

**Natalie Stepanian, PhD**  
**Undergraduate Nursing, College of Health Professions**  
**“Pilot of a Collaborative Intervention Research for the Promotion of**  
**Self-Management, Health and Well-Being among Patients with chronic illness”**

This study has been developed as a scholarly exchange between researchers and clinicians from Norway and the United States (U.S.) to enhance research and education in both countries. This work has the potential to contribute to improved self-care management and health for people diagnosed with chronic disease. The main objective of this study is to evaluate the feasibility and cultural acceptability of a new pedagogical health intervention The Bodyknowledging Program designed for people with chronic disease. This Block Grant for this feasibility and pilot study will provide the cost of implementation of this study. We received comments from the review committee for an R01 grant submission in June 2019 about our proposed intervention. One of the comments stated that we lacked data from the U.S. In an effort to strengthen and support another R01 grant submission for the NIH PAR–19–381 Patient Activation for Self-Management of Chronic Conditions (R01 Clinical Trial Optional) in February 2023.