

VA



U.S. Department
of Veterans Affairs

The VA Office of Patient Centered Care and Cultural Transformation's
and VA Complementary and Integrative Health Evaluation Center's

Registry of Current Research on Veterans and Complementary and Integrative Health Therapies and Chiropractic Care

April 2022

CIHEC

Complementary and Integrative
Health Evaluation Center



VA Quality Enhancement Research Initiative
EVIDENCE INTO PRACTICE



Registry of Current Research on Veterans and Complementary and Integrative Health Therapies and Chiropractic Care

We are pleased to announce the second edition of the VA Office of Patient Centered Care and Cultural Transformation's (OPCC&CT) and the VA Complementary and Integrative Health Evaluation Center (CIHEC) QUERI Partnered Evaluation Center's *Registry of Current Research on Veterans and Complementary and Integrative Health (CIH) Therapies and Chiropractic Care*. This *Research Registry* is intended to facilitate research collaboration and enable clinicians, researchers, and policy makers to be informed of the research being conducted on CIH therapies and chiropractic care among Veterans. We include studies that were active as of January 1, 2016 and later, and provide information on the Principal Investigator's name and institution, study title and years of funding. The *Research Registry* focuses on nine CIH therapies: clinical hypnosis/hypnotherapy, meditation, biofeedback, Tai Chi/Qigong, yoga, therapeutic massage, traditional acupuncture, Battlefield Acupuncture, and guided imagery. It also includes chiropractic care, because although it is considered allopathic care in the VA, some in the healthcare field still consider it to be complementary. It also focuses on ten outcomes: pain, anxiety, depression, posttraumatic stress disorder, well-being, stress, suicide-related issues, opioid use, cost, and implementation.

Data for NIH-funded studies were found online in the NIH RePORTER. Data for DoD-funded studies were extracted from the USAMRDC/CDMRP Electronic Grants System. Data for VA-funded studies were found here: <https://www.research.va.gov/about/funded-projects.cfm>. Although the VA attempts to keep its databases as comprehensive as possible, some VA-funded studies might be missing or have inaccurate data, in which case, please notify us to have that information corrected/included.

This second edition of the *Research Registry* includes 97 VA-funded studies, 12 NIH-funded studies and 3 DoD-funded studies on 9 CIH therapies and chiropractic care (many studies were of more than 1 therapy): traditional acupuncture (13 studies), Battlefield Acupuncture (6 studies), biofeedback (7 studies), chiropractic care (10 studies), guided imagery (5 studies), clinical hypnosis/hypnotherapy (5 studies), meditation (54 studies), Tai Chi/Qigong (10 studies), therapeutic massage (7 studies), and yoga (35 studies).

The *Research Registry* is updated annually and located on both the OPCC&CT website at: [Registry of Current Research on Veterans and Complementary and Integrative Health Therapies and Chiropractic Care \(va.gov\)](#) and our CIHEC website at: [Complementary & Integrative Health Research - Center for Healthcare Innovation, Implementation and Policy](#).

For questions or to provide missing information, please contact both Stephanie L. Taylor, PhD (Director of CIHEC) Stephanie.Taylor8@va.gov and Mike McGowan, MA Michael.McGowan3@va.gov.

Registry sponsors include:

- VA Office of Patient Centered Care & Cultural Transformation (OPCC&CT)’s Integrative Health Coordinating Center: Alison Whitehead, MPH; Alison.Whitehead@va.gov
- VA Complementary and Integrative Health Evaluation Center (CIHEC): Director: Stephanie L. Taylor, PhD; Stephanie.Taylor8@va.gov; Co-Director: Steve Zeliadt, PhD; Steven.Zeliadt@va.gov

Funding was provided by VA QUERI and OPCC&CT (PEC 16-354).



Registry

Principal Investigator	Project Title	Funding Agency	Awardee VA Institution	Year	CIH Therapy	Outcome
Chen, Kim	Pilot Study Regarding Acceptability of Acupuncture for Treatment of Chronic Pain in Female Veterans Suffering from Military Sexual Trauma	VA	Aurora, CO	2/17/2016	Acupuncture	Pain
Hollifield, Michael	Acupuncture for PTSD in Combat Veterans	VA	Long Beach, CA	10/1/2016 to 3/31/2022	Acupuncture	PTSD
Huang, Wei	The Effects of Acupuncture in Treating Headaches After Traumatic Brain Injury	VA	Atlanta, GA	9/19/2013	Acupuncture	Pain
McCarron, Jesse	Postoperative Acupuncture and Pain Management After Arthroscopic Rotator Cuff Surgery: A Dosing Trial	VA	Portland, OR	9/30/2014 to 4/13/2016	Acupuncture	Pain
Nieves, Yanire	Acupuncture for Postoperative Analgesia in Laparoscopic Surgery	VA	Atlanta, GA	9/1/2016 to 2/29/2020	Acupuncture	Pain

Principal Investigator	Project Title	Funding Agency	Awardee VA Institution	Year	CIH Therapy	Outcome
Patel, Padmavathi	Postoperative Traditional Acupuncture and Its Use in Multimodal Perioperative Anesthesia Care	VA	Detroit, MI	8/2/2017	Acupuncture	Pain
Sharma, Santosh	Efficacy of Acupuncture in the Treatment of Posttraumatic Headache	VA	Kansas City, MO	10/2/2017	Acupuncture	Pain
Goulet, Joseph L.	Association of Complementary and Integrative Health (CIH) Interventions with Opioid Use and Related Risks Among Veterans with Musculoskeletal Disorders (MSD and PTSD)	VA	West Haven, CT	5/1/2018 to 4/30/2022	Acupuncture, Meditation/ Mindfulness, Therapeutic Massage, Yoga	Pain, PTSD, Opioid Use
Farmer, Melissa & Taylor, Stephanie	CIHEC - The Provision of CIH Approaches in VA: Environmental Scan	VA	North Hills, CA	2017 to 2018	Acupuncture, Biofeedback, Chiropractic, Guided Imagery, Hypnotherapy, Meditation, MBSR, Therapeutic Massage, Yoga	Implementation
Taylor, Stephanie	Adoption and Implementation of Complementary and Integrative Health Therapies	VA	Los Angeles, CA	10/1/2015 to 9/30/2016	Acupuncture, Biofeedback, Chiropractic, Guided Imagery, Hypnotherapy, Meditation, MBSR, Therapeutic Massage, Tai Chi/Qigong, Yoga	Implementation

Principal Investigator	Project Title	Funding Agency	Awardee VA Institution	Year	CIH Therapy	Outcome
Taylor, Stephanie & Zeliadt, Steve	QUERI Complementary and Integrative Health Evaluation Center — The Data Nexus Project	VA	Los Angeles, CA & Seattle, WA	1/1/2019 to Current	Acupuncture, Biofeedback, Chiropractic, Guided Imagery, Hypnotherapy, Meditation, MBSR, Therapeutic Massage, Tai Chi/Qigong, Yoga	Pain, Depression, Anxiety, Opioid Use, PTSD, Wellness/ Quality of Life, Cost
Taylor, Stephanie & Zeliadt, Steven	APPROACH: Assessing Pain, Patient Reported Outcomes and Complementary and integrative Health (APPROACH)	VA	Los Angeles, CA	2018 to 2024	Acupuncture, Chiropractic, Therapeutic Massage, Meditation, Yoga, Tai Chi/Qigong	Pain, Depression, Opioid Use, PTSD, Wellness/ Quality of Life
Reinhard, Matthew	CAM in Veterans with Gulf War Illnesses	VA	Washington, DC	7/1/2014 to 6/30/2021	Acupuncture, Yoga	Pain
Cowan, Linda	Effects of Battlefield Acupuncture (BFA) on Wound Pain and Wound Healing	VA	Gainesville, FL	4/3/2017 to 2/5/2018	Battlefield Acupuncture	Pain
Patel, Padmavathi	Battlefield Acupuncture and Its Use in Multimodal Perioperative Anesthesia Care	VA	Detroit, MI	8/2/2017	Battlefield Acupuncture	Pain
Powers, Jennifer	Effect of Battlefield Acupuncture on Pain Medication Use Among Veterans	VA	Gainesville, FL	5/29/2018 to 5/28/2019	Battlefield Acupuncture	Pain
Taylor, Stephanie	QUERI Complementary and Integrative Health Evaluation Center — The Evaluation of Battlefield Acupuncture's Effectiveness and Implementation	VA	Los Angeles, CA	2017 to 2019	Battlefield Acupuncture	Implementation

Principal Investigator	Project Title	Funding Agency	Awardee VA Institution	Year	CIH Therapy	Outcome
Vest, Bridgette H.	Efficacy of Battlefield Acupuncture (BFA) as an Adjunct to Buprenorphine/Naloxone Treatment in Veterans with Opioid Dependence and Chronic Pain	VA	Salem, VA	7/25/2016	Battlefield Acupuncture	Pain
Chang, Evelyn	Engaging Health Care Teams to Increase Access to Medications for Addiction Treatment and Complementary and Integrative Health (MAT/CIH)	VA	Los Angeles, CA	10/1/2019 to 9/30/2022	Battlefield Acupuncture, Yoga	Opioid Use
Burch, James	HRV Biofeedback in Pain Patients: Pilot Intervention for Pain, Fatigue & Sleep	VA	Columbia, SC	7/1/2015 to 12/31/2019	Biofeedback	Pain
Carlson, Judy M.	Neurofeedback Impact on Chronic Headache, Sleep and Attention Disorders Experienced by Veterans with Mild Traumatic Brain Injury	VA	Honolulu, HI	10/1/2019 to 9/30/2023	Biofeedback	Pain
Ginsberg, Jay P.	Adjunctive Heart Rate Variability Biofeedback Interventions for OIF-OEF Combat-Related PTSD: Using HRVB to Improve Attention and Immediate Memory in Veterans	VA	Columbia, SC	10/21/2010 to 5/4/2017	Biofeedback	PTSD
Park, Jeanie	Mechanisms of Sympathetic Overactivity in PTSD	VA	Decatur, GA	7/1/2015 to 6/30/2020	Biofeedback	PTSD
Goertz, Christine	Collaborative Care for Veterans with Spine Pain and Mental Health Conditions	NIH	Davenport, IA	7/1/2014 to 6/30/2017	Chiropractic	Pain
Goertz, Christine	Chiropractic Care for Veterans: A Pragmatic Randomized Trial Addressing Dose Effects for CLBP	NIH	Davenport, IA	9/20/2017 to 8/31/2023	Chiropractic	Pain

Principal Investigator	Project Title	Funding Agency	Awardee VA Institution	Year	CIH Therapy	Outcome
Dunn, Andrew	Chiropractic Management for Female Veterans with Chronic Neck and Low Back Pain: A Retrospective Study of Clinical Outcomes	VA	Buffalo, NY	9/14/2016 to 3/21/2018	Chiropractic	Pain
Haustein, David	Primary Healthcare Management of Low Back Pain: Do Veterans Illness Perceptions Determine Effectiveness of Pain Outcomes following Chiropractic Manipulations?	VA	Palmdale, CA	11/2/2015 to 8/17/2016	Chiropractic	Pain
Weiner, Debra	Optimizing Outcomes for Older Veterans with CLBP Syndrome: Aging Back Clinics	VA	Pittsburgh, PA	10/1/18 to 9/30/2023	Chiropractic	Pain
Bair, Matthew J.	Trial Outcomes for Massage: Caregiver-Assisted vs. Therapist-Treated (TOMCATT)	VA	Indianapolis, IN	2/1/2017 to 8/30/2022	Chiropractic, Therapeutic Massage	Anxiety, Depression, Pain, Stress
Berg, John P.	Pre-Treatment Physiological Reactivity and Treatment Outcome	VA	Bay Pines, FL	3/1/2015 to 12/31/2019	Guided imagery	PTSD
Bair, Matthew J. & Story, Maya	Feasibility and Acceptability of Music Imagery, and Listening Interventions for Analgesia (FAMILIA)	NEA	Indianapolis, IN	9/1/2021 to 8/30/2023	Guided Imagery	Pain
Jensen, Mark	Hypnosis and Meditation for Pain Management in Veterans: Efficacy and Mechanisms	NIH	Seattle, WA	9/1/2014 to 6/30/2019	Hypnosis, Meditation	Pain
Williams, Rhonda	Hypnosis and Mindfulness for Cancer Pain Pilot Study	VA	Seattle, WA	7/31/18 to 7/28/2020	Hypnosis, Meditation/ Mindfulness	Pain

Principal Investigator	Project Title	Funding Agency	Awardee VA Institution	Year	CIH Therapy	Outcome
Burgess, Diana	Testing Two Scalable, Veteran-Centric Mindfulness-Based Interventions for Chronic Musculoskeletal Pain: A Pragmatic, Multisite Trial	DoD	Minneapolis, MN	5/15/2018 to 5/14/2024	Meditation/ Mindfulness	Pain
Davis, Jordan	Development of a Mobile Mindfulness Intervention for Alcohol Use Disorder and PTSD Among OEF/OIF Veterans	NIH	Los Angeles, CA	11/1/2021 to 8/31/2023	Meditation/ Mindfulness	PTSD
Jensen, Mark	Optimizing Response to Chronic Pain Treatments in Veterans: Identifying Key Moderators	NIH	Seattle, WA	9/15/2021 to 6/30/2026	Meditation/ Mindfulness	Pain
Kelley, Michelle	Adaptation of Mindfulness Training to Treat Moral Injury in Veterans	NIH	Norfolk, VA	9/21/2020 to 8/31/2023	Meditation/ Mindfulness	Depression, Anxiety
Lang, Ariel	Multi-site Feasibility of Compassion Meditation for Veterans with PTSD	NIH	San Diego, CA	8/1/2019 to 7/31/2024	Meditation/ Mindfulness	PTSD
Possemato, Kyle	Primary Care Based Mindfulness Training for Veterans with PTSD	NIH	Syracuse, NY	1/5/2018 to 12/31/2020	Meditation/ Mindfulness	PTSD
Witkiewitz, Katie	Pain and Opioids: Integrated Treatment In Veterans (POSITIVE)	NIH	Albuquerque, NM	7/1/2021 to 8/31/2024	Meditation/ Mindfulness	Pain, Opioid Use
Baldo, Juliana V.	Evaluation of Wellness Programs for Brain-Injured Individuals	VA	Sacramento, CA	1/1/2016 to 6/30/2018	Meditation/ Mindfulness	Anxiety, Depression
Baldo, Juliana V.	Improving Brain Health in Older Veterans: A Mindfulness Training Pilot Study	VA	Sacramento, CA	3/1/2017 to 8/31/2019	Meditation/ Mindfulness	Anxiety, PTSD

Principal Investigator	Project Title	Funding Agency	Awardee VA Institution	Year	CIH Therapy	Outcome
Barnes, Sean	Mindfulness-Based Intervention for Veterans Seeking Mental Health Services: A Pilot Study	VA	Aurora, CO	3/21/2013 to 01/13/2016	Meditation/ Mindfulness	
Bayley, Peter J.	Breathing Meditation Intervention for Posttraumatic Stress Disorder	VA	Palo Alto, CA	7/1/2015 to 9/30/2021	Meditation/ Mindfulness	PTSD
Blackman, Marc	Reducing Cardiovascular Risk in Veterans by Increasing Mindfulness Skills	VA	Washington DC	11/4/2011 to 10/6/2016	Meditation/ Mindfulness	
Bonn-Miller, Marcel	An Evaluation of the Effectiveness of the Mindfulness Daily Mobile Application	VA	Palo Alto, CA	10/15/2014 to 10/19/2016	Meditation/ Mindfulness	
Brady, Kathleen T.	Mindfulness-Based Recovery in Veterans with Substance Use Disorders	VA	Charleston, SC	10/1/2014 to 9/30/2018	Meditation/ Mindfulness	Anxiety
Brooke, Benjamin	Retrospective Assessment of Mindfulness-Based Interventions for Veterans during the Peri-Operative Period	VA	Salt Lake City, UT	5/29/2018	Meditation/ Mindfulness	
Brown, Randall	Mindfulness Meditation for Health	VA	Madison, WI	9/14/2010 to 5/3/2019	Meditation/ Mindfulness	
Davis, Louanne W.	Effects of Mindfulness-Based Conjoint CBT and PTSD	VA	Indianapolis, IN	10/01/2010 to 9/25/2017	Meditation/ Mindfulness	PTSD
Eaton, Erica	Mindful Self Compassion for Combat Deployed Veterans with Moral Injury and Co-Occurring PTSD-SUD	VA	Providence, RI	10/1/2018 to 3/30/2021	Meditation/ Mindfulness	PTSD

Principal Investigator	Project Title	Funding Agency	Awardee VA Institution	Year	CIH Therapy	Outcome
Favorite, Todd	Pilot Study of Mindfulness & Self-Compassion Meditation on Psychological Stress and Emotion Regulation Neurocircuitry in Healthy Combat Veterans and Non-Veterans	VA	Ann Arbor, MI	12/12/2011 to 5/30/2017	Meditation/ Mindfulness	Stress
Gaffney, David	Saginaw VAMC Pilot Study PTSD and Meditation	VA	Ann Arbor, MI	01/23/2012 to 3/22/2019	Meditation/ Mindfulness	PTSD
Herbert, Matthew	Mindful Action for Pain: An Integrated Approach to Improve Chronic Pain Function	VA	San Diego, CA	4/1/2019 to 3/31/2024	Meditation/ Mindfulness	Pain
Hiller, Amie	Video-Based Mindfulness-Based Stress Reduction	VA	Portland, OR	3/7/2016 to 7/31/2016	Meditation/ Mindfulness	Stress
Kachadourian, Lorig	Mindfulness Treatment for Anger in Veterans with PTSD	VA	West Haven, CT	11/1/2016 to 10/31/2021	Meditation/ Mindfulness	PTSD
Kearney, David J.	A Trial of Loving-Kindness Meditation and Cognitive Processing Therapy for PTSD	VA	Seattle, WA	7/1/2017 to 1/31/2022	Meditation/ Mindfulness	Depression, PTSD
Kearney, David J.	Evaluation of a Mindfulness-Based Intervention for Gulf War Illness	VA	Seattle, WA	4/1/2017 to 3/31/2021	Meditation/ Mindfulness	Pain, PTSD
Kemp, Janet & Heffner, Kathi	Secondary Data Analysis of a Multi-Site Evaluation of Meditation Programs for Veterans with PTSD	VA	Canandaigua, NY	10/21/2014 to 11/10/2016	Meditation/ Mindfulness	PTSD
Kline, Anna	Mindfulness-Based Cognitive Therapy for Preventing Suicide in Military Veterans	VA	East Orange, NJ	8/1/2013 to 7/31/2017	Meditation/ Mindfulness	Depression, Suicide-Related Issues

Principal Investigator	Project Title	Funding Agency	Awardee VA Institution	Year	CIH Therapy	Outcome
Liberzon, Israel	Mindfulness and Present Centered Therapies for PTSD: Efficacy and Mechanisms	VA	Ann Arbor, MI	4/8/2009 to 7/8/2019	Meditation/ Mindfulness	PTSD
Luci, Katherine	Mindfulness-Based Stress Reduction for a Veteran Population of Caregivers and Care Recipients	VA	Salem, VA	5/23/2016 to 3/5/2018	Meditation/ Mindfulness	Stress
Malaktaris, Anne	Efficacy of Mind-Body Approaches for the Treatment of Chronic Pain with Psychological Comorbidity	VA	San Diego, CA	1/1/2021 to 2/28/2026	Meditation/ Mindfulness	Pain, Depression, Anxiety and PTSD
Marchand, William R.	A Randomized Pilot Study of a Brief Mindfulness-Based Intervention for Suicidal Ideation	VA	Salt Lake City, UT	9/1/2019 to 8/30/2022	Meditation/ Mindfulness	Suicide-Related Issues
Marchand, William R.	Mindfulness-Based Interventions for Veterans: A Retrospective Chart Review and Survey	VA	Salt Lake City, UT	1/23/2018	Meditation/ Mindfulness	
Maron, David	Cognitive Processing Therapy and Mindfulness Among Female Veterans with Military Trauma	VA	Washington DC	9/24/2010 to 3/31/2017	Meditation/ Mindfulness	PTSD
Messinides, Leigh	An Analysis of Five Facet Mindfulness Among Veterans: A Pilot Study	VA	Long Beach, CA	9/5/2014 to 6/1/2017	Meditation/ Mindfulness	
Meyer, Brian	The Effects of Mindfulness Meditation on PTSD in Veterans	VA	Richmond, VA	2/1/2012 to 12/23/2016	Meditation/ Mindfulness	PTSD
Meyer, Eric C.	The Impact of Modifiable Psychosocial Factors on Veterans Long-Term Trajectories of Functioning and Quality of Life: Promoting Recovery by Targeting Mindfulness and Psychological Flexibility	VA	Temple, TX	6/1/2010 to 9/30/2022	Meditation/ Mindfulness	Depression, Pain, PTSD, Suicide-Related Issues

Principal Investigator	Project Title	Funding Agency	Awardee VA Institution	Year	CIH Therapy	Outcome
Newsome, Mary R.	Neuroimaging Meditation Therapy in Veterans with Co-morbid Mild TBI and PTSD	VA	Houston, TX	1/1/2015 to 3/31/2018	Meditation/ Mindfulness	Depression, PTSD
Okvat, Heather A.	Mindfulness-Based Training for Chronic Pain Management in Women Veterans	VA	Phoenix, AZ	7/27/2017	Meditation/ Mindfulness	Pain
Owen, Jason	Online and Mobile Mindfulness Intervention to Reduce Distress in Veterans	VA	Palo Alto, CA	7/24/2019 to 8/1/2020	Meditation/ Mindfulness	Stress
Palmer, Barton W.	Feasibility Study of Compassion Meditation Intervention for Older Veterans in Primary Care with Anxiety or Mood Disorders	VA	San Diego, CA	7/1/2019 to 6/30/2022	Meditation/ Mindfulness	Anxiety, Depression, Wellness
Rutledge, Thomas	A Randomized Controlled Trial of Meditation Compared to Prolonged Exposure Therapy and Education Control on PTSD in Veterans	VA	San Diego, CA	3/20/2013 to 8/30/2016	Meditation/ Mindfulness	PTSD
Saban, Karen	Mindfulness Based Stress Reduction for Women at Risk for Cardiovascular Disease	VA	Hines, IL	7/1/2013 to 12/31/2017	Meditation/ Mindfulness	Wellness/ Quality of Life
Schiehser, Dawn	Mindfulness Based Stress Reduction for Parkinson's Disease: A Longitudinal Study	VA	San Diego, CA	11/1/2019 to 10/31/2023	Meditation/ Mindfulness	Anxiety, Depression
Simms, Lori	The Impact of Mindfulness Meditation on Anger and Emotional Regulation in Veteran Population	VA	Nashville, TN	3/3/2015 to 11/30/2016	Meditation/ Mindfulness	Wellness/ Quality of Life
Simpson, Tracy	An Evaluation of MBSR and CBT for Veterans with Chronic Pain	VA	Seattle, WA	10/1/2020 to 9/30/2024	Meditation/ Mindfulness	Pain

Principal Investigator	Project Title	Funding Agency	Awardee VA Institution	Year	CIH Therapy	Outcome
Baldo, Juliana V.	Mindfulness-Based Stress Reduction to Improve Neuropsychological Functioning in Acquired Brain Injury	VA	Sacramento, CA	8/1/2019 to 7/31/2023	Meditation/ Mindfulness, Yoga	Anxiety, Depression
Rae, Lindsay	Yoga vs. Stretching in Veterans with Chronic Lower Back Pain; Does Mindfulness Matter?	VA	Canandaigua, NY	2/1/2018 to 12/31/2018	Meditation/ Mindfulness, Yoga	Pain
Chao, Linda	MOTION: Moving Online Together Investigation of Neurocognition	DoD	San Francisco, CA	8/1/2021 to 7/31/2024	Tai Chi/Qigong	Wellness/ Quality of Life
Juarez, Jorge	Effects of Tai Chi on Depression and Anxiety in Veterans Undergoing Treatment for Substance Abuse and/or Psychosocial Issues	VA	Omaha, NE	5/2/2017	Tai Chi/Qigong	Anxiety, Depression
Munro, Shannon	Improving the Health of Veterans through Tai Chi	VA	Salem, VA	7/1/2017	Tai Chi/Qigong	PTSD
Niles, Barbara L.	Novel Interventions for Gulf War Veterans' Illnesses	VA	Boston, MA	4/1/2016 to 3/31/2021	Tai Chi/Qigong	Pain
Niles, Barbara L.	Tai Chi Mind-body Exercise Posttraumatic Stress Disorder in Military Populations	VA	Boston, MA	10/24/2012	Tai Chi/Qigong	PTSD
Pless Kaiser, Anica	A Randomized Pilot Trial of Tai Chi Compared to Wellness Education for Older Veterans	VA	Boston, MA	5/23/2018 to 9/29/2018	Tai Chi/Qigong	Wellness
Allen, Kelli D.	Exploring Massage Benefits for Arthritis of the Knee (EMBARK) - VA Supplement	VA	Durham, NC	10/24/2012 to 10/3/2017	Therapeutic Massage	Pain

Principal Investigator	Project Title	Funding Agency	Awardee VA Institution	Year	CIH Therapy	Outcome
Bayley, Peter J.	A Multimodal Evaluation of the Comparative Efficacy of Yoga versus a Patient Centered Support Group for Treating Chronic Pain in Gulf War Illness	DoD	Palo Alto, CA	6/18/2014 to 3/1/2018	Yoga	Pain
Bayley, Peter J.	Feasibility of At Home Telehealth Yoga for Treating Chronic Pain	NIH	Palo Alto, CA	5/15/2019 to 12/31/2021	Yoga	Pain
Donaldson, Melvin	Yoga for Chronic Pain in Veterans	NIH	Minneapolis, MN	4/1/2016 to 3/31/2021	Yoga	Pain
Roseen, Eric	Improving Care for Chronic LBP in Primary Care: Development of a Novel Yoga Clinical Prediction Rule	NIH	Boston, MA	9/1/2016 to 8/31/19	Yoga	Pain
Ames, Donna	Effects of Yoga on Biopsychosocial Parameters	VA	Los Angeles, CA	6/3/2011 to 10/11/2016	Yoga	Pain, Stress, Wellness
Bair, Matthew J.	Pain Outcomes Comparing Yoga versus Structured Exercise (POYSE) Trial	VA	Indianapolis, IN	7/1/2013 to 6/30/2018	Yoga	Pain
Bayley, Peter J.	Effects of Yoga as a Treatment for Stress	VA	Palo Alto, CA	2/18/2015 to 3/21/2018	Yoga	Stress
Brenner, Lisa	Strength and Awareness in Action: An Intervention for Post-Acute TBI Headaches (SAA-TBI)	VA	Aurora, CO	8/16/2017 to 6/30/2019	Yoga	Pain
Davis, Louanne W.	Outcomes of a Holistic Yoga Program Designed to Relieve PTSD (RELIEVE trial)	VA	Indianapolis, IN	10/1/2014 to 9/30/2018	Yoga	Anxiety, Depression, Pain, PTSD

Principal Investigator	Project Title	Funding Agency	Awardee VA Institution	Year	CIH Therapy	Outcome
Etingen, Bella	Rage Against the Pain: An Alternative Yoga Program to Address Chronic Low Back Pain Among Veterans	VA	Hines, IL	10/1/2021 to 9/30/2022	Yoga	Pain
Frautschy, Sally A.	Curcumin and Yoga Exercise Effects in Veterans at Risk for Alzheimer's Disease	VA	Sepulveda, CA	5/1/2013 to 4/30/2016	Yoga	Depression, PTSD
Gates, Christopher	The Effect of Posttraumatic Stress Disorder on the Efficacy of a Yoga Intervention for Veterans with Low Back Pain	VA	East Orange, NJ	2/1/2016 to 6/10/2016	Yoga	Pain, PTSD
Groessl, Erik J.	An Enhanced Mind-body Intervention to Reduce Disability and Pain in Veterans with PTSD	VA	San Diego, CA	7/1/2019 to 9/30/2021	Yoga	Anxiety, Pain, PTSD
Groessl, Erik J.	Yoga Therapy to Improve Function Among Veterans with Chronic Low Back Pain	VA	San Diego, CA	10/1/2012 to 9/30/2016	Yoga	Pain
Groessl, Erik J.	Yoga Intervention for Low Back Pain: Measuring Health Outcomes in Clinical Care	VA	San Diego, CA	4/13/2005 to 8/16/2017	Yoga	Pain
Groessl, Erik J.	Yoga as an Adjunctive Treatment for PTSD	VA	San Diego, CA	8/3/2016 to 6/21/2017	Yoga	PTSD
Herrold, Amy	Feasibility of a Combined Neuromodulation and Yoga Intervention for Veterans with Mild Traumatic Brain Injury and Chronic Pain	VA	Hines, IL	12/1/2020 to 11/30/2022	Yoga	Pain
Kelly, Ursula A.	Trauma-sensitive Yoga for Female Veterans with PTSD Who Experienced Military Sexual Trauma	VA	Decatur, GA	2/1/2016 to 9/30/2021	Yoga	Pain, PTSD

Principal Investigator	Project Title	Funding Agency	Awardee VA Institution	Year	CIH Therapy	Outcome
Kelly, Ursula A.	A Randomized Controlled Trial Comparing Trauma Sensitive Yoga and Cognitive Processing Therapy-Cognitive for PTSD and Associated Symptoms in Women Veterans	VA	Atlanta, GA	1/1/2016	Yoga	PTSD
Lang, Ariel J.	Mechanisms of Change in Yoga and Physical Activity for Veterans	VA	San Diego, CA	7/1/2018 to 9/30/2022	Yoga	PTSD
Lim, Kelvin O.	Mental Health Implications of Practicing Yoga in Veterans	VA	Minneapolis, MN	2/25/2016	Yoga	
Liss, Michael A.	Impact of Yoga as Complementary Therapy on Quality of Life, Pro-inflammatory, and Cellular Immune Biomarkers in Patients Undergoing Radical Prostatectomy: A Pilot Randomized-Controlled Trial	VA	San Antonio, TX	9/1/2015 to 12/31/2020	Yoga	Wellness/ Quality of Life
Pennington, David	Yoga 4 Vets	VA	San Francisco, CA	10/5/2017	Yoga	
Reyes-Rabanillo, Maria	Trauma Informed Yoga Intervention for Pain Management in Veterans with PTSD and Alcohol Use Disorder	VA	San Juan, PR	5/25/2017 to 6/29/2018	Yoga	Pain, PTSD
Streeter, Chris C.	A Randomized Control Trial Treating Depression with Yoga and Coherent Breathing versus Walking in Veterans	VA	Bedford, MA	10/1/2018 to 9/30/2023	Yoga	Depression
Wang, Shihwe & Saper, Rob	Yoga for Chronic Low Back Pain in Veterans	VA	Bedford, MA	9/9/2014 to 7/12/2018	Yoga	Pain

Published 2022

www.va.gov