**BMRC Quarter-Three Conference Call**

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| Date: **Tuesday, September 22, 2020** | Time: **4:30 PM – 5:30 PM (EST)** |
| Facilitator: **Karina W. Davidson** | Call Info: [Microsoft Teams](https://teams.microsoft.com/l/meetup-join/19%3ameeting_MDc2MDNjNTItM2U3OS00ZTg0LTgzMWUtMmY1NDFkMGFkMTY5%40thread.v2/0?context=%7b%22Tid%22%3a%227f786e85-2b61-4bbe-a796-71e91e5e7e38%22%2c%22Oid%22%3a%22fdd5baeb-a926-400a-ae31-405610900b5e%22%7d) |

Attendees:

* Simon L. Bacon (ABMR)
* Karina W. Davidson (SfHP)
* Michael A. Diefenbach (SBM)
* Elissa S. Epel (APS)
* Karen A. Matthews (ABMR)
* Tracey A. Revenson (SBM)
* John M. Ruiz (SfHP)
* Suzanne C. Segerstrom (APS)

Agenda Items:

1. **Administrative Action:** Call a vote to update Bylaws based on Q2 meeting
   * Quorum was reached and all changes have been accepted.
     + No members marked as “opposing”.
     + Tracy marked as “abstaining”, as she has not yet joined the meeting.
2. **Administrative Update:** Review term lengths and upcoming term completions

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| **Organization** | **Member 1** | **Member 2** |
| ABMR | Karen Matthews December 2020 | Simon Bacon December 2021 |
| APS | Suzanne Segerstrom December 2020 | Elissa Epel December 2021 |
| SBM | Michael Diefenbach  December 2020 | Tracey Revenson December 2021 |
| SfHP | Karina Davidson December 2021 | John Ruiz December 2023 |

* + Emails have gone out to ABMR, APS, and SBM this morning with a reminder to nominate a new representative to serve January 2021 through December 2023.
  + Please alert your organization leadership if you would like to be re-nominated.

1. **Administrative Update:** Website Reminder and New Section
   * As a reminder, the BMRC website is accessible via [behavioralmedicineresearch.org](https://www.behavioralmedicineresearchcouncil.org/) and [behavioralmedicineresearchcouncil.org](https://www.behavioralmedicineresearchcouncil.org/).
     + Past agendas, minutes, newsletters, and publications can be accessed via the “Members Portal” at <https://www.behavioralmedicineresearchcouncil.org/members>.
     + The password for access to the Portal is **BMRC20**.
   * A new “Publications” section has been added and can be accessed at <https://www.behavioralmedicineresearchcouncil.org/publications>.
   * As always, website suggestions can be emailed to [bmrcouncil@gmail.com](mailto:bmrcouncil@gmail.com).
2. **Administrative Update:** Presentation to the NIH Behavioral and Social Science Research Coordinating Committee
   * Ken Freeland is going to focus on the initiation and work of the BMRC and Ken’s ideas on “progress” in health-related behavioral intervention research.
   * We will be creating a presentation of the accomplishments thus far; Copy of presentation to be posted on the BMRC website.
3. **Manuscript Update – Karina :** “Accomplishing Breakthroughs in Behavioral Medicine Research”
   * Submitted to *Nature Human Behavior* with a note to the editor on April 23, 2020.
   * Update as of August 18, 2020: Journal will need 6-8 more weeks (currently 2-4 weeks left of that) to communicate a decision on the manuscript due to the priority of time-sensitive COVID-19 research.
   * No other information provided to us thus far.
4. **Manuscript Update - Karina:** “Behavioral Medicine: A Five-Year Review”
   * Please see emailed draft for review/approval by October 7th.
     + Please edit directly within the document using track changes and be mindful of the maximum word count.
   * Will be submitted to *Nature Human Behavior*
5. **Manuscript Update - Karina:** “BMRC Methods”
   * Karina will be working on this prior to the end of the year.
   * Will send for comments on what the process will be for choosing ideas to work on. We should be announcing how to nominate topics, how it is that they're getting prioritized, how it is that we're going to be doing the work
   * Drafted manuscripts will be sent for co-publication in the 3 journals.
6. **Manuscript Update - Simon:** “How to Be Prepared for the Unexpected”
   * **Update from Simon**: This was spun out of the COVID situation and moved quickly. We have a good team together. This was put on the backburner as those involved were knee-deep in COVID work. We will plan to reconvene next month now that we have a good perspective on how things unfolded, and how we can set ourselves up.
   * **Proposed Journal:** Team has not yet come to a decision about where this paper should go for publication. Looking back at a previous discussion, we are at the point of trying to find where to pitch this. Targeted journals are still an ongoing question.
     + **Tracy:** Without a vaccine for COVID, all the strategies are behavioral. It just feels like doctors need to hear this and how it fits in with public health.
7. **Manuscript Update – John and Karen:** “Social Justice, Structural Racism, and the BMRC’s Contribution to Well-Being/the Future of Our Nation”
   * Potential authors to lead the effort on this work include:
     + **Sierra Carter**, Assistant Professor of Psychology at Georgia State University.
     + **Elizabeth Brondolo**, Professor of Psychology at St. John’s University.
     + **Tanecia Blue** (SfHP) of the Tripler Army Medical Center is the new/first Diversity and Inclusivity Officer for SfHP.
     + There are several APS members who participated on a recent townhall on racism: **Julian Thayer**, **Paige Green**, **Kristi White**; **LaBarron Hill** at Duke and **Tene Lewis** at Emory.
     + SBM’s **Alison Phillips**
     + If we include an LGBTQ+ focus, **David Huebner** at George Washington University and **Mark Hatzenbuehler** (recently inducted into ABMR)
   * **Update from John:** No update at this time. Karen and I can connect more about this. The above list is an aspirational list of folks we know are involved in this space and doing this work. I’d like to advocate for LGBTQ inclusion in this, which is a focus at the APS meeting in December. Given the Healthy People 2030 vision that came out recently there is the need to normatively measure variables relative to these populations. I think it's really just important to include that.
   * **Proposed Journal:** We can target a higher-tier journal within our field but this may be an opportunity, given the subject matter to really speak to our complimentary colleagues outside of our field whether they be in medicine or elsewhere.
     + **Tracey:** There's going to be a phenomenal APS conference in December on this topic. I think we should go sort of towards medicine or public health. For racism, that would fit in with public health. I would like us to extend our reach more.
8. **Manuscript Update – Suzanne:** BMRC Open Science Commentary: “The Standardization of Open Science and Data Deposit Policies for Behavioral Medicine”
   * **Update from Suzanne:** No update at this time.
9. **Manuscript Update – Elissa:** “Gaps and Needs in Climate Crisis Research and Intervention”
   * **Update from Elissa:** We currently have a draft, which is almost ready from Michael. We have Kristi White and Kelly Brownell as co-authors. We are hoping to submit it by the end of October and are aiming for an in-print spring issue. The good news is it stimulated a lot of discussion between the three journals interested in co-publishing BMRC articles, and they realized they need common guidelines to agree upon for BMRC papers. All three journals agreed this is a high priority paper and they would publish it. They will give us a document about how to proceed and a timeline for an editorial review process.
     + **Tracy:** I just received something this morning from APA that proposed a plan for the triple publication. It's going to be harder than we think to do because of the publishers.
10. **Discussion on where to aim for publishing:**
    * **Michael:** I’d like to pitch a dual strategy. Wherever we are sending it is fine, but I think in parallel we should also write an op-ed piece and try to get it into one of the national newspapers (Washington Post, New York Times, etc.) - some of those places that are widely read - because this is really targeting everybody, especially how to prepare for the unexpected and then in the current climate, also the social justice and the structural racism discussion. It would be nice to get this out to everybody.
      + **John:** I strongly agree with that. I think the two prevailing issues of our time right now are the structural racism and the COVID pandemic, and both of those have very strong psychological, bio-behavioral components to them. Behavioral Medicine should help to lead the communication efforts in these areas. I wonder if it might be one of the tops of BMRC to push that agenda - push publication to those that have currently the hold of the reigns in this context. Might be one of the most essential goals of BMRC to open those doors and allow our field in their expertise to lead.
      + **Simon**: If you come back to something like the climate change issue, this is once again another thing that so much behavior is tied into it yet most people would never really conceptualize that. These big critical issues that we aren't going to be dealing with in the next 5-10 years. Where can we really find a niche and supplement everything else that everyone else is doing? At the publication level, and the mainstream level.
      + **Tracey**: There’s no reason why we can’t for every journal publication write an op-ed that goes to a major news source. It seems like they could be done parallel for everything we write. In the future we can be sending these briefs to Congress in terms of advocacy.
      + **Simon:** Science is no longer unique to peer-reviewed journals. There is a lot of scientific writing in the stratosphere that is not peer-reviewed. That, coupled with the need to push out infographics to multiple platforms gives us an opportunity to continue that here so other countries’ policy people can react to what we do.
      + **Elissa:** We are planning on doing this shorter letter or op-ed to a medical journal. We're getting the more pilot scholarly detailed review published and as soon as we have a date for that, we'll take our team, invite all BMRC colleagues to join on and then have a short statement that we think will be easier to get out to the media.
    * **Elissa:** I'm going to be developing a section of our stress measurement network to this assignment to try to have a curated clearing house by experts on measures of social, behavioral, psychological aspects of pandemic, of climate, of racism.
      + **Karen:** I think challenges as psychologists are we emphasize perceptions of racism on an individual level and I think what we're moving toward is taking a harder look at the context in which all these individual behaviors occur. With structural racism, I don't think we have a lot of good measures. But when this group gets together to discuss this paper, there may be a lot more than I know about available
      + **Elissa**: Yes. We need to expand, look outside and beyond the interpersonal.
      + **Simon:** On the issue of measures more broadly, there are international groups looking at this and I can lead you into those more macro-groups
11. Proposed Journals to Rotate Through
    * **Karina:** For external audiences:
      + *National Academy of Medicine Commentary* – Electronic publication, not public facing. Quick review process
      + *Science Policy Forum* – High syntheses of science with policy implications; timely publications from field of specialization; very large audience
      + *Nature Human Behavior* - Way to get out to larger groups
      + *PNAS*
      + *NEJM Catalyst*
    * **Simon**: I wonder if there's value in having a pro forma letter that we send off to these kind of journals just introducing the BMRC and the kind of work we're doing, and sort of laying the groundwork for these kind of things so that when they get something from BMRC, they kind of know the perspective
12. **Discussion on how to support manuscript work:**
    * **Simon:** 
      + More regular meetings.
      + Create chart of manuscripts with assigned deadlines.
    * **John**:
      + Seconds regular/frequent meetings.
      + Appoint a post-doc, grad student, staff person to send weekly/bi-weekly reminders.
      + Clear deadlines.
    * **Karen**:
      + Make/define smaller groups – two-three people take the lead on manuscripts, and others offer comments.
    * **Karina:** We will create a checklist with different columns to complete and send out each Friday afternoon, expecting sometime over the weekend to receive an update. A column will ask for hours worked on this week and timelines can be adjusted.
13. **Review Deliverables**
    * Published methods piece on how future BMRC consensus statements will be obtained.
      + Not yet started. Goal will be to complete by end of the year.
    * The commitment of an annual “Year in Behavioral Medicine” review publication.
      + As a group, decided we weren't going to do an annual Behavioral Medicine review for now (but have methods to accomplish if needed)
      + Replaced with 5 year review.
    * An effort to determine the value in declaring a decade of focus on a particular priority for behavioral medicine.
      + After BMRC Methods.
    * Commentary by the BMRC on the standardization of open-science and data deposit policies for behavioral medicine.
      + We have a start at the open science data deposit policies.
      + **Suzanne**: Include relevant policies specific to the journal it goes in.
      + **Michael**: There is a manuscript under review at TBM (Translational Behavioral Medicine) on that right now. I think we should add to that.
    * Commentary on how the BMRC will weave a disparities lens in all future projects. This will be incorporated in the Methods paper.
      + Structural racism paper
        1. **Karina**: May want to say include these as issues that need to be addressed in the way we proceed in the future.
    * The contribution of Delphi poll and crowdsourcing data results to Michael presidential initiative for SBM. Process publication and content publication/what should be pursued.
      + **Michael**: We can do that. I had just submitted a commentary as a result of our efforts but nothing specific has been published yet. I have not submitted the results of the crowdsourcing. We can combine and see how things may change, or not. Looking at BMRC crowdsourcing results from a long time ago, there are some differences.
      + **Karina**: This was back in September 2019. At this point, in September 2020, we can always decide what is no longer relevant. The overarching idea was to have 1 publication on the process and 1 publication of the kinds of ideas people were telling us as content that should actually be pursued.

**The next Council’s meeting will be Monday, November 2nd from 4:00-5:00 pm via Microsoft Teams**

**The Q4 Council meeting will be Wednesday, December 16th from 3:30-4:30 pm via Microsoft Teams**