



CALL FOR 2018 PILOT PROJECT PROPOSALS
from the Boston Roybal Center for Active Lifestyle Interventions
Fall 2017

The Boston Roybal Center for Active Lifestyle Interventions (RALI Boston), funded by the National Institute on Aging, is pleased to issue a call for pilot study proposals focused on behavioral interventions to promote healthy aging, especially those that enable middle-aged and older adults to adopt and/or maintain active and engaged lifestyles. The Center's mission is to improve the health and well-being of at-risk, vulnerable populations (e.g., from minority or low income groups, those who are inactive, socially isolated or have chronic conditions) and to identify the most effective mechanisms for adaptive behavior change. We are interested in multifaceted, holistic interventions engaging multiple systems (e.g., psychological, social, cultural, nutritional, physical, biomedical, spiritual, cognitive, motivational) to promote active, engaged, and healthy lifestyles despite the challenges of aging and disability.

We seek pilot proposals for innovative pilot projects that have a theoretical and evidence-base in the behavioral and social sciences and fit within the Center's mission and goals to increase and sustain active engagement. We are also interested in collaborative applications that leverage expertise and resources (e.g., functional assessment core) at the **Boston Older Americans Independence Center** (<http://pepper.bwh.harvard.edu/>). New proposals and ongoing projects that add a behavioral component to the study design will be considered. We encourage the use of measures from the Roybal Center Tool Box <http://www.brandeis.edu/roybal/toolbox/index.html> and Cores at the Boston Pepper Center. Investigators, including junior faculty and postdoctoral trainees, from the Center's five collaborating institutions (**Boston College, Boston University, Brandeis University, Hebrew Senior Life/Harvard Medical School, Northeastern University**) are invited to apply.

Applicants should provide an abstract up to 350 words, a 3 to 4-page proposal that includes specific aims, background and significance, study design, a description of the intervention, proposed measures, sample and sample size justification, analytic plan, and potential for future publications, products and independent funding. Please also submit the following at <http://www.brandeis.edu/roybal/pilot/application.html> : (1) a biosketch on the NIH form for all investigators, (2) a 1-year budget on Form 4 and total budget (maximum of \$25,000) and budget justification on form 5 signed by an institutional official, (3) a planned enrollment form, and (4) a plan for the Protection of Human Subjects (see on-line guidelines). The scope of the project should allow for completion within a one-year timeframe. More information about the mission of the Center and the instructions and forms for pilot applications can be found on the website at: www.brandeis.edu/roybal

Please submit all application materials through the website at www.brandeis.edu/roybal **by the deadline of January 22, 2018**. We expect to select 2-4 of the most meritorious proposals by March 2, and to begin funding on June 1, 2018. Funding decisions will be based on the proposal's relevance to the RALI Boston mission, ability to advance our knowledge of behavioral interventions to promote active engagement and healthy aging, and potential for future publications and independent funding. Pilot study investigators will be invited to meet periodically with other Center investigators and develop new collaborative relationships, harmonize their outcome measures (see RALI Toolbox measures on the website), share research findings, submit progress reports, and attend Roybal Center meetings.

For additional information please visit our website www.brandeis.edu/roybal, email us at roybal@brandeis.edu, or contact:

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