

# American Diabetes Association

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## Research Programs

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April 2023

## Innovative Research to Support the Psychological and Emotional Needs of People with Diabetes

### Postdoctoral Fellowship Award

### Application Instructions

<https://professional.diabetes.org/research-grants>  
[grantquestions@diabetes.org](mailto:grantquestions@diabetes.org)

**National Office**  
2451 Crystal Drive, Suite 900  
Arlington, VA 22202  
[professional.diabetes.org/grants](https://professional.diabetes.org/grants)

**Our Mission** is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

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# I. Behavioral & Mental Health in Diabetes Postdoctoral Fellowship Award

The American Diabetes Association is requesting applications for research focused on innovative research to support the psychological and emotional needs of people with diabetes

## **Background:**

Diabetes is more than a physical health condition. The disease has significant behavioral, psychological, and social impacts. Diabetes self-management is demanding and complex. Activities such as monitoring blood glucose, utilizing insulin pumps or injecting insulin, taking oral medications, regular physical activity, and healthy eating all require a comprehensive understanding of diabetes. It also requires healthy coping mechanisms, and skills in problem-solving and risk reduction. This poses a burden and demands high levels of self-efficacy, resilience and daily self-management. Emotional and mental health problems such as diabetes distress, depression, and eating disorders are common and associated with suboptimal glucose control, increased rates of complications, lower quality of life, and increased healthcare costs.

Depression is present in about one in four adults with diabetes. Individuals with Type 1 diabetes (T1D) and Type 2 diabetes (T2D) have nearly double the risk of suicide compared with the general population. Twenty-seven percent of teenagers with T1D report moderate to high risk of depression and 8% have suicidal thoughts. Diabetes distress is defined as the emotional response to the relentless burden of daily self-management, including the fear of complications, and social and financial challenges. Diabetes distress affects 33-50% of people with diabetes. Distress manifests as fatigue, tension, and burnout.

People with diabetes, especially young women, have high rates of disordered eating such as bulimia, binge eating, night eating syndrome, anorexia and avoidant restrictive food intake disorder. Bulimia is the most common eating disorder in women with T1D whereas women with T2D are more likely to deal with binge eating.

American Diabetes Association's position statement "[Psychosocial Care for People with Diabetes: A Position Statement of the American Diabetes Association](#)" provides diabetes care providers with evidence-based guidelines for psychosocial assessment and care of people with diabetes and their families. Similarly, the ADA's "[Standards of Medical Care in Diabetes](#)" emphasizes the importance of integrating psychosocial screening and care with a collaborative, patient centered approach provided to all people with diabetes with the goals of optimizing health outcomes and health related quality of life. Despite the availability of evidence-based guidance only 25% to 50% of people with diabetes who have depression get diagnosed and treated. As such, there is an urgent need to more effectively address the psychological and emotional needs of people with diabetes so they may achieve optimal health and well-being.

## **Goal:**

The mission of the American Diabetes Association is to prevent and cure diabetes and improve the lives of all people affected by diabetes. Mental health is an integral part of diabetes management, and the ADA seeks to close the wide gap between the psychological and emotional needs of people with diabetes and the care and support available. This request for applications (RFA) is soliciting proposals for interventional, generalizable and scalable research to better understand and address how to improve all aspects of the integration of mental health care into clinical settings serving people with diabetes, especially for disadvantaged lower socioeconomic level families where health disparities are most evident.

## **Scope:**

This call is focused on translational research to more effectively deliver personalized, patient-centered psychological and emotional care that considers the context of the person with diabetes, as well as their individual values and preferences. Research areas may include but are not limited to strategies for improving patient communications and interactions, problem identification, psychosocial screening, diagnostic evaluation, intervention, and

intervention scalability. For the purposes of this RFA, research proposals focusing on potential physiological and biological underpinnings of psychological conditions are out of scope.

## **A. Deadline**

The submission deadline is **November 7, 2022** for anticipated April 1, 2023 funding. Electronic applications must be submitted online via the official Grant Management Site by 5:00 PM Eastern Time on the deadline date.

## **B. Institutional Approval**

The applicant, also referred to as the Principal Investigator (PI), must have the institution's approval prior to submitting an application electronically. Although written confirmation is not required, PI must confirm that the Sponsoring Institution is aware of the grant application and has acknowledged its intent to fully support the award. In addition, PI must attest that the application has been routed through, and approved by, the usual administrative channels of the Sponsoring Institution.

## **C. Notification**

Upon application submission, the applicant will be sent a confirmation of receipt for their completed application via email. Applicants will receive updates on their application status in February 2023. This notification will be sent to the applicant's email address as entered into the online application form. If the PI does not receive an email within the indicated time frame, please contact [grantquestions@diabetes.org](mailto:grantquestions@diabetes.org).

## **D. Status Changes**

Applicants must notify the Association in writing regarding any status changes during the review period. Status changes include the following:

### **Contact Information Change**

Send an email to [grantquestions@diabetes.org](mailto:grantquestions@diabetes.org) and specify the PI's name, application type, application title, and contact information changes.

### **Application Withdrawal**

To withdraw a pending application, the PI must complete the Grant Application Withdrawal Form and submit per the instructions on the form. The form is available for download on the [Research Programs website](#) under the specific RFA application you applied under.

## **E. Grant Support**

This one-time award provides up to three years of salary support for the PI, calculated on a sliding scale based on the number of full years of relevant postdoctoral experience of the applicant at the time of award activation. In addition to salary support, PI will receive \$5,000/year for training-related expenses (travel to scientific meetings, books or journals, supplies, computer, etc.) and a \$5,000/year institutional allowance to cover health insurance and other fringe benefits. Indirect costs are not permitted for this award. Refer to the [Budget Guidelines](#) for specifics regarding allowable expenses.

## **F. Review Criteria**

Applications will be evaluated on the potential of the research, if successful, to have a major impact on closing the wide gap between the psychological and emotional needs of people with diabetes and the care and support available. Alignment with the goals of the RFA, degree of innovation and scientific rigor are key considerations. Relevant experience of the Principal Investigator, availability of the appropriate facilities and resources, the ability of the investigator/site to recruit target populations, and/or show access to, and availability of, data sources, samples and study medications (if applicable) are also pertinent. For fellowships, relevant experience and training history of the Mentor will be strong considerations. The specific timeline for progress of enrollment, data analyses and/or other major project milestones and an appropriate budget allowing for the completion of the proposed work need to be stated.

Only Postdoctoral Fellowship (PDF) applications that are moved to full review will receive reviewer critiques, which will be sent within 1 month of final notification. This applies to both funded and unfunded submissions.

For all other award mechanisms (Junior Faculty Development, Innovative Clinical/Translational Science): Only LOIs invited to submit a full application will receive reviewer critiques, which will be sent within 1 month of final notification. This applies to both funded and unfunded submissions.

## **G. Eligibility Stipulations**

Applicant must hold a PhD, MD, PharmD, DO or DPM degree or, for other health professionals, the equivalent doctoral-level health- or science-related degree.

Awards are limited to institutions within the United States and U.S. possessions. All investigators must be legally authorized to work in the U.S. Institutional confirmation of permission to work within the U.S. will be required for all applicants at the time of application submission.

One person must be specified as the Principal Investigator; multiple PIs/co-PIs are not permitted.

### **Fellowship Appointment**

At the time of award activation, applicant must be in a post-graduate research training position (postdoctoral fellow, medical research fellowship, etc.). Applications from investigators with more than six years of research training beyond conferral of terminal degree are discouraged.

Applicant must hold a full-time postdoctoral fellowship position or the equivalent at a university, university-affiliated research institution or other non-profit research institution. If an appointment is less than full-time, this must be noted on the budget page. Applications from PIs with less than a full-time appointment will be considered on a case-by-case basis.

Applicants from non-university research institutions must provide a letter from the proper institutional official to explain how the position of the applicant compares to a postdoctoral position in a traditional academic institution. Any ambiguity about the applicant's position can negatively impact the application.

While applicants must apply for this award under the guidance of a mentor, it is expected that the proposed research project be independently developed by the applicant and that the proposed project provide a distinct research program that the applicant can independently pursue.

Granted PI's must remain at the same institution for the duration of the award and are prohibited from transferring to a new institution without their current mentor.

## Other Sources of Support

Individuals may not hold an American Diabetes Association Postdoctoral Fellowship Award concurrent with other postdoctoral funding; however, they may have completed previous NIH or other foundation/non-profit postdoctoral funding at the time of award activation.

ADA Postdoctoral Fellowship Award applicants must agree to devote **at least 75% of total time and effort towards research** during the period of Association funding.

## Open Data and Resource Sharing

All data resulting from ADA-funded research that can be shared without compromising human subject protections must be shared to an approved open data repository within 6 months of publication or within 18 months of the conclusion of the funding period, if the study remains unpublished.

A listing of repositories recommended by NIH is available on our website under [Funded Research](#). Awardees are encouraged to use the repository most appropriate for the subject matter of the research conducted.

Resources developed with ADA grant funding are required to be made available to the broader scientific community. ADA-funded projects expected to generate unique model organism resources or genomic data must include specific plans for sharing and distributing. If sharing is not possible, the application must include an acceptable explanation and request for waiver.

In general, to the extent possible, ADA grantees are expected to share all scientific resources upon request for the advancement of research progress. While the data and resource sharing plan will not impact the application score, it is a requirement for submission.

## Institutional Assurances

The Association requires IRB and IACUC assurances for human and animal subjects, respectively, if these are used in the funded research experiments/protocols. Funded applicants must provide evidence of appropriate IRB and/or IACUC approval (if applicable) at one of the following times: 1) at the time of application, or 2) just-in-time (by the start date of the award). Award activation is contingent upon submission of proof of approval. If approval(s) are not received by the award start date, an award letter will not be offered, and the grant will not be activated until all approvals have been received.

## H. Budget Guidelines

### Salary for Principal Investigator

Provided salary support is calculated on a sliding scale based on the number of full years of relevant postdoctoral experience as of the award activation date. Relevant experience may include research experience, teaching assistantship, internship, residency, clinical duties or other time spent in a health-related field beyond that of the qualifying doctoral degree. Once the appropriate salary level has been determined, the PI will be paid at that level for the entire award year; the salary level cannot be changed mid-year. The salary for each subsequent year of support will be at the next level in the salary structure.

Years of Postdoctoral Experience	Stipend Amount for 2023	Monthly Stipend Amount
0	\$54,840	\$4,570
1	\$55,224	\$4,602

2	\$55,632	\$4,636
3	\$87,852	\$4,821
4	\$59,784	\$4,982
5	\$61,992	\$5,166
6	\$64,296	\$5,358
7 or More	\$66,600	\$5,550

### Training Allowance

The \$5,000 training allowance may be used to support the educational and scientific expenses of the Fellow. Examples of expenses eligible to be included in this category are as follows:

- Travel to diabetes-related scientific meetings
- Computer (one-time purchase)
- Books (limit of \$500 per year)
- Publication costs (page charges, reprint costs)
- Equipment
- Training courses/workshops
- Reagents
- Lab supplies
- American Diabetes Association Annual Professional Membership fees

### Fringe Benefit Allowance

The \$5,000 fringe benefit allowance may be used to defray the costs of health insurance and other fringe benefits for the Fellow. This allowance may not be used for institutional overhead, postdoctoral registration fees or postdoctoral fellowship taxes.

### Prohibited Expenses

The following items **cannot** be purchased with award funds:

- Rent for office or lab space
- Other computer hardware or smart devices (e.g., printer, iPad, smart phone)
- Telephone or internet service
- Non-technical (e.g., custodial or administrative) support
- Relocation costs
- Memberships and subscriptions (not including American Diabetes Association Annual Professional Membership fees)
- IRB or IACUC administration fees
- Consultant fees
- Visa or legal fees
- Office supplies
- Liability insurance

This is not a complete list. Any questions about whether a particular item or service may be purchased with direct costs should be referred to the Association's Research Programs Office. **The Association reserves the right to refuse to pay for items or services.** Unsanctioned purchases will be deducted from the recipient's grant.

### Indirect Costs

Indirect costs are not permitted for this award.



## II. Online Application Instructions

Applications must be submitted online via the official Grant Management Site, available through the Association's website at <https://professional.diabetes.org/research-grants>. Emails and word processing files submitted outside the site will not be accepted.

Applicants must complete the online application form and upload the complete [Body of the Application](#) as an attachment in Portable Document Format (PDF). Applicants must convert the necessary components of the application into a single PDF document; multiple attachments and other formats will not be accepted. All award guidelines and stipulations for preparing applications must be followed (e.g., supporting documents, page limits, font sizes).

Follow the steps below to create a new application in the Grant Management Site. If you have any difficulties accessing the site, contact [grantquestions@diabetes.org](mailto:grantquestions@diabetes.org) for assistance.

1. Access the [Research Programs website](#) and navigate to Current Funding Opportunities. Select the Targeted RFA area you are interested in applying under.
2. Click on/expand the Postdoctoral Fellowship Award
3. Click **Create a New Application** at the bottom of the section
4. Create a new user account, or log in using an existing account
5. Complete the Eligibility Quiz to confirm your eligibility status – be sure to respond candidly for accurate results, submitted applications that do not meet eligibility criteria will be administratively disapproved
6. After successful completion of the quiz, the application process will begin
7. You may leave the site at any point by clicking **Save & Finish Later** at the bottom of the screen
8. After saving your work, you can log out and complete your application at a later time
9. To resume an in-progress application, access <https://professional.diabetes.org/research-grants> and select **Grant Management Site** on the navigation menu

Required details for each section of the online form are outlined below.

### A. Principal Investigator

#### Contact Information

The applicant must provide the institution's Tax ID and full legal name of the institution where the research will be conducted. **Incorrect or incomplete information may cause a delay in application and award notifications.** Do not abbreviate the institution's name. In addition to the institution's name, the current complete mailing address, phone number, fax number, and email address must be provided.

#### ORCID Identifier

ORCID (Open Researcher and Contributor ID) provides a unique, persistent identifier for researchers that supports automated linkages to the investigator's digital research output. PIs are required to have an ORCID identifier at the time of application. Registration is available free of charge online at [orcid.org](https://orcid.org).

## American Diabetes Association Membership

Award recipients are required to become members of and/or maintain membership in the Professional Section of the American Diabetes Association for the duration of their award. Association membership fees can be paid with Association grant funds. If selected for funding, the PI must submit proof of Association membership prior to award activation. Membership is not required in order to submit a grant application.

## Work Permission

All investigators must have permission to legally work in the United States. Institutional confirmation of work permission will be required for all applicants.

## B. Award Administration

### Financial Office Contact Information

Applicants must provide the name and contact information for the institution's financial officer. All applicants must have the institution's approval prior to submitting an application electronically; however, a signature page is not required. **Incorrect or incomplete information may cause a delay in correspondence and payments.**

### Payment Information

Applicants must provide the institution name and the current complete mailing address for award payments. Checks will be made payable to the institution as entered in the "Payee Institution Name" field. The institution name should be entered as it appears on the institution's W-9 Tax Certification Form. **Incorrect or incomplete names may cause a delay in correspondence and payments.**

Please note that the institution name to which checks should be made payable frequently differs from the institution name where the applicant is employed. For example, an applicant employed by the University of the American Diabetes Association may request that the check be made payable to the University of the American Diabetes Association, Research Foundation. Keep in mind there is a character count limit of 39 characters for this field. Please provide appropriate abbreviations if available (example: ADA Research Foundation).

### Grant Administration Office Contact Information

Applicants must provide the grant administration office email address and phone number. **Individual names and/or email addresses should be avoided.**

## C. Proposal Details

### Title of Proposal

Only the first letter of the title's first word should be capitalized. The title of the application should not have symbols, such as "β." Instead of the symbol, type the full name. For example, instead of "β," use the term "beta." The Grant Management Site cannot support symbols, and any non-ASCII characters will be converted to question marks ("?") upon submission.

## D. Budget

Enter the requested amounts for the total amount and each year of the award. An **itemized** budget form must be included in the Body of the Application. A separate itemized Budget Form must be uploaded in Excel (.xls or .xlsx) for administrative purposes.

## E. Project Summary

### Research Type

Characterize the proposed research as clinical or translational. Clinical research is defined as research directly involving humans and includes educational, psychosocial, behavioral, epidemiologic and health services research, as well as clinical studies of normal physiology and mechanisms of disease. Translational research is defined as research that accelerates the transition of scientific discoveries into clinical applications by efficiently advancing knowledge of efficacy to the next level of clinical application (bench to bedside, clinic to community).

### Diabetes Type of Proposed Research

Select the diabetes category most relevant to the proposed research.

Responses to this section will allow the Association to respond to external and internal inquiries regarding the funding percentage the Association provides for each type of diabetes.

### Research Program Area

Select up to three program areas that describe the type of research being proposed. Topic areas are used primarily to categorize funding within the Association's research portfolio and to assist in fielding external and internal inquiries regarding the various program areas we fund. While the program areas are used as a general guide to help match grant applications to appropriate reviewers, selecting any given area does not limit the proposal to a specific reviewer pool.

### Scientific Abstract

#### (250-word limit)

Proposal abstracts must be included only in the online portion of the application; abstracts must *not* be included as separate attachments or in the Body of the Application. The scientific abstract must not exceed 250 words. The scientific abstract must be a technical description of the proposed work that includes a background, hypothesis, supporting rationale, specific aims, research design, and relevance to a cure, prevention, and/or treatment of diabetes. The abstract should be written in the third person.

Abstracts should not include symbols, such as "α." The Grant Management Site cannot support special characters, and any non-ASCII symbols will be converted to question marks ("?") upon submission. Use the full term instead of the symbol, e.g., use the term "alpha" instead of "α."

### Lay Abstract

#### (250-word limit)

Proposal abstracts must be included only in the online portion of the application; abstracts must *not* be included as separate attachments or in the Body of the Application. The lay abstract must be a non-technical description of the proposed work, not to exceed 250 words. This description must not repeat the scientific abstract. Instead, use non-technical language so the general public that does not have a scientific background can understand. The non-technical description must include the study's purpose and significance to diabetes. Do not include confidential information in the lay abstract because if the award is funded, the lay abstract will become public information. The lay abstract must be written in the third person.

Abstracts should not include symbols, such as "β." The Grant Management Site cannot support special characters, and any non-ASCII symbols will be converted to question marks ("?") upon submission. Use the full term instead of the symbol, e.g., use the term "beta" instead of "β."

**RFA Alignment****(250-word maximum)**

Applicants must detail how the proposed research directly aligns with the goal and scope of the RFA and will have a significant impact (“move the needle”) on outcomes in those individuals living with diabetes.

**Animal and/or Human Experimentation**

Indicate whether IRB and/or IACUC approval will be necessary for the proposed research being conducted. The Association requires IRB and IACUC assurances for human and animal subjects, respectively, if these are used in the funded research experiment/protocol. Applicants selected for funding must provide evidence of appropriate IRB and/or IACUC approval prior to award activation.

If applicant already has IRB and/or IACUC approval for the project, it must be included in the Body of the Application. If the approval is pending, the Association will forward the approvals to the reviewers if received by the addendum deadline.

**The Association will accept just-in-time submission of IRB and/or IACUC assurances. Applicants must submit approval by the award start date of April 1, 2023.**

### III. Body of the Application

#### A. File Format

Applicants must combine all requisite components of the application into **one PDF document**, ordered and named in accordance with application instructions.

**Hard copies, multiple attachments, or other formats will not be accepted and will result in administrative disapproval of application.**

The Association advises that applicants complete and acquire all required documents before creating the PDF. Hardcopy materials must be converted into electronic format (scanned) before combining into the single PDF file.

PDF-creation software is necessary to create a single merged PDF document. There are many options for PDF generator software, many of which are free or can be purchased at a nominal cost. Refer to [grants.gov](https://www.grants.gov) for a list of suggested PDF conversion programs. The Adobe® Acrobat® Reader free version will **not** create a PDF. You can use Adobe Acrobat version 6.0 or later to merge electronic files into a PDF document by following these steps:

1. Click the **Create PDF** button from the toolbar.
2. Select **From Multiple Files**.
3. Browse for all of the required files that should go in your application.
4. Arrange the files in order by selecting the **Move Up** and **Move Down** options. Use the Table of Contents to determine page order.
5. Select **OK** after all the documents are in order.
6. The Body of the Application PDF document is created.
7. Save the combined file according to the following naming convention: **Last Name, First Name - Project Title**. If Project Title is too long for the file name, use just the first five words.

The document header must include the applicant's name (Last Name, First Name format) and type of application submitted (*Targeted RFA you are applying Postdoctoral Fellowship Award.*). The footer must contain the page number. The header and footer should be added to the PDF file *after* all sections have been merged and collated.

#### B. Formatting Requirements

Applications must abide by the following format specifications:

- **Font:** Use an Arial, Helvetica, Palatino Linotype, or Georgia typeface, a black font color, and a font size of 11 points or larger. (A Symbol font may be used to insert Greek letters or special characters; the font size requirement still applies.) Type density, including characters and spaces, must be **at least** 15 characters per inch. Since font size can appear larger on a computer screen, applicants are responsible for printing the PDF and measuring the font size. Applications that do not adhere to these formatting requirements will not be reviewed.
- **Font for Figures, Graphs, Diagrams, Charts, Tables, Figure Legends, and Footnotes:** Label fonts may be a smaller point size, but must be in a black font color, readily legible, and follow the font typeface requirement. Color can be used in figures; however, all text must be in a black font color, clear and legible.
- **Margins:** Margins must be at least one-half inch.
- **Spacing:** Single-spacing is acceptable.

- **Legibility:** The PDF document should be easy to read. Review Committee members read many applications and respond favorably to clear, organized, well-written proposals.

## Header

Applicant name and award type must be in the header of the Body of the Application. Applicant name should be in last name, first name format. For example: Smith, John.

Applicants can use Adobe Acrobat 6.0 or later to create the header across the entire combined PDF by following the steps below (instructions vary by software versions; refer to program's 'Help' function for assistance):

1. Select **Document**, followed by **Add Headers and Footers**.
2. Select the **Headers** tab.
3. Select left justification.
4. Type the required information in the **Insert Custom Text** section.
5. Select **Insert**.
6. Select **OK** to see the header that was created.

## Footer

Number the pages sequentially in the footer of the Body of the Application. The Table of Contents must be numbered as page 1 of the application, in order to correspond to the PDF file page. Applicants can use Adobe Acrobat 6.0 or later to create the header across the entire combined PDF by following the steps below (instructions vary by software versions; refer to program's 'Help' function for assistance):

1. Select **Document**, followed by **Add Headers and Footers**.
2. Select the **Footers** tab.
3. Select **Insert** in the **Insert Page Number** section.
4. Select **Insert**.
5. Select **OK** to see the page numbers that were created.

## Table of Contents

The completed **Body of the Application** must include a Table of Contents so reviewers can easily locate application contents. Each section of the Table of Contents must include the page number according to the final Body of the Application PDF document. If a section does not apply to the proposal, the applicant should enter "N/A" rather than leaving the page number blank. The Table of Contents must be numbered as page 1 of the application, in order to correspond to its position in the final combined Body of the Application PDF file. The Table of Contents Template is available for download on the [Research Programs website](#) within the Targeted RFA Application Materials you are applying for. A sample Table of Contents is available on the following page.

**Applications that do not include a Table of Contents will be administratively disapproved.**

EXAMPLE

Behavioral & Mental Health in Diabetes Postdoctoral Fellowship Award

Last name, First name

*Project Title*

**Table of Contents**

	Page #
1. Research Plan.....	_____
a. Specific Aims (1-page maximum).....	_____
b. Significance and Innovation (1-page maximum).....	_____
c. Research Approach (4-page maximum).....	_____
2. Open Data and Resource Sharing Plan (1-page maximum).....	_____
3. References (1-page maximum).....	_____
4. Future Career Goals (1-page maximum).....	_____
5. Budget Form.....	_____
6. Facilities (250-word maximum).....	_____
7. Environment (250-word maximum).....	_____
8. Biographical Sketches (5-page maximum per biosketch).....	_____
a. Fellow.....	_____
b. Mentor.....	_____
9. Mentor Training Experience.....	_____
10. Mentor Letter of Support.....	_____
11. Manuscripts – Limit, 2 (OPTIONAL).....	_____
12. IRB and/or IACUC Approval ( <i>only if obtained by application deadline</i> ).....	_____

## **Body of the Application Contents**

Specifications for the Body of the Application contents are described below. Begin each text section in the PDF file with the section label (e.g. Summary, Research Plan, etc.).

***The Association will not accept materials that are not listed in the Table of Contents Template. For example, an appendix with graphs/tables, additional data, more than 2 manuscripts, etc. will not be permitted and will be administratively removed from the application.***

### **1) Research Plan**

Complete a plan of the proposed research following the outline below. Figures and tables must be included within the maximum page limits within each section of the Research Plan. ***Applications that do not conform to these guidelines or exceed the maximum page limits within each section will be administratively disapproved.***

The overall proposal should be kept as brief as possible while still presenting the complete research plan. As a panel of experts in the field will review proposals, established methods may be referred to by reference rather than described in detail in the proposal. New methodology or novel approaches should be described in detail. In general, the scope of the proposal should match the program budget. The following format must be used for the Research Plan:

#### **a) Specific Aims (1-page maximum; 1-figure maximum)**

Provide an overview of the proposed project, including a high-level summary of the problem, relevance to the disease state and theoretical framework. Concisely state the goals of the work and summarize the expected outcome(s).

#### **b) Significance and Innovation (1-page maximum)**

##### **(i) Significance**

Explain the importance of the problem or barrier to progress in the field of behavioral & mental health in diabetes research addressed by the project, and the necessity of the proposed work to the development of new knowledge in this research area. Describe how the expected results will make a clear and significant contribution to the field of scientific knowledge, technical capabilities and/or clinical practice for people with diabetes.

##### **(ii) Innovation**

Describe any novel theoretical concepts or approaches utilized or developed by the proposed work, and any new applications/improvements in methodologies, instrumentation or interventions.

#### **c) Research Approach (4-page maximum)**

Describe the overall strategy, methodology and analyses used to accomplish the specific aims of the project, integrating any preliminary data into discussion of the specific aim(s). Discuss any potential pitfalls and outline contingency plans. Particularly if the project is in the early stages of development, address the management of any high-risk aspects of the proposed work and describe any strategy to establish feasibility. Any figures and tables must be included within the 4-page limit.

### **2) Open Data and Resource Sharing Plan (1-page maximum)**

The data and resource sharing plan must not exceed one page. It must address (1) a brief summary of data outputs and/or resources that the proposed research will generate; (2) anticipated date when data and resources will be shared (no later than 6 months post-publication or 18 months from the award end date); (3) proposed repository for data sharing (applicants should reference the list of ADA-approved repositories; if



use of an unapproved repository is desired, the applicant will be required to request approval before funding commences); and (4) justification for why the data and resource sharing plan is strong.

Applicants should also address whether a data-sharing agreement will be required and, if so, provide a brief description of such an agreement (including the criteria for deciding who can receive the data and whether any conditions will be placed on their use). References to data and resource sharing may also be appropriate in other sections of the application.

A 1-page maximum request for waiver may be submitted in place of the Open Data and Resource Sharing plan, in *only* one of the following categories:

- Human Subject Protection (privacy regulations or consent of research participants)
- Superseding Regulations (laws or institutional policies)
- Intellectual Property (existing IP rights)

A waiver request form is available for download within the application materials. Upon application review, if a request for waiver is not approved and the grant is approved for funding, the PI will be required to submit a data and resource sharing plan. If a plan is not received, the grant will be declined for funding.

### 3) References (1-page maximum)

The references made in the Research Plan must not exceed one page and must adhere to all formatting requirements stated on page 10. As applicable, the PI's name must be highlighted on all publications included in the References section.

### 4) Future Career Goals (1-page maximum)

Describe your long-term commitment to diabetes research, outlining future career plans, and explain how this Postdoctoral Fellowship Award will further those objectives. Demonstrate the relevance of your background and/or mentor's background to the proposed work.

### 5) Budget Form

A categorical budget form must be included. Refer to the Budget Guidelines section for specific budget details. The Budget Form is available for download on the [Research Programs website](#) under the specific award you are applying for.

### 6) Facilities (250-word maximum)

Describe the facilities available for research and training and how they will be used by the Fellow. Must not exceed 250 words.

### 7) Environment (250-word maximum)

Describe other features of the educational environment that are available to the Fellow (e.g. other laboratory/department faculty and fellows, lectures/seminars). Must not exceed 250 words.

### 8) Biographical Sketch (5-page maximum per biosketch)

#### **Required for PI and Mentor**

The Association accepts the [NIH Biographical Sketch Format](#). Applicants and/or technical personnel that do not have an NIH Biosketch should use the automated NIH SciENcv utility to create one. The SciENcv tool is available through myNCBI at [ncbi.nlm.nih.gov/sciencv](http://ncbi.nlm.nih.gov/sciencv).

#### **a) Fellow**

Include relevant research and teaching experience.

**b) Mentor**

Mentor biosketch must include a list of current funding.

**9) Mentor Training Experience**

Sponsoring Mentor must provide a listing of prior mentorship experience by listing the names of all fellows now in training and those previously trained **within** the last five years. The following information is required to be included for each trained fellow:

- Fellow Name
- Training Period (start and end dates of training period)
- Fellow's Highest Degree and Year Received
- Institution (institution where the fellowship occurred)
- Fellow's Current Position/Source of Support

**10) Mentor Letter of Support*****Required for all applicants***

The Sponsoring Mentor must provide a letter outlining their commitment to the applicant's training and development. The letter must be included in the Body of the Application PDF file. Letter should be addressed as "Dear Review Committee" and must specifically address the following points:

- Describe prior mentoring experience
- Provide assurance of an academic commitment to the applicant and to the applicant's research proposal, and confirm commitment of both adequate space and facilities for the conduct of the proposed work
- Provide assurance that the proposed project was developed primarily by the Fellow and will provide a distinct research program that the Fellow can independently pursue at the completion of their training
- Describe the applicant's qualifications for the proposed research
- Describe the applicant's potential for a successful independent career in diabetes research
- Outline plans for the longer-term development and training of the applicant

**a) Letters of Recommendation*****Required for all applicants***

In addition to the Mentor Letter of Support, three Letters of Recommendation assessing the scientific abilities and potential of the applicant are required at the time of application. The Grant Management Site requires for blind submission of Letters of Recommendation. Each recommender must individually upload his/her Letter of Recommendation to the candidate's application in the Grant Management Site. All three letters must be uploaded to the application **prior to** submission. Letters of Recommendation instructions are available for download within the application materials. ***The system will prevent submission of any application without all three Letters of Recommendation uploaded by the recommenders by the application deadline.***

It is the responsibility of the candidate to ensure that all three recommenders have submitted their letters on time. It is strongly suggested that all Letters of Recommendation be uploaded to the Grant Management Site a week before the deadline date. The Association will not accept letters separately after the application deadline.

Letters should be addressed as "Dear Review Committee" and must specifically address the following points:

- Applicant's potential to make significant contributions to diabetes research
- Applicant's ability to innovate and collaborate

- Assessment of applicant's intellectual capacity and research potential in comparison with others at an equivalent career stage (percentile ranking - i.e. in the top 10% of previous trainees)

Letters of Recommendation must be submitted in the following categories:

### **1. PhD Advisor or Medical Training Advisor**

Applicant's PhD or Medical Training Advisor must provide a letter of recommendation. If applicant cannot provide a reference from their direct graduate or medical training advisor, it must come from another individual specifically involved in the applicant's research or medical training at the graduate level, and the individual providing the reference must explain their relationship with applicant (e.g. thesis committee member, or investigator other than advisor that was a close collaborator/co-author, or that worked closely with the applicant during their graduate training).

### **2. Two additional letters of recommendation**

Two additional letters of recommendation must be submitted from qualified individuals, other than the Sponsoring Mentor, who can evaluate the applicant's qualifications for the proposed research and assess the applicant's potential for a successful independent career in diabetes research.

### **11) Manuscripts – (Optional - Limit 2)**

Applicants cannot submit more than two manuscripts per application. Manuscript submissions do not have a page limit and are not required to be published at the time of submission. Please note that manuscript submission is not required.

### **12) IRB/IACUC Approval**

#### ***Required for all applicants using human and/or animal subjects***

Evidence of appropriate IRB/IACUC approval for the proposed research should be uploaded to the final PDF copy of the application, if available. If evidence of approval is not available at the application deadline or just-in-time by start date of award. If approval is not received by the start date of the award, an award letter will not be offered, and the grant will not be activated until evidence of approval is received.

## IV. Application Submission

To complete the online application process at a later date, select **Save and Finish Later** at any point during the online application process. Saved applications can be accessed through the Grant Management Site at [http://www.grantrequest.com/SID\\_320](http://www.grantrequest.com/SID_320).

Select **Review & Submit** when ready to submit an application. **Changes cannot be made to submitted applications.** The PI must have approval from the sponsoring institution prior to application submission. Upon application submission, the Sponsoring Institution agrees to accept responsibility for the scientific and technical conduct of the research project and accepts all terms and conditions of the award.

### Submission Issues? Troubleshooting Tips

1. The Online Grant Application Site utilizes cookies on your computer. To access the online application, you may need to:
  - a. Close all open browser windows
  - b. Clear your cache and cookies
  - c. Open a new browser window
  - d. Paste the following link into the address bar:  
[www.grantrequest.com/SID\\_320](http://www.grantrequest.com/SID_320)
  - e. Change your security setting to allow cookies
2. Applications will not be saved unless applicant creates an account before beginning the process. Applications created without user accounts will have to start over with the online application process.
3. Changes cannot be made to submitted applications. Be sure to proofread your application carefully prior to submission.

Electronic applications must be submitted by **5:00 PM Eastern Time** on the deadline date. Any questions about online grant applications should be sent to [grantquestions@diabetes.org](mailto:grantquestions@diabetes.org).

## V. Questions? Contact Us

- Website URL: <https://professional.diabetes.org/research-grants>.
- For grant application and eligibility questions, please contact [grantquestions@diabetes.org](mailto:grantquestions@diabetes.org).