

**TITLE: Will-Power Training**

**FSU Principal Investigator: Amy L. Ai, MS, MA, MSW, PhD, FSU College of Social Work**

**Co-Principal Investigator: Roy Baumeister, PhD**

**PROJECT ABSTRACT:**

The primary objective of this proposal is to collect preliminary data for a trans-disciplinary theoretical model, integrating psychological and biophysical mechanisms underlying the health function of self-regulatory care in hypertension or high blood pressure. The pilot clinical trial is a part of the ongoing effort to obtain larger grants, aiming to promote behavioral self-care strategies in managing chronic illnesses with high public health impacts, such as hypertension. This team, including leading scholars of the FSU, is built on multidisciplinary strengths in several colleges (Medicine, Social Work) and other departments (e.g., Psychology, Statistics). The pilot project capitalizes on their expertise and clinical/lab protocols developed in their previous projects. Individuals will be recruited and randomized to two training groups. Physiological and blood tests will be performed at the baseline and the 5-month follow-up. Assays will be performed at the Translational Lab. We will explore Baumeister's theory on "will power" as a mean to promote health and well-being.

**Funding Sources:**

The FSU Office of the Vice President for Research: Council on Research and Creativity: \$25,000

**Co-Investigators:**

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**Community Collaborators:**

None