



**NYCPM**  
New York College of Podiatric Medicine

## **NIH Grant for Peter Barbosa, PhD and Jeffrey Weiss, PhD, Funded; Effects of Mindfulness Training on Chronic Inflammation in HIV Patients to be Studied**



*Peter Barbosa, PhD*

The grant application submitted to the NIH by Peter Barbosa, PhD, Professor of Pre-Clinical Sciences at NYCPM and his Dual-PI collaborator, Jeffrey Weiss, PhD, Associate Professor of General Internal Medicine and Assistant Professor of Psychiatry, Mt. Sinai, entitled “Effects of Mindfulness Training on Chronic Inflammation in HIV-Infected Adults,” has been funded!

Based on the work of Jon Kabat-Zinn and his Mindfulness-Based Stress Reduction course, the investigators will seek “two levels of outcomes” in their subjects, according to Dr. Barbosa. First, they will look for improvement in the psychological well-being of their subjects, and second, they will look for improvements in four biological markers associated with chronic inflammation. Dr. Barbosa says that elevated levels of these markers are correlated with poor outcomes in HIV patients, and that if the mindfulness training reduces plasma levels of these markers, then the training could possibly be expanded for use with other clinical conditions. Michael J. Trepal, DPM ('81), Vice President of Academic Affairs and Dean said, “This work has been over 12 years in the making and is clearly the highlight of many years of study and research in this discipline. We are all so very proud and admiring of Dr. Barbosa’s work and the prestige it brings to him and to our College.”