



## 2025 Guidelines & Application form

### Dr. Phil Blustein Mind-Body Investigation and Management of Medical Conditions Award

#### Guidelines

**Background:** Dr. Phil Blustein was a Calgary gastroenterologist for 39 years, specializing in diseases of the digestive system. He was an Associate Professor at the Cumming School of Medicine. Throughout his career as a physician, Dr. Blustein became increasingly aware of the importance of the mind-body connection which was incorporated into his practice of medicine. He collaborated on a research study that demonstrated the value of Mindfulness Based Stress Reduction in the Irritable Bowel Syndrome. He wrote a book called "Mindfulness Medication: A Physician's Prescription for Stress Relief." He created a website <http://thebreathproject.org/> for stress management for his patients. He presently helps to organize a Calgary group WELLNESS THROUGH MINDFULNESS that offers free information on mindfulness and related topics. The website is: [wtm.thebreathproject.org](http://wtm.thebreathproject.org)

**Purpose:** To encourage research related to applying mind-body connections as it relates to causality, course of the problem and treatments for patients with gastrointestinal disorders primarily, but research in this area related to any medical disorder will also be considered.

**Deadline for application:** September 3, 2025

To apply, please complete the application form below and forward the completed electronic copy and attachments to: [medendow@ucalgary.ca](mailto:medendow@ucalgary.ca) , for the attention: Patty Beug-Jang

**Late or incomplete applications will not be accepted.**

**Value of Award:** up to \$6,310

**Applicant Eligibility** - the award is open to:

- Current undergraduate and graduate students enrolled at the University of Calgary from any faculty
- New investigators (as [defined by CIHR](#): an early career researcher (ECR) is a researcher within five years of the date of their first independent research-related appointment) within a Department or Division at the Cumming School of Medicine, such as but not limited to, the Department of Medicine or Division of Gastroenterology and Hepatology
- Medical allied professionals, such as but not limited to, nurses, psychologists, social workers with a University of Calgary affiliation. Provided that you can be a Project Holder at UCalgary as per Research Services guidelines at: <https://www.ucalgary.ca/finance/sites/default/files/teams/5/fr-guidelines-for-research-funding-20210621.pdf>

#### **Application Process:**

All submissions should have a collaboration with the Cumming School of Medicine, Division of Gastroenterology and Hepatology.

#### **Eligible Use of Funds:**

Research related expenses – which can include materials, sample collection, personnel (such as Research Associate).

**Examples of eligible research studies/projects:**

- How does stress impact the causality, course and treatment outcomes of gastrointestinal disorders
- Does modifying stress alter the nature of gastrointestinal disorders
- The use of psychiatric drugs and their impact on gastrointestinal disorders
- Exploring the use of psychedelic drugs in gastrointestinal disorders
- Are non-pharmacologic stress improving techniques such as mindfulness, meditation, yoga, Pilates, QiGong, hypnosis, CBT etc, helpful
- Developing a resource for patients to access stress-relieving techniques and evaluate their effectiveness
- How stress impacts gut microflora and its influence on gastrointestinal disorders
- How gut microflora can cause stress

The following type of projects are eligible:

- Individual research projects
- Joint applications from two or more investigators or research groups that foster collaboration will be considered
- Start-up research projects that have potential to grow to larger projects
- Smaller projects that can add value to existing projects

**Length of award:** 1yr

**Reporting:** The recipients of funding from the Award will be responsible for, upon request, providing a report to the Selection Committee and should acknowledge the donor when appropriate.

**Application Form**

<b>Applicant name (first name, surname):</b> <b>Email:</b>																			
<b>Faculty &amp; Department:</b>																			
<b>Project title:</b>																			
<b>Provide details about your project's connection to the Division of Gastroenterology and Hepatology:</b>																			
<b>Provide details about your affiliation with Uof Calgary, for example:</b> <ul style="list-style-type: none"> <li>If you are an undergrad/ grad student indicate what faculty/ dept/ program are you enrolled in, since when, what is the date of completion, who is your supervisor, provide your UCID</li> <li>If you are a new investigator with CSM indicate your academic appointment start date, department, job title, UCID</li> <li>If you are a medical allied professional, such as but not limited to, nurses, psychologists, social workers with a University of Calgary affiliation indicate the department/ faculty job title, UCID and confirm that you are eligible to hold a project as per Research Services guidelines at, please see section "Who can be a Project Holder":  <a href="https://www.ucalgary.ca/finance/sites/default/files/teams/5/fr-guidelines-for-research-funding-20210621.pdf">https://www.ucalgary.ca/finance/sites/default/files/teams/5/fr-guidelines-for-research-funding-20210621.pdf</a> </li> </ul>																			
<b>Budget:</b> (if a budget item is not applicable, please enter 0)																			
<table border="1" style="width:100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Description of Expense</th> <th style="text-align: left;">Amount required</th> </tr> </thead> <tbody> <tr><td>Personnel</td><td></td></tr> <tr><td>Materials</td><td></td></tr> <tr><td>Sample collection</td><td></td></tr> <tr><td>Other 1</td><td></td></tr> <tr><td>Other 2</td><td></td></tr> <tr><td>Other 3</td><td></td></tr> <tr><td>Other 4</td><td></td></tr> <tr> <td><b>Total funding requested:</b> <b><i>Maximum allowed is \$6,310</i></b></td> <td></td> </tr> </tbody> </table>	Description of Expense	Amount required	Personnel		Materials		Sample collection		Other 1		Other 2		Other 3		Other 4		<b>Total funding requested:</b> <b><i>Maximum allowed is \$6,310</i></b>		
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<b>SIGNATURE</b> (insert your electronic signature, or .jpg of your signature)																			
<b>Applicant</b>	<b>Date:</b>																		

**1. Description of project** (maximum 200-250 words)

Provide a statement that highlights how your proposal aligns with the purpose of this award. Use language suitable for non-scientists as this summary may be shared with public stakeholders.

## **2. Research Proposal** (maxim 2 pages)

Provide a description of the research project, elaborating on how it aligns with the purpose of this award:

“To encourage research related to applying mind-body connections as it relates to causality, course of the problem and treatments for patients with gastrointestinal disorders primarily, but research in this area related to any medical disorder will also be considered.”  
References, Tables and Figures, Letters of support, Equipment quotes, Bibliography can be appended as a PDF file no larger than 10 pgs (OR 10MGb)



### 3. Budget Justification - 1 pg

**4. Recent Curriculum Vitae (max 5 pages)**

A large, empty rectangular box with a black border, intended for a curriculum vitae. The box is light blue and occupies the majority of the page below the section header.









