

# Curriculum Vitae

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NAME: **Bruce Patrick Barrett**

DEGREES: **MD, PhD, MS**

TITLE: **Vice Chair for Research & Professor of Family Medicine & Community Health**

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## FORMAL EDUCATION:

### Undergraduate:

1984 B.S., Anthropology & Philosophy, University of Wisconsin - Madison

### Graduate Degrees:

1987 M.S., Anthropology (Biological & Physical Anthropology), UW-Madison

1992 Ph.D., Anthropology (Cultural & Medical Anthropology), UW-Madison

1999 M.S., Population Health Sciences (Epidemiology), UW-Madison

### Medical School:

1992 M.D., School of Medicine, UW-Madison

### Post-Graduate Training:

1993-94 International Health & Child Survival, Post-doctoral research fellowship sponsored by Johns Hopkins University, placed in Guatemala

1994-97 Eau Claire Family Practice Residency, Administered by Department of Family Medicine, UW-Madison School of Medicine

1997-99 Primary Care Research Fellowship, National Research Service Award T32 postdoctoral research training program at the UW-Madison Dept of Family Medicine

## POSITIONS HELD:

### Faculty Appointments:

1993-94 Health and Child Survival Fellow and Research Associate International Health Program, Johns Hopkins University, School of Hygiene and Public Health based in Guatemala at INCAP, the Nutrition Institute for Central America and Panama (World Health Organization Research Institute)

1997-99 Clinical Instructor, UW-Madison, Department of Family Medicine

- 1999-2005     Assistant Professor, UW-Madison, Department of Family Medicine
- 2006-13       Associate Professor, UW-Madison, Department of Family Medicine
- 2013-present   Professor - UW-Madison, Department of Family Medicine & Community Health  
Joint appointment in Departments of Population Health and Anthropology
- 2019-present   Vice Chair for Research, Department of Family Medicine & Community Health

**Other Professional Appointments:**

- 1995-97        Emergency Physician, Wisconsin Rural Health Cooperative, and  
National Emergency Services
- 1997-99        Immediate Care Physician, Physicians Plus, Madison, Wisconsin  
Primary Care Physician, Madison Community Health Center, Madison, Wisconsin
- 1999-present   Primary Care Physician & Family Medicine Resident Supervisor, U.W. Health  
Verona Family Medicine Clinic, Verona, Wisconsin

**HONORS AND AWARDS:**

- 1982-83        Dean's List, University of Wisconsin – Madison
- 1984            Graduation with Distinction, UW - Madison
- 1984-85        All-University Fellowship, UW - Madison
- 1988            Medical School Student Leadership Award, UW-Madison Medical School
- 1996            Best Resident Research Paper, W. Scheckler Award, UW-Madison Family Medicine
- 2001            Backyard Hero Award for Community Service. Community Shares of Wisconsin
- 2003-07        Robert Wood Johnson Foundation Generalist Physician Faculty Scholars
- 2004            Second place award for original research, American Academy of Family Physicians
- 2004            Faculty Excellence Award for Research, UW-Madison Family Medicine
- 2005            Article in *Medical Decision Making* highlighted with two positive editorials
- 2006            W. Scheckler Prize for Best Faculty Publication UW-Madison Family Medicine
- 2006            British Medical Journal – top 10% of peer reviewers
- 2007-present   America's Top Doctors – Castle Connolly, U.S. News & World Report, and  
Consumers Research Council of America
- 2009-present   Marquis Who's Who in America
- 2012            W. Scheckler Award Outstanding Research Publication, U.W. Family Medicine
- 2013            Honorable Mention, Society of Teachers of Family Medicine, Best Research Paper
- 2014            Osler Scholar Visiting Professor – University of Texas Medical Branch, Galveston
- 2016-18        Leading Physicians of the World, International Association of HealthCare  
Professionals
- 2018-present   America's Most Honored Doctors – The American Registry
- 2017            UW Post-Doctoral Association Mentoring Award
- 2018            Albert Nelson Marquis Lifetime Achievement Award
- 2018            Patterson/Doherty Award for Activism

## Other Experience and Professional Service:

1982	University of Warwick, Coventry, England, Exchange Student in Philosophy
1986-1992	Board Member, President <i>Medical Aid to Central America</i>
1988-present	Steering Committee, Madison Chapter <i>Physicians for Social Responsibility</i>
2000-2004	President, Madison Chapter, <i>Physicians for Social Responsibility</i>
2000-present	Member, <i>Physicians for a National Health Plan</i>
2001-2005	Member, Editorial Board, <i>Alternative Medicine Research Review</i>
2001-2010	Member, Advisory Board, <i>American Botanical Council</i>
2002- 2010	Member, <i>GRIN – General practice Respiratory Infection Network</i> . Europe.
2002-2012	Member, Editorial Board, <i>Tarascon Pharmacopoeia</i>
2002-2014	Member, Editorial Board, <i>Focus on Alternative and Complementary Therapies</i>
2005-2012	Member, Advisory Board, <i>Medical Aid to East Timor</i>
2004-2008	Participant in assessment of physician practicing alternative methods
2004-2006	Member, Environmental Health Capacity Building, WI Health & Family Services
2005-2012	Primary Care Conference Committee, U.W. Continuing Medical Education
2005-2015	Medical Advisory Board, <i>Madison Rafah Sister City Association</i>
2005-present	Contributing author, <i>Cochrane Collaboration</i>
2005-2009	Member, External Advisory Committee, <i>Iowa Botanical Center</i> Iowa State University, Ames IA
2005-2010	Advisor/faculty partner on HealthWatch Wisconsin, an ABC for Health Project Executive Committee & Governing Council, HealthWatch Wisconsin
2006-2012	Member, U.W. Madison Institutional Review Board Human Subjects Committee
2006-present	UW-Madison, Department of Family Medicine: Executive Committee, Research Committee, Finance Committee (2006-2010), Promotions & Mentoring Committee
2007-present	Director – UW-Madison, Primary Care Research Fellowship (T32 National Research Service Award) Health Resources and Services Administration (Associate director 2015-19 with David Rabago as Director)
2008-2015	Patient Provider Encounter Advisory Committee, Sonderegger Research Center, UW-Madison, Institute for Clinical and Translational Research
2009-present	Affiliate Faculty, Institute on Aging, UW-Madison
2010-2014	Member, Data and Safety Monitoring Committee: Mindfulness Meditation for Health. Principal Investigator is Aleksandra Zgierska, MD, PhD
2011-2018	Director, UW-Madison, Complementary and Integrative Health Research Fellowship (T32 National Research Service Award from NIH NCCIH)
2012-present	Faculty Senator, Senate District 103, University of Wisconsin – Madison
2013-2014	UW-Madison Faculty Senate, Ad hoc Committee on Climate Change
2012-2017	Data monitor – Nasal saline & xylitol for Gulf War Illness, David Rabago MD
2013-2017	Advisor – Moravian Diabetes Clinic, Bluefields, Nicaragua
2013-present	Advisor - Advancing Health Equity and Diversity (AHEAD), a project within the UW-Madison Institute for Clinical and Translational Research
2016-present	Faculty mentor for UW Department of Obstetrics & Gynecology T32 Health Disparities Research Scholars Program (PI: Deb Ehrenthal, Ian Bird, Gloria Sarto)
2016-present	Founder – Green Team, UW-Madison Department Family Medicine and Community Health
2017-present	Safety Officer - R21AG053738 - Diet and Exercise Trial to Improve Insulin Resistance, Increase Cerebral Blood Flow, Alter Metabolomic Biomarkers, and Decrease Alzheimer's Disease Risk; Principal Investigator is Barbara Bendlin PhD
2018-2019	Tenure Track Promotions Committee for Professor rank, U.W. School of Medicine and Public Health
2018-present	Affiliate faculty Masters of Public Health Program, UW Madison SMPH

- 2019-present Science Advisory Team - Wisconsin Climate and Health Program, Wisconsin Department of Health Services
- 2019-present Advisory committee for Wisconsin Health Professionals for Climate Action
- 2020 National Academy of Medicine – Climate Change and Health Care panelist
- 2020-2021 Mind and Life - Summer Research Institute Conference Planning Committee
- 2021 UW SMPH Clinical Trials Community of Practice Steering Committee
- 2021 Fossil fuels divestment and carbon footprint procurement resolution. Sponsor. Passed UW-Madison Faculty Senate by vote of 149 to 13 March 1<sup>st</sup>.

## LICENSING & CERTIFICATION:

- 1995-present State of Wisconsin Medical License
- 1995-present Drug Enforcement Administration Certification
- 1997-2002 Certification in Advanced Cardiac Life Support
- 1997- present Physician admitting privileges at University of Wisconsin Hospital & Clinics and St. Mary’s Hospital, Madison Wisconsin
- 1998- present Family Practice Board Certification

## GRANTS AND MONETRY AWARDS:

- 2022-28 Nasal Steroids, Irrigation, Oral Antibiotics, and Subgroup Targeting for Effective Management of Sinusitis. The \$23 million NOSES multi-site randomized trial is funded by the Patient-Centered Outcomes Research Institute (PCORI), and will assess the efficacy of oral antibiotics and steroid nasal sprays in patients with acute sinusitis. The study will also seek to identify patient subgroups that might benefit the most from oral antibiotics versus nasal sprays. Role: co-investigator and site PI. Overall PI is Daniel Merenstein, Georgetown.
- 2006-26 T32 Primary Care Research Fellowship. Health Resources and Services Administration (HRSA). Ruth L. Kirschstein National Research Service Award (NRSA) T32HP10010. Funds six post-graduate research fellowship positions (\$2,512,941). Role: PI & Director 2006-2015 and 2019-present (Associate Director 2016-2019 with David Rabago as Director).
- 2016-23 Strategies to Assist with Management of Pain (STAMP) is a \$9.4M multi-site comparative effectiveness randomized trial comparing mindfulness meditation to cognitive behavioral therapy for opioid-treated chronic low back pain. Funded by the Patient-Centered Outcomes Research Institute (PCORI) HSPR20164146 Role: Co-Principal Investigator (Dual PI). Alexandra Zgierska MD PhD is the original Principal Investigator.
- 2022-26 K99R00 AG076966 Funded by NIH NIA - Improving Access to Alzheimer's disease and Related Dementias care services for Latinx individuals at Community Health Clinics. A multiphase mixed methods study. First year budget: \$136,350 PI: Maria Mora Pinzon. Role: Mentor
- 2022-24 Susan Andreae BIRCWH research career award. Building Interdisciplinary Research Careers in Women’s Health. Scholars Program at the University of Wisconsin-Madison (PIs: Burnside E, Mailick M, Steege L). Role: Mentor

- 2018-23 R01AA024150-01A1 Funded by NIH - National Institute on Alcohol Abuse and Alcoholism. Integrating mHealth for Alcohol Use Disorders into Clinical Practice. \$701,043/first year. Role: Co-Investigator. Andrew Quanbeck PhD, Principal Investigator
- 2020-25 K23AT010879 Funded by NCCIH - National Center for Complementary and Integrative Health. Mindfulness training delivered via mobile health to reduce depression and anxiety. \$314,834 Role: Mentor. Simon Goldberg, Principal Investigator.
- 2019-24 5K01MH117222 Funded by NIMH – National Institute of Mental Health. Neurobiological mechanisms of perceived stress and their modification through behavioral intervention. \$392,367 Role: Mentor. Dan Grupe, Principal Investigator.
- 2018-23 EAST-PC (Enhancing Antibiotic Stewardship in Primary Care). Funded by Agency for Healthcare Research and Quality R01HS025584 \$495,841 first year. Role: Co-Investigator & Site leader. PI = Mark Ebell, University of Georgia
- 2019-20 Mindful Climate Action: Qualitative Interviews & Video Production, Summer 2019. University of Wisconsin Department of Family Medicine & Community Health Small Grant (\$7,500). Role: Principal Investigator.
- 2016-17 Mindfulness Based Stress Reduction for Family Medicine Resident Physicians  
The goals of the project are to reduce burnout & stress and increase resiliency & mindful awareness among family medicine residents (\$10,000).  
Role: Faculty Sponsor. Vincent Minichiello MD is Principal Investigator
- 2015-17 Physical Activity, Depression and Brain Imaging in Adults at Risk for Alzheimer’s Disease. ICTR KL2 research career development awarded to Elisa Torres, RN, PhD. UW-Madison School of Nursing. (\$183,167). This study is aimed at identifying areas of the brain implicated in depression that are potentially affected by physical activity, decreasing the risk for Alzheimer’s disease. Role: Mentor
- 2014-17 Refining and validating a young children’s version of the Wisconsin Upper Respiratory Symptom Survey (WURSS-Kids). This study aims to refine and assess validity of this health-related quality-of-life questionnaire instrument aimed at assessing the symptomatic and functional impact of the common cold in children. (\$26,500) Role: Faculty Sponsor. Supriya Hayer MD is Principal Investigator
- 2014-16 An individually tailored yoga program for the treatment of chronic neck and back pain in a low-income population: A feasibility study. The purpose of this study is to determine the feasibility of an individually tailored yoga program for the treatment of chronic neck and back pain in a low-income population. (\$12,500).  
Role: Faculty Sponsor. Adrienne Hampton MD is Principal Investigator
- 2014-16 Mindfulness and Black Women: What’s Cultural Relevance Got to Do with It? University of Wisconsin Department of Family Medicine & Community Health Small Grant (\$5,700). Angela R. Black PhD – Principal Investigator. Faculty Sponsor: Bruce Barrett MD PhD.

- 2014-15 Mindful Climate Action. Protocol development grant (\$25,000) from UW-Madison Office of Sustainability Climate Quest program. Role: Principal Investigator
- 2014 Exploring the Feasibility and Acceptability of a Condensed Mindfulness Curriculum for African American Women: A Pilot Study. Funded by Advancing Health Equity and Diversity (AHEAD) research pilot award; AHEAD awards are co-sponsored by the ICTR Research Education and Career Development core and the ICTR Collaborative Center for Health Equity (CCHE). (\$10,000) Angela R Black, PhD, UW Family Medicine Complementary and Alternative Medicine Research Fellow. Faculty Sponsor: Bruce Barrett, Collaborators: UW SMPH; Natalie Watson, University of Illinois; Chris Smith, Bob Gillespie, UW Hospital & Clinics.
- 2012-17 Meditation or Exercise for Preventing Acute Respiratory Infection (MEPARI-2). The primary goal of this project is to determine whether behavioral training in mindfulness meditation or moderate intensity sustained exercise can lead to reductions in acute respiratory infection illness. ClinicalTrials.gov NCT01654289. NIH/NCCAM (\$3,659,259) R01AT006970 Role: Principal Investigator
- 2012-17 Midcareer Investigator Award in Patient-Oriented Research supports: 1) research career development, and 2) mentoring to promising young researchers with interest in complementary and integrative health (\$818,452) NIH/NCCIH K24AT006543 Role: Principal Investigator
- 2012-13 Herbal Medicine Use by Latinos in Madison. The study investigated herbal medicine use and knowledge in the Latino population of Madison, using focus groups and individual semi-structured interviews. Small Grant (\$4400). Role: Faculty Sponsor. David Kiefer MD was Principal Investigator.
- 2012-13 Frequency of bacteria co-infection in participants with acute respiratory infections. This study evaluated the frequency of detectable pathogenic bacteria and the relationship between viral and bacterial detection with symptom severity in the nasopharynx of participants with ARI illness. Small Grant (\$4500). Role: Faculty Sponsor. Chidi Obasi MD was Principal Investigator.
- 2011-16 Complementary and Integrative Health Research (CIHR) training program. The CIHR fellowship provides research training to both predoctoral and postdoctoral fellows and is funded by a Ruth L. Kirschstein T32 National Research Service Award from the National Center for Complementary and Integrative Health (NIH/NCCIH T32AT006956; \$1,386,540). Role: Director, PI
- 2009-11 Meditation and Exercise for Prevention of Acute Respiratory Infection (MEPARI). ClinicalTrials.gov Identifier: NCT01057771 NIH/NCCAM 1R01AT004313 (\$1,174,269) The goal of this project was to determine whether mind-body practices such as meditation or exercise can enhance the bio-immune response to flu shots, and, ultimately, reduce the public health burden of acute respiratory infection, including influenza. Role: Principal Investigator.
- 2008-11 Primary 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 fellowship positions for up to \$400,000 per year. Role: Principal Investigator, Fellowship Director

- 2008-09 Feasibility study of teaching mindfulness meditation to obese women to improve behaviors regarding eating and exercise. Funded by the University of Wisconsin Institute for Clinical and Translational Research, supported by a Clinical and Translational Science Award from NIH (\$45,662). Role: Co-Investigator with Co-Principal Investigators Sarah Kahn and David Rakel
- 2007-11 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). Role: Faculty partner. Bobby Peterson was Project Director
- 2003-07 Placebo: Physician or Pill? A randomized trial in a common cold model. NIH NCCAM R01 Grant no. 1-R01-AT-1428 (\$1,245,618). 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." This research project looked at placebo effects from both pills and doctor-patient interaction, as well as specific effects of the herbal medicine echinacea. ClinicalTrials.gov identifier: NCT00065715 Role: Principal Investigator.
- 2003-07 Measuring the minimal important difference: Assessing patient-oriented outcomes in a common cold model. (\$299,910). Robert Wood Johnson Generalist Physician Faculty Scholars Program. Role: Principal Investigator
- 2003-05 Tenure Track Faculty Start-up Research Funds. University of Wisconsin Medical School & Graduate School, University of Wisconsin Department of Family Medicine (\$60,000). Unrestricted funds
- 2003 Determining the use of and need for culturally traditional healthcare in Madison's Hispanic community. (\$5,000) Wisconsin/Hilldale Undergraduate/Faculty Award Role: Advisor, in conjunction with Patricia Téllez-Girón MD and David Rakel MD Student Investigator Benjamin Schumaker.
- 2001-02 Development and validation of the Wisconsin Upper Respiratory Symptom Survey (WURSS). Supported by Start-up funds and Clinical Research Feasibility Funds (CreFF) Award (MO1 RR03186) General Clinical Research Center, University of Wisconsin Medical School (\$18,975). Role: Principal Investigator
- 2000-02 Clinical Faculty Start up Research Funds, University of Wisconsin Medical School, Madison, Wisconsin, (\$40,000). Unrestricted funds.
- 1999-03 Mentored Patient-Oriented Research Career Development Award (K23) AT00051-01 National Center for Complementary and Alternative Medicine, National Institutes of Health (\$538,920). Role: Principal Investigator
- 1998 Echinacea for respiratory infection: A randomized double-blind community trial. Supported by Shaklee Technica (\$73,658). Role: Principal Investigator
- 1998 Echinacea for Respiratory Infection: A randomized double-blind community trial.

- University of Wisconsin Department of Family Medicine (\$3,880). Role: Principal Investigator
- 1997-98 Alternative medicine in Madison: A qualitative study. University of Wisconsin Department of Family Medicine (\$4,000). Role: Principal Investigator
- 1996-99 Vietnam High Plateau Primary Health Care and Economic Development Program Grant written by Judith Ladinsky & Nancy Volk, United States Committee for Scientific Cooperation with Vietnam. Program funded and re-funded to train/supply/supervise village health workers in 21 villages in Dak Lak Province, Vietnam (>\$100,000). Role: Co-investigator
- 1995 Hmong/Medicine Interactions: Culture and Health Care in Eau Claire, University of Wisconsin Department of Family Medicine Small Research Grant (\$4,000). Role: Principal Investigator
- 1993-94 Johns Hopkins University Health and Child Survival Fellowship. Role: Research Associate & International Health Fellow 3/93-2/94 (>\$100,000)
- 1992 UW-Madison Department of Anthropology Grant for NAPRALERT database search (\$750) NAPRALERT internal support for search (\$5,196). Medicinal plant and ethnopharmacology study. Role: Principal Investigator
- 1991 Medical anthropology and ethnobotany in southeastern Nicaragua. UW-Madison Latin American and Iberian Studies Field Research Grant (\$2,047). Role: Principal Investigator
- 1989 Health care development in southeastern Nicaragua. Inter-American Foundation Doctoral Research Grant (\$13,575). Role: Principal Investigator
- 1988 Medical anthropology in the southern Atlantic autonomous region of Nicaragua. National Fund for Medical Education Research Grant (\$5,106). Role: Principal Investigator
- 1988 UW-Madison Vilas Travel Grant (\$1,200). Role: Principal Investigator
- 1988 Health care utilization in Bluefields, Nicaragua. Institute for Intercultural Studies Grant (\$1,000). Role: Principal Investigator
- 1987 UW-Madison Medical School, Summer Student Research Grant (\$1,120) MD-PhD Program. Role: Principal Investigator
- 1987 Medical anthropology in Zelaya Sur, Nicaragua. Institute for Intercultural Studies Foundation started by Margaret Meade (\$1,000). Role: Principal Investigator
- 1984-85 All-University Fellowship. UW-Madison Graduate School. (\$7,600)



## PUBLICATIONS:

### Peer reviewed publications

- Woods, D.K., N. Hua, A.E. R.P. Lennon, C. Sundarum, C.A. Burzinski, B. Barrett, R. Edwards, E. Garland, A.E. Zgierska, Adults with opioid-treated chronic low back pain: Qualitative analysis of the opioid medication impact. Accepted 22 Jan 2023 *Journal of Pain Management*.
- Kim B.R., Grabow M.L., Walters S., Rateike S., Hitchcock M., and Barrett B. Imagining Eco-Wellness: A scoping review of interventions aimed at changing individual behaviors to promote both personal health and environmental sustainability. Accepted by *Wisconsin Medical Journal* 21Nov2022
- Temte, Jonathan L, Bruce Barrett, Rodney Erickson, Cristalyne Bell. Developing a Research Agenda on Climate Change and Health in Primary Care. *Family Practice* 3 December 2022  
<https://doi.org/10.1093/fampra/cmab130>
- Riordan, Kevin M., Donal MacCoom, Bruce Barrett, Melissa Rosenkranz, Dekila Chungyalpa, Sin U Lam, Richard J. Davidson, & Simon B. Goldberg. Does meditation training impact environmental behaviors? A cross-sectional comparison and a randomized controlled trial. *Journal of Environmental Psychology* Vol. 8, 2022, <https://doi.org/10.1016/j.jenvp.2022.101900>
- Barrett B. Health and Sustainability Co-Benefits of Eating Behaviors: Towards a Science of Dietary Eco-Wellness. *Preventive Medicine Reports* Vol.28, 2022. <https://doi.org/10.1016/j.pmedr.2022.101878>
- Yuanyuan Wang; Zehui He; Simin Chen; Yuntao Liu; Fang Li; Bruce Barrett; Zhongde Zhang; Cecilia Stålsby Lundborg; Guobin Su. Validation of the Wisconsin Upper Respiratory Symptom Survey-24, Chinese version. *Annals of Medicine*. 54(1):655-665, 2022.
- Li, Y., Y. Kong, M. H. Ebell, L. Martinez, X. Cai, R. P. Lennon, D. M. Tarn, A. G. Mainous, A. E. Zgierska, B. Barrett. "Development and Validation of a Two-Step Predictive Risk Stratification Model for Coronavirus Disease 2019 In-hospital Mortality: A Multicenter Retrospective Cohort Study." *Frontiers in Medicine* 9, 2022.
- Park, L. S., M.-Y. Chih, C. Stephenson, N. Schumacher, R. Brown, D. Gustafson, B. Barrett, A. Quanbeck. "Testing an mHealth System for Individuals With Mild to Moderate Alcohol Use Disorders: Protocol for a Type 1 Hybrid Effectiveness-Implementation Trial." *JMIR Research Protocols* 11(2): e31109, 2022.
- Wang, Y., Z. He, S. Chen, Y. Liu, F. Li, B. Barrett, Z. Zhang, G. Su and C. Stålsby Lundborg. "Validation of the Wisconsin upper respiratory symptom survey-24, Chinese version." *Annals of Medicine* 54(1): 655-665, 2022.
- Zgierska AE, Burzinski CA, Garland E, Lennon RP, Jamison R, Nakamura Y, Barrett B, Sehgal N, Mirgain SA, Singles JM, Cowan P, Woods D, Edwards RR. Mindfulness-based therapy compared to cognitive behavioral therapy for opioid-treated chronic low back pain: protocol for a pragmatic randomized controlled trial. *Contemporary Clinical Trials*, 110 (2021) [106548](https://doi.org/10.1016/j.cct.2021.106548)
- Schmit, Kathryn M, R Brown, S Hayer, MM Checovich, JE Gern, ER Wald, B Barrett. Wisconsin Upper Respiratory Symptom. Survey for Kids: Validation of an Illness-specific Quality of Life Instrument. *Pediatric Research*. 2021 Feb 24. <https://doi.org/10.1038/s41390-021-01395-9>

- Ebell MH, Xinyan Cai, Robert Lennon, Derjung M. Tarn, Arch G. Mainous III, Aleksandra E. Zgierska, Bruce Barrett, Wen-Jan Tuan, Kevin Maloy, Munish Goyal, Alex Krist. Development and Validation of the COVID-NoLab and COVID-SimpleLab Risk Scores for Prognosis in 6 US Health Systems. *Journal of the American Board of Family Medicine*. February 2021 (v34/s1, ahead-of-print). [https://www.jabfm.org/sites/default/files/COVID\\_20-0464.pdf](https://www.jabfm.org/sites/default/files/COVID_20-0464.pdf)
- Converse AK, Barrett BB, Chewning BA, Wayne PM. Tai Chi training for attention deficit hyperactivity disorder: A feasibility trial in college students. *Complementary Therapies in Medicine*. Sept 2020. <https://doi.org/10.1016/j.ctim.2020.102538>
- Barrett B, Harden C, Brown R, Coe C, Irwin M. Mindfulness meditation and exercise both improve sleep quality among adults without known sleep problems: Secondary analysis of a randomized controlled trial of community dwelling adults. *Sleep Health: Journal of the National Sleep Foundation*, May 2020. [doi.org/10.1016/j.sleh.2020.04.003](https://doi.org/10.1016/j.sleh.2020.04.003)
- Goldstein, Ellen; Flowers Benton, Susan; Barrett, Bruce. Health Risk Behaviors and Resilience among Low-Income, Black Primary Care Patients: Qualitative findings from a trauma-informed primary care intervention study. *Family Community Health* 43(3):187-199, Jul/Sep 2020; [doi: 10.1097/FCH.0000000000000260](https://doi.org/10.1097/FCH.0000000000000260)
- Minichiello V, Hayer S, MD, Gillespie R, Goss M, Barrett B. Developing a mindfulness skills-based training program for resident physicians. *Family Medicine* 52(1) 48-52, 2020.
- Hampton A, Temte E, Barrett B. Individually tailored yoga for chronic neck or back pain in a low-income population: A pilot study. *International Journal of Yoga*. Volume 13, Issue 1, January-April 2020.
- Sorkin B, Kuszak A, Fukagawa N, Hoffmann F, Jafari M, Barrett B, et al. Improving Natural Product Research Translation: from Source to Clinical Trial. *FASEB Journal*. 34:41-65, January 2020.
- Bryan T, Hicks A, Barrett B, Middlecamp C. An Environmental Impact Calculator for 24-h Diet Recalls. *Sustainability*. 11(23), 6866; December 3, 2019. <https://doi.org/10.3390/su11236866>
- Meyer J, Hayney M, Coe C, Ninos C, Barrett B. Differential Reduction of IP-10 and C-Reactive Protein Via Aerobic Exercise or Mindfulness-Based Stress-Reduction Training in a Large Randomized Controlled Trial. *Journal of Sport and Exercise Psychology*. April 26, 2019.
- Barrett B, Torres ER, Meyer J, Barnet J, Brown R. Predictors of sustained adherence to exercise and meditation practice, from MEPARI-2, a randomized controlled trial. *Mindfulness*. March 28, 2019.
- McClintock AS, R Brown, CL Coe, AE Zgierska, B Barrett. Mindfulness Practice and Stress Following Mindfulness-Based Stress Reduction: Examining Within-Person Associations with Latent Curve Modeling. *Mindfulness*. December 2018.
- Barrett B, Muller D, Hayer S, Ewers T, Chase J, Brown R. Feeling Loved: A novel brief self-report health measure. *Explore: Journal of Science and Healing* Published online 1 September 2018.
- Barrett B, Hayney MS, Muller D, Rakel D, Brown R, Zgierska AE, Checovich MM, Barlow S, Hayer S, Barnet J, Torres ER, Coe CL. Meditation or exercise for preventing acute respiratory infection (MEPARI-2): A randomized controlled trial. *PLOS ONE* 13(6): e0197778. <https://doi.org/10.1371/journal.pone.0197778>. PMID: PMC6014660

- Xie Yaoguo, Zhang Zhengjun, Paul J Rathouz, Bruce Barrett. Multivariate semi-continuous proportionally constrained two-part fixed effects models and applications. *Statistical Methods in Medical Research* October 2018. <https://doi.org/10.1177/0962280218807730>
- Meyer Jacob D., Torres, Elisa R., Grabow, Maggie L., Zgierska, Aleksandra E., Teng, Hao Yang, Coe, Christopher L., Barrett, Bruce P. Benefits of 8-wk Mindfulness-based Stress Reduction or Aerobic Training on Seasonal Declines in Physical Activity. *Med. Sci. Sports Exerc.* 2018, 50(9): 1850–1858. PMID: PMC6130204
- Stiles MM, Barrett B, Beasley JW. METRICS for Metrics. *Wisconsin Medical Journal* Vol 117 (3), 2018.
- Grabow, M.; Bryan, T.; Checovich, M.M.; Converse, A.K.; Middlecamp, C.; Mooney, M.; Torres, E.R.; Younkin, S.G.; Barrett, B. Mindfulness and Climate Change Action: A Feasibility Study. *Sustainability* 2018, 10, 1508.
- Goldstein Ellen, James Topitzes, Roger L. Brown, Bruce Barrett, MD. Mediation Pathways of Mindfulness and Exercise on Mental Health and Perceived Stress: A Randomized Controlled Trial. *Journal of Health Psychology*. May 2018. <https://doi.org/10.1177/1359105318772608>.
- Hayney M. S., Henriquez K. M., Barnet J. H., Ewers T., Champion H. M., Flannery S., and Barrett B.. Serum IFN-gamma-induced protein 10 (IP-10) as a biomarker for severity of acute respiratory infection in healthy adults. *J Clin Virol.* 90:32-37, 2017. PMID: PMC5408957
- Chen Chen, Bruce Barrett and Kristine L. Kwekkeboom. Efficacy of oral ginger (*Zingiber officinale*) for dysmenorrhea: A systematic review and meta-analysis. *Evidence-Based Complementary and Alternative Medicine* 2016:6295737. doi: 10.1155/2016/6295737. Review. PMID: 27274753; PMID: PMC4871956.
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### **Dissertation**

*The Syringe and the Rooster Dance: Medical Anthropology on Nicaragua's Atlantic Coast.* Anthropology, University of Wisconsin-Madison, 1992.

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*Black and White in a Green Land: Dialectics of Health in Nicaragua.* University of Wisconsin-Madison, Department of Anthropology 1986.

### **Unpublished papers**

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### **RESEARCH**

2014-present

Mindful Climate Action (MCA) is a behavioral change research program that aims to motivate and empower individuals to change behaviors that will improve mental and physical health while also supporting sustainability and reducing carbon footprint. The group medical visit version is known as Mindful Eco-Wellness: Steps to Healthier Living. The initial MCA project underwent pilot-testing with qualitative methods to refine a mindfulness-based behavior change program. We have applied for NIH funding to adapt for use in minority and

under-represented communities, and to implement a pilot randomized controlled trial. Preliminary data will position us to apply for external funding (federal and private foundation) to refine, expand, and rigorously test this behavioral health program. Related publications available at: <https://www.fammed.wisc.edu/mca/>

- 2016-2017 Fruit and Vegetable or Recreation Prescriptions for UW-Madison Students (FAVORx). Maggie Grabow (Koszewski), PhD, MPH – Co-Investigator; Bruce Barrett – Co-Investigator/ faculty support. This research will use randomized controlled trial (RCT) methodology to assess the feasibility of a prescription for fruit/vegetable CSA shares or exercise by bikeshare on obesity-related outcomes. Three cohorts of n=10 University of Wisconsin-Madison (UW) students (total 30) will be randomized to three groups: (1) a 10-week fruit and vegetable community supported agriculture (CSA) share prescription program with vegetable education and cooking support from UW Slow Food; (2) a 10-week Madison B-cycle bikeshare membership prescription program with exercise support or (3) a non-interventional wait-list control group. The primary outcome will be change in Body Mass Index (BMI) (a measure of obesity using a person's weight in kilograms divided by his or her height in meters squared). Secondary outcomes will be fasting lipids, blood pressure, and glycated hemoglobin (HGA1c) levels.
- 2009-2018 Meditation or Exercise for Prevention of Respiratory Infection (MEPARI & MEPARI-2). Two NIH R01-funded randomized controlled trials testing mindfulness meditation vs. exercise vs. observational control for boosting immunity and preventing acute respiratory infection. Funded by National Center for Complementary and Integrative Health at NIH. We are currently analyzing data from n=412 MEPARI-2 participants, with six results papers in progress, and have not yet decided whether to seek funding for a MEPARI-3 trial.
- 2000- present Development and validation of the Wisconsin Upper Respiratory Symptom Survey (WURSS), the world's premier illness-specific quality-of-life outcomes instrument for measuring symptomatic and functional impact of acute upper respiratory infection (colds and flu). See user list below. WURSS can be viewed or downloaded at: <http://www.fammed.wisc.edu/research/external-funded/wurss>
- 2003-present Medical decision-making improvement using benefit harm trade-off (BHTO) methods to assess sufficiently important difference (SID) (aka. smallest worthwhile effect). This work uses a patient-oriented and evidence-informed methodology for assessing and communicating clinical significance. First supported by the Robert Wood Johnson Foundation Generalist Physician Scholars Program. Several research groups around the world have based research projects on SID theory and the BHTO methodology.
- 2000-15 Systematic reviews of randomized trials of complementary and alternative therapies for the common cold (zinc, vitamin C, echinacea). Echinacea results published as Cochrane reviews and in other journals. Summary of second Cochrane review published in *JAMA*. Results of reviews of zinc and vitamin C incorporated in book chapters but not published separately.
- 2003-08 Understanding the placebo effect. Mind body interactions are central to my work. The most important research project was a 716-person randomized trial funded as an R01 by NIH-NCCAM: "Placebo, physician or pill? A randomized trial in a

- common cold model.” This trial tested effects of blinded and unblinded echinacea and placebo, and using a factorial design also tested standard versus enhanced patient-oriented doctor-patient interaction among community-recruited participants with new onset acute respiratory infection illness episodes.
- 2005-08 Associations between betel nut (*Areca catechu*) and symptoms of schizophrenia in Nepal. U.W. medical student and Fulbright scholar Alicia Bales wrote the protocol and then coordinated the study in Nepal. Results in *Psychiatry Research*. Role: Faculty advisor and official PI for IRB and regulatory purposes.
- 2005-07 Survey of experts, faculty, and resident physicians regarding evidence of benefit of common cold treatments. A list of 150 “experts,” (i.e. people who have published significantly in this field) was compiled, and an on-line survey administered. Results were published in *Wisconsin Medical Journal* 2007.
- 2003-05 Effects of taurine and caffeine (in amounts identical to those in the popular soft drink Red Bull) for effects on short-term learning and memory. This project was designed and carried out by UW-Madison students under the supervision of Michelle Harris, Associate Faculty in Zoology. Resulting article published in *Amino Acids*. Role: Faculty advisor and PI for IRB and regulatory purposes.
- 1999-2001 A multi-disciplinary interview-based qualitative study of complementary and alternative practitioners in the Madison area. Completed and published. Role: Principal Investigator
- 1998-2000 Echinacea for respiratory infection: A randomized blinded community trial. Completed and published. Role Principal Investigator
- 1998-2000 Alternative medicine in Madison – A multi-disciplinary qualitative research project interviewing patients and practitioners of complementary medicine. Completed and published. Role: Principal Investigator
- 1996-97 Hmong/Medicine interactions: Culture and health care in Eau Claire, Wisconsin, Qualitative study: Hmong patients and their health care providers. Completed and published. Role: Principal Investigator
- 1993 Associate investigator, *Instituto de Nutrición de Centro América y Panamá* (World Health Organization) Various Projects in Guatemala and El Salvador (ten months).
- 1991 Fieldwork in Nicaragua (six weeks): Collection of medicinal plant botanical specimens.
- 1989-90 Fieldwork in Nicaragua (ten months): Anthropology PhD, Health care development, including 800-household, five-community survey.
- 1988 Fieldwork in Nicaragua (five months): Ethnobotany on the Atlantic coast of Nicaragua working with Ministry of Health, Bluefields, Nicaragua.
- 1987 Fieldwork in Nicaragua (one month): MS thesis - “Health care development.”

Development and validation of the Wisconsin Upper Respiratory Symptom Survey (WURSS) illness-specific quality-of-life outcomes instrument began in 1998 when designing my first echinacea trial, while I was a Masters student in the U.W. Population Health Sciences graduate program. Now WURSS comes in 5 versions (WURSS-11, WURSS-21, WURSS-24, WURSS-44, and WURSS-Kids), and in 16 foreign languages (<http://www.fammed.wisc.edu/wurss>). Copyrights are held by the Wisconsin Alumni Research Foundation (WARF), which licenses WURSS for commercial applications; nonprofit and educational use is free of charge. WURSS is listed in questionnaire outcome instrument databases including Health and Psychosocial Instruments (HAPI) and QOLID/PROQOLID - MAPI Research Trust. Development, validation and dissemination of WURSS served as the model for WISCOL, a kidney stone quality of life instrument developed by the UW-Madison Department of Urology. As of 2021, when we stopped counting, investigators in >400 institutions in 58 countries had registered intended use of one or more versions of WURSS.

### Future Research Directions

Mindful Climate Action is a multidisciplinary plan to develop, test, refine and disseminate a mindfulness-based climate change education program that will motivate people to substantively reduce their carbon footprints, contributing to climate change mitigation. Pilot testing began in January 2017. Research proposals have been submitted; others are planned.

Mindful eco-wellness for health-enhancement and carbon footprint reduction. Numerous studies suggest that mindfulness-training can reduce the symptomatic load of depression, anxiety, chronic pain, and other conditions that impair healthy behaviors such as regular exercise and healthy eating. A six-week group medical visit program called “Mindful Eco-Wellness: Steps Towards Healthier Living” has been pilot tested and will be implemented among UW Health patients in Madison. Plans to obtain funding to assess outcomes properly are underway.

Benefit-harm trade-offs (BHTO) to assess sufficiently important difference (SID) and support evidence-informed patient-oriented medical decision-making. Working with a group of European researchers, a protocol to use BHTO methods to estimate SID in patients with depression is now underway (beginning fall 2022)

Older adults have relatively high rates of depressive symptoms and declines in eudaimonic well-being (EWB), defined as purposeful engagement with valued pursuits and relationships. A group health class promoting EWB has proven successful in two prospective but uncontrolled studies. We have proposed a randomized controlled trial as R01 to NIH to test this program properly.

### TEACHING

- |               |   |
|---------------|---|
| 2008- present | Dr. Barrett Directs the UW-Madison Primary Care Research Fellowship, a T32 Ruth L. Kirschstein National Research Service Award (NRSA) funded by the Health Resources and Services Administration (HRSA). Dr. Barrett teaches, mentors, and is responsible for the training of six post-doctoral research fellows. |
| 2016          | Bruce Barrett MD PhD & Nasia Safdar MD PhD, Co-Facilitators. Mentor Training sessions, National Research Mentoring Network, September to November   |

2004-present	Doctoral & Masters graduate committees. Dr. Barrett was primary advisor and committee chair for Chidi Obasi (PhD Clinical Investigation) and Sara Fleming (MS Population Health) and was member of dissertation committees for Chen Chen (PhD Nursing) and Yaoguo Xie (PhD Statistics).
2011-2016	Dr. Barrett directed the University of Wisconsin Complementary and Integrative Health Research (CIHR) Fellowship, a T32 Ruth L. Kirschstein National Research Service Award (NRSA) funded by the National Center for Complementary and Alternative Medicine (NCCAM). Dr. Barrett teaches, mentors, and is responsible for the training of up to five graduate and post-doctoral research fellows.
1999- present	Dr. Barrett has taught widely in many settings, including university lecture halls, hospitals and clinics, public schools, scholarly meetings, community settings, and continuing medical education conferences. Please see Presentation section of Curriculum Vitae.
1998- present	Outpatient primary care teaching. Dr. Barrett has done one-on-one supervision and teaching of family medicine resident physicians at the UW Health Verona clinic. Every year, three or four new residents arrive as interns, learning clinical medicine in a continuity of care setting. This regular teaching role has averaged at least four hours per week over these years.
1999-2007	Dr. Barrett was attending physician on the family medicine service at St. Mary's Hospital for at least two weeks each year. In this role, he was responsible for teaching and supervision of the in-patient service, which usually included three or four family medicine resident physicians and often a medical student.
2000-01	L. Marchand, B. Barrett, J. Scheder and D.Appelbaum's "Participant-Observation PDS (Patient Doctor and Society) Project" in which medical students were trained in participant observation and notation regarding patient-doctor interactions.
1994-97	Various talks, projects, and medical student and resident teaching within the Eau Claire Family Practice Residency, Eau Claire, Wisconsin.
1992	Summer Enrichment Program (Anthropology), University of Wisconsin, Madison, Wisconsin.
1990-91	Teaching Assistant: Organismal Biology, Fall 1990; Cellular Biology, Spring 1991, University of Wisconsin - Madison, Wisconsin.
1987	Teaching Assistant: Cellular Biology, Biocore Program, University of Wisconsin - Madison, Wisconsin.
1985	Teaching Assistant: Introductory Zoology, University of Wisconsin - Madison, Wisconsin.

## PRESENTATIONS

### Departmental

### UW Family Medicine and Community Health



2020-present	Sinusitis. Annual lecture to UW-Madison family medicine residents
2001- present	Complementary and alternative medicine. Annual lecture to UW-Madison family medicine residents.
2001- present	Upper respiratory infection. Annual lecture to UW-Madison family medicine resident physicians.
2001- present	Colds, coughs and allergy medications. Annual lecture to UW-Madison family medicine residents.
2022	Research Visioning Retreat. UW Arboretum Visitors Center. May 27.
2021	Research grants. Clinical health science scholars. March 10.
2021	Mentoring and being mentored. Research fellowship seminar. March 4.
2020	Acute respiratory infection with focus on COVID-19. Webinar for research fellows March 19 and again for family medicine residents March 27
2020	CVs, jobs, and introductions: An interactive discussion. Research fellowship seminar. February 13.
2019	Mentoring and career development. Research fellowship seminar. September 5.
2018	Responding to NIH grant proposal critiques. Research fellowship seminar. November 1.
2018	Grant writing. Research fellowship seminar. October 11.
2018	Mentoring and career development. Research fellowship seminar. September 27.
2017	Meditation or exercise for preventing acute respiratory infection (MEPARI-2) Fellowship symposium. December 12.
2017	Mentoring, advocacy, support. DFMCH Research Committee. March 13.
2017	Presenting oneself on CV and biosketch. Fellowship symposium. February 21
2016	Mentoring and career development. UW Family Medicine Research Fellowship. September 28.
2015	Feeling Loved: Validating a new self-report health measure. UW Family Medicine Research Fellowship. December 15
2015	Assessing health & testing hypotheses in human subject research. Medical student summer research clinical assistantship program. May 28
2014	Primary Care Conference: Global Warming, Climate Change, and Human Health. November 5.

- 2014 Thinking about primary care research: Examples from diabetes and depression. Medical student summer research clinical assistantship program. May 29
- 2014 Recruiting and monitoring research participants. March 31.
- 2014 Research Funding Sustainability 101. With Alex Adams MD, PhD. March 11
- 2014 Benefits, harms, evidence and patient-centered decision-making. UW Family Medicine Research Fellowship. January 24
- 2013 Meditation or Exercise for Preventing Acute Respiratory Infection: A Randomized Controlled Trial. UW Family Medicine Research Fellowship. November 1
- 2013 Primary care research: Agenda & methods. Medical student summer research clinical assistantship program. May 31
- 2013 Supplements & botanicals. Seminar to Family Medicine residents with David Kiefer. March 6.
- 2012 What kind of evidence is needed to guide and improve clinical medicine? Talk to summer research medical students. June 1.
- 2012 Meditation or exercise for preventing acute respiratory infection: A randomized controlled trial. DFM Fellowship Seminar. January 31.
- 2012 What is clinical and translational research? Department of Family Medicine course: *Perspectives in Multidisciplinary Clinical & Translational Research*. January 30.
- 2011 Placebo effects in common cold: A randomized controlled trial. Statewide Research Forum. October 4.
- 2011 Patient-oriented outcomes and interpretation of randomized trials. Talk to summer research medical students. May 26.
- 2011 Randomized trials, clinical significance and shared decision-making: Respiratory infection and beyond. Statewide Research Forum. March 1.
- 2011 Clinical and translational research. Primary Care Research Fellowship Seminar. February 1.
- 2011 What is clinical and translational research? University of Wisconsin Department of Family Medicine course: *Perspectives in Multidisciplinary Clinical & Translational Research*. January 31.
- 2010 Research in Complementary and Integrative Medicine. University of Wisconsin Department of Family Medicine 40th Anniversary CME Conference. July 17.
- 2010 Research in the University of Wisconsin Department of Family Medicine. Talk to incoming residents. Presented with David Rabago. June 15.
- 2010 What kind of evidence is needed to guide and improve clinical medicine? Talk to summer research medical students. May 28.

- 2009 Designing a trial to test meditation and exercise for immuno-stimulation and prevention of respiratory infection. Medical student summer research program. May 29.
- 2008 Randomized controlled trial methods and applicability to primary care. Medical student summer research program. June 18.
- 2007 What kind of evidence is needed to guide and improve clinical medicine? Talk to summer research medical students. June 5.
- 2007 Randomized controlled trials: methods, strengths and limitations. Medical student summer research program. June 22.
- 2006 When do benefits justify costs and risks? Assessing sufficiently important difference (SID) for common cold. Primary Care Conference. July 19.
- 2006 Finding nothing or nothing to find? Power, hypotheses, and negative trials. Primary care research fellowship seminar. March 28.
- 2006 Placebo effects. Herbal medicine. (Two separate talks). Invited talks at Department of Family Medicine, Appleton. April 11.
- 2001-05 Herbal medicine. Annual lecture to University of Wisconsin Family Medicine residents.
- 2005 Hypertonic saline nasal irrigation for chronic sinus symptoms: a qualitative study (Poster presentation). Statewide University of Wisconsin Department of Family Medicine Meeting, Madison, WI. September 28-29, 2005.
- 2005 Toxins, health, science and the precautionary principle. Lecture to University of Wisconsin Department of Family Medicine resident family physicians. September 14.
- 2005 Methods for assessing clinical significance: examples from the common cold. University of Wisconsin Department of Family Medicine Research Forum. January 4.
- 2004 Coughs, colds & allergy: diagnosis and treatment. Lecture to Department of Family Medicine residents. September 8.
- 2004 Science, methods, and health. Generalist Research Fellowship Lecture Series. January 13.
- 2003 Placebo, meaning and health. Complementary, alternative and integrative medicine. Invited talk at Department of Family Medicine, Appleton, Wisconsin. September 16.
- 2002 Wisconsin Upper Respiratory Symptom Survey: An update. Department of Family Medicine Fall Meeting, Monona Conference Center, Madison, WI. November 7.
- 2002 Herbal medicine: overview and current evidence. Department of Family Medicine, Appleton, Wisconsin. Invited talk, April 23.

- 2000 Paradigms, pennies and patience: Designing multi-method research and getting it funded. Generalist Research Fellowship Lecture Series, April 4.
- 1996 Hmong/Medicine interactions. Statewide Faculty Meeting, Department of Family Medicine, Spring Green, Wisconsin, September 20.

**University of Wisconsin – Madison and University of Wisconsin School of Medicine and Public Health**

- 2022 The STAMP study. Submitting a successful proposal for a PCORI award. Multidisciplinary panel convened by ICTR. June 21.
- 2020 COVID Panel member. UW-Madison Wellness conference. October 23.
- 2019 Leaving No (Carbon) Footprints - Barriers to Reducing Carbon Footprint in Highly Carbon-Motivated Populations. Temme A, Grabow M, Barrett B. UWSMPH 18<sup>TH</sup> Annual Medical Student Research Forum. November 29.
- 2019 Mindful Climate Action – Mind Body Behavioral Trainings for Eco-Wellness. Center for Healthy Minds. April 3.
- 2019 Mindful Climate Action – Mind Body Trainings for Eco-Wellness. Climate, People, and Environment Program (CPEP) seminar. UW –Madison. January 29.
- 2018 Mindful Climate Action for health-enhancement & carbon footprint reduction. UW-Madison Health and Wellness Symposium. October 23.
- 2017 Comp L., Hayer S., Checovich M., Schemmel A., Barlow S., Barrett B.; Study Expectancy Results Correlated with Protocol Adherence (Poster Presentation); UW Undergraduate Research Symposium; Madison, Wisconsin; April 13, 2017
- 2016 From ethnobotany to randomized trials and systematic reviews of Echinacea for common cold. Presentation to Rehabilitation Medicine residents. November 11.
- 2016 1) Placebo, meaning and health. 2) Alternative treatments for cold and flu. Invited talks for University of Wisconsin School of Pharmacy Course 728: Herbals, Homeopathy, and Dietary Supplements. Invited lectures, March 17
- 2016 Research teams: Pearls of wisdom for building interdisciplinary research careers in women's health (BIRCWH) seminar. With Shari Barlow. March 8.
- 2015 Mindfulness or Exercise for Preventing Respiratory Infection: Two randomized trials. Invited panel for UW-Madison School of Human Ecology conference, Contemplative Practices to Promote Child and Family Well-being Second Biennial Conference. October 9.
- 2015 Closing Discussion with conference presenters including Drs. Charles Raison, Larissa Duncan, Angela Black, Bruce Barrett, and Sona Dimidjian. Invited panel for UW-Madison School of Human Ecology conference, Contemplative Practices to Promote Child and Family Well-being Second Biennial Conference. October 9.

- 2015 Mindful Climate Action: A research proposal towards ecological health. Talk to Center for Investigating Healthy Minds. Invited lecture. May 27.
- 2015 1) Placebo, meaning and health. 2) Alternative treatments for cold and flu. Invited talks for University of Wisconsin School of Pharmacy Course 728: Herbals, Homeopathy, and Dietary Supplements. Invited lectures, March 19
- 2014 Lizzie Maxwell, Bruce Barrett. Self--reported mental health predicts acute respiratory infection outcomes. Oral Presentation, presented at University of Wisconsin Department of Family Medicine Faculty Meeting, Madison WI August
- 2014 Meditation or Exercise for Preventing Acute Respiratory Infection: A Randomized Controlled Trial. Invited lecture to Department of Kinesiology. April 4.
- 2014 Secondary analysis of the effect of exercise or mindfulness meditation on the incidence of acute respiratory infection. Rachel Sippy & B. Barrett. Poster. 2014 Discovery Challenge Research Symposium. May 21.
- 2013 Qualitative research for medical knowledge. Guest lecture to Rehabilitation Medicine Residency. May 24.
- 2012 1) Placebo, meaning and health. 2) Alternative treatments for cold and flu. Invited talks for University of Wisconsin School of Pharmacy Course 728: Herbals, Homeopathy, and Dietary Supplements. Invited lectures, March 22.
- 2012 Meditation or Exercise for Preventing Acute Respiratory Infection: A Randomized Controlled Trial. University of Wisconsin Exercise Physiology symposium. Invited talk. February 10.
- 2011 Herbal Medicine. Invited talk for University of Wisconsin School of Medicine, Office of Continuing Professional Development, Portage, Wisconsin, May 16.
- 2011 1) Placebo, meaning and health. 2) Herbal medicines. Invited talks for University of Wisconsin School of Pharmacy Course 728: Herbals, Homeopathy, and Dietary Supplements, March 24.
- 2010 Shari Barlow, Michele Gassman, Kate Judge, Katharina Krome, Rebecca West, Lori Wilson, Bruce Barrett. Meditation and Exercise for Prevention of Acute Respiratory Infection (MEPARI): Innovative strategies for recruitment & retention. Poster. SMPH Academic Staff Showcase. October 25.
- 2010 Common cold and bacterial rhinosinusitis. Invited talk to University Health Services clinical personnel. March 17.
- 2010 Conventional and integrative approaches to cold and flu. University of Wisconsin Integrative Medicine Grand Rounds. February 3.
- 2010 Research questions: How to formulate, refine, and present to funders. Primary Care Research Fellowship. January 12.

- 2009 1) Complementary therapies for upper respiratory infection. 2) Placebo, meaning and health. Invited talks University of Wisconsin School of Pharmacy Course 728: Herbals, Homeopathy, and Dietary Supplements.
- 2009 Overview of a Clinical Research Career: Panel of Clinician Scientists. University of Wisconsin Institute for Clinical and Translational Research. June 10.
- 2009 Qualitative methods. Lecture to University of Wisconsin Rehabilitation Medicine Resident Physicians. May 15.
- 2009 Sufficiently important difference in respiratory infection. Primary Care Research Fellowship. November 10.
- 2009 Assessing benefit in clinical research: Examples from common cold. Primary Care Research Fellowship. February 24.
- 2008 Designing randomized controlled trials: A group exercise. Primary Care Research Fellowship. September 30.
- 2008 Alternative therapies for upper respiratory infection. Placebo, meaning & health. University of Wisconsin School of Pharmacy Course 728: Herbals, Homeopathy, and Dietary Supplements.
- 2008 Placebo, meaning and health. Primary Care conference. St. Mary's Hospital. July 23.
- 2008 Strategies for success when revising and resubmitting grant proposals. Bruce Barrett with David Rabago MD. University of Wisconsin Primary Care Research Fellowship. April 1.
- 2008 Herbal medicine. Invited lecture to medical students taking elective course on Complementary and Alternative Medicine. March 3.
- 2008 How to work with a mentor and how to be a mentor. Bruce Barrett with Mary Beth Plane PhD. Primary Care Research Fellowship. February 5.
- 2008 Recruitment, consent and monitoring of human subjects. University of Wisconsin Primary Care Research Fellowship. January 29.
- 2008 Self-reported health: Development and validation of questionnaire outcome instruments. University of Wisconsin Primary Care Research Fellowship. January 15.
- 2007 Curricula vitae and biosketches: Utility and limitations. University of Wisconsin Primary Care Research Fellowship. December 18.
- 2007 Interface between population health science and primary care research. Bruce Barrett with Javier Nieto, MD, PhD. University of Wisconsin Primary Care Research Fellowship. December 11.
- 2007 Qualitative research methods, University of Wisconsin Primary Care Research Fellowship. October 9.

- 2007 Ethics, IRBs, and human subject research. University of Wisconsin Primary Care Research Fellowship. October 2.
- 2007 Assessing clinical significance: The case of the common cold. University of Wisconsin Primary Care Research Fellowship. September 4.
- 2007 Alternative therapies for upper respiratory infection. Placebo, meaning & health. Two guest lectures, University of Wisconsin School of Pharmacy Course 728: Herbals, Homeopathy, and Dietary Supplements, March 10
- 2007 Health care quality in the U.S. and Canada. University of Wisconsin Continuing Medical Education Primary Care Conference, Madison WI. November 15.
- 2007 Update on herbals. Invited talk at University of Wisconsin conference “Current concepts in nutrition and aging” Pyle Center, Madison. September 13.
- 2006 Alternative therapies for upper respiratory infection. Placebo, meaning & health. Two guest lectures, University of Wisconsin School of Pharmacy Course 728: Herbals, Homeopathy, and Dietary Supplements, March.
- 2006 Integrating integrative medicine in a research and clinical career. Invited talk with University of Wisconsin medical students. April 13.
- 2005 Herbal medicine: An evidence-based perspective. Invited lecture to University of Wisconsin medical students. November 8.
- 2005 Alternative therapies for upper respiratory infection. Placebo, meaning & health. Two guest lectures, University of Wisconsin School of Pharmacy Course 728: Herbals, Homeopathy, and Dietary Supplements, March 10.
- 2004 Assessing clinical significance for common cold. Population Health Weekly Seminar. Department of Population Health, University of Wisconsin, Madison, WI. Invited talk, December 13. Scheduled.
- 2004 Health, science, and the precautionary principle. Invited guest lecturer in University of Wisconsin Course 606, Colloquium in Environmental Toxicology. Molecular and Environmental Toxicology, September 21.
- 2004 The precautionary principle. Invited talk with Karen Perry and Colleen Moore at University of Wisconsin Continuing Medical Education conference. Making the Connection: Human Health & Environmental Exposures, Madison, Wisconsin. June 4.
- 2004 Diet and nutrition. Invited talk at Continuing Medical Education conference, Pathways to Health and Healing: Implementing an Integrative Approach. Middleton, Wisconsin. Breakout session with Dave Rakel MD and Adam Rindfleisch MD. April 23.
- 2004 Placebo, Meaning & Health. Alternative therapies for upper respiratory infection. Two guest lectures, University of Wisconsin School of Pharmacy Course 728: Herbals, Homeopathy, and Dietary Supplements, March 6.

- 2003 Alternative therapies for upper respiratory infection: Echinacea, zinc and Vitamin C. Invited talk at University of Wisconsin School of Pharmacy Course 728: Herbals, Homeopathy, and Dietary Supplements, March 6.
- 2002 Herbal medicine: a look at the evidence. University of Wisconsin Department of Dermatology Conference, July 12.
- 2002 Herbal medicine: overview and current evidence. Complementary and Alternative Medicine Grand Rounds, University of Wisconsin Center for Integrative Medicine Invited talk, April 25.
- 2002 Echinacea: overview and evidence of efficacy. University of Wisconsin School of Pharmacy Course 728: Herbals, Homeopathy, and Dietary Supplements. Invited talk, April 18.
- 2001 Echinacea as an herbal medicine. Guest lecturer at University of Wisconsin School of Pharmacy, Madison, Wisconsin, April 5.

**State/Regional:**

- 2023 Mindfulness and Climate Change. Guest lecture in class “Caring for Ourselves as We Care for Others” Edgewood College. Madison, WI. March 3
- 2022 Climate Change and Health. Guest lecture in Professor Mary Bathum’s class, “Health, Illness & Society” Edgewood College. Madison, WI. September 22.
- 2020 A Biopsychosocial approach to Acute Respiratory Infection and COVID-19. COVID-19 Webinar for Health Care Providers. Wisconsin Department of Health Services state-wide webinar. May 8.
- 2019 Mindful Climate Action: Changing Behaviors to Enhance Health and Protect the Environment. Bruce Barrett and Cathy Middlecamp. Wisconsin Lakes Partnership Convention and Water Action Volunteers Symposium. April 12.
- 2018 Making Sense of the HTN Guidelines: Perspectives from Cardiology and Family Medicine. Bruce Barrett and Matthew Tattersall. 2018 Primary Care Conference. University of Wisconsin-Madison. November 2.
- 2017 Summit on Mindfulness for an Inclusive, Just, Sustainable World: Transforming Self and Systems. Breakout Session on Climate Change, Environmental and Sustainability Work. Co-facilitator with Maggie Grabow. Edgewood College, Madison WI, March 31.
- 2016 From Global Health and Ethnobotany to Randomized Trials of Echinacea for Common Cold. Invited Speaker. Wisconsin Medicinal Plant Symposium. September 30, 2016.
- 2016 Comp, L., Hayer, S., Kansariwala, I., Checovich, M., Barrett, B.; Development and Validation of the Wisconsin Upper Respiratory Symptom Survey for Kids (WURSS-K) Poster presentation, UW Undergraduate Research Symposium; Madison, WI. April 12, 2016.



- 2016 Wabers, Rachael R.; John M. Dopp; Bruce Barrett; Mary S. Hayney. Sleep quality and influenza vaccine response. 1st Annual Pharm.D. and Pharm-Tox Research Symposium, School of Pharmacy, University of Wisconsin, Madison WI. April 12, 2016.
- 2016 Champion, Heather, Bruce Barrett, Mary S. Hayney. IP-10 levels and their association with acute respiratory infections in healthy individuals. 1st Annual Pharm.D. and Pharm-Tox Research Symposium, School of Pharmacy, University of Wisconsin, Madison WI. April 12, 2016.
- 2014 Lizzie Maxwell, Bruce Barrett. Self--reported mental health predicts acute respiratory infection outcomes. Poster Presentation, presented at Wisconsin Research and Education Network Convocation of Practices Network 2014, Wisconsin Dells, WI. Sept 2014
- 2014 Best of NAPCRG 2013. Panel with John Beasley, David Hahn. Wisconsin Research and Education Network (WREN). Wisconsin Dells. September 18.
- 2012 Meditation or Exercise for Preventing Acute Respiratory Infection. Wisconsin Research and Education Network Forum. Madison, WI. September 20.
- 2012 Meditation or Exercise for Preventing Acute Respiratory Infection: A Randomized Controlled Trial. Wisconsin Psychological Association annual convention, Middleton, WI. Invited talk. April 12.
- 2011 Placebo, Health, and Meaning. American Medical Student Association Regional Conference. Madison, WI. October 22.
- 2011 Meditation or Exercise for Preventing Acute Respiratory Infection. 23<sup>rd</sup> Annual Colloquium on Aging. Monona Terrace, Madison. October 11.
- 2010 Randomized trials, clinical significance & shared decision-making: Respiratory infection and beyond. Keynote speaker. Wisconsin Research and Education Network (WREN) Research and Quality Improvement Forum. Hilton Garden Inn, Middleton, September 17.
- 2010 Placebo effects in common cold. Wisconsin Psychology Association conference, Middleton, March 19.
- 2009 Common cold and bacterial rhinosinusitis: Clear categories or conundrum? University of Wisconsin Primary Care CME conference. Concourse, Madison. November 20.
- 2009 Assessing benefit in clinical research: The case of the common cold. Medical College of Wisconsin, Milwaukee. Invited lecture. October 8.
- 2008 Placebo, meaning and health. University of Wisconsin Primary Care CME conference. Concourse, Madison. November 14.

- 2007 Sufficiently important difference in common cold. Wisconsin Research and Education Network annual meeting. Wisconsin Dells. November 1.
- 2007 Placebo, meaning and health. CME lecture. Beloit Memorial Hospital. August 8.
- 2007 Sufficiently important difference for common cold. Wisconsin Research and Education Network Annual Forum. Waukesha, Wisconsin. June 16.
- 2007 Placebo, meaning and health. University of Wisconsin Continuing Medical Education Primary Care Conference. Madison. Invited talk. February 15.
- 2006 Placebo, meaning and health. Wisconsin Psychological Association Annual Meeting. Invited talk. April 7.
- 2005 Health, science, toxins and the precautionary principle. Environmental Health in Wisconsin, Statewide conference sponsored by Wisconsin Public Health, Environmental and Occupational Health. December 5.
- 2005 Herbal medicine with focus on endocrinology. Primary Care Symposium. Wausau, Wisconsin. September 9.
- 2005 Complementary, alternative and integrative medicine: An overview. Grand Rounds, Sacred Heart Hospital, Eau Claire, Wisconsin. April 14.
- 2005 Herbal medicine: An update on evidence. Grand Rounds, Freeport Memorial Hospital, Freeport Illinois. January 11.
- 2004 Herbal medicine: Evidence of effectiveness of several popular herbs. State/regional conference: Current Concepts in Nutrition and Aging. Invited talk, September 23.
- 2004 Herbal medicine and mental health. Wisconsin Psychological Association Annual Meetings. Invited talk, April 1.
- 2002 The efficacy of daily hypertonic saline nasal irrigation in patients with sinusitis: A randomized controlled trial. "Practicing Partnership in Community" Statewide University of Wisconsin Department of Family Medicine Research Meeting, Milwaukee, WI, March 2002.
- 2001 Herbal medicine: Current evidence. Biofeedback Society of Wisconsin, Elkhart Lake, Wisconsin, October 6.
- 2000 Scientific use of herbal medicines. Wisconsin Academy of Family Physicians Annual Meeting, Waukesha, Wisconsin, June 11.
- 2000 Complementary and alternative medicine. Wisconsin Academy of Family Physicians, South Central Chapter, Madison, Wisconsin, May 10.
- 1999 Herbal medicine. NAON Orthopedic Nurses Association, Wausau, Wisconsin, November 4.

- 1999 Can ideas from alternative therapy help HEAL conventional medicine? Wisconsin Research Network, Wisconsin Dells, Wisconsin, October 29.
- 1998 Echinacea for respiratory infection. Wisconsin Primary Care Research Forum, Wausau, Wisconsin, October 31.
- 1998 Alternative medicine beliefs and practices. Wisconsin Primary Care Research Forum, Wausau, Wisconsin, October 30.
- 1997 Integrated health systems in Central America. Ninth Annual Conference on Central America, University of Wisconsin-Eau Claire, Eau Claire, Wisconsin, May 2.
- 1996 Hmong/Medicine interactions. Wisconsin Primary Care Research Network, Wausau, Wisconsin, October 25.
- 1996 Herbal Medicine in Nicaragua and Guatemala. Eighth Annual Conference on Central America, University of Wisconsin-Eau Claire, Eau Claire, Wisconsin, April 26.
- 1995 The impact of non-traditional agriculture in Guatemala. Seventh Annual Conference on Central America, University of Wisconsin-Eau Claire, Eau Claire, Wisconsin, April 28.
- 1995 Peace action in global perspective: Lessons from the Central American solidarity movement. Physicians for Social Responsibility - *Healing a Violent Society*. Madison, Wisconsin, February 13.
- 1991 Health, revolution & democracy: The case of Nicaragua's Atlantic coast. American Medical Student Association (AMSA) Regional Meeting, Madison, Wisconsin, November.
- 1988 Health and ethnicity in Eastern Nicaragua. AMSA Fall Regional Meeting, University of Illinois-Chicago, Illinois, October.
- 1987 Health care in revolutionary Nicaragua. AMSA Fall Regional Meeting, University of Illinois-Peoria, Illinois, October.

**National:**

- 2020 Acute respiratory infection with focus on COVID-19. Illinois Academy of Family Medicine. Continuing medical education webinar. April 8.
- 2020 Validation of Wisconsin Upper Respiratory Symptom Survey for Kids. Kathryn Schmit, Roger Brown, Jim Gern, Bruce Barrett. Accepted presentation at Pediatric Academic Societies (PAS) 2020 Meeting. May 2-5, 2020, Philadelphia, PA.
- 2019 Mindful Climate Action: Weaving climate change education into mindfulness meditation for personal and planetary health. Margaret Mooney, Bruce Barrett, Cathy Middlecamp, Maggie Koszewski, Tom Bryan. Abstract Presentation at AGU Fall Meeting. December 9-13, 2019. San Francisco, CA.

- 2019 Translating mindfulness practice into action for individual and planetary health. Maggie Grabow, Bruce Barrett. Abstract presentation at American Public Health Association Annual Meeting and Expo. November 2-6, 2019. Philadelphia, PA. (Submitted)
- 2019 Developing a mindfulness skills-based training program for resident physicians. Vincent Minichiello, MD, Supriya Hayer, MD, Bob Gillespie, MD, Maureen Goss, MPH, Bruce Barrett, MD/PhD. Workshop presentation at Centile Conference. October 27-30, 2019. Washington DC.
- 2019 Highlights from a Workshop on Enhancing Natural Product Clinical Trials. Barbara C Sorkin, Adam J Kuszak, Guido F Pauli, Gregory Bloss, Bruce Barrett, Mario G. Ferruzzi, Naomi Fukagawa, Mairead Kiely, Daniel Lakens, David O Meltzer, Jeffrey Paul, Nisha S Sipes. Poster presentation at American Society of Pharmacognosy Annual Meeting. July 13-17, 2019. Madison, WI.
- 2019 Enhancing Natural Product Clinical Trials: Highlights from a workshop. Barbara C Sorkin, Adam J Kuszak, Guido F Pauli, Gregory Bloss, Bruce Barrett, Mario G. Ferruzzi, Naomi Fukagawa, Mairead Kiely, Daniel Lakens, David O Meltzer, Jeffrey Paul, Nisha S Sipes. Poster presentation at Nutrition 2019, Annual Nutrition Science Meeting. June 8-11, 2019. Baltimore, MD. Abstract published for American Society for Nutrition conference proceedings.
- 2018 “How much of a difference? Deciding on effect size target for natural product clinical trials”. Enhancing Natural Products Clinical Trials workshop. National Institutes of Health, Office of Dietary Supplements. Bethesda MD. September 13.
- 2017 An individually tailored yoga program for chronic neck and back pain: A feasibility study. Adrienne Hampton, Emily Temte & Bruce Barrett. Society of Teachers of Family Medicine 50<sup>th</sup> Annual Conference (Poster Presentation); San Diego, CA. May 2017.
- 2017 Both MBSR and aerobic exercise training can affect physical activity behavior in sedentary individuals. Jacob Meyer, Elisa Torres, Maggie Grabow, Aleksandra Zgierska, Christopher Coe & Bruce Barrett. American College of Sports Medicine Annual Meeting. June 2017. Abstract published in conference proceedings: *Medicine and Science in Sports & Exercise* 49(5S):861-2.
- 2016 IP-10 concentrations and their association with acute respiratory infections in healthy individuals. Heather Champion, Kelsey Henriquez, Jodi Barnett, Bruce Barrett, and Mary Hayney. 2016 ACCP Annual Meeting, Hollywood, Florida. October 23-26.
- 2015 Mindfulness or exercise for preventing acute respiratory infection. Mindfulness and Compassion: The Art and Science of Contemplative Practice. National conference. San Francisco State University. June 5.
- 2015 Mindfulness or exercise for preventing acute respiratory infection. Inaugural Grand Rounds. Osher Center for Integrative Medicine, University of California San Francisco. June 3.

- 2015 Exercise or mindfulness meditation decrease risk of acute respiratory infections. Rachel Sippy MPH, Ron Gangnon PhD & Bruce Barrett MD PhD. Poster. Society for Epidemiologic Research General Meeting, Denver. June 16-20.
- 2015 Comparison of nasal wash and nasopharyngeal swab for multiplex PCR respiratory virus detection. Joseph Chase, Amber Schemmel, Shari Barlow, Bruce Barrett, Jonathan Temte. Poster presentation at Annual Conference of Council of State and Territorial Epidemiologists. Boston, MA. June 14-18.
- 2015 Comparison of nasal wash and nasopharyngeal swab for multiplex PCR respiratory virus detection. Amber Schemmel, Joseph Chase, Shari Barlow, Bruce Barrett, Jonathan Temte. Poster presentation at 31st Annual Clinical Virology Symposium, Daytona Beach, FL. April.
- 2015 Meditation and exercise for preventing acute respiratory infection. Cleveland Clinic Rheumatology and Immunology Rounds. February 20.
- 2014 Secondary Analyses of the Effect of Exercise or Meditation on the Incidence of Acute Respiratory Infections. Sippy R, B Barrett. Abstract. IDWeek Conference, Philadelphia, PA, October 2014.
- 2014 1) Global Warming, Climate Change & Human Health (Family Medicine Grand Rounds 9Jan2014); 2) Placebo, Meaning & Health (Surgery Grand Rounds 8Jan2014); 3) Communicating Benefits and Harms for Patient-Centered Decision Making (Internal Medicine Grand Rounds 9Jan2014); 4) Mind Body Aspects of Acute Respiratory Infection in Children (Pediatrics Grand Rounds 10Jan2014); 5) Mindfulness or Exercise for Preventing Acute Respiratory Infection: A Randomized Controlled Trial (Family Medicine Resident Didactics, 9Jan2014). Five lectures presented as the Visiting Osler Scholar of the John P. McGovern Academy of Oslerian Medicine at the University of Texas Medical Branch at Galveston.
- 2011 1) You're taking what? Herbal products 101; 2) Obesity, the role of the primary care healthcare professional; 3) The top four primary care articles of 2010. Three invited lectures for the Primary Care Update 2011 continuing medical education conference held in Snowbird, Utah, March 15-18<sup>th</sup>. Sponsored by University of Wisconsin Office of Continuing Professional Development in Medicine and Public Health.
- 2010 Placebo effects in common cold: A randomized controlled trial. Distinguished paper North American Primary Care Research Group, 36<sup>th</sup> Annual Meeting, Seattle, November 15.
- 2008 Practitioner empathy and duration of the common cold Poster presentation. Psychoneuroimmunology Research Society (PNIRS) Annual meeting 2008. Madison, May 30.
- 2007 Assessing clinical significance in common cold: Sufficiently important difference. Society of Teachers of Family Medicine Annual Meeting. Chicago. April 27.
- 2006 Sufficiently important difference, the design and interpretation of clinical trials, and regulation of pharmaceuticals. Robert Wood Johnson Foundation Generalist Physician Faculty Scholars Program Annual Meeting, San Antonio, TX. Podium presentation. December 1.

- 2005 Benefit harm trade-offs estimate sufficiently important difference for reduction in severity of common cold. Robert Wood Johnson Foundation Generalist Physician Faculty Scholars Program Annual Meeting, Ponte Verde, Florida. Poster presentation. November 11.
- 2005 Assessing important difference and responsiveness in common cold. American Public Health Association 133rd Annual Meeting. New Orleans, Louisiana, Accepted for podium presentation November 8. Cancelled due to Hurricane Katrina.
- 2005 Benefit harm trade-offs estimate sufficiently important difference for common cold treatments. 27th Annual Meeting of the Society for Medical Decision Making. San Francisco. Poster presentation. October 23.
- 2005 Placebo: Physician or Pill? A randomized trial in a common cold model. International Conference on Communication in Healthcare. Chicago, Illinois. Poster presentation. October 7.
- 2005 Hypertonic saline nasal irrigation for chronic sinus symptoms: a qualitative study. Society of Teachers of Family Medicine Annual Conference, New Orleans, LA, May.
- 2004 Using benefit harm trade-offs to estimate sufficiently important difference: the case of the common cold. Robert Wood Johnson Foundation Generalist Physician Faculty Scholars Program Annual Meeting, San Diego California, November 18.
- 2004 Assessing clinical significance for common cold. American Academy of Family Physicians Scientific Assembly, Orlando, Florida. One of 24 papers selected for podium presentation. October 15.
- 2003 Benefit harm trade-offs estimate sufficiently important difference for common cold treatments. Robert Wood Johnson Foundation Generalist Physician Faculty Scholars Program Annual Meeting, Houston, Texas. December 3.
- 2003 Integrative medicine. Primary Care Update Conference. Interstate Postgraduate Medical Association of North America, Orlando, Florida. Invited talk, October 29.
- 2002 The efficacy of hypertonic saline nasal irrigation for chronic sinonasal symptom; AAFP Scientific Assembly, New Orleans, LA, May 2003.
- 2002 Developing an illness-specific quality of life instrument. Primary Care Research Methods National Conference, San Antonio, Texas. December 7.
- 2002 The Wisconsin Upper Respiratory Symptom Survey: a new common cold instrument. Podium presentation, Society of Teachers of Family Medicine Annual Spring Conference, San Francisco, California. April.
- 2002 The efficacy of daily hypertonic saline nasal irrigation in patients with sinusitis: A randomized controlled trial. NRSA Trainees Research Conference, Washington, DC, June.

- 2002 The efficacy of daily hypertonic saline nasal irrigation in patients with sinusitis: A randomized controlled trial. NAPCRG Annual Conference, New Orleans, November.
- 1999 Echinacea for respiratory infection: A Cure for the common cold?" North American Primary Care Research Group, San Diego, California, November 9.
- 1999 Alternative medicine: A qualitative study. Society of Teachers of Family Medicine, Seattle, Washington, April 30.
- 1998 Health care development in Dak Lak Province, Vietnam. With Judith Ladinsky, American Public Health Association, Washington, DC, November 16.
- 1998 Hmong/Medicine interactions. Poster presentation, National Research Services Administration, Washington, DC, June 20.
- 1993 Identity, ideology, and inequality: Methodologies in medical anthropology, Guatemala, 1950-1993. National Council for International Health's 20th Annual International Health Conference, Arlington, Virginia, June 21.
- 1992 Health care on Nicaragua's Atlantic coast. American Anthropology Association, San Francisco, California, December 6.
- 1989 Health care and traditional medicine in Eastern Nicaragua. American Medical Student Association National Convention, Las Vegas, Nevada, March.

**International:**

- 2022 Creating a primary care research agenda on climate change. Co-presentation with Jon Temte. NAPCRG Annual Meeting in Phoenix. November 29.
- 2021 Imagining Eco-Wellness: A scoping review of behavior change to promote both personal health and environmental sustainability. NAPCRG Annual Meeting, held virtually. November 20.
- 2020 Mindful Climate Action. 2020 NAPCRG Annual Meeting, held virtually. November 20-24.
- 2020 Development and validation of the COVID-NoLab and COVID-SimpleLab risk scores for prognosis in 5 US health systems. Co-author, oral presentation on completed research. 2020 NAPCRG Annual Meeting, held virtually. November 20-24.
- 2020 Overview of Health Effects of Climate Change. Presenter at climate change & health virtual webinar. September 10.
- 2020 Cobeneficial Behaviors and Ecowellness. Presenter at climate change & health virtual webinar. September 10.
- 2020 Good Practices to Improve Natural Product Research Translation. Co-presenter at 2020 International Congress on Integrative Medicine and Health. Cleveland, OH. April 30.

- 2019 Health Equity and Active Transportation (HEAT). Hansmann K, Grabow M, Barrett B, McAndrews C. Poster Presentation. North American Primary Care Research Group Annual Meeting. Toronto, Canada. November 16-20.
- 2019 Mindfulness meditation and exercise each improve sleep quality in adults without known sleep problems: a randomized trial. North American Primary Care Research Group Annual Meeting. Toronto, Canada. November 16-20.
- 2018 Predictors of mindfulness meditation and exercise practice, from MEPARI-2, a randomized controlled trial. Barrett B, Torres E, Meyer J, Barnet J, Brown R. North American Primary Care Research Group. Chicago. November 11.
- 2018 Meditation or exercise for preventing acute respiratory infection (MEPARI-2): A randomized controlled trial. B. Barrett; M. Hayney; D.Muller; D.Rakel; R. Brown; A. Zgierska; M Checovich; S. Barlow; S. Hayer; J. Barnet; E. Torres; C.Coe. International Congress on Integrative Medicine and Health. Baltimore, MD. Presented May 8<sup>th</sup>. Special citation poster, to be published in Global Advances in Health and Medicine.
- 2017 Meditation or Exercise for Preventing Acute Respiratory Infection (MEPARI-2): A Randomized Controlled Trial. NAPCRG Annual Meeting. Montreal, Canada. November 19.
- 2017 Predictors of sustained adherence to exercise and meditation practice, from MEPARI-2 (a randomized controlled trial). American Public Health Association. Atlanta GA. November 5.
- 2016 Mindfulness-based health-enhancement and carbon footprint reduction. Invited speaker. World Congress on Climate Change. Valencia, Spain. October 24.
- 2016 Barrett Bruce, Joseph Chase, Tola Ewers, Supriya Hayer, Daniel Muller, Roger Brown. Feeling Loved, a novel self-report health measure: Convergent and discriminant validity. Poster Presentation. European Health Psychology Society, Aberdeen, Scotland, UK. August 26.
- 2016 Multiple response time varying models. Yaoguo Xie, Zhengjun Zhang (presenter), Paul Rathouz, Bruce Barrett. Invited talk. Eastern North American Region, International Biometric Society. March.
- 2015 Mindfulness trainings for carbon footprint reduction. North American Primary Care Research Group 43rd Annual Conference Senior Investigators Learning Community. Cancun, Mexico. October 26.
- 2015 Feeling Loved: A new self-report measure for clinical research. Bruce Barrett, Joe Chase, Tola Ewers, Supriya Hayer, Dan Muller. North American Primary Care Research Group 43rd Annual Conference. Cancun, Mexico. October 27.
- 2014 Assessing statin guidelines with benefits harm trade-off interviews. North American Primary Care Research Group 42<sup>th</sup> Annual Conference. New York. November 23.



- 2013 Smallest worthwhile effect of cholesterol-lowering strategies: Communicating benefits and harms for shared decision-making. Bruce Barrett, Jason Ricco, Maggie Wallace, David Kiefer, Dave Rakel. International Conference on Communication and Health Care, Montreal, Canada, September 30.
- 2013 Meditation or exercise for preventing acute respiratory infection. First International Conference on Mindfulness. Rome, Italy. May 10.
- 2012 Neither patients nor clinicians can predict the severity of duration of an acute upper respiratory infection. Presentation. E. Longmier (presenter), B. Barrett, R Brown. North American Primary Care Research Group 40<sup>th</sup> Annual Conference. New Orleans. December 5.
- 2012 Sufficiently important difference: concepts, caveats and clarifications. North American Primary Care Research Group 40<sup>th</sup> Annual Conference. New Orleans. December 2
- 2012 Sufficiently Important Difference: Concepts, caveats and clarifications. European Association for Communication in Healthcare. St Andrews, Scotland September 5.
- 2012 Cost savings associated with mindfulness meditation and moderate exercise intervention in acute respiratory infection: The MEPARI Study. Podium presentation. David Rakel, Marlon Mundt, Tola Ewers, Luke Fortney, Aleksandra Zgierska, Michele Gassman, Bruce Barrett. 2012 International Congress on Integrative Medicine and Health. Portland, Oregon May 16.
- 2012 Possible mechanisms of action of mindfulness meditation and exercise for acute respiratory infection: Randomized controlled trial findings. Poster presentation. Aleksandra Zgierska. Roger Brown, Chidi Obasi, Daniel Muller, Tola Ewers, Shari Barlow, Michele Gassman, Bruce Barrett. 2012 International Congress on Integrative Medicine and Health. Portland, Oregon May 16.
- 2012 Meditation or exercise for preventing acute respiratory infection: A randomized controlled trial. Poster presentation. Bruce Barrett, Mary Hayney, Daniel Muller, David Rakel, Chidi N.Obasi, Roger Brown, Zhengjun Zhang, Aleksandra Zgierska, Rebecca West, Tola Ewers, Shari Barlow, Michele Gassman. 2012 International Congress on Integrative Medicine and Health. Portland, Oregon May 16.
- 2012 Meditation or exercise for preventing acute respiratory infection: A randomized controlled trial. Ross University School of Medicine, Dominica, Caribbean, Invited talk. January 19.
- 2011 Meditation or exercise for preventing acute respiratory infection: A randomized controlled trial. North American Primary Care Research Group, 37<sup>th</sup> Annual Meeting, Banff, Alberta, Canada, November 15.
- 2011 Clinician-patient interactions and patient outcomes. Enid Montague, Ping-yu Chen, Jie Xu, Kevin Buhr, Betty Chewning, Bruce Barrett. International Conference on Communication in Healthcare, Chicago, October 17.

- 2011 Meditation and exercise for preventing acute respiratory infection: A randomized controlled trial. European Health Psychology Society. Crete, Greece. September 21.
- 2011 Consumers' perceptions of the smallest worthwhile effect of interventions for non-specific low back pain. Ferreira ML, Ferreira P, Latimer J, Barrett B, Ostelo R, Grotle M, Herbert R. World Confederation for Physical Therapy (WCPT) 16<sup>th</sup> International Congress. Amsterdam, Netherlands. June.
- 2010 Effects of patient-oriented clinical interaction on common cold outcomes: Randomized controlled trial. European Association for Communication in Healthcare. Verona, Italy. September 8.
- 2009 Validation of the Wisconsin Upper Respiratory Symptom Survey (WURSS-21). North American Primary Care Research Group, 36<sup>th</sup> Annual Meeting, Montreal, Canada, November 15.
- 2008 Clinician empathy predicts common cold outcomes. North American Primary Care Research Group, 36<sup>th</sup> Annual Meeting. San Juan, Puerto Rico. November 16.
- 2007 Sufficiently Important Difference in Common Cold. North American Primary Care Research Group, 35<sup>th</sup> Annual Meetings. Vancouver, Canada, October 21.
- 2006 Echinacea and ginseng for immunomodulation and protection from respiratory infection. FAPRONATURA First International Symposia about Pharmacology of Natural Products. Varadero, Cuba. November 20.
- 2004 Benefit harm trade-offs estimate sufficiently important difference for common cold treatments. Extended paper podium presentation North American Primary Care Research Group, 32<sup>nd</sup> Annual Meetings. Orlando, Florida. October 12.
- 2003 Validity of the Wisconsin Upper Respiratory Symptom Survey. North American Primary Care Research Group, 31<sup>st</sup> Annual Meetings, Banff, Canada, October 27.
- 2001 Developing a new questionnaire for assessing the common cold: The Wisconsin Upper Respiratory Symptom Survey. North American Primary Care Research Group annual meeting, Halifax, Nova Scotia, Canada, October 14.
- 2001 Echinacea for the common cold: No benefit detected in a double blind randomized trial. International Scientific Conference on Complementary, Alternative and Integrative Medicine Research, San Francisco, California, May 17.
- 1993 Medicinal plant knowledge on Nicaragua's Atlantic coast: Popular, professional, and scientific interpretations. *VII Congreso de Medicina Tradicional y Folklorica*, Merida, Mexico, December 9.
- 1992 Ethnomedical interactions - Health and culture on Nicaragua's Atlantic coast. *VI Congreso de Medicina Tradicional y Folklorica*, Texas A&I University, December 10.

**Visiting professor**

- 2015 Cleveland Clinic – Visiting Professor. February 20-21.
- 2014 Visiting Osler Scholar, University of Texas Medical Branch Galveston, January 6-10
- 2008 External Advisory Committee, Iowa State University, Center for Research on Dietary Botanical Supplements, Iowa Botanical Center, Ames, September 18-19.
- 2006 External Advisory Committee, Iowa State University, Center for Research on Dietary Botanical Supplements, Iowa Botanical Center, Ames IA, August 17-18.
- 2005 Research strategies in complementary and alternative medicine. Robert Wood Johnson Medical School, Department of Family Medicine. New Brunswick, New Jersey. December 2.
- 2005 Herbal medicine: Overview and evidence. Inaugural speaker for NIH-funded Iowa Botanical Supplements Research Center, Iowa State University, Ames, IA. May 26.

### **Students, Residents, Fellows, Faculty, Mentees**

Dr. Barrett has worked with many learners over many years, including more than 100 medical and graduate students, postdocs and fellows, and assistant professors and scientists for whom there was formal supervision, mentorship or other substantive mentor-mentee interactions.

### **Mentor trainings**

- 2017 Health Equity Leadership Institute. Culturally Aware Mentor Training. National Research Mentoring Network. 6 hours, October 6<sup>th</sup>. Pyle Center, Madison.
- 2016 Research Mentorship Development. A research mentoring seminar co-facilitated with Nasia Safdar MD PhD. Four sessions 8 hours, September/October/November.
- 2014 Research Mentor Training - (Nasia Safdar MD, Elizabeth Meyerand PhD) 4 sessions 8 hours, September/October
- 2013 Effective Mentoring – Patricia Kokotailo MD MPH, Associate Dean Faculty Development, Department of Family Medicine Faculty Meeting, October 17
- 2012 Research Mentor Training Facilitation. University of Wisconsin Institute for Clinical and Translational Research. Madison, WI. September 18.
- 2010-present Several sessions on mentoring as part of Research Fellows Seminar

### **Invited Talks and Public Lectures**

- 2019 Mindful Climate Action: Eco-wellness training for health and sustainability co-benefits. MadCity BECCsters (Behavior, Energy, & Climate Change). May 2.
- 2019 Mindful Climate Action. Wisconsin Lakes Partnership Convention and Water Action Volunteers Symposium. Stevens Point, April 12.
- 2019 Farley Center for Peace, Justice and Sustainability. Sitting table at Making the Connection: Environmental Health in Wisconsin. UW Madison SMPH HSLC. March 1.

- 2018 Science, climate change, and public health. March for Science. May 5.
- 2016 Mindful Climate Action. Friends Meeting House. Madison 350.org. May 2.
- 2016 Mindful Climate Action. BECCsters, Seventhwave. Invited talk. January 7.
- 2014 Supporting church-based diabetes clinics in eastern Nicaragua. Christian Faith Moravian Community Church. DeForest, WI. September 14.
- 2013 Bluefields Diabetes Clinic. Lakeside Moravian church, Madison WI. October 27.
- 2010 Common cold, influenza and your immune system. University of Wisconsin Research Park. February 27.
- 2009 Common cold, influenza and your immune system. University of Wisconsin Research Park. October 31.
- 2007 Colds, the flu, and you. O’Keefe Middle school. Presentations to all five 8<sup>th</sup> grade science classes. December 14.
- 2006 Colds, the flu, and you. O’Keefe Middle school. Presentations to all four 8<sup>th</sup> grade science classes. February 9.
- 2006 Influenza: avian and otherwise. West Madison Senior Center. January 19.
- 2006 Influenza: Avian and otherwise. Middleton Senior Center. January 17.
- 2005 Colds, the flu and you. Madison Senior Center. August 30.
- 2005 The common cold. Presentation for schoolchildren: Savannah Oaks Middle School 6<sup>th</sup> Grade (January 25); Savannah Oaks Middle School 8<sup>th</sup> Grade (February 22).
- 2004 The flu and you: Flu shot facts and strategies for staying healthy during cold and flu season. Public community health talk at University of Wisconsin Health – Verona, Wisconsin. November 9.
- 2004 The common cold. Presentation for schoolchildren: Verona Area Core Knowledge Charter School 4<sup>th</sup> grade (March 25); Verona Area Core Knowledge Charter School 6<sup>th</sup> grade (June 14); Stoner Prairie Elementary 3rd grade (December 7); Country View Elementary 6<sup>th</sup> grade (December 14).
- 2003 Working with health care professionals in Latin America. University of Wisconsin - Madison, Conference on Latin America. Madison, Wisconsin, March 15.
- 2003 Herbal medicine: the evidence base. University of Wisconsin - Madison Primary Care Conference, November 20-21, Monona Terrace, Madison, Wisconsin, November 21.
- 2002 Complementary medicine. 63<sup>rd</sup> Annual Theodor Lang May Day Clinic, St. Anthony Medical Center, Rockford, Illinois. Invited talk, May 16.

- 2002 Overview of complementary and alternative medicine. Marshfield Clinic Spring Health Fair, Marshfield, Wisconsin. Invited talk, May 3.
- 2001 Health care in Wisconsin: Problems and solutions. Wisconsin Towns Association annual meeting. Middleton, Wisconsin, October 23.
- 2001 Environmental toxins and human health. Medical College of Wisconsin, Milwaukee, Wisconsin, April 26.
- 2001 Herbal medicine. Medical College of Wisconsin, Milwaukee, Wisconsin, April 20.
- 2001 Herbal medicine. Mauston, Wisconsin, April 9.
- 2001 Herbal medicine. University of Illinois-De Kalb, De Kalb, Illinois, April 3.
- 2000 The quest for universal health care and the status of the battle for affordable prescriptions. Wisconsin Federation of Teachers 69<sup>th</sup> Annual Convention, Oconomowoc, Wisconsin, October 26.
- 2000 Health care for all: The need for a national health system. Prairie Unitarian Society, Madison, Wisconsin, September 17.
- 2000 Universal health care: The need for physician involvement. University of Wisconsin Medical School, Madison, Wisconsin, September 12.
- 2000 Environmental toxins and human health. Marquette University, Milwaukee, Wisconsin, September 14.
- 2000 Alternative medicine. Baraboo, Wisconsin, January 13.
- 1999 Herbal medicine. University of Wisconsin Health Services, Madison, Wisconsin. December 15.
- 1999 Herbal medicine. Freeport, Illinois, December 14.
- 1999 Herbal medicine. Riverside Medical Center, Waupaca, Wisconsin, November 5.
- 1999 Herbal medicine. Baymont Hotel, Waupaca, Wisconsin, November 4.
- 1999 Herbal medicine. State Medical Society, Madison, Wisconsin, September 10.
- 1999 Echinacea for respiratory infection. American Herbal Products Association, Kansas City, Oklahoma, June 3.
- 1999 Western botanical medicine. Invited speaker for medical school course, University of Wisconsin Medical School, Madison, Wisconsin, February 23.
- 1999 Herbal medicine. Invited speaker for continuing medical education, Reedsburg Medical Center, Reedsburg, Wisconsin, February 2.

- 1998 What Hmong patients and their providers say about cross cultural clinical interactions. Hmong Mental Health Issues Conference, University of Wisconsin - Eau Claire, Eau Claire, Wisconsin, March 10.
- 1998 Western botanical medicine. Lecture in University of Wisconsin Medical School course 'Complementary Medicine', Madison, Wisconsin, January 27.
- 1997 What Hmong patients and their providers say about cross cultural clinical interactions. National Hmong Conference, Ramada Inn, Eau Claire, Wisconsin, September 26.
- 1997 A world without priorities: Health systems in the U.S., Central America and Vietnam. University of Wisconsin, Madison, Wisconsin, September 17.
- 1997 Hmong-Medicine interactions: Tips for health care personnel. Sacred Heart Hospital, Eau Claire, Wisconsin, May 6.
- 1997 Hmong-Medicine interactions: Cross-cultural health care. Hmong Association National Conference, Eau Claire, Wisconsin, April 11.
- 1997 Dealing with doctors. Presentation to Hmong Mutual Assistance Association on results of 1996 Hmong research, Eau Claire, WI, February 17.
- 1996 Health is political: Lessons from Central America and Vietnam. University of Wisconsin Medical School, Madison, Wisconsin, December 6.
- 1996 Systems of healing - Central America. Conference: Primary Care in Developing Countries. University of Wisconsin Medical School, Madison, Wisconsin, July 3.
- 1995 Pesticides and human health. League of Women Voters, Rockford, Illinois, October 25.
- 1995 International health, ethnomedicine and development: Lessons from Central America. University of Wisconsin Medical School, Madison, Wisconsin, May 4.
- 1995 Health effects of pesticides. National Campaign for Pesticide Policy Reform, Great Lakes Regional Meeting, Chicago, Illinois, February 4.
- 1994 Folk medicine and health behavior in Nicaragua. Eau Claire Family Medicine Clinic, Eau Claire, Wisconsin, December 7.
- 1993 Concepts of disease cross-culturally. Guest Lecturer in Medical Anthropology, University of Wisconsin, Madison, Wisconsin, February 11.
- 1993 Antropología médica en la Costa Atlántica de Nicaragua. Instituto de Nutrición de Centro América y Panamá, INCAP - Ciudad de Guatemala, Guatemala, May 31.
- 1991 The Nicaraguan health care system. Guest Lecturer in Sociology of Health in Rural Areas, University of Wisconsin, Madison, Wisconsin, April 15.
- 1991 The syringe and the rooster dance: Culture and medicine in Eastern Nicaragua. Anthropology/Latin American Studies Colloquium, University of Wisconsin - Milwaukee, Milwaukee, Wisconsin, February 5.

- 1990 Ethnomedicine and modern health care in Eastern Nicaragua. University of Wisconsin Medical School, Madison, Wisconsin, November 8.
- 1990 Health care development in Nicaragua. Wausau Family Practice Center, Wausau, Wisconsin, October 21.
- 1990 Traditional medicine in Eastern Nicaragua. Latin American Studies Program, University of Wisconsin, Madison, Wisconsin, October 18.
- 1990 Traditional medicine on Nicaragua's Atlantic coast. Knapp Memorial Graduate Center, University of Wisconsin, Madison, Wisconsin, October 13.
- 1989 Health care and traditional medicine in Nicaragua. University of Wisconsin Medical School, Madison, Wisconsin, October 25.
- 1989 Education and health in Nicaragua. University Lake School, Hartland, Wisconsin, April.
- 1989 Popular participation in health. Wisconsin Coordinating Council on Nicaragua, Wisconsin State Capitol Building, Madison, Wisconsin, April.
- 1989 Rural health in Nicaragua. Guest Lecture, Rural Sociology, Sociology of Health in Rural Areas, University of Wisconsin, Madison, Wisconsin, March.
- 1988 Eyewitness report: Nicaraguan victims of Hurricane Joan. Wisconsin Coordinating Council on Nicaragua Hurricane Relief Fundraiser, Madison, Wisconsin, December.
- 1988 Nicaragua's Atlantic coast in troubled times. Keynote speaker, Wisconsin/Nicaragua Partners Annual Meeting, Frederick Center, University of Wisconsin, Madison, Wisconsin, December.
- 1987 The state of health care in post-revolutionary Nicaragua. Medical College of Wisconsin, Milwaukee, Wisconsin, March.
- 1986 Health care in revolutionary Nicaragua. University of Wisconsin-Platteville, Platteville, Wisconsin, September.

**Other: Media Interviews, etc.**

**Social Media**

- 2017 Facebook Live Event. Sustainability at UW Health. Hosted by UW Health. November 15.

**Radio**

- 2020 Coronavirus epidemic. Morning Report with Kate Archer Kent. March 16.
- 2008 Complementary and alternative medicine. The Joy Cardin Show. Wisconsin Public Radio. December 15.
- 2008 National Public Radio, "People's Pharmacy", a nationwide call-in show hosted by Terry and Joe Graedon. Topic: Upper respiratory infections: Cold and flu. Recorded January 4.

- 2006 Alternative treatments for common cold. Statewide Wisconsin Public Radio. Joy Cardin's morning call-in show. January 5.
- 1987-2005 WORT - Madison and surrounding area. Various talks, interviews, and call-in shows. On average, at least one per year during most years.
- 2003 National Public Radio, "People's Pharmacy", a nationwide call-in show hosted by Terry and Joe Graedon. Topic: Upper respiratory infections: Cold and flu. January 18.
- 2002 National Public Radio, "Here and now" show. Taped interview. December 18.
- 2002 St. Louis KMOX. "News show by John Grayson." Taped interview. December 19.
- 2002 Canadian Public Radio "As it happens." Nationally broadcast radio news show. Taped interview. December 19.
- 2002 Kitchener, Ontario, 570 AM, "News talk." Taped interview. December 20.
- 2002 Gary Nolan Show. This is a nationally syndicated radio talk show. Topic: Treating common cold, October 31.
- 2002 National Public Radio, "The People's Pharmacy," a nationwide call-in show hosted by Terry and Joe Graedon. Topic: Cross-cultural health care, July 20.
- 2002 National Public Radio, "The People's Pharmacy," a nationwide call-in show hosted by Terry & Joe Graedon. Topic: Treating the common cold: Conventional and alternative therapies, January 5.
- 1997 WISM - Eau Claire "Health care for the Hmong," Hmong Radio Talk Show, March 26.
- 1993 WHA - Statewide Wisconsin "Alternative therapies," November 12.
- 1987 WHA - Statewide Wisconsin, "Health care in Nicaragua," August 14.

## Television

- 2005 Echinacea cold study. Madison: Channel 3. Featured on "Live at 5." February 12.
- 2002 Echinacea for the common cold. Madison: Channel 15; videotaped interview with author. December 17.
- 2002 Echinacea for the common cold. Philadelphia: by KYW-TV News, Channel 3. December 18.
- 2000 Death, disease & dirty power: Mortality and health damage due to air pollution from power plants," Wisconsin Environmental Decade & U.S. Clean Air Task Force. Press conference. Channel 27 (local ABC affiliate) and others, October 17.



- 1998 Echinacea. Channel 27 (ABC affiliate), Madison, Wisconsin, November 12.
- 1997 Western Wisconsin Physicians for Social Responsibility. Eau Claire Public Access Television, Eau Claire, Wisconsin, January.
- 1996 Health, nutrition and alternative therapy. Eau Claire Public Access Television, Eau Claire, Wisconsin, July.
- 1990 Current events in Nicaragua and El Salvador. Channel 27 (ABC affiliate), Madison, Wisconsin. "Madison City Skyline" talk show guest.
- 1988 Eyewitness Report - Hurricane devastation in Nicaragua. Cable Channel 6, Madison, Wisconsin, December.

### **In the news**

- 2022 "Study: tackling air pollution could benefit Wisconsinites' health" Health benefits from transitioning to a clean energy economy. WKOW Channel 27. November 3
- 2020 "Talking to this person may help boost your immune system" by JW Headley. theadders.com June 13, 2020.
- 2020 "Decision to base F-35s in Madison ignores public health concerns" Op-ed published online Cap Times. April 29, 2020.
- 2020 "Is It Flu, Or Flu-Like? It's Miserable Either Way" by Jennifer Clopton. Webmd.com. January 14, 2020.
- 2019 "Germ Warfare: What helps. What's a waste of money" by Caitlin Dow. Nutrition Action Healthletter. December 2019.
- 2019 "No, you cannot get sick from being cold. But it may increase your risk" by Anne Holub. Insider.com. November 18, 2019.
- 2019 "10 Ways to Stop a Cold in Its Tracks" by Marty Munson. Menshealth.com. August 30, 2019.
- 2019 Article regarding findings from "Meditation or exercise for preventing acute respiratory infection (MEPARI-2): A randomized controlled trial ". DailyMail.com (NY). January 2019.
- 2019 Report on PLOS One findings. WebMD. January 2019.
- 2019 "UW study: Meditation, exercise could help ward off colds, flu" by David Wahlerg. Wisconsin State Journal. January 2, 2019.
- 2018 How Meditation Might Help Your Winter Workouts. New York Times article (Gretchen Reynolds). November 7, 2018.

- 2018 Here's How to Tell if You Have a Cold or the Flu. TIME Magazine. October 11, 2018.
- 2018 Exercise, Meditation Appear to Reduce Colds and Flu. Quarterly - Research Advances. (University of Wisconsin School of Medicine and Public Health's magazine). October 2018.
- 2018 Exercising when sick. Whitson Gordon. Popular Science. Interview. May 16, 2018.
- 2018 You asked: Should I exercise when I'm sick? TIME Magazine. February 21, 2018.
- 2017 Consumer Reports article on common cold
- 2016 You Asked: How Can I Avoid Getting Sick? TIME Magazine. Feb. 3, 2016.
- 2015 Preventing cold and flu. Men's Journal. Planned for December Issue.
- 2015 Article referencing "Meditation or Exercise for Preventing Acute Respiratory Infection: A Randomized Controlled Trial". Dr. Oz The Good Life. November 2015.
- 2015 Raising Happiness (raisinghappiness.com). Start your own meditation practice. July 27.
- 2014 HerbalGram. Cochrane review of safety and efficacy of Echinacea preparations shows trend of small preventive effects.
- 2014 Toronto Globe and Mail. Can meditation help keep you from getting sick? November 23.
- 2014 Reader's Digest Magazine. Natural Cold Remedies: What Works, What Doesn't. November.
- 2014 Good Housekeeping. Meditation and common cold. September.
- 2014 Wall Street Journal. Meditation and common cold. September.
- 2014 Health systems urged to divest fossil-fuel stocks as UK doctors act. Bob Herman Modern Healthcare. August 2.
- 2014 Better Homes and Gardens, 22Oct2013 interview, January issue
- 2013 WebMD Cold treatments Interview 18 November
- 2013 Health Behavior News Service Echinacea Cochrane review Interview 14 November
- 2013 Good Housekeeping, October interview, December issue.
- 2012 Press coverage of the July 9 article in the *Annals of Family Medicine* <http://www.annfammed.org/content/10/4/337/suppl/DC2>. Included

interviews and news reports with: Allure Magazine, Australian Doctor, Behavioral Connections, Bottom Line Health, Chicago Tribune, Fitness Magazine, Health Day News, Huffington Post, Greatist.com, Martha Stewarts Whole Living, Medscape, Men's Fitness, Men's Health, Men's Health UK, Prevention Magazine, Reuters Health Scientific American, Shape Magazine, Stanford School of Medicine, US News-Health, Wildmind, WTDY (Madison, WI), Women's Day, Medical Express, Wisconsin State Journal, Yahoo Health, EMBO Reports, Linkwell Health, BetterForYou.com, IDEA Fitness Journal (Feb 2013), Scientific American Mind (November/December 2012); Galileu Magazine (Brazil), Aging News (Jan 2013; [www.aging.wisc.edu/publications/newsletter.php](http://www.aging.wisc.edu/publications/newsletter.php)); The Guardian (11Dec2012); Greatist (10Dec2012); More Magazine (2016); , of course, NIH NCCAM <http://nccam.nih.gov/research/results/spotlight/070912>.

- 2011 B Barrett & M Vohmann. "Nuclear power too dangerous, too costly". Featured opinion editorial. *Capital Times*, April 14.
- 2010 Press coverage of the December 21 article in the *Annals of Internal Medicine* included news wire by Associated Press, with stories on ABC, CBS, NBC, Fox, CNN, WISC (Madison, WI), WKOW (Madison, WI), KRIV (Houston, TX), WOFL (Orlando, FL), KTTV (Los Angeles, CA), WTTG (Washington DC), KMSP (Minneapolis, MN), WREG (Memphis, TN), WTVT (Tamp Bay, FL) ; articles in the Los Angeles Times, Washington Post, USA Today, New York Post, Boston Globe, St Louis Globe, Wisconsin State Journal, Dayton Beach News Journal; web posts on NIH/NCCAM, MSNBC, AOL Health, Yahoo, CNN, WebMD, Health, Science Daily, Today Online, Medical News Today, USA Today, MedPage Today, The News Tribune, Bloomberg, TheMedGuru, The Milwaukee News Buzz, Food Consumer, Weather; as well as international coverage by CBC News (Canada), CTV (Canada), Yahoo (Canada).
- 2010 Web article "Wisconsin cold symptom survey used in research world wide" featured on UW SMPH News and Events page: <http://www.med.wisc.edu/news-events/news/family-medicines-cold-symptom-survey-used-in-research-worldwide/26225>
- 2009 B. Barrett & E. Utram "Limit antibiotic use and reduce health care costs" Featured opinion editorial. *Milwaukee Wisconsin Journal Sentinel* November 13. <http://www.jsonline.com/news/opinion/70022507.html>
- 2009 D. Wahlberg. "Can meditating ward off a cold?" *Wisconsin State Journal* front page above fold multi-page health science article. October 30. [http://host.madison.com/wsj/news/local/health\\_med\\_fit/article\\_7b4e56c0-c4f2-11de-9089-001cc4c03286.html](http://host.madison.com/wsj/news/local/health_med_fit/article_7b4e56c0-c4f2-11de-9089-001cc4c03286.html)
- 2008 B. Barrett. "Madison needs to clean up its coal" Featured guest editorial *Wisconsin State Journal* July 6. Three weeks later Governor Jim Doyle announces plans to eliminate Madison-based coal power plants, as per editorial recommendations.
- 2005 B. Barrett. "Using precautionary rule for health makes sense." Featured guest editorial. *Capitol Times*, July 11.

- 2004 B. Barrett & D. Wallinga. "Act against threat from 'superbugs': Legislation to halt the routine use of antibiotics in livestock feed is needed to combat the threat to human health posed by antibiotic resistant bacteria." Featured guest editorial *Wisconsin State Journal*, October 24.
- 2002 Press coverage of the December 18 article in the *Annals of Internal Medicine* included new wires by Associated Press, United Press International and Reuters, with stories on ABC, CBS, and CNN, articles in the New York Times, Washington Post, and USA Today, as well as international coverage by Canadian Broadcast Corporation, British Broadcast Corporation and coverage throughout Canada, Europe, and Australia.
- 2000-present Numerous interviews by reporters, including: U.S. News & World Report 5-00; San Francisco Chronicle 4-00; International Medical News 7-00; Wisconsin State Journal 9-00; Fitness magazine 11-00; Wisconsin Woman 12-00; Real Simple magazine 1-01; Fitness magazine 6-01; FDA Consumer magazine 8-01; Physicians Financial News 2-02; Wisconsin Week 5-02; Bottom Line / Tomorrow 2-03; Arthritis Today 3-03; Milwaukee Journal 3-03; Baltimore Sun 5-03; Readers Digest 5-03; Bild der Wissenschaft (German science magazine) 6-03; Friendly Exchange (Farmers Insurance) 6-03; Audio Digest 10-03; Consumer Reports magazine 10-03; Wissenschaftsredaktor (Swiss science weekly) 3-04; Fitchburg Star 2-26-04; BCN Newsletter 5-04; Health Day 8-04; Health Magazine 6-04; American Medical News 11-04 & 2-7-05 (<http://www.ama-assn.org/amednews/2005/02/07/hlsa0207.htm>); Mt. Horeb Mail 5-12-05; Science News 7-05; New York Times 7-05; MSN News 10-17-05; Capitol Times 12-12-05; Wisconsin State Journal 12-05; Readers Digest 11-06; WebMD 12-06; MSN News 1-12-07; Better Homes & Gardens 2-2-07; L.A. Times 7-8-07; New York Times 7-12-07; Men's Health 7-20-07; Business Week 7-24-07; Fitness Magazine 8-9-07; Health Magazine 8-27-07; Daily Cardinal 9-18-07; Nutrition Action Jan/Feb 2008; Wisconsin State Journal (front page) 10-30-09; numerous interviews with publication of echinacea trial (2010), placebo effects (2011), meditation/exercise trial (2012); OnWisconsin 10-17-12; The Guardian 12-6-12.

## OTHER PROFESSIONAL ACTIVITIES

- 2005-08 Member, External Advisory Council, Iowa Botanical Supplements Research Center, Iowa State University. This is a substantive research program first funded by the National Institute of Environmental Health Sciences and the Office of Dietary Supplements at the National Institutes of Health, then by the National Center for Complementary and Alternative Medicine at the National Institutes of Health.
- 2005 External reviewer for a major grant submitted to The Wellcome Trust, London, England
- 2004-present Study Section Member - National Institutes of Health, National Center for Complementary and Integrative Health (Center Grants, T32, K grants, etc)
- 1995-present Manuscript reviews for the following peer-reviewed journals or organizations: *Age and Ageing*; *American Botanical Council*; *American Family Physician*; *Annals of Family Medicine*; *Annals of Internal Medicine*; *Archives of Internal*

*Medicine; BMC Family Practice; British Medical Journal (BMJ); BMJ Open; Chest; Clinical Infectious Diseases; Clinical Nutrition; Clinical Therapeutics; Cochrane Collaboration; Complementary Therapies in Medicine; Consultant; Current Medical Research and Opinion; Drug Safety; Drug Safety Review; Explore: the Journal of Science and Healing; Evidence-Based Complementary and Alternative Medicine; Family Medicine; Family Practice; Focus on Alternative and Complementary Therapies; Health and Quality of Life Outcomes; Health Communication; Human Organization; Journal of the American Medical Association (JAMA); Journal of Family Practice; Journal of Alternative and Complementary Medicine; Journal of Cleaner Production; Journal of Clinical Epidemiology; Journal of Nature and Science of Medicine; The Lancet; Medical Decision Making; Medical Science Monitor; Natural Medicines; Patient Education and Counselling; Perspectives in Biology and Medicine; PNAS (Proceedings of the National Academy of Sciences); Psychology Research and Behavior Management; Psychological Science; Psychosomatic Medicine; Public Library of Science (PLOS ONE); Respiratory Medicine; Psychology Research and Behavior Management; Respirology; Social Science and Medicine; Sustainability; Wisconsin Medical Journal;*

- 2000-present Requests for reprints and other professional correspondence from: Argentina, Austria, Australia, Belgium, Brazil, Bulgaria, Canada, Chile, China, Columbia, Congo, Cuba, Czech Republic, Denmark, Dominican Republic, Egypt, England, France, Germany, Greece, Hong Kong, Holland, Hungary, Indonesia, India, Italy, Iran, Ireland, Japan, Jordan, Kuwait, Lithuania, Malaysia, Mexico, Nepal, Netherlands, New Zealand, Pakistan, Peru, Philippines, Poland, Portugal, Romania, Russia, Santo Domingo, Saudi Arabia, Scotland, Serbia, Singapore, Slovakia, South Africa, South Korea, Spain, Switzerland, Taiwan, Thailand, Turkey, United Kingdom, Wales and dozens of colleges and universities in the United States
- 2003- present *Cochrane Collaboration.* Member of acute respiratory infection group, reviewing protocols and manuscripts; Co-author of systematic review of Echinacea for prevention or treatment of upper respiratory infection
- 2020 External reviewer for a major grant submitted to Economic and Social Research Council SOLSTICE, a European funding agency.

## COMMUNITY SERVICE

- 2020- present Wisconsin Health Professionals for Climate Action. Founding member, activist.
- 2015- present Board of Directors. *Linda and Eugene Farley Center for Peace, Justice and Sustainability.*
- 2009- present Linda and Gene Farley (Wisconsin) chapter of *Physicians for a National Health Plan*

2004- 2012 Faculty physician volunteer. MEDIC, a University of Wisconsin medical student organization providing care for homeless and underserved

2004- present Advisory Board Member, *Madison Rafah Sister City*

2000- present Steering Committee, *Madison Physicians for Social Responsibility*

2000- present Advisory Board Member, *Medical Aid to East Timor*

1990- present Activist, National *Physicians for Social Responsibility*

1997- present Member, speaker, *Physicians for a National Health Plan*

1999- 2008 National Environmental Health Committee, *Physicians for Social Responsibility*

2004- 08 Member - *Wisconsin Environmental Health Steering Team*

2000-06 Medical Advisory Board - *Allied Drive Wellness Center*

2000-04 President, *Madison Physicians for Social Responsibility*

2000-03 Advisory Council, *Doctors for Global Health*

1997- 99 Physician Volunteer, *Madison Community Health Center*

1994-99 Activist, *Physicians for Human Rights*

1996-97 Founder & Coordinator, *Western Wisconsin Physicians for Social Responsibility*

1995-97 Residency Coordinator. Doctor Talk, Eau Claire area physician speaker's bureau, Eau Claire, Wisconsin

1994-97 Member, *National Coalition for Pesticide Law Reform*

1991-92 Board of Directors Member, *Wisconsin Coordinating Council on Nicaragua*

1988-91 Coordinator, *Medical Aid to Central America*, Madison, Wisconsin

1987-88 Steering Committee Member, *Medical Aid to Central America*, Madison, Wisconsin

1987-88 Co-President, University of Wisconsin Chapter, *American Medical Student Association*

1986 Summer Group leader for *Operation Crossroads Africa*, Caribbean Program, group leader for a dozen high school student volunteers, St. Vincent

1985-86 Volunteer, *Methodist Hospital Emergency Room*

1984 Volunteer tutor in math at *East High School*, Madison, Wisconsin