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Bruce Barrett, MD, PhD is a family physician, tenured professor, and vice chair for research in the U.W. Department of Family Medicine and Community Health. His research has focused on design and interpretation of randomized trials, alternative/complementary/integrative medicine, mind-body interactions, mindfulness meditation, placebo effects, and assessment of patient-oriented outcomes.

The National Center for Complementary and Integrative Health at N.I.H. has funded several of Dr. Barrett's research projects, including two recent randomized trials, "Mindfulness or Exercise for Preventing Acute Respiratory Infection" (MEPARI and MEPARI-2).

Over the past several years Dr. Barrett has led an interdisciplinary team of physicians, scientists, environmental advocates, and mindfulness instructors to develop Mindful Climate Action (MCA), an educational and behavior change program designed to help people decrease their carbon footprints while enhancing their personal health and happiness. The goal is to develop, assess and disseminate MCA widely, employ rigorous science, and to bring the resulting mindful eco-wellness benefits to as many people as possible.