The Diversity Supplement: A Partnership for Success in Minority Research

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**Introduction:** In addition to increasing minority representation in research, the diversity supplement creates unique opportunities to advance students academically in preparation for future research roles. The purpose of this paper is to present those unique opportunities, particularly a pilot meta-analysis, as a result of a partnership between an African American student and an NIH-funded faculty member who share a research interest in improving type 2 diabetes (T2DM) in minority populations.

**Method(s):** The purpose of the parent meta-analytic study is to test a series of predictive models that examine associations among psychological, motivational, diabetes-related knowledge, behavioral factors, and outcomes of weight loss, metabolic control, and quality of life in T2DM. The student's research interest is to improve dietary adherence for African American women with T2DM. The goals for the diversity supplement are to obtain: 1) research skills by working on the mentor's meta-analysis, including being immersed in the research literature related to biological and psychological predictors of behavioral change and health outcomes in T2DM; and 2) guided independent research experience by conducting a pilot meta-analysis of the literature on dietary interventions and metabolic outcomes in T2DM. The pilot meta-analysis will extend the parent project by examining diabetes self-management interventions culturally designed for minority populations and will inform the student's future research.

**Results:** The student is performing extensive literature searches, screening studies according to established inclusion criteria, extracting descriptive and statistical data from individual studies, appraising research quality, and entering data into databases. Additional activities involve presenting posters and submitting literature review manuscripts related to variables included in the meta-analytic study. Future plans are to submit a NRSA grant application, conduct the pilot meta-analysis that will inform dissertation research, and participate in future manuscripts and presentations.

**Discussion/Conclusions:** The student’s involvement in the parent study is tailored to strengthen the research skills she will need to develop her own research program trajectory. Equipped with these research skills, the student will make major contributions to improving the health of African American women with T2DM.