

CSHRB Autumn & Winter Research Opportunities

Project 1

Project Title: Project Balance

PI and/or Supervisor: PI: Anne Fairlie, Research Coordinator Leilani Maiden

Project Description: Nonmedical use of prescription stimulants (NMPS) is coupled with cannabis and alcohol use among college students reporting NMPS. This project tests weekly- and daily-level processes among NMPS, cannabis, alcohol, academics, and sleep difficulties. Participants complete 11 weekly surveys and a 21-day period of daily surveys in each of two academic quarters. Fitbit devices are used to collect sleep data during the daily survey periods.

Number of Undergrad RA openings: At least 1-2 (position starts Winter 2027)

Number of hours per week expected (3 hours/week = 1 credit): 6 - 9 hours

Prerequisites and/or Student Eligibility: Requires contact with participants (via phone, text and online sessions for Fitbit set-up) and on-site work at Health Sciences Center for mailing Fitbits. Two quarter commitment preferred but not required.

Contact: lmaide@uw.edu

Project 2

Project Title: Rest-Up

PI and/or Supervisor: Mary Larimer, Nicole Fossos-Wong, Jack Kaldowski

Project Description: The Rest-Up Study seeks to address important gaps in the latest alcohol intervention literature by directly targeting co-occurrence of alcohol use, marijuana use, and sleep issues in young adults. The current study is specifically designed to evaluate comparative efficacy of telehealth-delivered integrated alcohol, cannabis, and sleep intervention (BASICSSLEEP) to an alcohol and cannabis only intervention (BASICS+), a sleep only intervention (SLEEP), and attention control (AC). Surveys and daily diary assessments will assess alcohol, cannabis, and sleep at baseline, post-treatment, 3-, 6-, 12-, and 18-months.

Number of Undergrad RA openings: 2-3

Number of hours per week expected (3 hours/week = 1 credit): 6-9 hours

Prerequisites and/or Student Eligibility: Psychology major with minimum GPA of 3.0

Contact: njf2@uw.edu

Project 3

Project Title: Greek Connections

PI and/or Supervisor: Elizabeth Lehinger

Project Description: Greek Connections is focused on developing and testing a program of alcohol-free social activities within the Greek community at UW. The goal is to increase the availability of, and engagement in, alcohol-free social activities to reduce heavy drinking and negative alcohol-related consequences. This study is currently in the pilot trial phase. Data collection will occur over the next two years with the intervention program delivered during the second year.

Number of Undergrad RA openings: 3

Number of hours per week expected (3 hours/week = 1 credit): 6 hours, 3 consecutive quarter commitment

Prerequisites and/or Student Eligibility: Prefer UW undergrads with completion of the research methods course.

Contact: bethl4@uw.edu

Project 4

Project Title: Washington State Cannabis and Health Listening Sessions

PI and/or Supervisor: Michael Gilson (PI); Devon Abdallah

Project Description: We are conducting a multimethod project for the Washington State Department of Health (DOH) that will include quantitative and qualitative data. We will be conducting a series of listening sessions (i.e., focus groups) with young adults age 18 to 29 to examine cannabis related behaviors and perceptions. We are looking for 499s who would be interested in helping clean and prepare transcripts of these groups, assist with literature review, beta test survey instruments, assist with table and report preparation and work with a diverse team of faculty on other project-related tasks as they arise.

Number of Undergrad RA openings: 2

Number of hours per week expected (3 hours/week = 1 credit): 6-9 hours

Prerequisites and/or Student Eligibility:

Contact: gilson@uw.edu

Projects 5

Project Title: electronic harm reduction treatment for alcohol (eHaRT-A)

PI and/or Supervisor: Tessa Frohe

Project Descriptions:

eHaRT-A: The unprecedented global pandemic has highlighted the digital divide and limited access to alcohol-related treatments among marginalized communities, specifically individuals with lived experience of homelessness. In line with the NIAAA health initiative seeking to integrate technology-based interventions among vulnerable populations, this study directly addresses this mission by proposing innovative methods (i.e., user-centered design + a community based participatory research framework) to adapt an in-person harm reduction for alcohol (HaRT-A) intervention into a telehealth platform (eHaRT-A) that can then be tested and successfully implemented into low-barrier Housing First settings. As healthcare continues to move more services online, it is essential to understand ways to successfully adapt and implement rigorously tested telehealth treatment services for marginalized communities to ameliorate alcohol-related harms.

Number of Undergrad RA openings: 2-4

Number of hours per week expected (3 hours/week = 1 credit): 6-9 hours

Prerequisites and/or Student Eligibility:

Contact: frohe06@uw.edu

Project 6

Project Title: Conéctate Contigo Mismo

PI and/or Supervisor: PI: Christine Lee, Supervisor: Annelise Smith and Griselda Martinez

Project Description: Conéctate Contigo Mismo is a Spanish-language online prevention and wellness program for young adults ages 18-29. Research assistant(s) will work closely with faculty and staff supervisors to support day-to-day program marketing and outreach efforts and will have a role in coordinating program dissemination and community engagement efforts for our online prevention program. Funding for this program is provided by the Washington State Health Care Authority.

Number of Undergrad RA openings: 4

Number of hours per week expected (3 hours/week = 1 credit): 3-9 hours

Prerequisites and/or Student Eligibility: Fluency in Spanish and English, including reading, writing and speaking and past experience with community outreach.

Contact: gm212@uw.edu

Project 7

Project Title: Active-Duty MSM Study

PI and/or Supervisor: PI: Thomas Walton

Project Description: This project examines alcohol use and its association with sexual risk behaviors among active-duty men in the U.S. military, with a particular focus on men who have sex with men (MSM). Findings aim to inform targeted prevention and harm-reduction strategies for this population

Number of Undergrad RA openings: 1

Number of hours per week expected (3 hours/week = 1 credit): 3-9 hours

Prerequisites and/or Student Eligibility: Preferred junior or senior. Experience with the military and/or marketing would be ideal but are not required.

Contact: towalton@uw.edu

Project 8

Project Title: Community-Based Opioid Treatment (CBOT) Study

PI and/or Supervisor: PI: Omeid Heidari, Supervisor: Griselda Martinez

Project Description: The Community-Based Opioid Treatment (CBOT) study aims to design and test a nurse-led implementation strategy for community- and clinic-delivery of buprenorphine and HIV care services. Part 1 of this study focuses on developing a protocol for delivery of CBOT through interviews with patients and stakeholders. Research assistant(s) will have a role in preparing and reviewing transcripts as well as coding and analyzing qualitative interviews with patients, nurses, providers, and clinic staff.

Number of Undergrad RA openings: 2

Number of hours per week expected (3 hours/week = 1 credit): 6-9 hours

Prerequisites and/or Student Eligibility: Minimum 2 quarter commitment.

Contact: gm212@uw.edu

Project 9

Project Title: ADAPT

PI and/or Supervisor: PI: Brittney Hultgren, Supervisor: Alvaro Martinez

Project Description: ADAPT is assessing the impact of providing young adults who go through Screening Brief Intervention and Referral to Treatment (SBIRT) an additional brief personalized online intervention. Our outcomes of interest are impaired driving and substance use and consequences. We are looking for students to help make phone calls and emails to reach out to providers and organizations who may be conducting SBIRT with young adults, aid in recruitment activities, minor file and data management and other tasks.

Number of Undergrad RA openings: 1-2

Number of hours per week expected (3 hours/week = 1 credit): 6-9 hours

Prerequisites and/or Student Eligibility: Must be willing to make phone calls to providers and community organizations. Minimum 2 quarter commitment.

Contact: hultgren@uw.edu

Project 10

Project Title: Rest-Up MI Coding

PI and/or Supervisor: PI: Mary Larimer, Co-Is: Brittney Hultgren, Tracey Garcia

Project Description: The Rest-Up Study seeks to address important gaps in the latest alcohol intervention literature by directly targeting co-occurrence of alcohol use, marijuana use, and sleep issues in young adults. Drs. Hultgren and Garcia lead the coding team for the intervention sessions. Students will learn about motivational interviewing and code the intervention sessions of fidelity of motivation interviewing practices

Number of Undergrad RA openings: 5-7 (position starts Winter 2027)

Number of hours per week expected (3 hours/week = 1 credit): 6-9 hours

Prerequisites and/or Student Eligibility: Minimum of 3 consecutive quarters commitment

Contact: hultgren@uw.edu

Project 11

Project Title: GLP-1's: Assessment of gambling Motivation & Engagement (**GAME Study**)

PI and/or Supervisor: PI: Mary Hatch, Co-I: Ty Lostutter

Project Description: The GAME Study is examining whether use of glucagon-like peptide-1 (GLP-1) receptor agonist medications, such as semaglutide and tirzepatide, may be associated with changes in gambling behavior, urges, and motivation among adults who gamble. Although GLP-1 medications are primarily used to treat diabetes and obesity, emerging research and anecdotal reports suggest that they may also influence reward-related behaviors, including alcohol and other substance use. Much less is known about their potential relationship with gambling behavior. Undergraduate research assistants will have the opportunity to gain experience with behavioral health research, including participant recruitment, study tracking and data management, literature reviews, preparation of research materials, and other aspects of conducting a human-subjects research study. Depending on the stage of the project and the student's interests and experience, additional opportunities may include assisting with data preparation, qualitative research activities, and dissemination of study findings.

Number of Undergrad RA openings: 2-3 undergraduates

Number of hours per week expected (3 hours/week = 1 credit): 3-6 hours per week

Prerequisites and/or Student Eligibility: Must be willing to make zoom calls to participants to verify their identities and complete the pre-screening requirements, prefer a 2-3 quarter commitment as the study is for 1-year only.

Contact: tylost@uw.edu