



# Diet and Behavior Shared Resource (DBSR)

DBSR is a part of:  UNIVERSITY OF ILLINOIS  
Hospital & Health Sciences System  
Cancer Center



## Quarterly Newsletter

Fall 2013

### DBSR Expert Faculty Spotlight: Lisa K. Sharp, PhD

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#### For More Information Contact DBSR

[www.chicagomedicine.uic.edu/  
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- ⇒ Shared Resources
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or (312) 413-5147

DBSR is located at:  
Westside Research Office Building  
1747 W. Roosevelt, Suite 412

Dr. Lisa K. Sharp conducts research that examines the direct and indirect effects of stress on chronic illness and cancer. She focuses on bolstering doctor-patient rapport and exploring the ecological, social, and psychological influences of stress on the inflammatory process, particularly in minorities and underserved populations.

Dr. Sharp is an Associate Professor in the Section of Health Promotion of the Department of Medicine. Having served as a DBSR Expert Faculty member since April 2012, Dr. Sharp provides consultation for U of I Health Cancer Center members who want to include measures of stress, quality of



Lisa K. Sharp PhD,  
DBSR, Expert Faculty  
Quality of Life, Stress, and  
Medication Adherence

life, mood, medication adherence, and other psychosocial factors into their research.

Most recently, she has led an NCI-funded childhood cancer survivor project titled "Survivor Pilot to Empower Action in Care (SPEAC)." In this project she hopes to identify cancer survivors' long term health education needs by conducting focus groups and a ran-

domized controlled trial to engage childhood cancer survivors to more effectively communicate with their healthcare providers, access their pediatric medical records, and about the "late effects" of treatment for childhood cancer.

She is also using her expertise in the areas of stress, quality of life, and psychosocial factors to contribute to Dr. Melinda Stolley's "Moving Forward: A Weight Loss Intervention for African American Breast Cancer Survivors" and has advised on Dr. Richard Warnecke's study "How Do Underserved Women Think about Breast Cancer Risk." Dr. Sharp, with assistance from the DBSR team, can provide Cancer Center members consultation on integrating ecological, social, and psychosocial variables into their research.

### DBSR Upcoming Event — December 5, 2013, DBSR Stress Symposium



Barbara L.  
Andersen, PhD,  
Professor,  
Department of Psychology, The  
Ohio State  
University  
Comprehensive  
Cancer Center

On December 5, 2013 the DBSR will host its third semi-annual 101 Training Symposium focused on examining psychological stress in cancer research.

To lead off this exciting DBSR 101 Training, the UI Health Cancer Center Population Health and Behavioral Outcomes (PHBO) program is sponsoring a distinguished keynote lecture by renowned stress and cancer expert, Dr. Barbara Andersen from the

Ohio State University Comprehensive Cancer Center. She will speak on, *Biobehavioral Aspects of Cancer and their Implications for Disease Progression*.

The DBSR 101 Training Symposium will follow Dr. Andersen. Expert Faculty, Dr. Lisa Sharp, will present on self-report measures for assessing stress and Dr. Giamila Fantuzzi, will discuss measuring biological markers of inflammation and immunity.

**Space for this event is limited.** Be sure to RSVP by contacting DBSR coordinator, Sarah Olender at [so-lend2@uic.edu](mailto:so-lend2@uic.edu) or (312) 413-5147.

After the symposium, Dr. Andersen will be available for a limited number of one-on-one consultations with Cancer Center members. This is a great opportunity to consult with an expert on biobehavioral aspects of cancer. Consultation availability is limited, so please contact Sarah Olender at [so-lend2@uic.edu](mailto:so-lend2@uic.edu) or 413-5147 to **schedule your consultation today!**

Giamila Fantuzzi,  
PhD,  
Professor,  
Department of  
Kinesiology and  
Nutrition



## DBSR In Action: Training Services

DBSR seeks to assist U of I Health Cancer Center investigators to appropriately select and integrate behavioral measures into their research. One of the best ways to accomplish this is through our Training Service.

To inform DBSR training services, we turned to our cancer center members to hear about their needs and interests. Responses to a needs assessment survey helped us to identify specific services related to behavioral research and create training sessions accordingly. Through the DBSR, U of I Health Cancer Center members and their research staff can be trained on **Dietary Intake Assessment, Physical Activity Assessment** using accelerometers, **Behavioral Survey Administration**, and **Anthropometric Assessment**. A description of the current trainings are described below.

### Dietary Intake Assessment

Dietary intake assessment training is conducted by a DBSR graduate-level registered dietitian (Sarah Olender, MS RD or Lisa Tussing-Humphreys, PhD, MS, RD). The DBSR offers training related to Food Frequency Questionnaire (FFQ) Methodology and Administration and 24-hour Dietary Recall Methodology and Data Management using Nutrition Data System for Research (NDSR).



**Trainees practice 24-hour Dietary Recall using NDSR**

Training includes group sessions covering methodology, data cleaning, and supervised group practice. Practice interviews and two individual sessions with the instructor are

required. Individual feedback is provided and can be tailored to a study's target population. Dietary intake assessment training has been provided to the staff of a number of U of I Health Cancer Center member projects including R01 studies conducted by Drs. Vince Freeman, Rick Kittles, and Susan Hughes.

### Physical Activity Assessment

This training is conducted by DBSR Expert Faculty member, Dr. David Marquez. This is a 2-hour group-based session covering the basics of collecting objective physical activity data using accelerometers. Highlights of this training include hands-on experience with correctly apply accelerometers to participants; extracting and storing device data; and a brief review of processing and analyzing accelerometry data.

### Diet and Behavior Shared Resource Training Symposia

The DBSR, as part of the Training Service, offers a semiannual 101 Training Symposium open to all U of I Health Cancer Center members and their research staff. The symposia are designed to provide an introduction and practical information pertaining to a variety of behavioral research topics, and assessment methods pertinent to U of I Health cancer research.

The first symposium focused on dietary assessment methodology and included a keynote lecture by NCI's expert in dietary assessment methodology, Dr. Amy Subar. DBSR Expert Faculty members Carol Brunschweig and Lisa Tussing-Humphreys, and U of I Health Cancer Center member Angela Kong then presented on dietary assessment methods including 24-



**DBSR Expert Faculty David Marquez, PhD presents about objective measures of physical activity**

hour dietary recall, Food Frequency Questionnaire, and dietary screeners.

DBSR's most recent symposium focused on physical activity and fitness assessment and included a keynote lecture from Dr. Kerry Courneya titled "Physical activity

**"Thank You! Great Seminar and Training!"**

**-Symposia Attendee**

in Cancer Survivors: Implications for Recurrence and Survival." Following Dr. Courneya's presentation, DBSR Expert Faculty, David Marquez and Tracy Baynard, presented on survey and objective methods for assessing physical activity and fitness.

We encourage all U of I Health Cancer Center members and their staff to attend DBSR's upcoming symposium on Stress, Immunity and Cancer **December 5th @ 12 PM**. The event will include a keynote lecture from Barbara Andersen, PhD and presentations by DBSR Expert Faculty member Lisa Sharp, PhD and guest speaker Giamila Fantuzzi, PhD.

### Behavioral Survey Administration

DBSR Coordinator, Sarah Olender, MS, RD, and adjunct master trainer, Lara Blumstein, MS, conduct this 4-hour training. Topics covered include effective interviewing skills, survey administration, and supervised group practice using a survey(s) of choice. Following the group session, interviewees are asked to complete 10 practice interviews and an in-person exit interview with the instructor. U of I Health Cancer Center member Kent Hoskins has used this DBSR training resource. His research team was trained on Behavioral Survey Administration for an Institutionally supported study investigating attitudes toward genetic screening.

### Anthropometric Assessment



**Sarah Olender quality checks a trainee's height data for consistency**

This 2-hour training is led by DBSR Expert Faculty Member, Lisa Tussing-Humphreys, PhD, MS, RD and DBSR Coordinator, Sarah Olender, MS, RD. Height and weight assessment protocols for adults and children are reviewed (depending on the research needs). Hands-on training with observation and feedback is provided. Group training is followed by completion of 5 additional anthropometric measurements to be crosschecked and confirmed by the DBSR master trainer.