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National Institutes of Health awards grant for tinnitus relief research

Dr. Vinaya Manchaiah receives NIH grant to further
tinnitus relief research

Dr. Vinaya Manchaiah, Associate Professor and Jo Mayo Endowed Professor in Lamar University's Department of Speech and Hearing Sciences, has been awarded a grant from the National Institutes of Health—National Deafness and Other Communication Disorders to study relief efforts for tinnitus sufferers in the United States. Nearly 50 million people in the United States experience tinnitus. Tinnitus affects many aspects of daily life such as sleep, mood, and concentration.

Currently there is no cure for tinnitus. Cognitive Behavioral Therapy (CBT), is a treatment that addresses the affected individual's reaction to tinnitus. The treatment has the most evidence-based benefits in the management of tinnitus. In his proposal, Dr. Manchaiah will develop a way to offer CBT via the Internet as a guided self-help program. This so-called iCBT can be customized to meet individual needs both in terms of language and access. Dr. Manchaiah will seek to demonstrate that using



iCBT will result in reduced tinnitus related distress. "The long-term goal of this initiative is to develop an accessible and affordable self-help program that can improve health outcomes in individuals with tinnitus," he said. In addition the study will focus on understanding both the barriers to and facilitators of success in iCBT as well as examine the outcome predictors. "The proposed project will help us better understand how tinnitus sufferers in the U.S. interact with the iCBT program," said Dr. Manchaiah.

Lamar announces new appointment of Dr. Srinivas Palanki



In an announcement made in early August, Lamar University named Dr. Srinivas Palanki the new Associate Provost of Research and Sponsored Programs.

Dr. Palanki currently has served as Dean of the College of Engineering for the past three years.

Dr. Palanki's background is in chemical engineering. He graduated from the Indian Institute of Technology, Delhi with his bachelor's degree in chemical engineering and his master's and doctoral degree from the University of Michigan, Ann Arbor.

Dr. Palanki joined Lamar University in 2015. He has encouraged all engineering students to participate in

research projects.

Since joining Lamar, Dr. Palanki created the Senior Design Symposium which is now a featured research project based event at the end of each academic year.

Dr. Palanki's personal research interests focus on the application of systems engineering tools to problems in engineering and biology and he has made theoretical contributions to real-time optimization of finite-time processes, nonlinear robust control and modeling of nonlinear process.

With his new appointment Dr. Palanki will serve as Ex Officio of the Research Council, Institutional Review Board, and Institutional Patent Committee.

The Office of Research and Sponsored Programs

Srinivas Palanki	Associate Provost for Research	880-7947
Beverly Kemp	Executive Assistant	880-7670
Twila Baker	Senior Director of Sponsored Programs	880-8933
Roxanne Smith Parks	Senior Contracts & Grants Specialist	880-8010
Ronald Johnson	Contracts & Grants Specialist – Post Award	880-7015



Research and Sponsored Programs holds Time and Effort Training

Highlights from Time and Effort Training for PI's and Co-PI's.

On Friday, July 13, 2018 the Office of Research and Sponsored Programs held time and effort training for Primary Investigators and Co-Primary Investigators.

The purpose of time and effort training is to familiarize faculty and their administrative support staff with Lamar University's effort reporting system in order to comply with Federal regulations and Lamar policies that govern effort on sponsored projects.

Effort is *your* work on *all* of your total institutional activities and is not based on a standard 40-hour work week. When you write yourself into a grant proposal, you are committing your effort to the sponsor. In most cases, effort should reasonably align with salary. Effort reporting is a federal requirement. Certifying effort is not the same as certifying payroll. Effort reporting and certification is not an exact science, reliance is placed on justifiable estimates.

Commitment is the amount of effort you propose in a grant proposal or other project applications and that the sponsor accepts. A commitment is an obligation that the university must fulfill. Commitments are specific and quantified and generally are expressed in terms of a percentage of your

work time over a given project period. Paid effort is work for which the sponsor provides salary support. Contributed (or cost-share) is any work on a sponsored project for which the university, rather than the sponsor, provides salary support.

Effort reporting has come under increased scrutiny. There has been a focus of federal review and enforcement activity. In recent years several multi-million dollar False Claims Act settlements have been awarded. NSF/OIG audits have been recent and are ongoing.

Approximately two-thirds of extramural funding supports salaries of faculty and staff engaged in sponsored program activities at Lamar. Through effort reporting, the university assures sponsoring agencies that salaries charged are reasonable. Faculty must certify their own individual effort. Effort reports for other employees must be completed by the principal investigator. The effort report form must account for all effort for which the university compensates the individual. Effort reporting is a method for certifying charges made to sponsored awards and for certifying that the effort expended is at least equal to the salary paid.

The Office of Research and Sponsored Programs is available to give further assistance with time and effort reporting.

Tips for Becoming a Successful Primary Investigator



**MEET
EARLY
AND
TALK
OFTEN**

**WE'RE
MOVING**

The Office Research and Sponsored Programs will be moving to the new Science and Technology Building in December.

Look for us in our new office!

It's not enough to have a good idea. Your good idea must also be well positioned, or review panels for grant agencies are unlikely to approve it. Long before you make the decision to write a grant proposal for your research, you should be taking concrete steps to raise your profile in the eyes of the reviewers. What this means is you are preparing yourself as a researcher and a grant writer in ways that will strengthen the ideas behind your proposal, demonstrate that you have the wherewithal to carry out your project, and enhance your ability to communicate what reviewers are looking for.

Here are a few tips that will help you achieve your goal of becoming a successful primary investigator.

- ♦ Positioning yourself as a researcher to establish a long term scholarly agenda. It will give context to your current work and a trajectory to your

plans. It provides a road map from this study, to the next, to ones that will follow. Grant agencies are seeing transformative ideas and the building of an evidence base for practice and intervention. They want grantees who have identified important, long term research goals.

- ♦ A step in successful proposal development is to craft an effective literature review. An effective literature review locates the problem at hand within the extant literature and frames a case for advancing. Review panels want to see the projects they support succeed.
- ♦ Another essential step is understanding what the agency or foundation wants. Grant agencies have research agendas they are trying to support.

- ♦ Finally, to be competitive you need to have a solid understanding of the rules of the game. Those guidelines run the gamut from things like font size and margins to rules about subcontracting and publication rights. The Office of Research and Sponsored Programs is a source of guidance on how to understand the process from start to finish.

Stone, David, A. (2010/7/7) *Becoming a Successful Principal Investigator*. Retrieved from www.chronicle.com

