.W. Madison		PhD	1992	Anthropology
U.W. Madison, Eau Claire Family Medicine		Residency	1997	Family Medicine
U.W. Madison		MS	1999	Population Health

A. Positions and Honors

Positions and Employment

- 1993-1994 Health and Child Survival Fellow and Research Associate, International Health Program
Johns Hopkins University, School of Hygiene and Public Health (Based in Guatemala at the Nutrition Institute for Central America and Panama, a World Health Organization Research Institute)
- 1994-1997 Resident Physician in Family Medicine - Eau Claire, Wisconsin, University of Wisconsin Family Medicine Residency Program
- 1997-1999 Research Fellow - University of Wisconsin Department of Family Medicine
Clinical Instructor - University of Wisconsin Department of Family Medicine
Urgent Care Physician for Physician's Plus Immediate Care, Madison, WI
- 2000-2005 Assistant Professor - University of Wisconsin - Madison, Department of Family Medicine
- 2006-present Associate Professor - University of Wisconsin - Madison, Department of Family Medicine
Joint appointments in Departments of Population Health and Anthropology
- 2007-present Director - University of Wisconsin Primary Medical Care Research Fellowship (HRSA NRSA T32)

Other Experience and Professional Memberships

- 1997-present Steering Committee, *Physicians for Social Responsibility, Madison chapter (now Wisconsin PSR)*
- 2000-2004 President, Madison, WI, Chapter, *Physicians for Social Responsibility*
- 2000-present Member, *Physicians for a National Health Plan*
- 2001-2006 Editorial Board, *Alternative Medicine Research Review*
- 2001-present Member, Advisory Board, *American Botanical Council*
- 2002-present Member, Editorial Board, *Tarascon Pharmacopoeia*
- 2002-present Member, Editorial Board, *Focus on Alternative and Complementary Therapies*
- 2004-2006 Member, Environmental Health Capacity Building Steering Team, WI Dept. Health & Family Services
- 2005-present Contributing author and consultant respiratory infection group, *Cochrane Collaboration*
- 2005-present External Advisory Committee, *Iowa Botanical Center* (Iowa State University)
- 2006-present Institutional Review Board, University of Wisconsin School of Medicine and Public Health

B. Selected Peer Reviewed Publications

- Barrett, B. (1993) Health care behavior on Nicaragua's Atlantic Coast *Social Science and Medicine* 37(3):355-368
- Barrett, B. (1994) Medicinal plants of Nicaragua's Atlantic Coast *Economic Botany* 48(1):8-20
- Barrett, B. (1995) Ethnomedical interactions: Health and identity on Nicaragua's Atlantic Coast *Social Science and Medicine* 40(12):1611-1621
- Barrett, B. (1995) Herbal knowledge on Nicaragua's Atlantic Coast: Consensus within diversity *The Journal of Community Health* 20(5):403-421

- Barrett, B. (1995) Plants, pesticides, and production in Guatemala: Nutrition, health, and nontraditional agriculture *Ecology of Food and Nutrition* 33:293-309
- Barrett, B., Kiefer, D. (1996) Ethnomedical, biological and clinical support for medicinal plant use on Nicaragua's Atlantic Coast *The Journal of Herbs, Spices and Medicinal Plants* 4(3):77-107
- Barrett, B. (1996) Integrated local health systems in Central America *Social Science and Medicine* 43(1):71-82
- Barrett, B. (1997) Identity, ideology, and inequality: Methodologies in medical anthropology, Guatemala 1950-1995 *Social Science and Medicine* 44(5):579-587
- Barrett, B., Shadick, K., Schilling, R., Spencer, L., del Rosario, S., Moua, K., Vang, M. (1998) Hmong/medicine interactions: Improving cross cultural health care *Family Medicine* 30(3):179-84
- Barrett, B. (1998) Herbs and healing on Nicaragua's Atlantic Coast *Herbalgram: Journal of the American Botanical Council* 41 :35-48
- Barrett, B., Vohmann, M, Calabrese, C. (1999) Echinacea for upper respiratory infection: Evidence-based clinical review *The Journal of Family Practice* 48(8):628-635
- Barrett, B., Kiefer, D., Rabago, D. (1999) Assessing the risks and benefits of herbal medicine: An overview of scientific evidence *Alternative Therapies in Health and Medicine* 5(4):40-49
- Barrett, B., Marchand, L., Scheder, J., Appelbaum, D., Chapman, M., Jacobs, C., Westergaard, R., St. Claire, N. (2000) Bridging the gap between conventional and alternative medicine *The Journal of Family Practice*, 49(3):234-239.
- Barrett, B. (2000) Echinacea for upper respiratory infection: An assessment of randomized trials *HealthNotes: Review of Complementary and Integrative Medicine* 7(3):211-8.
- Barrett, B., Kiefer, D. (2001) Medicinal plants, science and health care *Journal of Herbs, Spices & Medical Plants* 8 (2/3):1-36.
- Barrett, B., Ladinsky, J., Volk, N. (2001) Village-based primary health care in the Central Highlands of Vietnam *Journal of Community Health* 26(1):51-71
- Barrett, B. (2001) Complementary and alternative medicine: What's it all about? *Wisconsin Medical Journal* 100(7); 20-26.
- Barrett, B, Locken, K., Brown R., Bobula, J., Maberry, R., Schwamman, J., Stauffacher, E. (2002) The Wisconsin Upper Respiratory Symptom Survey: A new research instrument for assessing the common cold *Journal of Family Practice (JFP OnLine)* 51(3); 1-10.
- Barrett, B, Locken K, Maberry, R., Brown, R.L., Bobula, A., D'Alessio, D. (2002) Treatment of the common cold with unrefined echinacea: A randomized double-blind, placebo-controlled trial *Annals of Internal Medicine* 137(12):939-946.
- Rabago D., Zgierska, A., Mundt, M.P., Barrett, B., Bobula, J., Maberry, R. (2002) Efficacy of daily hypertonic saline nasal irrigation among patients with sinusitis: A randomized controlled trial. *Journal of Family Practice* 51(12):1049-1055.
- Barrett, B. (2003) Alternative, complementary and conventional medicine: Is integration upon us? *Journal of Alternative and Complementary Medicine*. 9(3):417-427.
- Barrett, B. (2003) Medicinal properties of Echinacea: A critical review *Phytomedicine* 10(1):66-86
- Barrett, B. (2003) Echinacea: A safety review *HerbalGram: Journal of the American Botanical Council* 57:36-39
- Barrett, B., Marchand, L., Scheder, J., Plane, M.B., Maberry, R., Appelbaum, D., Rakel, D., Rabago, D. (2003) Themes of holism, empowerment, access and legitimacy define complementary, alternative and integrative medicine in relation to conventional biomedicine. *Journal of Alternative and Complementary Medicine*. 9(5)937-47
- Barrett B., Marchand, L., Scheder, J., Appelbaum, D., Plane, M.B., Blustein, J., Maberry, R., Capperino, C. (2004) What complementary and alternative medicine practitioners say about health and health care. *Annals of Family Medicine* 2(3):253-259 PMID: PMC1466673
- Barrett B. (2004) Therapeutics and safety profile section in *Echinacea purpurea* root: Standards of analysis, quality control and therapeutics. *American Herbal Pharmacopoeia and Therapeutic Compendium*. A.H.P., Santa Cruz, CA.
- Barrett B., Brown, R.L., Mundt, M.P., Dye, L., Alt, J., Safdar, N., Maberry, R. Using benefit harm tradeoffs to estimate sufficiently important difference: the case of the common cold (2005) *Medical Decision Making* 25(1):47-55
- Barrett, B., Brown, D., Mundt, M.P. and Brown, R.L.. (2005) Sufficiently important difference: Expanding the framework of clinical significance *Medical Decision Making*, 25(2):1-11.
- Barrett B. (2005) Echinacea: Its value may be in the way you look at it. *Contagion: Reports, cases and commentaries in HIV and infectious disease research* 2(9):382-383.
- Rabago D, Pasic T., Zgierska A., Mundt M., Barrett B., Maberry R. (2005) The efficacy of hypertonic saline nasal irrigation for chronic sinonasal symptoms. *Otolaryngology: Head and Neck Surgery* 133(1):3-8.

- Barrett B., M.P.Mundt, R.L.Brown, R.Maberry, L.Dye, N.Safdar, J.Alt. (2005) The Wisconsin Upper Respiratory Symptom Survey is responsive, reliable, and valid. *Journal of Clinical Epidemiology* 58(6):609-617.
- Linde K, B.Barrett, K.Wölkart, R.Bauer, D.Melchart . (2006) Echinacea for preventing and treating the common cold. Cochrane Collaboration Systematic Review.
- Barrett B. (2006) New review on echinacea reinvigorates debate on evidence of popular herb's benefits. *Herbalgram: Journal of the American Botanical Council* 71:36-37.
- Barrett B, D.Muller, D.Rakel, D.Rabago, L.Marchand, J.Scheder (2006) Placebo, meaning and health. *Perspectives in Biology and Medicine*. 49(2):178-198.
- Rabago D., Barrett B., Marchand L., Maberry R., Mundt M. (2006) Qualitative aspects of nasal irrigation use by patients with chronic sinus disease in a multi-method study *Annals of Family Medicine*, 4(4):295-301. PMID: PMC1522156
- Barrett B., R. Brown, R. Volland, R. Maberry, and R. Turner. (2006) Relations among questionnaire and laboratory measures of rhinovirus infection. *European Respiratory Journal* 28(2):358-362.
- Barrett, B. Placebo, meaning, and randomised trials (2006) *Focus on Alternative and Complementary Therapies* 11(2):96-100.
- Barrett B. (2006) Echinacea and ginseng for immunomodulation and protection from respiratory infection. *PharmacologyOnline* 3:392-407.
- Barrett, B., & M. Stiles. (2007) What a fair and rational health system would look like. *Wisconsin Medical Journal* 106(1):9-11.
- Appelbaum, D., B. Kligler, B. Barrett, M. Frenkel, M.P. Guererra, K.A. Kondwani, B.B. Lee, and E. Tattelman. (2007) Natural and traditional medicine in Cuba: Lessons for U.S. medical education. *Academic Medicine* 81(12):1098-1103.
- Barrett B, B. Harahan, D. Brown, Z. Zhang, R. Brown. (2007) Sufficiently important difference for common cold: Severity reduction. *Annals of Family Medicine* 5(4):216-223. PMID: PMC1886488
- Barrett, B., S. Endrizzi, P. Andreoli, S. Barlow, Z. Zhang. (2007) Clinical significance of common cold treatment: Professionals' opinions. *Wisconsin Medical Journal* 106(8):473-480.
- Barrett, B., D. Rakel, B. Chewing, L. Marchand, D. Rabago, R. Brown, J. Scheder, R. Schmidt, J. E. Gern, K. Bone, G. Thomas, and S. Barlow. (2007) Rationale and methods for a trial assessing placebo, echinacea and doctor patient interaction in common cold. *Explore: The Journal of Science and Healing* 3(6):561-572
- B. Barrett, M. Mundt, R. Brown. (2008) Comparison of anchor-based and distributional approaches in estimating important difference in common cold. *Quality of Life Research* 17(1):75-85
- Bales, A.L., M.J. Peterson, S. Ojha, K. Upadhaya, B. Adhikari, B. Barrett. (2009) Associations between betel nut (Areca catechu) and symptoms of schizophrenia among patients in Nepal: A longitudinal study. *Psychiatry Research*. In press.
- Rakel, D.P., T. J. Hoefl, B. Barrett, B.A. Chewing, B.M.Craig, M. Niu. (2009) Practitioner empathy and the duration of the common cold. *Family Medicine*. Accepted 12-08-08. NIHMSID #113039

C. Research Support (last 5 years)

Ongoing and Recent Research Support

Meditation and Exercise for Prevention of Acute Respiratory Infection. NIH/NCCAM 1R01AT004313 \$798,426

The main goal of this project is to determine whether mind-body practices such as meditation or exercise can reduce the public health burden of acute respiratory infection. Role: Principal Investigator (2009-2011)

U.W. Primary Medical Care Research Fellowship. Health Resources and Services Administration (HRSA)

Ruth L. Kirschstein National Research Service Award (NRSA) T32HP10010-15-00 Funds six post-graduate research fellows for total up to \$400,000 per year (\$392,176 in 2008). Role: Fellowship Director (PI/PD) (2008-2011)

Intervention for adults with obesity: Feasibility study. This is a research project to determine the feasibility of providing mindfulness meditation training to obese women in order to allow them to improve awareness, decisions and behaviors regarding eating and exercise (\$45,662). Co-Principal Investigators Sarah Kahn, David Rakel. Role: Co-Investigator (2008-2009).

Health Watch Wisconsin. Project by ABC for Health funded by the Wisconsin Partnership for a Healthy Future.

This is a multi-tiered statewide implementation and quality improvement project to support expanded access to health care for uninsured and under-insured, aimed at enhancing individual counseling, legal services, and health care access advocacy (\$448,000). Project Director: Bobby Peterson. Faculty partner: Bruce Barrett (2007-2010).

Placebo: Physician or Pill? A randomized trial in a common cold model 1-R01-AT-1428.

Principal Investigator B. Barrett; Co-investigators: J. Bobula, K. Bone, R. Brown, B. Chewing, D. L. DeMets, L. Marchand, D. Rabago, D. Rakel, and C. D. Ryff. Funded April 2003 to January 2007. (\$1,252,980) This is an R01 Grant funded by the National Center for Complementary and Alternative Medicine at the National Institutes of Health Responding to RFA: "The Placebo Effect in Clinical Practice" Role: Principal Investigator (2003-2007)

Measuring the minimal important difference: Assessing patient-oriented outcomes in a common cold model. (2003-2007)
Robert Wood Johnson Generalist Physician Faculty Scholars Program. Funded July 2003 - June 2007 (\$299,945).

Role: PI

K23 Career Development Award AT00051-01. Barrett (09/30/99-08/31/03) (\$538,920)

National Center for Complementary and Alternative Medicine, National Institutes of Health Role: PI

Development and validation of the Wisconsin Upper Respiratory Symptom Survey (1999-2005)

The goal is to develop and validate an instrument to measure the severity and impact of the common cold.

Funded primarily through U.W.-Madison Medical School and Dept. Family Medicine start-up funds. Role: PI

Clinical Research Feasibility Funds (CReFF) Award 12/01/001-11/30/02

General Clinical Research Center, Medical School, UW-Madison (MO1 RR03186) (\$18,975)

Validation of the Wisconsin Upper Respiratory Symptom Survey Role: PI