PRINCIPAL INVESTIGATOR: PROF LEONÉ MALAN (RN, PhD)

A. CURRENT STATUS
Successful completion of the 3year follow-up (87.8%).

B. SABPA ACTIVE NATIONAL AND INTERNATIONAL COLLABORATORS

Table 1: SABPA National and International collaborators

<table>
<thead>
<tr>
<th>COLLABORATORS</th>
<th>AFFILIATIONS</th>
<th>FOCUS</th>
<th>ACTIVE COLLABORATION (YES, MOTIVATE)</th>
</tr>
</thead>
<tbody>
<tr>
<td>International</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>1. Prof N Frasure-Smith (PhD)</td>
<td>Montreal Heart Institute, Quebec, Canada</td>
<td>SABPA: Psychosocial stress and CVD risk</td>
<td>Yes, co-author, SABPA design, analyses of depression values</td>
</tr>
<tr>
<td>2. Prof M Hamer (PhD)</td>
<td>University College of London, UK</td>
<td>SABPA: Psychophysiological responses</td>
<td>Yes, author/co-author, SABPA study design, external examiner, co-promoter of student</td>
</tr>
<tr>
<td>3. Prof T Ziemssen (MD, PhD)</td>
<td>Techniklinikum Dresden, Germany</td>
<td>SABPA: Autonomic Function</td>
<td>Yes, co-author, co-promoter of student, German Takotsubo project collaborator</td>
</tr>
<tr>
<td>4. Dr M Reimann (PhD)</td>
<td>Techniklinikum Dresden, Germany</td>
<td>SABPA: Autonomic Function</td>
<td>Yes, author/co-author, co-promoter of student, German Takotsubo project collaborator</td>
</tr>
<tr>
<td>5. Dr W Vilser (PhD)</td>
<td>Imedos, Jena, Germany</td>
<td>SABPA Dynamic retinal vessel analyses (DVA)</td>
<td>Yes, co-author, external control of SABPA DVA images</td>
</tr>
<tr>
<td>6. Prof C Kirschbaum (PhD)</td>
<td>Techniklinikum Dresden, Germany</td>
<td>SABPA: HPA axis and Psychophysiological Responses</td>
<td>Yes, co-author (Cortisol and testosterone analyses), German Takotsubo project collaborator</td>
</tr>
<tr>
<td>7. Prof R von Känel (MD, PhD)</td>
<td>Bern University, Switzerland</td>
<td>SABPA: Hemostasis profile and mental stress</td>
<td>Yes, author/co-author, co-promoter.</td>
</tr>
<tr>
<td>No.</td>
<td>Name</td>
<td>Institution</td>
<td>SABPA:</td>
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<td>8.</td>
<td>Prof JCN de Geus (PhD)</td>
<td>Vrije Universteit, Amsterdam, The Netherlands</td>
<td><strong>SABPA:</strong> Genetic polymorphisms, autonomic function and mental stress</td>
</tr>
<tr>
<td>9.</td>
<td>Prof M Schlaich (MD, PhD)</td>
<td>Baker IDI Heart and Diabetes Institute, Melbourne, Australia</td>
<td><strong>SABPA:</strong> Psychogenic Hypertension</td>
</tr>
<tr>
<td>10.</td>
<td>Prof G Lambert (PhD)</td>
<td>Centre de Recherche Public Santé (CRP-Santé), Luxembourg</td>
<td><strong>SABPA:</strong> Cardiometabolic responses</td>
</tr>
<tr>
<td>11.</td>
<td>Prof A Alkerwi (MD, PhD)</td>
<td>Centre de Recherche Public Santé (CRP-Santé), Luxembourg</td>
<td><strong>SABPA:</strong> Cardiometabolic responses</td>
</tr>
<tr>
<td>12.</td>
<td>Prof YK Seedat (MD, PhD)</td>
<td>Renal Disease Unit, University of KZN, Natal</td>
<td><strong>SABPA:</strong> Planning; co-author, external examiner</td>
</tr>
<tr>
<td>13.</td>
<td>Prof R Delport (RN, PhD)</td>
<td>Dept Chem Pathology, University Pretoria</td>
<td><strong>SABPA:</strong> Cardiometabolic responses</td>
</tr>
<tr>
<td>14.</td>
<td>Multi-disciplinary team of NWU</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**HART**
- CMT Fourie, HW Huismann, R Kruger, NT Malan, CM Mels, AE Schutte, R Schutte, W Smith, AS Uys, JM van Rooyen
- **Electrical Engineering:** (P van Vuuren)
- **PharmaCEN:** (BH Harvey)
- **Education:** (PJ Mentz)
- **AUTHReR:** (JC Potgieter; C Lessing)
- **PhasRec:** (JH de Ridder, E Bruwer)
- **Fieldworker:** Mr GJ Motlhasedi

**HART** Funding, collection of data, author/co-author
**Electrical Engineering** Validation, author/co-author
**PharmaCEN** Funding, author/co-author
**Education** Funding, co-author
**AUTHReR** Psychology: data collection, author/co-author
**Biochemistry** funding, author/co-author
**Nursing** post-counselling
**PhasRec** Funding, data collection, co-author
**Fieldworker** African Culture Expert: Recruitment, feedback

C. **SABPA POSTGRADUATE and POSTDOC STUDENTS**

**BSc Honours Completed (N=21)**

**MSC Completed (N=20)**

**PHD (N=4), In progress (N=8)**

**POSTDOC students:**
- S Péter (PhD, MD)
- M Glynn (PhD)
- L Ware (PhD)
- M Möller (PhD)
D. SABPA External projects invites

- Takotsubo (“broken heart syndrome”) study, Dresden, Germany (2013-). Expertise input on autonomic function, stress appraisal and associated hypothalamic-hypophysic-adrenal cortex (HPA) activity (Prof T Ziemssen, G Eisenhover, Dr M Reimann, Prof C Kirschbaum et al.)

E. SABPA PROJECT AWARD

PI, one of three winners from 938 entries, for project design excellence from the Metabolic Syndrome Institute (France), New York, USA, 11th July 2008.

F. SABPA INVITED SYMPOSIUM

1124, 68th American Psychosomatic Society Annual Meeting (Chair, L Malan; Discussant, Prof JCN de Geus, Netherlands): Stress and health in black South Africans: The SABPA Study. Overview of Biomedical Pathophysiology Relevant to Stress and Disease. The Maritime Hotel, Portland, Oregon, USA, 13 March 2010. Plenary addresses [L Malan, JC Potgieter, BH Harvey (NWU), Prof M Hamer (UK)].

G. SABPA invites for META-ANALYSES

1. Prof JBE Tcheugui (MD, PhD), Cambridge University (UK) pertaining hypercholesterolemia prevalence of Africans (2011-).
2. Prof G Parati (MD), Istituto Auxologico Italiano and University of Milano-Bicocca, Milano, Italy. International Ambulatory blood pressure Registry: TeleMonitoring of hypertension and cardiovascular risk project: ARTEMIS (2011-).
3. Prof D Vancampfort, Belgium (Psychomotorisch therapist). Depression and cardiometabolic health: The SABPA Study (2012-).
4. Prof ML Molendijk, Leiden University, the Netherlands. Serum BDNF concentrations in depression (by antidepressant treatment) and healthy controls (2013-).

H. SABPA BEST POSTER AWARD


I. SABPA BSC HONS/MSC/PHD STUDENT AWARDS/INVITES


• **PhD Uys AS**: Best Young Scientist oral presentation: Uys AS (néé van Lill), L Malan, JM van Rooyen, Ziemssen T, Reimann M. Baroreceptor sensitivity and left ventricular hypertrophy in urban South African men: The SABPA Study. Annual meeting South African Heart Association (European Society of Cardiology affiliate), Sun City, 20th July 2012.

J. **SABPA AFTER-EFFECT:**
L Malan & NT Malan sparked the concept and implementation of the *Hypertension and Training on-campus clinic.*

K. **SABPA PUBLICATIONS**

<table>
<thead>
<tr>
<th>PEER REVIEWED PUBLICATIONS SINCE 2009</th>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>METRICS SUMMARY</strong></td>
<td><strong>Number</strong></td>
</tr>
<tr>
<td>Peer-reviewed ARTICLES</td>
<td>65</td>
</tr>
<tr>
<td>Peer-reviewed Chapters in Books</td>
<td>6</td>
</tr>
<tr>
<td>Editorials (Invited)</td>
<td>5</td>
</tr>
<tr>
<td>Commentary (Invited)</td>
<td>1</td>
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<tr>
<td>Author comments</td>
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</tr>
<tr>
<td><strong>IMPACT FACTOR</strong></td>
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<tr>
<td>IF &gt; 9 (n=1)</td>
<td></td>
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<tr>
<td>IF &gt; 7 (n=4)</td>
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<tr>
<td>IF &gt; 4 (n=5)</td>
<td></td>
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<tr>
<td>IF 1-3.9 (n=55)</td>
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</tbody>
</table>

**PHILOSOPHICAL/POPULAR MANUSCRIPTS AND EDITORIALS (N=5)**


**INVITED COMMENTARY**

INVITED AUTHOR COMMENTS


CHAPTERS IN BOOKS


PEER-REVIEWED PUBLICATIONS

2009


2010


2011


2012


2013


2014


63. Von Känel R, Hamer M, Malan NT, Malan L. Comparison of telomere length in Black and White teachers from South Africa: The SABPA study. Psychosom Med. Accepted for publication.

64. Hoebel S, Malan L, Botha J, Swanepoel M. Examining the waist and neck circumferences as screening tools for the metabolic syndrome in a sub-Saharan Caucasian cohort at 3 year follow-up: the SABPA prospective cohort. JEMDSA. Accepted for publication.

CONFERENCE PROCEEDINGS

- Plenary/keynote presentations (n=28)
- Published abstracts (n=25)

PUBLIC ENGAGEMENT

- Revealing findings in national papers (Die Beeld, Burger, Volksblad, Herald, The Star, 5-10 Feb 2011; North West Independent 21 March 2012; Beeld, 28 March 2012, April 2013)
- Radio interviews (SABC Monitor, 8 Feb 2011; Radio Pretoria, 11 Feb 2011; OFM, 26 March 2012).
- SABPA project stress relaxation workshops: 22nd and 29th August 2009; 2nd February 2012.
- SABPA Feedback Workshops: 2012 (N=1), 2013 (N=1).
- **Invited**: Plenary address SATU (South African Teachers Union) (N=300):
  1) Teaching and your Brain Thought preferences,
- Ongoing community service monitoring for local and/or referred patients’ from MDs:
  1) Option 1: 24h ABPM & -ECG, Intra-ocular pressure (IOP).
  2) Option 2: 24h ABPM & -ECG, 12-lead ECG, Retinal vessel analysis, IOP, CIMT.

INTERNATIONAL VISITS

2010: **Prof J Reid** (Glasgow, Scotland): Planning of Blood pressure clinic on Campus (CPD points).

2011: **Prof M Hamer & Dr M Reimann**: Visiting SABPA, data collection sites, training sessions, planning and discussing data dissemination (CPD points).

2012: **Prof YK Seedat, Prof Dr T Ziemssen & Dr Ing W Vilser**: Keynote address: Hypertension Research and Training clinic Opening (6th Sept 2012).

2013: **Prof Dr R von Känel**: Visiting SABPA, data collection sites, training sessions, planning and discussing data dissemination (CPD points).