

**List of NIH Grants for Qigong and Energy Healing Research**  
**Broad Qigong including yoga and all meditations**

Grant ID	Title	P.I.	Institution	Year	Note
<b>YOGA</b>					
P50 AT00066-01P3; 1 P50 AT00066-01	Yoga: Effect on Attention in Aging & Multiple Sclerosis	Dr. Barry S. Oken	Oregon Health Sciences University/Neurology, Portland, Oregon	2001	
R21 AT00266-01A1	Yoga as a Treatment for Insomnia	Sat Bir Singh Khalsa, Ph.D	Brigham and Women's Hospital Division of Sleep Medicine, Boston, Massachusetts	2001	Publications available
R21 AT01215-01	Evaluating Yoga for Chronic Low Back Pain	Karen J. Sherman, Ph.D.	Center for Health Studies, Group Health Cooperative	2003	
R21 AT01168-01	Yoga for Treating Shortness of Breath in Chronic Obstructive Pulmonary Disease (COPD)	Virginia Carrieri-Kohlman, RN, Dnsc	University of California, San Francisco, California	2003	
R21AT001942-02	Yoga, Health, and Meditation	Hecht, Frederick M.	University of California San Francisco	2003	
R01HL072059-04	Mindfulness Based Stress Reduction & Myocardial Ischemia	Sheps, David S.	UNIVERSITY OF FLORIDA	May 2003-April 2008	
R21-AT001942-01	Yoga for Treating People at Risk for Diabetes or With Both HIV and Depression	Frederick M. Hecht, MD	Swami Vivekananda Yoga Anusandhana Samsthana (SVAYSA), Bangalore, India UCSF Positive Health Program	2004	
R21-AT002353-01	The Penn Lifestyle Modification and Blood Pressure Study (LIMBS)	Raymond Townsend, MD	University of Pennsylvania, Philadelphia, Pennsylvania	2004	
T32AT001161-03	Complementary and Integrative Medicine Training Program	Charlson, Mary E	WEILL MEDICAL COLLEGE OF CORNELL UNIV	June 2004-June 2009	
R01HD045834	The Yoga for Hyperkphosis Trial	Greendale,	UNIVERSITY OF CALIFORNIA LOS	Sept.	

-03		Gail A	ANGELES	2004-June 2008	
R21AT002353-03	Cardiovascular Effects of Iyengar Yoga	Townsend, Raymond R.	UNIVERSITY OF PENNSYLVANIA	Sept. 2004-Jul 2007	
R01AT002490-03	Neuroendocrine Mechanisms in Yoga Treatment of Insomnia	Khalsa, Sat Bir Singh	BRIGHAM AND WOMEN'S HOSPITAL	Sept. 2004-Jun 2008	
F31MH073255-01	Reducing Negative & Depressive Symptoms During Menopause	Elavsky, Steriani	University of Illinois Urbana-Champaign	2005	
R21AT001613-02	Acupuncture and Low Back Pain during Pregnancy	Wang, Shu-Ming	YALE UNIVERSITY	Feb. 2005-Jan. 2008	
K23AT002624-02	Mind-Body Exercise in the Management of Cardiac Disease	Yeh, Gloria Y.	HARVARD UNIVERSITY (MEDICAL SCHOOL)	Feb. 2005-Jan. 2010	
K23AT002298-02	Mind-Body Therapies to Prevent Chronic Low Back Pain	Mehling, Wolf E	UNIVERSITY OF CALIFORNIA SAN FRANCISCO	April 2005-June 2010	
R01HD050931-02	Primary Care Treatment for Overweight Adolescent Females	Stevens, Victor J.	KAISER FOUNDATION RESEARCH INSTITUTE	Aug. 2005-May 2009	
K07AT002915-02	Academic Career Development in CAM Research and Education	Saper, Robert B.	BOSTON MEDICAL CENTER	Aug 2005-June 2010	
F31NR009328-02	Intervention for Back Pain & Stress in Pregnancy	Beddoe, Amy E.	UNIVERSITY OF CALIFORNIA SAN FRANCISCO	Jan 2005- Dec. 2007	
R21CA102385-02	Biobehavioral Effects of Yoga During Cancer Treatment	Cohen, Lorenzo	UNIVERSITY OF TEXAS MD ANDERSON CAN CTR	Jul 2005- June 2008	
R21AT002971-02	Psychoneuroimmunology and Mind-Body Interventions	Kiecolt-Glaser, Janice K	OHIO STATE UNIVERSITY	Sept. 2005-Aug 2008	
R21AT003083-02	Yoga for the Management of HIV-Metabolic Syndromes	Yarasheski, Kevin E.	WASHINGTON UNIVERSITY	Sept. 2005-June	

				2008	
R21AT001679-02	Effect of Iyengar Yoga Therapy on Chronic Low Back Pain	Williams, Kimberly A.	WEST VIRGINIA UNIVERSITY	Sept. 2005-Aug. 2008	
U01AT003208-01A1	Effect of Yoga Versus Stretching on Chronic Back Pain	Sherman, Karen J.	CENTER FOR HEALTH STUDIES, Seattle, WA	Sept. 2006-Aug. 2010	
R43AT004123-01	A Wireless Wearable System to Measure Adherence to Mind-Body Protocols	Gibson, Paul L.	ADVANCED MEDICAL ELECTRONICS CORPORATION	Sept. 2006-Sept. 2007	
U01AT003682-01	Iyengar Yoga for Breast Cancer Survivors with Persistent Fatigue	Bower, Julienne E	UNIVERSITY OF CALIFORNIA LOS ANGELES	Sept 2006-Aug 2009	
F31AT002836-01A1	INTEGRATING YOGA INTO DIABETES SELF-MANAGEMENT	Taylor, Mary R	UNIVERSITY OF WASHINGTON	Sept. 2006-Sept. 2008	
R21AT002982-01A1	Yoga and Indices of Cardiovascular Risk in Older Women	Innes, Karen (Kim) E.	UNIVERSITY OF VIRGINIA CHARLOTTESVILLE	Sept. 2006-Aug. 2008	
R21AT002938-01A1	Asthma and Mindfulness-based Stress Reduction (MBSR)	Pbert, Lori	UNIV OF MASSACHUSETTS MED SCH WORCESTER	Sept. 2006-Sept. 2008	
R43AT004122-01	Adherence Activity & Outcome Measure Belt for Yoga	Tarler, Matthew D	CLEVELAND MEDICAL DEVICES, INC	Sept. 2006-Sept. 2008	
R01CA105023-01A2	Effects of Tibetan Yoga on Fatigue and Sleep in Cancer	Cohen, Lorenzo	UNIVERSITY OF TEXAS MD ANDERSON CAN CTR	March 2006-Feb. 2011	
P30AG028748-019006	PILOT EXPLORATORY STUDIES CORE	Greendale, Gail A.	UNIVERSITY OF CALIFORNIA LOS ANGELES	Jul 2006-Jun 2011	
T32AT001058-06	Morgan State University-Public Health Program-CAM Research	Bronner, Yvonne L	MORGAN STATE UNIVERSITY	Sept. 2006-Aug.	

	Training Program (Inst			2011	
F31AT003362-01A1	Yoga for Persons with Rheumatoid Arthritis	Haaz, Steffany	JOHNS HOPKINS UNIVERSITY	Sept 2006-Aug 2010	
R21AT003669-01A1	Yoga for Women Attempting Smoking Cessation: An Initial Investigation	Bock, Beth C.	MIRIAM HOSPITAL	Aug. 2007-Jul 2009	
R01CA126857-01	Breast Cancer Survivors: Physical Activity, Inflammation, Fatigue, and Distress	Kiecolt-Glaser, Janice K	OHIO STATE UNIVERSITY	Jun 2007-April 2012	
K01AT004199-01	Effects of Mind-Body Interventions on Metabolic Syndrome Risk	Daubenmier, Jennifer	UNIVERSITY OF CALIFORNIA SAN FRANCISCO	Sept. 2007-Aug. 2012	
R21AT002959-01A2	MBSR Intervention to reduce stress in AD caregivers	Fredman, Lisa	BOSTON UNIVERSITY MEDICAL CAMPUS	Mar. 2007-Feb. 2010	
F31AT003757-01A1	The Efficacy of Adapted Yoga in Managing Psychosocial Risk in ICD Patients	Toise, Stefanie	CLARK UNIVERSITY (WORCESTER, MA)	Aug. 2007-Jul 2010	
K01AT004108-01A1	Yoga and Cardiovascular Disease Risk in Older Women	Innes, Karen Kim E	UNIVERSITY OF VIRGINIA CHARLOTTESVILLE	Feb 2008-Jan 2013	
R21AT004015-01A1	The Effects of Yoga on Brain GABA Levels	Streeter, Chris C	BOSTON UNIVERSITY MEDICAL CAMPUS	April 2008-March 2010	
R21AT003905-01A2	Efficacy of Yoga for Treatment-Resistant PTSD	Van Der Kolk, Bessel	JUSTICE RESOURCE INSTITUTE	Jun 2008-May 2011	
P01AT002024-030001	Project 1 - A Clinical Trial of Mindfulness Based Stress Reduction in Early HIV	Hecht, Frederick M.	UNIVERSITY OF CALIFORNIA SAN FRANCISCO	No dates given	
<b>Meditation</b>					
K01 AT00694-01	Brain Imaging Technology to Examine the Effects of Meditation		Massachusetts General Hospital, Boston, Massachusetts	2001	
R01 AT00226-01M; 1 R01	Effects of Meditation on Mechanism of Coronary Heart	C. Noel Bairey Merz,	Preventive and Rehabilitative Cardiac Center, Los Angeles, California	2001	

AT00226-01	Disease	M.D.			
P50AT00082-01	Clinical Trial of Meditation for Cardiovascular Disease in Older Black Women	Robert H. Schneider	Howard University Medical Center, Washington, DC, District of Columbia Morehouse School of Medicine, Atlanta, Georgia Maharishi University of Management, Fairfield, Iowa	2001	
R01AT000869-05	Barriers To The Integration Of Mind-Body Medicine	Astin, John A.	California Pacific Med Ctr-Pacific Camp	2001	
R25AT000419-05	Educational Initiative in CAM	Haramati, Aviad	Georgetown University	2001	
R21 AT00416-01	Meditation-Based Treatment for Binge Eating Disorder	Jean L. Kristeller, PhD	Indiana State University, Terre Haute, Indiana Duke Center for Integrative Medicine, Durham, North Carolina	2002	Publications available
R21 AT00683-01	Mindfulness-Based Art Therapy for Cancer Patients	Daniel A. Monti, MD	Thomas Jefferson University Hospital/Kimmel Cancer Center, Philadelphia, Pennsylvania	2002	Publications available
R25AT000682-04	Interdisciplinary CAM Curriculum Model	Elder, William G.	University of Kentucky	2002	
P50AT000840	Meditation-Based Stress Reduction in Rheumatoid Arthritis	Brian Berman, MD	University of Maryland School of Medicine - Kernan Hospital, Baltimore, Maryland	2003	Publications available
R21CA102515-02	Healing Touch, Immunity, and Fatigue in Breast Cancer (biofield)	Lutgendorf, Susan K.	University of Iowa	2003	
R21 AT001324-01	Pilot Study of Vedic Medicine for Type 2 Diabetes		Kaiser Permanente Center for Health Research, Portland, Oregon	2003	Publications available

R01NR008585-04	Impact of Mind-Body Interventions Post Organ Transplant	Gross, Cynthia R.	UNIVERSITY OF MINNESOTA TWIN CITIES	Aug. 2003-April 2008	
R01AR049840-04	Behavioral Treatments for Rheumatoid Arthritis	Nicassio, Perry M.	UNIVERSITY OF CALIFORNIA LOS ANGELES	Aug. 2003-July 2008	
R24HL076852-02	Pittsburgh Mind-Body Center-II	Matthews, Karen A.	University of Pittsburgh at Pittsburgh	2004	
R01AG024833-02	Mind-Body Interactions in Management of Type 2 Diabetes	Stephens, Mary Ann Parris.	Kent State University at Kent, Kent, OH	2004	
R21NS048593-02	Center for Mind-Body Research	Haythornthwaite, Jennifer A.	Johns Hopkins University	2004	
R21AT001586-02	Music Engagement for Non-Pharmacological Analgesia (mind-body intervention)	Bradshaw, David H.	University of Utah	2004	
K24HL077506-02	Mind-Body Interactions in Cardiovascular Disease	Vaccarino, L Viola.	Emory University	2004	
R21NS048594-02	Development of a Mind-Body Center at NYUSOM	Cancro, Robert	New York University School of Medicine	2004	
P01AT002024-03	MBSR, Stress Arousal and Immune Response in Early HIV	Folkman, Susan	UNIVERSITY OF CALIFORNIA SAN FRANCISCO	Sept. 2004-June 2009	
R01AT002478-03	Analysis of Nitric Oxide During Meridian Practices	Ma, Sheng-Xing	LA BIOMED RES INST/ HARBOR UCLA MED CTR	Sep. 2004-June 2008	
R01AT002454-03	Tai Chi Mind-Body Therapy for Chronic Heart Failure	Phillips, Russell S.	BETH ISRAEL DEACONESS MEDICAL CENTER	Sept. 2004-June 2008	
U01AT002550-04	Mindfulness Meditation: Regulating Eating and Obesity	Kristeller, Jean L	INDIANA STATE UNIVERSITY	Sept. 2004-June 2009	
p01 AT002024	Staying Well: A Clinical Trial of Mindfulness-Based Stress Reduction and Education	Frederick M. Hecht	Osher Center for Integrative Medicine, San Francisco, California	2005	

	Groups for HIV				
RO1-AT00905	A Pilot Study to Determine the Effectiveness of Combining Conventional and Complementary and Alternative Medicine to Treat Low Back Pain	David Eisenberg, PhD	Osher Institute, Harvard Medical School, Boston, Massachusetts	2005	
F32AT003363-01	Economic evaluation of naturopathy for low back pain	Herman, Patricia M.	University of Arizona	2005	
U19AT002656-02	Complementary/Alternative Medicine: Expectancy & Outcome (mind-body medicine)	Oken, Barry S.	Oregon Health & Science University, Portland, OR	2005	
R01HL078216-02	Stress Reduction: Impact on BP in African American Youth	Treiber, Frank A.	MEDICAL COLLEGE OF GEORGIA (MCG)	Jan 2005-Dec. 2009	
U01AT002114-03	Meditation: Neuroimaging and Neurodynamic Correlations	Lutz, Antoine	UNIVERSITY OF WISCONSIN MADISON	Feb. 2005-Jan. 2009	
R21CA106336-02	Menopause and Meditation for Breast Cancer Survivors	Cohen, Susan M.	UNIVERSITY OF PITTSBURGH AT PITTSBURGH	Feb. 2005-Jan. 2008	
R01NR009257-02	Mindfulness Meditation in Bone Marrow Transplantation	Bauer-Wu, Susan M	DANA-FARBER CANCER INSTITUTE	Aug. 2005-May 2007	
R21AT003083-02	Yoga for the Management of HIV-Metabolic Syndromes	Yarasheski, Kevin E.	WASHINGTON UNIVERSITY	Sept. 2005-June 2008	
R01AG026364-02	Aging: Cytokine Mechanisms and Treatment of Insomnia	Irwin, Michael R.	UNIVERSITY OF CALIFORNIA LOS ANGELES	Sept. 2005-Aug. 2010	
R21AT001910-02	Tai Chi: Well-Being and Heart Failure	Redwine, Laura S.	VETERANS MEDICAL RESEARCH FDN/SAN DIEGO	Sept. 2005-Aug 2008	
Z01AT000007-05	Suppression of the GH/IGF-I Axis In Women With Rheumatoi	Blackman, Marc R.	None given	FY 2006	
P01AT002024-030002	Project 2 - Mindfulness & Stress Arousal	Folkman, Susan	UNIVERSITY OF CALIFORNIA SAN FRANCISCO	FY 2006	
F31AT003061-01A1	Meditation and interoception: the role of the insula	Khalsa, Sahib	UNIVERSITY OF IOWA	June 2006-May	

				2009	
K01AT003459-01	Effects of mindfulness meditation on somatosensory cortical maps in chronic pain	Kerr, Catherine E.	HARVARD UNIVERSITY (MEDICAL SCHOOL)	May 2006-April 2011	
R21DA019562-01A1	Efficacy of Mindfulness-Based Relapse Prevention	Marlatt, G Alan.	UNIVERSITY OF WASHINGTON	June 2006-May 2008	
R43AT004093-02	Open, Flexible Platform for CAM Adherence Monitoring and Mind-Body Investigations	Eriksen, K Jeffrey	BIOELECTROMAGNETIC TECHNOLOGIES, LLC	Sept. 2006-Oct. 2007	
R21AT002796-02	Mechanisms of Neural Mobilization for Chronic Pain	George, Steven Z.	UNIVERSITY OF FLORIDA	Sept. 2006-Aug. 2009	
U01AT004159-01	Mindfulness Based Weight Loss Maintenance	Wolever, Ruth Quillian	DUKE UNIVERSITY	Sept. 2006-June 2008	
R21AT002698-01A2	Mindfulness-based Stress Reduction For High Blood Pressure	Hughes, Joel W.	KENT STATE UNIVERSITY AT KENT	Sept. 2006-Aug. 2008	
R21AT003619-01	Mindfulness for Irritable Bowel Syndrome	Gaylord, Susan A	UNIVERSITY OF NORTH CAROLINA CHAPEL HILL	Sept. 2006-Aug. 2009	
R21AT002761-01A1	Neural Effects of Mindfulness Training on Attention	Jha, Amishi Parag	UNIVERSITY OF PENNSYLVANIA	Sept. 2006-Aug. 2008	
U01AT004158-01	Mindfulness-Based Weight Loss Maintenance	Baime, Michael	UNIVERSITY OF PENNSYLVANIA	Sept. 2006-June 2008	
R21AT003673-01	Impact of long-term meditation on brain structure and function in normal aging	Lazar, Sara W.	MASSACHUSETTS GENERAL HOSPITAL	Sept. 2006-Aug. 2008	
K23AT003678-01A1	Augmenting Behavior Therapy for Insomnia with Mindfulness Meditation	Ong, Jason C.	STANFORD UNIVERSITY	May 2007-April 2012	
R21AT003654-02	Stress Reduction for Caregivers: A Randomized	Whitebird, Robin R.	HEALTHPARTNERS RESEARCH FOUNDATION	April 2007-Mar	



	Controlled Pilot Study			2010	
R01HL084502-01A1	Point Process Models of Human Heart Beat Interval Dynamics	Barbieri, Riccardo	MASSACHUSETTS GENERAL HOSPITAL	Feb. 2007-Jan. 2012	
R01HL083944-01A1	Mechanisms of Meditation in Hypertension in Blacks	Schneider, Robert H.	MAHARISHI UNIVERSITY/MANAGEMENT RES INST	April 2007-March 2011	
R21AT003425-01A2	Exploratory Analysis of RR and MBSR for Stress Reduction	Lazar, Sara W.	MASSACHUSETTS GENERAL HOSPITAL	Sept. 2007-May 2009	
K23AT004432-01	MBSR and Anxiety: Therapeutic and Neuroendocrine Effects	Hoge, Elizabeth A.	MASSACHUSETTS GENERAL HOSPITAL	March 2008-Feb. 2013	
R21CA129201-01A1	Biobehavioral Effects of Qigong During Treatment for Rectal Cancer	Cohen, Lorenzo	UNIVERSITY OF TEXAS MD ANDERSON CAN CTR	April 2008-Mar. 2011	
U01HL079214-030004	Stress-reduction in African Americans with metabolic syn	Meng, Yun	MOREHOUSE SCHOOL OF MEDICINE	No dates given	