

NIH Office of Dietary Supplements (ODS) 2024–2025 Seminar Series

Using N-of-1 Trials to Personalize Diet Interventions

Chris Schmid, Ph.D.
Brown University School of Public Health
Providence, RI

Wednesday, March 5 • 11 a.m. – 12 p.m. ET

To join the virtual event now being hosted on Teams Webinar, attendees must [pre-register](#).



Dr. Schmid is Professor and past Chair of Biostatistics at Brown University School of Public Health, where he co-founded the Center for Evidence Synthesis in Health. He directs the Biostatistics, Epidemiology and Research Design Core of the Advance Rhode Island Center for Translational Science. He is a Fellow of the American Statistical Association and the Society for Research Synthesis Methodology, a journal statistical editor and a former member of the Drug Safety and Risk Management Committee for FDA.

Dr. Schmid's research focuses on Bayesian methods for meta-analysis, methods for developing and accessing predictive models using data from multiple sources, and on analysis of data from N-of-1 trials. He has published more than 300 articles and has served on numerous data and safety monitoring boards, study sections, and advisory panels. Dr. Schmid graduated from Haverford College with a B.A. in mathematics and received his Ph.D. in statistics from Harvard University.

Recent Publications

1. Adams SH, Anthony JC, Carvajal R, Schmid CH, et al. Perspective: Guiding Principles for the Implementation of Personalized Nutrition Approaches That Benefit Health and Function. *Adv Nutr*. 2020 Jan 1;11(1):25–34. PMID: 31504115 PMCID: [PMC7442375](#) doi: 10.1093/advances/nmz086
2. Marcus GM, Modrow MF, Schmid CH, Sigona K, et al. Individualized studies of triggers of paroxysmal atrial fibrillation: the I-STOP-AFib randomized clinical trial. *JAMA Cardiology* 2022 Feb 1;7(2):167–174. PMID:34775507 PMCID: [PMC8591553](#) doi:10.1001/jamacardio.2021.5010
3. Kaplan HC, Opipari-Arrigan L, Yang J, Schmid CH, et al. for the ImproveCareNow Pediatric IBD Learning Health System. Personalized research on diet in ulcerative colitis and Crohn's disease: A series of n-of-1 diet trials. *American Journal of Gastroenterology* 2022 Jun 1;117(6):902–917. PMID:35442220 doi: 10.14309/ajg.0000000000001800
4. Schmid C and Yang J. Bayesian models for n-of-1 trials. *Harvard Data Science Review* 2022;2022(SI3):10.1162/99608f92.3f1772ce. Epub 2022 Sep 8. PMID: 38283071 PMCID: PMC10817775 DOI: 10.1162/99608f92.3f1772ce



**Strengthening Knowledge and
Understanding of Dietary Supplements**