Trial Name	Patient Population	Intervention Type	NIH Stage Model	Mechanism(s) of Action	Clinical Outcome(s)	Feasible?	Collaboration with Roybal Network	Advanced/ Adapted within NIH stage within	Advanced/ Adapted outside Roybal	Next steps	Center/ Institutio n	Collaborator s	Trial PI	Trial PI ES Status	Study PI Promotion(s)/ Advancement	Paper 1 * indicates if manuscript includes	Paper 2	Talk 1	Talk 2	Talk 3	Subsequent grant specific to advancing intervention along NIH Stage Model	Subsequent grant related to Roybal research
Acceptance and Mindfulness-Based Exposure Threatoy (AMBET) in Cardiac Arrest Survivors with Elevated Positionumsic Stress Disorder (PTSD) Symptoms	Cardiac Arrest (CA)	Acceptance and mindfulness-based exposure therapy	Stage I	PTSD symptoms, cardiac arolety	Physical activity	Yes		Planned for next funding period, alteo considering adapting for early preventive intervention	Center?	Advancing to Stage II efficacy heating (funded via Columbia Royball Centler)	NYSPI	NYSPI, Columbia University Department of Psychiatry	Dr. Yuvul Naniai Dr. Maja Bergman	Yes	Recruited to be a Post-doctoral Clinician and Researcher at NYSPI after leading the AMBET Study as a doctoral candidate.	Paublished: Bergmen, M. Markoutz, J. C., Korcish, I. M. Agarwal, S. Fisch, C. T., Edst-Moneau, E. & Neris, Y. C. (2023) Acceptance and Mindfulness-Besed Exposure Transpy for PTSD After Cardiac Areast: An Opan Feasibility Trial. The Journal of Clinical Psychiatry, 86(1),		From Survival to Survivorship: The Journey for Survivors and Complians; presented by Vot. Majo Beggreen at the 2021 Cardisin Arrest Survival Surreits San Diego, CA on 12/08/2021.	Treating PTSD after Sudden Cardiac Areast Experiences force the AMBET Study*, presented by Dr. Maje Bengmer at the James J. Pelann VA. Medical Center, Bronx, NY in 2022.	"Acceptance and Mindfulness-based Exposure Therapy (AMBET) for PTSD Following Sudden Cardiac Arnest An Open Triel of a Novel Treatment Protocol' presented by Dr. Maja Beigman at the 3rd Arnual Science Celebration and Columbia Psychiatry Poster Bession on	Stage III efficacy basing funded via Columbia Roybul Center, 2024: Acceptance and Mindidness-based Exposure Therepy (AMBET) for PTSD following Sudden Cardiac Arrest	
Remote-delivered Mindfulness-Based Cognitive Therapy to Target Far of Recurrence among SCAO Sunivors	Sudden Coronary Artery Dissection (SCAD)	Group mindfulness- based cognitive training	Stage I	PTSD symptoms, cardiac arodety	Physical activity	Yes		No	No	Apply for R01 funding for stage II efficacy trial	MGH/ Hirvard	MGH	Dr. Christina Luberto	Yes	Pl promoted to faculty Assistant Professor of Psychiatry at Harvard Medical School, Founding Director, MGH Women's Heart Health Medical Living Center	*Manuscript in Preparation (results)		Lopes, M., Hall, D., Wood, M., Park, E.R., Schuman-Oliker, Z., Hoeppner B.B., 8, Lüberto, C.M. (2022). Remotely-Delivered Mindfunss-Based Cognitive Thresspy for SCAD Survivors: Preliminary Findings of an Open Pilot Trial Phose at the 2022 International Congress or Integrated Medicine and Health, May 23-23, Phoemix, AZ]	Lopes, M., Hall, D., Wood, M., Park, E.R., Schamsen, G., Wang, E.R., Schamsen, G. Wang, C. W., Childer, Z., Hooppene, B.B., & Luberto, C.M. (2022). Remobally-Delivered Cognitive Mendituress-Bassed Cognitive Parlamentary Fledings of an Open Pilot Trial also presented at Association for Behavioral and Cognitive Therapies of Association for Behavioral and Cognitive Therapies, November 17-20, New York, NYJ.	Lopes, M., Bristwalle, A., Wood, M., Hall, D., Park, Wood, M., Hall, D., Park, E.R., Schumar-Olivier, Z., Hosepore, B.B., & Luberto, C.M.(2022, Agin, Parnosal), delivored mindfulness-bosed cognitive mindfulness-bosed cognitive Barray for SCAD sundrons: Study protocol for an open policitals. Poster presented vehally at the 2022 Massachusett Central Hospital Celebration of Science.		Collaboration with Heather Tultoch sparked by Roybail
Lub-Bassed Heart Rate Variability Training (HRVT)	Acute Coronary Syndrome (ACS)	Lab-based head rate variability biofeedback training	Stage I	Anxiety sensitivity, PTSD symptoms	Respiration, physical activity	Yes		Yes, was advanced to the Home- Based HRVT Study (CALME) in Year 2	No	Advanced to feasibility testing of a scalable home-based protocol	СВСН	PhysioCom Design	Dr. Jeffrey Birk	Yes	Dr. Birk promoted from Instructor in Modical Sciences to Assistant Professor of Modical Sciences			Carnella, R., Lopez-Verneros, D., Kronisk, I. M., Edmondson, D., Konisk, I. M., Edmondson, D., Sith, L. I. L'O'200) Heart rais variability binfacedtack to action psychrological distiness in patients after anule cardiac exembr. A plot skelly Positor presented at The 78th Annual Maching of the American Psychonomics Society, March 11-14. 2000; Long Basach, CA. Note: Conference canceled dia to COVID-19.			Yuar 2 Roybul Pilot, CALME	R01: (HL151850) POSITIVE AND NECATIVE PSYCHOLOGICAL DETERMANNES OF RECOVERY AFTER CARDIAC ARREST (NHN-LBI)
Home-Based Heart Rate Variability Training: The Cire After Life- threathening Medical Events (CALME) Study	Cardiac Arrest (CA)	Home-based HRV biofeedback training	Stage I	Anxiety sersitivity, PTSD symptoms	Reating State HRV, state and trait aroiety	Yes		Planned for future Roybal year in different population	No	Demonstrated Seasibility but concern about high prevalence of beita-blockers interfering with HRV biofeedback, exploring conducting stage I and It testing in ICU survivors	СВСН	Sudden Cardisc Amest Foundation, Pole USA	Dr. Jeffrey Birk	Yes	Dr. Birk promoted from Instructor in Medical Sciences to Assistent Professor of Medical Sciences	Published: Feasibility of a remote heart rate variability biofeedback intervention for reducing aexisty in cardiac areast survivors: A pilot trial. Commun. 2024 Feb;37:101251. doi: 10.1018/j.commun.2024 Feb;37:101251. doi: 10.2018/j.commun.2024 Feb; PubMed PMID: 38312475; PubMed Contral		"Surmourling the challenges of adapting a behavioral intervention for remote delivery during the COVID-19 pandemic-A case study of heart also variable; before doubt in the panel of means survivors, "presented by Dr. Bit M. the American Psychosomatic Society Vinsual Meeting in December, 2020.				ROT: (HL151850) POSITIVE AND NEGATIVE PSYCHOLOGICAL DETERMINANTS OF RECOVERY AFTER CARDIAC ARREST (NHAN-LBI)
Irifal Assessment of the Feasibility and Efficacy of a Scalable Dights (ST for Gernstand Anostry and Associated Health Behaviors in a Cardiovascular Disease Population	Cardiovascula r disease events	Digital cognitive behavioral therapy for arolety	Stage I and II	Aminity	Physical activity	Yes		Advanced from stage I testing to stage II efficiery testing	No	Advanced from stage I to stage II efficacy testing which is currently underway, if successful, stage III trial	Boston University	Big Health (digital app company)	Dr. Marie Parson s	Yes	Dr. Parsona promoted from Postdoctonal Associate to Associate to Assistant Postasor, applying for first R01.	Published: E. Maris Parsons, Mchale Hissenodt, Michael W. Otto, Intial assessment of the fleasibility and efficacy of a scalable of the fleasibility and efficacy of a scalable of the fleasibility and associated health behaviors in a cardiovisocular disease population, Combersporsey Clinical Trisis	Accepted: Persons, E. M., Figurens, Z. O., Hestrott, M. H., Cornelian, T. Otto, M. W. (n passa), Relative perference for ti-sparson, balahsalah, digist, and pharmacologic mental health care post COVID-19: Moderation by agricultural depressed mood. Journal of Medical Internet Research.					
SLEEPWelt: A pilot chronotherspeutic infarvention to improve skeep following acute coronary syndrome	Acute Coronary Syndrome (ACS)	Combined chronofherapy for sleep	Stage I	Sleep duration, sleep latency, waterfress after sleep onset	Insomnia, sleep quality, PTSD symptoms	Yes		No	No	Advanced from single group feasibility sating to a pole RCT, currently underway; if feasibility demonstrated, will apply for RO1 funding for stage II efficacy brial	СВСН	Columbia Division of Cardiology, Columbia Department of Emergency Medicine	Dr. Ari Shecht er	No		*Published: Mendieta M. Curnella R. Fray N. Lopez-Vennenos D. Hill D. Franqui C, D'Agostino C, Kronish IM, Shachter A. Combined Chenotherapy for Poor Steep Folosting Acute Coronary Syndrome: A Pilot Randomized Trial, Journal of Circadian		Dr. Ari Shachtar: "Skep Well to Be Well: Exploring the Relationship of Sheep with Cardiovascular & Psychologica Health at the 15th Annual Young Faculty Mentoring Peogram Symposium, Department of Medicine, Columbia University Irving Mucical Center, New York, NY, Jame 2022.	Mendists, M., Cursulla, R., Lopez-Vimerco, D., Fray, N., Scotl, A., Korens, Itál, S., Shechter, A. (2023). Feasibility of Morning Light Exposure and Engrave Stays-Following Action regroup Stays-Following Action Coronay Syntheme (Poster at the American Psychocontaic Society's 80th Annual Meeting, March 10, San Juan, Puerto Ricol, S.	Abstract accepted for poster presentation at SLEEP 2025 the 39th Armaal Meeting of the Associated Professional Sleep Societies, LLC (APSS), hald in Seattle, Washington on Jame 8-11, 2025: "Targeted Light Exposure for Poor Sleep Following Acute Concrary Syndrome: A Plot Randomized Trial".		
Trial Name	Patient Population	Intervention Type	NIH Stage Model	Mechanism(s) of Action	Clinical Outcome(s)	Feasible?	Collaboration with Roybal Network	Advanced Adapted within NIH stage within Roybal Center?	Advanced/ Adapted outside Roybal Center?	Next steps	Center/ Institutio n	Collaborator s	Trial PI	Trial PI ES Status	Study PI Promotion(s)/ Advancement	Journal of Circadian Paper 1 * indicates if manuscript includes results	Paper 2	Talk 1	Talk 2	Talk 3	Subsequent grant specific to advancing intervention along NM Stage Model	Subsequent grant related to Roybal research
FAID Fear: Family- Authored ICU Diales to Reduce Fear in Palienta Reduce Fear in Palienta Amenta A Pico Intervention Study	Family members of Cardiac Arrest (CA) patients	Family-authored ICU disty for family members of cardiac arrest patients	Stage I	Fear of recument cardiac arrest in their partner	PTSD symptoms	Yes		No	No	Applying for funding for a multi-site plot RCT and expansion to family membrars of patients with other types of ICU hospitalizations	свсн	Columbia Neurology, Ana Maria Vranciaru's group at MGH	Dr. Talesi Correllus	Yes		*Published: Comelius T, Mendieta M, Currelius T, Mendieta M, Currelius MM, Lopaz Verenios D, Tincher IM, Agarwal S, Kronish I, Family- authored ICU districs to enduce fees in patients experiencing a cardiac erreat (FAID ceal: A pilot randomized continided trial. PLoS One. 2023 Jul 27:18(7):e0298498. doi:		Dr. Talea Comelius: "Family- Authored ICU Diaries to Reduce Fair In Platients Experiencing a Cardiac Amest (FAID Fair)" has accepted for presentation at the 37th Annual Conference of the European Health Psychology Society (EHPS 2023).				
RESET: Reducing Exercise Sensibility using Exposure Training	Acuse Coronary Syndrome (ACS)	Interoceptive biss reduction training	Stage I	Exercise sersifivity	Physical activity, attendance at cardiac rehabilitation	Yes		No	No	Planning a plot RCT which can assess feasibility of conducting an RCT; modifying recruitment strategy and intervention protocol to be more scalable	свсн	NYP Digital Innovation Team Columbia University Department of Rehabilitation and Regenerative Medicine, Samantha Fants	Dr. Andrea Durán	Yes	Dr. Duran promoted from Associate Research Scientist to Assistant Professor	50 1975 ficurated roots of Publisheds Courin AT, Currella RM, Merdiela M, Keener-Denois A, Lópaz Venenos D, Farris SG, Moise N, Krorish 81, Leveraging the Enry-Stage Development of a Novel Tethnauth-Delivened Fear of Exercise Program to Understand Intervention Feasibility and Implementation					R01 on telehealth cardiac rehab under review, incorporated RESET intervention aspecta into program	National Institutes of Health/National Center for Advancing Translational Sciences tepilements Telehealth-enhance Hybrid Cardiac Rehabilitation serong Acute Coronay Syndrome Survivora: A Pilot Randomiland
Pilot Study of Stellate Garglion Blockade (SGB) to Reduce PTSD Symptoms in Cardiac Areast Survivors: A Pilot Randomized Clinical Trial	Cardiac Arrest (CA)	Statistic ganglion blockade	Stage I	PTSD symploms	Physical activity, medication adherence	No		No	Received funding to test in outpatient setting.	Too few patients eligible due to frequent use of serious case of serious quistion in ripatient setting, which sendend injection contraindicated injection planning feasibility study to offer intervention in an outpatient setting after patients have complated anticoagulation breatment.	CBCH, Columbia Neurology	Columba University Department of Anesthesional Sudden Cardiac Ansat Foundation (SCAF)	. Dr. Sachin . Agarwal	No	Dr. Agarwal promoted from Assistant Professor to Associate Professor and received tenure.	Published: Ageneté S. Birk J.I. Abbuharis St. Rojas DA, Comellia TM, Bergman M, Chang BP, Edmondson DE, Koorish IM. Psychological Distress After Sudden Cardisc Aresat and 1s Impact on Recovery. Curr Cardiol Rep. 2022 Det;24(10):1351-1360.		Onlig presentation by Dr. Agramani at CA Symbol ship was a compression of the SOB (Pilodi 5) proported pre-charana and impact of this procedure, Manchester LV, 2020 (Surgeam Researchaldin Country)	"Rehabilitation after sudden cardiac arrest. Fering fear, fatgow, and the fatter after survival", presented by Dr. Agaroval at the 2021 Cardian Arrest Davido Summer, San Diego, CA, 1280/2021		FUNDED 2021- QUE Collaborative and Muldiaciplinary Pilot Research ward of Linical Research ward of Linical Research ward of Linical Armaniation Research Columbia University SAFETY, FEASIBILITY, AND EFFICACY OF STELLATE GANGLION BLOCKADE ON EARLY POSTRALMATIC STRESS SYMMPTOMS IN CARDIACA ARREST SURVIVORS	ROTI (PL 151850) POSSITIVE AND NEGATIVE PSYCHOLOGICAL DETERMINANTS OF RECOVERY ATER CARDIAC ARREST (NHAN-LBI)
Early Psychological Intervention to Prevent Cardiovascular Event- Induced PTSD ("WET")	Patients hospitalized for Stroke, TIA, Acute Cononary Syndrome (ACS), or Cardiac Arrest (CA)	Written exposure therapy	Stage I	PTSD symptoms	Physical activity, medication adherence	No		No	No	As too few patients were willing to participate when secraled from an impatient setting, planning a feasibility trial with recruitment offered >1 months after discharge.	свсн	VA National Center for PTSD Boaton University (Denise Stoan and Brian P Marx	Dr. tan Kronish/Dr. y Jennifer Sumner	Yes		*Manuscript in Preparation (results)-						
Feasibility and Acceptability of Pain Reprocessing Therapy (PRT) in Racially/Ethrically Diverse Adults with Chronic Back Pain	Back pain	Pain reprocessing therapy	Stage II	Fear of exercise	Physical activity	Study engoing	Co-funded trial with Cornell Roybal Center				University of Colorado - Americatz	Cornell Roybal Center (TRIPLL)	Dr. Yoni Ashir	Yes	Dr. Ashar promoted to first faculty position as Assistant Professor.	*Manuscript in	Tankhu, H., Lumley, M. A., Gordon, A., Schubiner, H., Upi, C., Wager, T. D., Hartis, J., & Ashber, Y. K. (2023). "I don't have chronic back pain anymone". Patkert experiences in spenjor for reprocessing therapy for reprocessing therapy.	Directoris. Resissant and Innovation Conference, CU Anschutz Dep of Medicine.	Ashur, Y. K. (2023) Canadisin Pain Society, National Grand Rounds. Are see Treating Chronic Pain All Wrong? Panel presentation. Online Cognitive	Ashar, Y. K., Frank, J. (2023) Pain Nouroscience and the Funare of Chronic Pain Cau- Workshop delivered to the Society for General Infarmal Medicine. Aurora, CO.	Program Title: Feasibility and Acceptability of Group- Format Pain Reprocessing Therapy for Chronic Back Pain	Submitted: Efficacy and Mechanisms of Pain Reprocessing Therapy in Veterans with Chronic Back Pain. Dr. Sämholm secured
Internet-delivered CBT/exposure therapy for arcelety after ACS	Acute Commany Syndrome (ACS)	Internet- delivered exposure therapy	Stage II	PTSD symptoms, anxiety	Physical activity	Yes					Karolinska	Karolinsk a	Dr. Josefin Sämholm	Yes	Dr. Särnholm promoted to first faculty position	Preparation (vs.uls)		Dr. Josefin Särnholm: "Behavio and the heart." Critine cognitive behavioral therapy for cerdisc diseases" at The Nordic Batho Congress of Cardiology, Reylsjank, Iceland, June 8-10 2023.	Orsine Cognitive Behavioral Therapy Tageting Psychological Distress Following Open Head Surgery, July Shot Shot Shot Shot Shot Shot Shot Shot		Dr. Sämholm submitted a grant application to ALF Medicine (Swedish Government Agreement Go- Cooperation or Medical Education and Research) or 2004-2003 to carry out a randomized controlled that as a controlled current pilot study.	Dr. Sämholm secured funding from the Swedish Heart and Lung foundation to join the Columbia Royold Center as a Visiting Scholar for 12 months 2023-2024.
ADIE: Aligning dimensions of interoceptive experience in patients with functional seizures	Functional seitures	Exercise-based interoception training	Stage I	Interoceptive biss	Frequency and severity of functional seizures	Yes					University College London (UCL)	University College London (UCL)	Dr. Mahinda Yoganajah	Yes								
Trial Name	Patient Population	Intervention Type	NIH Stage Model	Mechanism(s) of Action	Clinical Outcome(s)	Feasible?	Collaboration with Roybal Network	Advancedi Adapted within NIH stage within Roybal Center?	Advanced/ Adapted outside Roybal Center?	Next steps	Center/ Institutio n	Collaborator s	Trial PI	Trial PI ES Status	Study PI Promotion(s)/ Advancement	Paper 1 * indicates if manuscript includes results *Manuscript in	Paper 2	Talk 1 Feasibility of a Digital Exposure Therapy	Talk 2	Talk 3	Subsequent grant specific to advancing intervention along NIH Stage Model	Subsequent grant related to Roybal research
Messy Memories: A Mobile Application Exposure Therapy Infervention to Reduce Psychological Distress and Improve Health Behaviors Following Critical Illness	Critical illness	Digital self- guided exposure therapy app	Stage I	PTSD symptoms	Physical activity	Yes					свсн	Emory University, Virtually Better, Inc., CAIRO network	Dr. Nadia Liyanaga- Don	Yes	Promoted from postdoctoral research fellow to Assistant Professor.	"Manuscript in Preparation (sesuits)		Feasibility of a figigate Exposure Therepy shareversion in Residon Portamination Streen Discotter Symptoms after Ordical times were automated by Project PD Co. Classion Posters at the Edit American Classion Posters at the Edit American Streen Control of the Control of the Respection cold Eclence and Medicine (Edition) for March 1, 2025 in Seasine, WA. Classion Posters are chosen based on the high metal of Missault in a plantary seasion. The abstract will be published in the selection is written of Psychocomatic Medicine pathol writing and proportion of programments of the Control of Psychocomatic Medicine pathol writing some programments of programments of the Control of Psychocomatic Medicine pathol writing and programments of programments of programment				KL2 funded to advance interventions for COPD
CATCHES: Community Health Worker Assisted Tiest- Specific and Cognitive Therapy at Home with Exposure After Stroke	Stroke	Exposure- thrapy added to task-specific therapy	Stage I	Fear of falling	Physical therapy	Yes					свсн	Department of Exercise Physiology, Physical Therapy, CHW program by Jide	Dr. Imama Nagvi	Yes	Applying for K23			Dr. Irmarna Naryal: "Inflaences on proventive health behaviors after mirror stricks. Understanding patient perceptions and practices in an urban undersensed population at the 190th Annual Meeting of the American Narcindgeal Association in Chinado, Plotida (3/14/2024– 3/17/2024). The presentation shellefelded for a consensative.	Dr Imama Naevi: "Bridging the Divide: Uncovering and Addressing Stroke Research Disparities" at the American Academy of Neurology in San Diago, California (4.6- 4/9/2025):			

RESURFACE (Removing Surogates' Uncertainty to Reduce Feer and Amoticy after Cardiac Events: a Plot Randomized Clinical Trial	Cardiac Arrest (CA) survivors' family members	App-delivered informational program	Stage I	Uncertainty	Physical activity	Yes			Columbia University Departme nt of Neurology /CBCH	HeartSight	Dr. Sachin Agarwali Dr. Talea Corneliza/ Dr. Jeffrey Birk	Yes	Co-I, Dr. Cornelize is applying for her first R01	*Manuscript in Preparation (results)	partnership with the National Association of Emergency Medical Technicians (NAEMT):	Ramoving Surrogates' Uncertainty to Reduce Fear and Aroday after Cardiac Events (RESURFACE). A Ramonizad Plot Intervention Staty, passamed by Dr. Sachin Agarwal to the European Resuscitation Council Congress in Affans, Greece in October 2024. This submission		
ENGAGE: Optimizing Recruitment Methodology for Medication Adherence Interventions	CVDr uncontrolled hypertension	Optimized recruitment strategies for evidence based adherence intervention		Motivation to engage in behavioral intervention	Initiation and engagement in adherence intervention, medication adherence, BP control	Study ongoing	Collaborated with BWH Roybal Center to develop message framing strategy and conduct parallel ayarchronous trials, collaborating on lessons learned from		CBCH/ BWH	Brighism Roybal	Dr. Rusihelle Byfield/ Dr. Ian Kronish	Yes	Dr. Byfield submitted KL2	Prime panels manuscript under preparation				
Acceptance and Mindfulness-based Exposure Therapy (AMBET) for PTSD following Sudden	Cardiac Arrest (CA)	Acceptance and mindfulness- based exposure therapy	Stage II	interoceptive attention and threat bias	PTSD symptoms (primary),Physical activity	In development			Columbia University Department of Psychiatry		Dr. Maja Bergman/Dr. Yuval Neria	No						
Impact of a theory- informed, palent- informed, palent- palential of the palential of the p	CVD/depression	Electronic patient activation tool designed to bridge depression screening with treatment ("Heart DepCare")	Stage III (within Stage V)	patient activation	initiate depression beatment (primary), depressive symptoms	In development				NYP, Columbia Doctors	Dr. Nathalie Moise/Dr. Kye Ye	No						