

President's Message: Enabling and Improving Physiatric Research *By Elliot J. Roth, MD, President*



Serving as a grant proposal reviewer for NIH, other Federal agencies and private foundations over the past

few years has provided me with tremendously valuable learning experiences. **An excellent way to improve one's own grant application writing skills is to review the grant applications of others.** You see which writing techniques work and which are less successful in the investigators' efforts to make the grant proposal compelling for the reviewers and the funders.

Among the many characteristics that stand out in successfully written applications is the use of preliminary or pilot data. **Including pilot data on the topic in a grant proposal demonstrates the feasibility of the project, the capability of the investigator to do the work, and the soundness of the rationale for conducting this line of research.** Grant proposals that contain either no or inadequate pilot data are less persuasive to many grant proposal reviewers. For larger grants and, especially for Federal grants, having preliminary data can make the difference between getting funded or not.

This is where the grants given by the Foundation for PM&R – supported by your contributions - can be extremely valuable. One of the key purposes of Foundation grants is to enable the collection of pilot data that can be included in larger grant applications for more sizeable research funding. Although the Foundation for PM&R grants are relatively modest in size (\$10,000 – \$30,000 each), **the preliminary experience developed by using the funds, and the data derived from the work, can be vitally important.**

Another important value for the investigator receiving a Foundation grant is that the award conveys a symbolic demonstration of support from the field. ALL Foundation grants undergo rigorous external peer review before funding; for the investigator, this means that they receive feedback, criticism, and validation for their work. This also helps to enhance the quality of the larger grant proposals that investigators submit.

Your contributions to the Foundation for PM&R help make the nature of the research and the quality of the grant proposals submitted by our colleagues better in their design and execution. Our investigators leverage your generosity to assist them in building their careers and in conducting the research that supports the field. Please give to support our colleagues!

Research Grants Application Tips

The Foundation for PM&R is offering 11 research grants totaling \$150,000 this year; application deadline is May 1. All applications must be submitted at:

<https://foundationforpmr.submittable.com/submit>.

The primary purpose of the Foundation's \$10,000-\$30,000 research grants is to allow researchers to test a concept and/or collect pilot data to build the case for support for extramural grants.

Here are some specific ways you can use the funds:

- Conduct an additional biologic test that will yield beneficial information to enhance a study currently underway.
- Secure statistical services for a data set that you have already collected.
- Pay patient participation stipends to get a higher level or longer term of engagement.

TIP: Successful past grant recipients suggest reviewing **the “Application Scoring” section** found under the grants descriptions on <https://foundationforpmr.org/research-grants/>. Make sure your proposal answers all of these questions.

TIP: Reach out to a **past grant recipient** (listed at <https://foundationforpmr.org/past-grant-recipients/>) **for advice!** Many will share their successful grant application with you to help guide your grantwriting.

TIP: Have a colleague proofread for you, looking for spelling/grammatical/formatting errors as well as verifying that you have made your case clearly and persuasively.

Questions about our research grants program can be directed to Phyllis Anderson, panderson@foundationforPMR.org or 847-737-6062.



Best Paper Award Winner

Every year, the Foundation for PM&R sponsors a Best Paper Award for *PMR* (the purple journal.) The 2025 winner was “Preferences for risks and benefits of treatment out-

comes for chronic low back pain: Choice-based conjoint measure development and discrete choice experiment” (*PM&R*. 2024;16:836-847.) Congratulations to authors Leslie Wilson, PhD; Alina Denham, PhD; Yelena Ionova, PharmD; Conor O’Neill, MD; Carol M. Greco, PhD; Afton L. Hassett, PsyD; Janel Hanmer, MD, PhD; Sana Shaikh, MD; Mehling Wolf, MD; Sigurd Berven, MD; David Williams, PhD; Yanlei Ma,



PhD; Jeffrey Lotz, PhD and Patricia Zheng, MD. Dr. Zheng is a past Foundation for PM&R research grant award winner.

Erratum

Apologies to Dr. Andréane Richard-Denis, past research grant award recipient, whose name was misspelled in the January/February issue.



2025: An Extraordinary Year for FPM&R

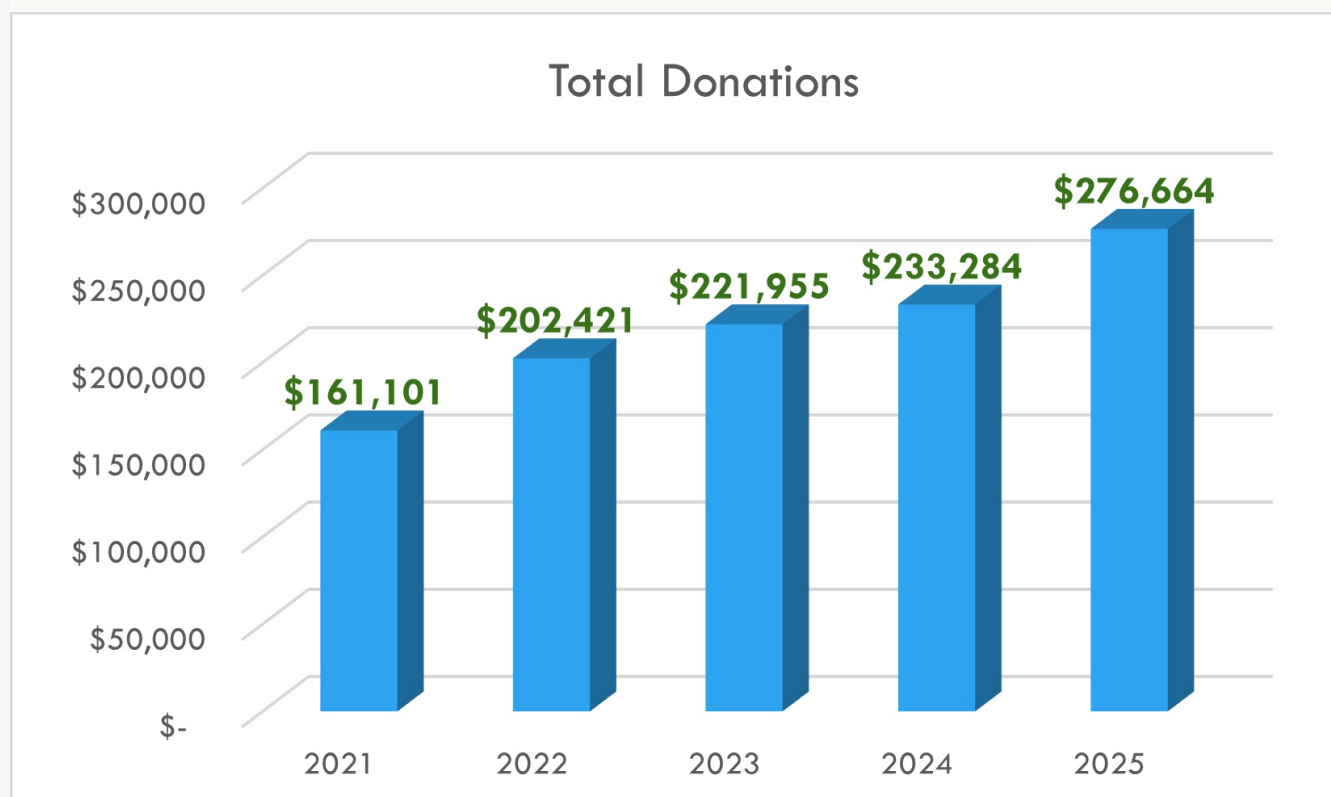
In 2025, the Foundation for PM&R enjoyed an unprecedented year of growth – in donations received, investment growth and increased total assets. This was the fifth consecutive year of growth on donations!



**2025 Year-end Assets
\$3.39 million**

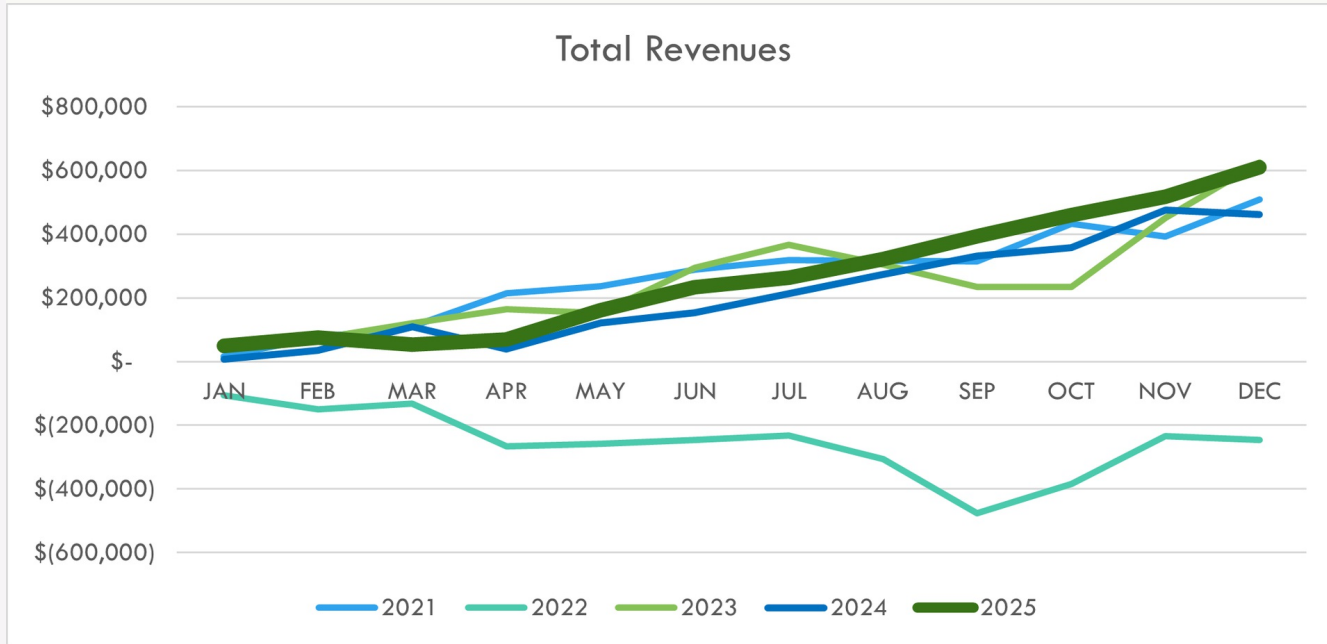


2025 Donations \$276,664





2025 Revenues \$609,320



This year - thanks to 2 extraordinary gifts - we will make a major leap in assets once again, with unrestricted funds exceeding \$1 million for the first time ever and **total assets of over \$4 million** - another first. But more importantly, those gifts make it possible to **increase the number of research grants we give in perpetuity.**

Thank you for your support, and for being part of this important mission to Build PMR Research!

Thank You to Our Top 2025 Donors



The Foundation for PM&R relies upon the generosity of our donors to achieve our goal of Building PMR Research. Many thanks to these psychiatric philanthropists who made extraordinary donations in 2025!

GIFTS OVER \$25,000

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GIFTS OF \$10,001-\$25,000

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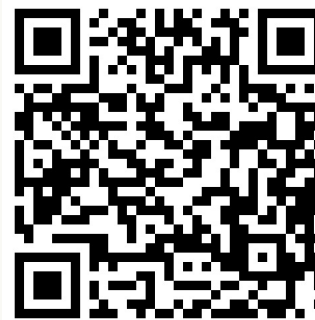
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