

NIH, National Heart, Lung, and Blood Institute
Optimizing Stress-Reduction Interventions for Cardiovascular Disease Risk
Workshop
September 27-28, 2010
Rockledge 2, Room 9100/9104

Monday, September 27, 2010

- 8:00 Call to order and Introductions (Stoney)
- 8:30 Background and Charge to the group (Blumenthal)
- 9:00 Discussion of the key epidemiological studies showing a positive relationship between stress and CVD endpoints.
Leaders: Matthews
- 10:15 Break
- 10:30 Discussion of the key animal studies showing a positive relationship between stress and CVD endpoints.
Leaders: Goldstein, Shively
- 12:00 Overall discussion and synthesis of the elements of stress that may be particularly important for CVD in epidemiological and animal studies.
Leaders: Folkman
- 1:00 Working lunch
- 1:30 Discussion of key RCTs of stress reduction for the purpose of reducing CVD endpoints.
Leaders: Lampert, Sheps
- 3:00 Break
- 3:15 Discussion of key RCTS of stress reduction for the purpose of altering other clinical endpoints.
Leaders: Suls, Davidson
- 4:45 Overall discussion of conceptualization and elements of stress that may be particularly important for CVD in relationship to RCTs; can they be differentiated from elements important for other diseases/outcomes?
Leaders: Freedland
- 5:30 Adjourn, Dinner on your own

Tuesday, September 28, 2010

8:00 Brief synopsis of previous day

8:15 Discussion of the experimental/quasi-experimental studies suggesting a relationship of stress with measures of CVD risk, such as reactivity studies

Leaders: Gerin, Krantz

10:00 Break

10:15 Overall discussion and synthesis of the elements of stress that may be particularly important for CVD in relationship to experimental studies.

Leaders: Kamarck, Schwartz

11:45 Working Lunch

12:30 What are the barriers and obstacles in moving the field forward toward planning a large-scale study of stress reduction intervention for CVD endpoints?

Leaders: Blumenthal

1:30 Recommendations (Kaufmann)

3:00 Workshop wrap-up (Blumenthal, Stoney, Kaufmann)